

A quality improvement project assessing preconception advice in primary care for women of reproductive age on long term medication

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Introduction: Women of child-bearing age with chronic conditions are often on medications that can negatively impact pregnancies. These include diabetes, hypertension, epilepsy, arthritis and depression. It is important that these patients are counselled on side effects and complications if they were to become pregnant.

Methods: Data at a GP Surgery was collected using the software System One. A search was done for female patients between 18-44 on diabetes medication, anti-epileptics, DMARDs, anti-psychotics and SSRIs. 30 patients were selected at random and their records reviewed to assess whether their blood pressure, BMI and contraceptive method were checked. Furthermore, for those not on contraception, records were checked to see whether they received preconception advice.

Results: Only one patient had counselling on effects of their condition and medication on pregnancy coded on SystemOne. 10 patients were on contraceptive methods and the other 20 had no mention of whether conception was desired or not.

Conclusion: 3.3% of patients received counselling documented on medications affects on pregnancies. A further 66.7% were not using any recorded contraceptive methods and so may be trying to conceive or at risk of an unplanned pregnancy. This study was limited by lack of access to notes of other MDT services in which patients may receive counselling. Doctors may also give advice however not document. Family planning is perhaps not discussed enough in primary care. Medication annual reviews provide a great opportunity to offer advice. This was targeted by adding alerts, organising a practice meeting and inviting patients for reviews.

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Flooding and health inequality in Africa

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Climate change has become a serious challenge confronting the world with its adverse effect on extreme weather events like flood occurrence. This perennial flood occurrence destroys health facilities, leads to the spread of diseases causing mortality and discourages health personals from working in these regions affected by flooding. This development widens health inequality among countries experiencing perennial levels of flooding. The main objective of this study is to examine the effect of flood occurrence on health inequality among 53 African countries. Panel data was collected from 53 African countries with the use of

Generalized Method of Moments (GMM) for the analysis. Findings of the study indicates that, flood occurrence deteriorates health facilities and causes mortality rate due to the spread of diseases. This means that, countries that experience perennial flooding widens their health inequality than countries that experience less flooding. The study recommends that, governments among African countries should implement strategies being enshrined in Conference of Parties (COP 2021) on climate change to reduce the level of climate change and flood occurrence.

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Post-traumatic stress syndrome among people during Covid-19 pandemic in Erbil city

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Background and Objectives: Post-traumatic stress syndrome (PTSS) is characterized by intrusive memories of the traumatic experience, avoidance of reminders of it, depressed mood, irritability and hyperarousal. If a person is exposed to an unexpected extreme traumatic stressor like (violent personal assault, kidnapped, terrorist attack, or severe car accidents, and in nowadays infected or family death by corona virus or any reason, unexpected death of a beloved one), PTSS may develop. Objective was to find out prevalence of PTSS syndrome among people during covid-19 in Erbil city.

Methods: A descriptive cross-sectional study was conducted among 364 participants in random sampling method in Erbil city Iraqi Kurdistan from October 24th, 2021 to December 2nd, 2021. Questionnaire was conducted by hardcopies and online. The analysis of the data was carried out using Microsoft Office Excel and IBM Statistical Package for Social Sciences (SPSS).

Results: The prevalence of PTSS among people during

Covid-19 pandemic in this study was 55.4%, respondents above 58 years were majority affected by PTSS, having low socio-economic status were significantly associated with PTSS at P-value < 0.05. Conversely those with larger number of family members and high socio-economic status were less affected. Sleeping disorder and losing interest in activities they used to enjoy were the major symptoms. Majority of people chose to ignore it and tend to have social support rather than taking treatment.

Conclusion: the result of the study concluded that the prevalence of PTSS among people during Covid-19 pandemic was high, social support and sufficient economy status had significant effects on people regarding being in a risk of developing PTSS. A significant association was found of Socio-economic status effect on developing PTSS.

Key words: PTSS, Covid-19, Nightmares, Sleep disorder, Kurdistan Region

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