

EDITORIAL COMMENTS

Welcome to the reading of Volume 29 number 2, the April 2022 edition of The Tropical Journal of Health Sciences. The first 3 articles address the issue of how medication can be effectively administered for it to perform the expected function in the patient. They addressed the issue of compliance during continuous medication for the treatment of chronic diseases, using hypertension as an example. Also practices and knowledge of harmful effects of self medications were discussed by two of the articles respectively. Also, two articles in this edition presented information on basic research on the damaging effect of chemicals on the reproductive organs and the brain and how such effect can be ameliorated by some substances naturally produced in the body.

The first article investigated the level of antihypertensive medication adherence, blood pressure control, and the relationship between these two critical parameters among hypertensive patients on treatment in a tertiary institution in Nigeria. This study demonstrated that adherence to medication instructions from caregiver is directly related to blood pressure control. Measures to improve patient adherence need to be prioritized to ensure patients with hypertension gain the full benefit of the treatment.

Another article examined the prevalence of self-medication practices among pregnant women receiving antenatal care at a tertiary health facility in Kaduna state. The study revealed that despite its inherent dangers to the health of both the mother and her fetus, self medication is still being practiced by a large proportion of the participants. It was recommended that healthcare workers providing antenatal care should be discussing and emphasizing the dangers of self-medication practices with their clients. The next article in a similar vein, assessed the knowledge of self medication, contributory factors and conditions where self medication is practised among university students in Freetown, Sierra Leone. This study confirmed that self medication seems to be a trend that is likely to continue, pointing to the need to educate people on rational drug use.

Use of herbicides may sometimes leave residual effect on the agricultural products with subsequent devastating effect on animals when such products are consumed. It is therefore important that such chemicals are investigated to determine possible effect they can produce on biological functions of the organism. A study examined the effects of analytical grade glyphosate on the pituitary-testicular axis and reproductive functions in male rats. They observed a significant decrease in sperm counts and morphology in all treated groups compared with the controls. While sperm motility and viability showed no significant difference when compared with the control FSH was significantly reduced in 0.5 and 2.0 mg/kg treated groups compared with the controls. The histo-architecture of the testis and epididymis showed few atrophied seminiferous tubules with maturation arrest and some ducts free of matured spermatozoa in groups treated with 0.5 and 2.0 mg/kg. They concluded that analytical grade glyphosate has moderate negative effects on reproductive functions in male Wistar rats.

Another study investigated progesterone on antioxidant biomarkers in trimethyltin induced hippocampal damage and the result revealed that progesterone was able to reduce the generation of free radicals induced by trimethyltin in the hippocampus of Wistar rats

Another study assessed the effects of palliative care therapy among cancer patients in Ilorin Kwara State Nigeria. The study showed that the suffering experienced by these patients can be prevented if a multidisciplinary support system such as palliative care therapy is instituted to navigate patients and family through the problem which is more complex than just physical needs. It is recommended that palliative care should be part of multidisciplinary management of cancer patients in order to reduce pains significantly among such patients.

Happy reading.

A.B Okesina

Editor in Chief, The Tropical Journal of Health Sciences