

ABUJA JOURNAL OF PHARMACEUTICAL AND HEALTH SCIENCES



A BIENNIAL PUBLICATION OF WEST AFRICAN POSTGRADUATE COLLEGE OF
PHARMACISTS (WAPCP), FCT ABUJA ZONE

Maiden Edition VOLUME 1 ISSUE 1 JAN –JUN 2025 ISSN:

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EDITORIAL

THE ROLE OF PHARMACISTS IN ENSURING SAFE AND EFFECTIVE MEDICATION USE

She walked into the pharmacy with a prescription for an antibiotic. As I reviewed it, I noticed a potential interaction with one of her existing medications. I informed her, "This combination may cause unwanted side effects. Let's consult your doctor for an alternative."

"But it was prescribed for me," she replied.

"Yes, but ensuring the safest and most effective treatment is part of my responsibility as a pharmacist," I explained. Pharmacists play a crucial role in healthcare—not just in dispensing medications but in ensuring their safe, effective, and appropriate use. With increasing cases of antimicrobial resistance, medication errors, and self-medication, the need for pharmaceutical expertise has never been more critical.

For centuries, medication use has evolved from traditional herbal remedies to highly sophisticated pharmaceutical formulations. However, scientific advancements alone are not enough—proper guidelines, monitoring, and patient education are essential to achieving the best health outcomes. But should global medication guidelines always be applied universally? Does the research behind them reflect the unique genetic, environmental, and socioeconomic conditions of our local populations? In many cases, they do not. This highlights the need for local research and pharmacist-led interventions tailored to the specific health needs of our communities.

The Abuja Journal of Pharmaceutical and Health Sciences, published by the West African Postgraduate College of Pharmacists (WAPCP), FCT Abuja Zone, serves as a platform for pharmacists, researchers, and healthcare professionals to share evidence-based findings, experiences, and innovative approaches in medication therapy and healthcare delivery. If we want to improve healthcare outcomes, we must go beyond just following protocols—we must drive clinical research, medication safety, and pharmaceutical innovations that truly benefit our people.

I welcome you to this edition of the Abuja Journal of Pharmaceutical and Health Sciences.

Dr. Abubakar Danraka, FPCPharm, PhD, MIPAN

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Author's Guide on Writing for the Abuja Journal of Pharmaceutical and Health Sciences

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These should not exceed 2000 words with no more than 10 references and 2 illustrations and tables.

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Letters should contain a maximum of 1,500 words, 2 illustrations/tables and 10 references. The contents may be clinical observations or other relevant matters to medicine or comments on materials published in the AJPHS.

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This should include the title of the article, names, initials and qualifications of each author; the department and institution where the work was done; name and address of author to whom correspondence should be addressed; Abuja Journal of Pharmaceutical and Health Science (AJPHS) present address(s) of the author(s) if different from that at which the work was done; key words (not more than six words); and running title. Use of abbreviations should be avoided in the title and abstract. The role of each co-author in the publication

n should be written in a structured format. It should include background, methods, results and conclusion.

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The objective of the study or review should be stated under this.

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All measurements should be expressed in S.I (System International) Units.

Peer Review

Two or more members of the Editorial Board read every article, including those solicited. All articles selected for publication (except for the items such as viewpoints) are then sent to two or more Consultant Physicians and Scientists who are experts in the fields of medicine under focus. Those that survive this stage, if they include statistical analysis, will undergo further examination by a Statistician. Manuscripts are subject to editorial revision by the AJPHS. Those considered worthy of publication but requiring changes or condensation will be returned to the author(s) for revision. For rejected manuscripts, only one copy will be returned to the author(s).

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HEALTH-PROMOTING BEHAVIORS OF HEALTHCARE WORKERS IN FEDERAL CAPITAL TERRITORY (FCT) ABUJA

Abubakar Danraka

Health-promoting behaviors (HPBs) are activities that individuals perform to maintain or enhance their well-being and prevent disease (Rababa et al., 2021). These behaviors encompass various dimensions, including physical activity, healthy eating, stress management, regular medical checkups, and avoiding harmful habits such as smoking and excessive alcohol consumption (Kaminsky et al., 2022). For healthcare workers (HCWs), practicing HPBs is essential not only for their well-being but also to set an example for the general population and to maintain their capacity to provide high-quality care (Munn et al., 2022).

Healthcare workers are exposed to unique occupational stressors, including long working hours, high patient loads, emotional exhaustion, and the risk of exposure to diseases (Sasidharan and Dhillon, 2021). These stressors can negatively impact their health, leading to burnout and decreased quality of life (Çelmeçe and Menekay, 2020). In the context of Abuja Municipal Area Council (AMAC), Abuja FCT, Nigeria, healthcare workers face additional challenges, including resource limitations and infrastructural deficits, which can further impede their ability to engage in health-promoting behaviors (Abdurrahman and Tsimiri, 2023).

Healthcare workers are at the forefront of advancing public health and looking after the health and wellbeing of citizens when they are ill or suffering any diseases, but often face significant physical and psychological demands that may hinder their ability to maintain healthy lifestyles. Limited data is available on the extent to which healthcare workers in AMAC engage in health-promoting behaviors.

Literature Review

Several studies globally and in Nigeria have examined health-promoting behaviors among healthcare workers. This review will summarize the findings of similar studies, with a focus on key themes such as physical activity, diet, stress management, and workplace wellness initiatives.

Health-Promoting Behaviors in Healthcare Workers

Studies conducted in various settings have shown that healthcare workers often struggle to maintain HPBs due to occupational stress, long work hours, and the demands of their profession. In a study by Lipert et al. (2021) in Poland, healthcare workers were found to have lower engagement in physical activity and higher stress levels compared to the general population. The study revealed that heavy workloads, lack of time, and emotional exhaustion were key factors limiting their ability to maintain healthy lifestyles.

Similarly, Kong et al. (2023) investigated HPBs among healthcare workers in China and found that although many workers were aware of the importance of health-promoting behaviors, factors such as shift work, high patient volumes, and inadequate support systems hindered their participation in physical activity and stress management programs. The study highlighted the need for workplace wellness programs to address these issues.

Knowledge of Health-Promoting Behaviors among Healthcare Workers

Knowledge about health-promoting behaviors is a crucial factor in determining the extent to which individuals engage in activities such as regular exercise, proper nutrition, and stress management.

Babatunde et al. (2021) conducted a cross-sectional study in Ibadan, Nigeria, involving 250 healthcare workers across public and private hospitals. The study found that 85% of participants had high knowledge of the importance of regular physical activity, balanced diet, and adequate rest. However, despite their high knowledge, only 30% reported engaging in regular physical activity. This suggests that knowledge alone may not translate into practice, possibly due to other constraints such as work schedules and environmental factors.

Similarly, Pai et al. (2022) surveyed 400 healthcare professionals in India to assess their knowledge of nutrition and exercise. The study revealed that 78% of respondents were well informed about dietary guidelines and the benefits of physical activity. However, the study noted that younger healthcare workers (under 35 years) had significantly higher levels of knowledge compared to older workers, possibly due to more recent training and education on health promotion.

These studies demonstrate that healthcare workers generally possess a good level of knowledge regarding health-promoting behaviors, but this knowledge does not always correlate with the adoption of healthy practices.

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