Local Evidence, Local Solutions, Better Health

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Health research has its greatest relevance when it addresses the realities of the populations and health systems it seeks to serve. This issue of the *Nigerian Journal of Health Sciences* reflects that principle, bringing together locally generated evidence across a broad spectrum of clinical practice. From infectious diseases and chronic non-communicable conditions to diagnostic challenges, surgical innovation, medical education and health-system improvement, the contributions demonstrate how careful investigation of local problems can inform practical solutions and ultimately contribute to better health.

Obebe and colleagues examine intestinal parasitosis and malaria among children living in selected orphanages in Ibadan, a population in whom environmental conditions and institutional living may influence exposure to infection. Among 150 children studied, intestinal parasitic infection and malaria were detected in approximately 9% and 7%, respectively. The study also demonstrates that diagnostic yield differed according to the methods employed, reinforcing the importance of appropriate diagnostic approaches alongside surveillance, sanitation and preventive interventions.

In another contribution, Ogunyemi et al investigate cardiovascular risk factors and echocardiographic abnormalities among Nigerian adults with chronic kidney disease. Hypertension, anaemia and proteinuria were prominent, while left ventricular hypertrophy was identified in nearly 70% of participants. The findings illustrate the considerable cardiovascular burden accompanying CKD and support the integration of cardiovascular assessment and risk-factor management into the care of affected patients.

Akinniyi and colleagues present an instructive odontogenic keratocyst initially masquerading as pericoronitis associated with an impacted mandibular third molar. Recurrence of symptoms following extraction led to further imaging and histopathological evaluation, establishing the correct diagnosis and permitting definitive treatment. Beyond the unusual presentation, the case emphasizes an enduring clinical lesson: persistent or recurrent symptoms warrant reconsideration of the initial diagnosis and, where appropriate, further investigation and longer-term surveillance.

The clinical vignette on persistent exertional dyspnoea similarly illustrates the importance of looking beyond an initially unrevealing investigation when the clinical problem remains unresolved. The case highlights the complementary information that different diagnostic modalities can provide and the continuing importance of clinical judgement in selecting subsequent investigations.

The theme of local evidence and locally relevant solutions is even more apparent in the scientific presentations included in this issue. The abstracts from the 17th Annual Faculty Week and Scientific Conference of the Faculty of Clinical Sciences, Obafemi Awolowo University, held in December 2025, span an impressive range of disciplines and clinical questions. They address maternal and child health, cardiovascular and respiratory disease, oncology, surgery, ophthalmology, mental health, medical education, diagnostic innovation and healthcare delivery, among other areas.

Importantly, many of these contributions move beyond defining disease burden to examining solutions appropriate to the environment in which care is delivered. Examples include evaluation of accessible diagnostic approaches in resource-limited settings, expansion of laparoscopic practice through resident-led initiatives, innovations in medical education, mental-health literacy interventions, and the use of sustainable energy to increase surgical capacity.

The studies, clinical observations and scientific presentations assembled in this issue also demonstrate the value of multidisciplinary scholarship. Physicians, surgeons, laboratory scientists, educators and other health professionals' approach different problems through different methods, yet share the same fundamental objective: to understand health challenges more clearly and improve the care delivered to patients and communities.

As the *Nigerian Journal of Health Sciences* continues to provide a platform for clinical and health-sciences scholarship, we hope to encourage research that is scientifically rigorous, clinically relevant and responsive to the settings from which it emerges. The path from evidence to improved health is rarely simple, but it begins with asking the right questions about the populations we serve and translating the answers into solutions that can make a difference.

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