

James K Tumwine

Editor in Chief, African Health Sciences.

DOI: <https://dx.doi.org/10.4314/ahs.v20i4.2>

Cite as: Tumwine JK. Editor's choice: this December 2020. *Afri Health Sci.* 2020;20(4): ii- v . <https://dx.doi.org/10.4314/ahs.v20i4.2>

We have quite a number of papers in this issue and, honestly, I am lost for choice. None the less a few papers stand out for me.

In the infectious disease section, I was touched by Dr. Ombeva's sharing and reflection of his story: the way he caught Covid-19 from a child he was treating and the child's parents.¹ To me this is the story of the year and epitomizes what I have referred to as annus horribilis. Then the Covid-19 vaccine story by Prof. Fikri and colleagues.²

It is followed by a meta-analysis on seasonal flu that is highly relevant given that flu impacts the effects of Covid-19.³

Then follows the attempt by the HIV community to understand the ramifications of the HIV pandemic in Africa despite having lived with it for almost 4 decades now! Hence we have papers on: outcomes on PLHIV in Kenya⁴ CD4 counts,⁵ VMMC and HIV risk in Uganda,⁶ HIV and fungal infection⁷, HIV in Wuhan China⁸ that city that gave Covid-19 to the world; and HIV and primary school teachers.⁹ Then comes dengue,¹⁰ hepatitis B and osteoporosis,¹¹ TB,¹² *H.pylori*,¹³ MDR Staph. aureus,¹⁴ antibiotics in Rwanda,¹⁵ adult pneumonia,¹⁶ *C.parvum*,¹⁷ antimalaria drugs^{18,19} and pulmonary micro-aspiration.²⁰

NCDs: our curse of the century

Even during this Covid-19 pandemic, NCDs are forever with thus: cardio-vascular disease nursing care,²¹ hypertension,²² HIV-exposed infants²³, ECG abnormalities in HIV,²⁴ left ventricular hypertrophy,²⁵ epicardial fat,²⁶ aerobic exercise,²⁷ insulin resistance,²⁸ asthma,²⁹ COPD and sleep,³⁰ e cigarettes,³¹ non- alcoholic liver disease,³² home care,³³ Bilateral paediatric surgery,³⁴ self-harm,³⁵ MRI,³⁶ osteosarcoma risk,³⁷ thyroid³⁸ and gastric esophageal cancer;³⁹ fibromatosis,⁴⁰ prostate cancer,⁴¹ neuro-endocrine tumour,⁴² polycystic ovary and vitamin D deficiency,⁴³ micro RNAs and disease.⁴⁴ all will hopefully make us appreciate the burden and effect of this scourge on our people.

Reproductive and child health issues

In this section we have issues of pregnancy (ectopic,⁴⁵ teenage,⁴⁶ labour,⁴⁷ caesarean section,⁴⁸ gestational age,⁴⁹ home delivery,⁵⁰ postpartum depression,⁵¹ female genital mutilation in the Horn of Africa⁵² and Nigeria,⁵³ menopause and sexuality,⁵⁴ infertility,⁵⁵ hand washing,⁵⁶ anaemia in children in Ethiopia,⁵⁷ and breastfeeding efficacy.⁵⁸

The rest of the papers are on self-medication,⁵⁹ halitosis⁶⁰ and trace elements toxicity.⁶¹

References

1. Malande OO. My covid-19 experience: picking up the pieces. *Afri Health Sci.* 2020;20(4):1510-3. <https://dx.doi.org/10.4314/ahs.v20i4.4>
2. Sheek-Hussein M, Abu-Zidan FM. Invited Editorial. COVID-19 Vaccine: Hope and reality. *Afri Health Sci.* 2020;20(4):1507-9. <https://dx.doi.org/10.4314/ahs.v20i4.3>
3. Lagare A, Rajatonirina S, Testa J, Mamadou S. The epidemiology of seasonal influenza after the 2009 influenza pandemic in Africa: a systematic review. *Afri Health Sci.* 2020;20(4):1514-36. <https://dx.doi.org/10.4314/ahs.v20i4.5>
4. Nyagaka B, Musyoki SK, Karani L, Nyamache AK. Characteristics and treatment outcomes of HIV infected elderly patients enrolled in Kisii Teaching and Referral Hospital, Kenya. *Afri Health Sci.* 2020;20(4):1537-45. <https://dx.doi.org/10.4314/ahs.v20i4.6>
5. Yirga AA, Melesse SF, Mwambi HG, Ayele DG. Modelling CD4 counts before and after HAART for HIV infected patients in KwaZulu-Natal South Africa. *Afri Health Sci.* 2020;20(4):1546-61. <https://dx.doi.org/10.4314/ahs.v20i4.7>
6. Nanteza BM, Gray RH, Serwadda D, Kennedy C, Makumbi F. VMMC clients' perception of increased risk of HIV infection, circumcision preferred choice of method, providers' socio-demographics and mode of service delivery. *Afri Health Sci.* 2020;20(4):1562-72. <https://dx.doi.org/10.4314/ahs.v20i4.8>

7. Oladele R, Ogunsola F, Akanmu A, Stocking K, Denning DW, Govender N. Opportunistic fungal infections in persons living with advanced HIV disease in Lagos, Nigeria; a 12-year retrospective study. *Afri Health Sci.* 2020;20(4):1573-81. <https://dx.doi.org/10.4314/ahs.v20i4.9>
8. Liu Y, Lu L, Wang YY, Wilkinson MR, Ren Y-M, Wang C-C, et al. Effects of health education on HIV/AIDS related knowledge among first year university students in China. *Afri Health Sci.* 2020;20(4):1582-90. <https://dx.doi.org/10.4314/ahs.v20i4.10>
9. Nwimo IO, Elom NA, Ilo CI, Ojide RN, Ezugwu UA, Eke VU, et al. HIV/AIDS knowledge and attitude towards people living with HIV/AIDS (PLWHA): a cross-sectional study of primary school teachers. *Afri Health Sci.* 2020;20(4):1591-600. <https://dx.doi.org/10.4314/ahs.v20i4.11>
10. Kazaura M. Knowledge, attitude and practices about dengue fever among adults living in Pwani Region, Tanzania in 2019. *Afri Health Sci.* 2020;20(4):1601-9. <https://dx.doi.org/10.4314/ahs.v20i4.12>
11. Zhang Y, Gao X, Liu T, Gao P, Li H, Liu N, et al. Association between osteoporosis and hepatitis B cirrhosis: a case-control study. *Afri Health Sci.* 2020;20(4):1610-6. <https://dx.doi.org/10.4314/ahs.v20i4.13>
12. Goud KI, Kavitha M, Mahalakshmi A, Vempati R, Alodhayani AA, Mohammed AA, et al. Molecular detection of Mycobacterium tuberculosis in pulmonary and extrapulmonary samples in a hospital-based study. *Afri Health Sci.* 2020;20(4):1617-23. <https://dx.doi.org/10.4314/ahs.v20i4.14>
13. Mahmoud A, Bakr A, Elsaid A, Wahba Y. Prevalence of Helicobacter pylori infection among children with primary nephrotic syndrome: a cross-sectional study. *Afri Health Sci.* 2020;20(4):1624-31. <https://dx.doi.org/10.4314/ahs.v20i4.15>
14. Baiomy AA, Shaker GH, Abbas HA. Sensitizing multi drug resistant Staphylococcus aureus isolated from surgical site infections to antimicrobials by efflux pump inhibitors. *Afri Health Sci.* 2020;20(4):1632-45. <https://dx.doi.org/10.4314/ahs.v20i4.16>
15. Cartledge PT, Ruzibuka FS, Rutagarama F, Rutare S, Rogo T. Antibiotic prescribing practices in three neonatology units in Kigali, Rwanda. – an observational study. *Afri Health Sci.* 2020;20(4):1646-54. <https://dx.doi.org/10.4314/ahs.v20i4.17>
16. Ojuawo OB, Desalu OO, Fawibe AE, Ojuawo AB, Aladesanmi AO, Opeyemi CM, et al. Clinical and microbiological profile of adult inpatients with community acquired pneumonia in Ilorin, North Central, Nigeria. *Afri Health Sci.* 2020;20(4):1655-68. <https://dx.doi.org/10.4314/ahs.v20i4.18>
17. Berrouch S, Escotte-Binet S, Amraouza Y, Flori P, Aubert D, Villena I, et al. Cryptosporidium spp., Giardia duodenalis and Toxoplasma gondii detection in fresh vegetables consumed in Marrakech, Morocco. *Afri Health Sci.* 2020;20(4):1669-78. <https://dx.doi.org/10.4314/ahs.v20i4.19>
18. Akpa PA, Ugwuoke JA, Attama AA, Ugwu CN, Ezeibe EN, Momoh MA, et al. Improved antimalarial activity of caprol-based nanostructured lipid carriers encapsulating artemether-lumefantrine for oral administration. *Afri Health Sci.* 2020;20(4):1679-97. <https://dx.doi.org/10.4314/ahs.v20i4.20>
19. Onyishi GC, Nwosu GC, Eyo JE. In vivo studies on the biochemical indices of Plasmodium berghei infected mice treated with Alstonia boonei leaf and root extracts. *Afri Health Sci.* 2020;20(4):1698-709. <https://dx.doi.org/10.4314/ahs.v20i4.21>
20. Ghahderijani BH, Hosseinabadi F, Kahkouee S, Momeni MK, Salajeghe S, Soleimantabar H. Investigation of high-resolution computed tomographic (HRCT) outcomes associated with chronic pulmonary microaspiration (CPM) in Tehran and Zahedan, Iran. *Afri Health Sci.* 2020;20(4):1710-5. <https://dx.doi.org/10.4314/ahs.v20i4.22>
21. Ramadhani FB, Liu Y, Jing X, Qing Y, Xiong H, Zhang F, et al. Comparing the association of cardiovascular nursing care with blood pressure and length of stay of in-patients with coronary artery disease in Wuhan, China. *Afri Health Sci.* 2020;20(4):1716-24. <https://dx.doi.org/10.4314/ahs.v20i4.23>
22. Kurtul S, Ak FK, Türk M. The prevalence of hypertension and influencing factors among the employees of a university hospital. *Afri Health Sci.* 2020;20(4):1725-33. <https://dx.doi.org/10.4314/ahs.v20i4.24>
23. Cornelia de Beer C, Krüger E, van der Linde J, Eccles R, Graham MA. Developmental outcomes of HIV-exposed infants in a low-income South African context. *Afri Health Sci.* 2020;20(4):1734-41. <https://dx.doi.org/10.4314/ahs.v20i4.25>
24. Eleazar ES, Eleazar CI, Nwachukwu DC, Nwagha UI. ECG abnormalities among HIV infected children placed on ART at Enugu, South East of Nigeria. *Afri Health Sci.* 2020;20(4):1742-8. <https://dx.doi.org/10.4314/ahs.v20i4.26>
25. Hamza M, Fatima M, Masood M, Masood HU, Tasleem G, Ahmed H, et al. Relationship of left ventricular and atrial dimensions with moderate to severe left ventricular diastolic dysfunction (grade II and above). *Afri Health Sci.* 2020;20(4):1749-53. <https://dx.doi.org/10.4314/ahs.v20i4.27>
26. Sincer I, Erdal E, Gucuk A, Bostancı E, Gunes Y. The relationship between epicardial fat thickness and

- high-grade varicocele. *Afri Health Sci.* 2020;20(4):1754-60. <https://dx.doi.org/10.4314/ahs.v20i4.28>
27. Abd El-Kader SM, Al-Jiffri OH. Aerobic exercise affects sleep, psychological wellbeing and immune system parameters among subjects with chronic primary insomnia. *Afri Health Sci.* 2020;20(4):1761-9. <https://dx.doi.org/10.4314/ahs.v20i4.29>
 28. Shetty SS, Suchetha KN, Devi H, Sharmila KP, Rai S. Association of FADS2 rs174575 gene polymorphism and insulin resistance in type 2 diabetes mellitus. *Afri Health Sci.* 2020;20(4):1770-6. <https://dx.doi.org/10.4314/ahs.v20i4.30>
 29. Emil GE, Saad EBM, Mohammed AF, Mohamed HM. Effects of body weight and posture on pulmonary functions in asthmatic children. *Afri Health Sci.* 2020;20(4):1777-84. <https://dx.doi.org/10.4314/ahs.v20i4.31>
 30. Serin EK, Ister ED, Ozdemir A. The relationship between sleep quality and dyspnoea severity in patients with COPD. *Afri Health Sci.* 2020;20(4):1785-92. <https://dx.doi.org/10.4314/ahs.v20i4.32>
 31. Demir V, Hidayet S, Turan Y, Ede H. Acute effects of electronic cigarette smoking on ventricular repolarization in adults. *Afri Health Sci.* 2020;20(4):1793-9. <https://dx.doi.org/10.4314/ahs.v20i4.33>
 32. Wang J, Ye C, Fei S. Association between APOC3 polymorphisms and non-alcoholic fatty liver disease risk: a meta-analysis. *Afri Health Sci.* 2020;20(4):1800-8. <https://dx.doi.org/10.4314/ahs.v20i4.34>
 33. Isik K, Erci B. The effect of home care based on the Neuman systems model on symptomatic relief and quality of life in patients undergoing hemodialysis. *Afri Health Sci.* 2020;20(4):1809-16. <https://dx.doi.org/10.4314/ahs.v20i4.35>
 34. Ngoy JK, Stahnke T, Dinkulu S, Makwanga E, Moanda A, Ngweme G, et al. Bilateral paediatric cataract surgery - outcomes of 298 children from Kinshasa, the Democratic Republic of the Congo. *Afri Health Sci.* 2020;20(4):1817-27. <https://dx.doi.org/10.4314/ahs.v20i4.36>
 35. Nnadozie UU, Obayi ON, Ezeanosike E, Eze C, Maduba CC, Nnadozie FU, et al. Bilateral oedipism: a case of extreme self-harm in an African society averse to self-mutilation. *Afri Health Sci.* 2020;20(4):1828-30. <https://dx.doi.org/10.4314/ahs.v20i4.37>
 36. Mohammed S, Abubakar M. Evaluation of MRI Artifact in some selected centers in Kano Metropolis, Nigeria. *Afri Health Sci.* 2020;20(4):1831-9. <https://dx.doi.org/10.4314/ahs.v20i4.38>
 37. Wang G, Li J, Xu X, Gupta RK, Gao X. Association of ERCC gene polymorphism with osteosarcoma risk. *Afri Health Sci.* 2020;20(4):1840-8. <https://dx.doi.org/10.4314/ahs.v20i4.39>
 38. Kaabouch M, Chahdi H, Azouzi N, Oukabli M, Rharrassi I, Boudhas A, et al. BRAFV600E hot spot mutation in thyroid carcinomas: first Moroccan experience from a single-institution retrospective study. *Afri Health Sci.* 2020;20(4):1849-56. <https://dx.doi.org/10.4314/ahs.v20i4.40>
 39. Kasochi C, Julius P, Mweemba I, Kayamba V. Human epidermal growth factor receptor 2 overexpression in gastric and gastroesophageal junction adenocarcinoma in patients seen at the University Teaching Hospital, Lusaka, Zambia. *Afri Health Sci.* 2020;20(4):1857-64. <https://dx.doi.org/10.4314/ahs.v20i4.41>
 40. Adegoke OO, Ajao AE, Ano-Edward GH. Congenital infantile digital fibromatosis: a case report and review of the literature. *Afri Health Sci.* 2020;20(4):1865-9. <https://dx.doi.org/10.4314/ahs.v20i4.42>
 41. Amin HS, Arafa MA, Farhat KH, Rabah DM, Altaweel AA, Alhammad AH. Does shared decision making increase prostate screening uptake in countries with a low prevalence of prostate cancer? *Afri Health Sci.* 2020;20(4):1870-4. <https://dx.doi.org/10.4314/ahs.v20i4.43>
 42. Eren M, Bostan F. Non-pancreatic neuroendocrine tumour presenting with hypoglycemia in an elderly patient. *Afri Health Sci.* 2020;20(4):1875-9. <https://dx.doi.org/10.4314/ahs.v20i4.44>
 43. Gokosmanoglu F, Onmez A, Ergenç H. The relationship between Vitamin D deficiency and polycystic ovary syndrome. *Afri Health Sci.* 2020;20(4):1880-6. <https://dx.doi.org/10.4314/ahs.v20i4.45>
 44. Ma Q, Mo G, Tan Y. Micro RNAs and the biological clock: a target for diseases associated with a loss of circadian regulation. *Afri Health Sci.* 2020;20(4):1887-94. <https://dx.doi.org/10.4314/ahs.v20i4.46>
 45. Ngene NC, Lunda O. Ectopic pregnancy in the ampulla of the fallopian tube at 16 gestational weeks: lessons from a case report. *Afri Health Sci.* 2020;20(4):1895-7. <https://dx.doi.org/10.4314/ahs.v20i4.47>
 46. Byonanebye J, Brazauskas R, Tumwesigye N, Young S, May T, Cassidy L. Geographic variation and risk factors for teenage pregnancy in Uganda. *Afri Health Sci.* 2020;20(4):1898-907. <https://dx.doi.org/10.4314/ahs.v20i4.48>
 47. Ramadhani FB, Liu Y, Lembuka MM. Knowledge and barriers on correct use of modified guidelines for active management of third stage of labour: a cross sectional survey of nurse-midwives at three referral hospitals in Dar es Salaam, Tanzania. *Afri Health Sci.* 2020;20(4):1908-17. <https://dx.doi.org/10.4314/ahs.v20i4.49>

48. Ismail S, Sohaib M, Farrukh F. Management of spinal-induced hypotension for elective caesarean section: A survey of practices among anesthesiologists from a developing country. *Afri Health Sci.* 2020;20(4):1918-26. <https://dx.doi.org/10.4314/ahs.v20i4.50>
49. Mishra S, Ghatak S, Singh P, Agrawal D, Garg P. Transverse cerebellar diameter: a reliable predictor of gestational age. *Afri Health Sci.* 2020;20(4):1927-32. <https://dx.doi.org/10.4314/ahs.v20i4.51>
50. Muhunzi S, Ngocho JS, Mwanamsangu A, Sanga L, Hiza H, Msuya SE, et al. Prevalence, predictors and reasons for home delivery amongst women of child-bearing age in Dodoma Municipality in central Tanzania. *Afri Health Sci.* 2020;20(4):1933-42. <https://dx.doi.org/10.4314/ahs.v20i4.52>
51. Adeyemo EO, Oluwole EO, Kanma-Okafor OJ, Izuka OM, Odeyemi KA. Prevalence and predictors of postpartum depression among postnatal women in Lagos, Nigeria. *Afri Health Sci.* 2020;20(4):1943-54. <https://dx.doi.org/10.4314/ahs.v20i4.53>
52. Arabahmadi A. Combating female genital mutilation in Northeast (Horn) Africa and its challenges. *Afri Health Sci.* 2020;20(4):1955-67. <https://dx.doi.org/10.4314/ahs.v20i4.54>
53. Odo AN, Dibia SIC, Nwagu EN, Umoke M-J, Umoke PCI. Towards characterization of Female Genital Mutilation (FGM) in rural Nigeria. *Afri Health Sci.* 2020;20(4):1968-78. <https://dx.doi.org/10.4314/ahs.v20i4.55>
54. Khalesi ZB, Jafarzadeh-Kenarsari F, Mobarrez YD, Abedinzade M. The impact of menopause on sexual function in women and their spouses. *Afri Health Sci.* 2020;20(4):1979-84. <https://dx.doi.org/10.4314/ahs.v20i4.56>
55. Egbe TO, Mbaki CN, Tendongfor N, Temfack E, Belley-Priso E. Infertility and associated factors in three hospitals in Douala, Cameroon: a cross-sectional study. *Afri Health Sci.* 2020;20(4):1985-95. <https://dx.doi.org/10.4314/ahs.v20i4.57>
56. Simelane MS. A multilevel analysis of the determinants of handwashing behavior among households in Eswatini: a secondary analysis of the 2014 multiple indicator cluster survey. *Afri Health Sci.* 2020;20(4):1996-2006. <https://dx.doi.org/10.4314/ahs.v20i4.58>
57. Gebrie A, Alebel A. A systematic review and meta-analysis of the prevalence and predictors of anemia among children in Ethiopia. *Afri Health Sci.* 2020;20(4):2007-21. <https://dx.doi.org/10.4314/ahs.v20i4.59>
58. Ceylan S, Şahin S. Comparison of breastfeeding self-efficacy and breastfeeding success of obese and normal-weight mothers in the early period. *Afri Health Sci.* 2020;20(4): 2022-31. <https://dx.doi.org/10.4314/ahs.v20i4.60>
59. Ukwishaka J, Umuhoza C, Cartledge P, McCall N. Pediatric self-medication use in Rwanda – a cross sectional study. *Afri Health Sci.* 2020;20(4):2032-43. <https://dx.doi.org/10.4314/ahs.v20i4.61>
60. Alade O, Ajoloko E, Dedeké A, Uti O, Sofola O. Self-reported halitosis and oral health related quality of life in adolescent students from a suburban community in Nigeria. *Afri Health Sci.* 2020;20(4):2044-9. <https://dx.doi.org/10.4314/ahs.v20i4.62>
61. Ayanda OI, Bello OA, Nwabuisi OI. Trace metal toxicity in some food items in three major markets in Ado-Odo/Ota LGA, Ogun State, Nigeria and associated health implications. *Afri Health Sci.* 2020;20(4):2050-61. <https://dx.doi.org/10.4314/ahs.v20i4.63>