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Cardiovascular risk factors of civil servants in Southwest Nigeria

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Objectives: Cardiovascular diseases are now becoming dominant sources of morbidity and mortality worldwide.

Aim: The aim of the study is to assess the salt, sugar, fat intake and level of vulnerability of civil servants to cardiovascular disease in Abeokuta Ogun State.

Methodology: A cross sectional study was carried out among randomly selected 202 male and 298 female civil servants in Abeokuta Ogun state to determine their cardiovascular risk factors. A pretested structured questionnaire was used to elicit information on socio economic characteristics and physical activity pattern. Body Mass Index (BMI), Waist to Hip Ratio (WHR) and Mid Upper Arm Circumference (MUAC) were used to determine the nutritional status of the subjects. Sugar, fat and nutrient intake was obtained using 24- hour dietary recall technique. The blood pressures of the subjects were measured and classified using World Health Organization criteria. Cardiovascular Risk was determined using American Heart Diseases software Version 10. Data collected were analyzed using Statistical package for social science version 17.1.

Results: Majority (76%) of the subjects were within the age range of 20 - 40 years, 75% earned between ₦58,500 - ₦98,000 monthly and 68% were sedentary. The BMI showed that 4% were underweight, 54% had normal weight, 26% were overweight and 16% were obese. The mean energy intake of men and women were 3942±38 kcal and 2791±3 kcal respectively, while the protein intake for men was 65±49 g/day and 54.28±40 g/day for women. The mean sugar intake for men and women were 128.9±12 g/day and 120.6±12 g/day ($p>0.05$) respectively, while the mean fat intake for men and women were 27.45±02 g/day and 24.75±07 g/day respectively. Cardiovascular disease risk showed that (93%) of the subjects had low risk while 7% had average risk.

Conclusion: The study showed significant relationship ($r<0.05$) between salt consumption, sugar intake, overweight, obesity as well as sedentary lifestyle and the risk of developing cardiovascular diseases. The risk of developing cardiovascular diseases was low among the male and female subjects.

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Assessment of hospitalized patients' differential awareness of their rights in Saudi Arabia

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Purpose: The primary purpose of the present study was to identify the level of awareness among hospitalized patients about their rights. The secondary purpose was to identify the differential awareness of hospitalized patients based on their citizenship status, educational level and region.

Methods: A cross sectional descriptive questionnaire based interview was completed among hospitalized patients in medical and surgical wards. The recruited patients were interviewed to complete the questionnaire.

Results: Most of the patients do not know about their rights (69.3%), 78% did not know about the bill of rights and 74% the patients do not have a university degree. Non Saudi residents have higher level of awareness than Saudi citizens. Patients who live in Riyadh City had higher level of awareness than patients live in rural regions.

Conclusions: Based on the results of the present study it can be concluded that most of hospitalized patients in Saudi Arabia are not aware about their rights. However patients' awareness depends on residency status (Saudi vs. Non Saudi) and regions, closeness from Riyadh City.

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