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Morbidity pattern in outpatient clinics in Edo and Delta States of Nigeria

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Abstract:

The availability of a reliable data on the morbidity pattern in a health care system is an indispensable tool for adequate policy information and planning by healthcare operatives. In developing economies, this statistic is not available for numerous reasons. This study outlines a simple method for providing an estimate of the morbidity mix in the outpatient clinics using an adjudication panel of health care providers to correct for the limitations of health records. Ten health care facilities were selected by stratified random sampling from two states in Southern Nigeria (Edo and Delta). A minimum of 100 hospital records of patient encounters was obtained from each health care facility (HCF) by systematic sampling. The morbidity profile – proportion and severity- of the major clinical entities were determined after a detailed review of the clinical presentation by a consensus panel.

One thousand one hundred and nine (1109) encounters were evaluated. The predominant single disease entities were malaria 24.9%; (additional 9.5% in association with other diseases giving a total of 34.4%), ARI (11.9%), skin disorders (7.0%), trauma (6.8%), non-specific fevers (4.5%), diarrhoea (4.0%), miscellaneous disorders (13.8%) and encounters with multiple diagnoses (17.9%). This study outlines the morbidity profile in outpatient consultations in Edo-Delta region of Nigeria. It is likely to be a reproducible method that could be used for other settings. Moreover, it has the potential to guide the provision of health services and allocation of resources in the health sector.

Keywords: Morbidity profile; Outpatients; Health care facility; Nigeria