

It is my pleasure to bring to you the last issue of the NJHS for the year 2024.

In this issue, we present interesting reports across disciplines. In a randomized controlled trial, Abayomi Ojo et al,<sup>1</sup> demonstrated the efficacy of epidural magnesium in extending postoperative analgesia duration, and the dose of 24-hours rescue opioid consumed among patients undergoing abdominal surgery. Those that received epidural magnesium had a significantly longer time to first request for rescue analgesics of the three groups. This is a very important finding which will be of importance as this will likely reduce the use of analgesics and associated side effects, though the cost of epidural kit could be a major drawback. However, the findings of this study need further validation with a well designed trial using relevant sample size for a superiority trial of this nature and as required for all trial, registration with relevant clinical trial registry will be necessary.

In a short review by Adyemi I.A et al<sup>2</sup>, the effects and factors encouraging the use of artificial sweeteners in foods and drinks were examined. Specifically, the relationship between the use of aspartamine and cardiac health were highlighted. High consumption of natural sweeteners has been linked with increasing incidences of non-communicable diseases such as diabetes and coronary heart disease. The potential role of aspartane as a carcinogen warrants further studies as highlighted in the paper. Importantly for us in Nigeria, The paper, proposed strategic intervention at controlling the use and consumption of artificial sweeteners in Nigeria

How ready are we in embracing technology in health care delivery? In their study, Esan et al<sup>3</sup> studied some medical records staff at a tertiary health facility in Nigeria. They assessed their readiness for change as it relates to embracing electronic medical record and e health. The authors found that overall, there was a low e-health preparedness level, even though individual respondents readiness was high. From the findings of their study, a need to strengthen e health preparedness is essential in order to improve health care delivery.

One of the few positives from COVID-19 pandemic was the increased use of personal protective equipment. Some specialities are more at risk of infection which worsened during COVID. During COVID, adherence to PPE was almost 100% in most practices especially for dental procedures. In a recent study by Amuh VO et al,<sup>4</sup> to evaluate adherence to PPE post COVID-19, it is noteworthy to state that adherence rate is still very good, almost 9 in one dental health workers are still use PPE. However attempts should be made to ensure that practitioners use more than face mask which was responsible for the high rate observed in this study.

Akande RO et al<sup>5</sup> assessed the knowledge and perception of household heads in two local government areas in Osun State, Nigeria about births, deaths and marriages registration.

Generally, while it appears registering marriages are well perceived by most respondents, knowledge of marriage registration and other vital statistics among respondents was significantly influenced by level of education. The authors suggested the need for targeted education and awareness of heads of households in order to improve their perception and practices of births, deaths and marriage registration. This is very important for planning.

Congratulations to the Faculty of Basic Medical Sciences for a successful Week. It was highly educative and a well attended conference. The theme 'promoting health and well being through basic medical research' underscores the importance of basic medical sciences and the need for collaborative and translational studies to address our peculiar health issues in the country. Issues relating to quality of life, bio informatics and artificial intelligence were beautifully discussed. In this issue, we feature abstract presented at the conference. Congratulations once again to the Faculty of Basic Medical Sciences.

As we close up the year, I want to extend my appreciation and that of the editorial board for the supports we received from our reviewers and the College. We look forward to your continuous support for the journal

We believe the horizon for the journal is bright as we move into the new year. With great optimism and hope we project that in 2025, the journal will make new and giant strides in medical journalology.

Thank you.

**Prof. O.O Adewole**

*Editor-in-Chief*

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