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HEALTH INFROMATION NEEDS OF SECONDARY SCHOOL TEACHERS FOR EARLY DETECTION OF KIDNEY DISEASE IN AWKA SOUTH LOCAL GOVERNMENT AREA, ANAMBRA STATE, NIGERIA.

Dr. Esther Ekene Aghauche
ee.aghauche@unizik.edu.ng
Department of Library and Information Science
Nnamdi Azikiwe University, Awka
&
Christiana Nneka Chigor
Department of Library and Information Science
Nnamdi Azikiwe University, Awka
nnekac13@gmail.com: 08165945579

ABSTRACT

The study examined the health information needs of secondary school teachers for early detection of kidney disease in Awka South Local Government Area, Anambra State. The purpose of the study was to determine the health information needs of secondary school teachers in Awka South L.G.A., determine their awareness of kidney disease. The study was guided by two research questions. The research adopted a descriptive survey design. The population of the study comprised 624 government-owned secondary school teachers in Awka South L.G.A. The sample size of 200 respondents were used for the study. The instrument for data collection was a restructured questionnaire titled: Kidney Disease Early Detection Health Information Need Questionnaire (KDEDHINQ), comprising two clusters aligned with the study's research questions. Data collected were analysed using percentages. The results reveal that most of the secondary school teachers in Awka south have information on proper kidney function and that kidney disease is a serious health problem. However, awareness of some factors that can lead to kidney disease is low. It recommended that government should encourage teachers for regular test and screening exercise by providing free test and screening kits to them, also organise workshops on kidney disease for the secondary school teachers and to enhance awareness program.

Keywords: Health Information Needs, Secondary School Teachers, Kidney Disease, Early Detection

Introduction

Health is the most important aspect of human life, an unhealthy man cannot be involved in performing any activity. Health is wealth, when people are healthy they are wealthy as well, because only healthy people

can make wealth. Therefore, it is imperative that everyone tries as much as possible to remain healthy (Thomas 2023). Health encompasses the overall well-being and functioning of an individual, covering physical, mental, and social aspects (Healthline, 2023). According to World Health Organisation (WHO) (2018), health is a state of complete physical, mental and social wellbeing and not merely the absences of disease and infirmity. The term health can be defined as the extent of individual continuing physical emotions, mental and social ability to cope with his or her environment (Dictionary of Medicine, 2017). Thus, health is a positive concept emphasizing social and personal resources as well as capacities to support an individual's functions in the wider society, rather than an end in itself (Morrison, 2022). Smith (2019) stressed that a healthful life style provides the means to lead a full life with meaning and purpose, the end of disease and the beginning of health.

In the same vein, secondary school teachers most especially those in Awka South need to be healthy to carry out their teaching activities effectively and efficiently. This can only be achieved through effective information which in turn brings about massive awareness on their information needs.

Information according to Collins, (2021) is data that are gathered in any way by reading, observation, hearsay, etc. and does not necessarily connote validity. Information is fact, thought or data conveyed or described through various types of communication, like written, oral, visual and audio communications. It is knowledge shared or obtained through study, instructions, investigation or news and it is shared through the act of communicating, whether verbally, nonverbally, visually, or through written word. Information has different names including intelligence, message, data, signal or fact (Indeed, 2023).Knowing what type of information one needs will determine the effectiveness of the communication. In this context secondary school teachers need health information for them to detect kidney disease early.

Health information plays a crucial role in the individuals' well-being and the overall functioning of the healthcare systems. It empowers individuals to make informed decisions about their health and promotes disease prevention. According to Centers for Disease Control, (2021), health information is any data or communication that helps people to understand their status and make decisions about their health. Health information can come from a variety of sources, including doctors, nurses, public health organisations, Internet and the media. Information is a collection of data in a comprehensible form, usually recorded in print or non-print forms. Health information can possibly be stored in books, journals, manuscript, maps, library catalogues, brochures, indexes, abstracts, research highlights and these may be able to effectively result to early detection (National Institutes of Health (NIH).(2021).. In general, health information is meant to

educate and empower secondary school teachers to make informed decisions about their health and to promote disease prevention. Therefore there is need for Secondary school teachers to seek for health information needs.

Health information needs(HIN) refer to the specific information required by individuals to make informed decisions about their health, access appropriate healthcare services, prevent diseases, and manage medical conditions.(Centers for Disease Control and Prevention (CDC),2021) HIN encompasses a wide range of topics, including: Prevention and Wellness Information CDC,(2021) stressed that individuals need access to reliable and evidence-based information on early detection, preventive measures and wellness strategies to maintain good health and prevent diseases by providing guidelines and resources on vaccination schedules for different age groups to prevent infectious diseases. American Cancer Society, (2021) stated that HIN leads to Disease-specific Information, which enable patients and their caregivers require accurate and up-to-date information on specific medical condition to understand the disease process, treatment options. This information can help patients make informed decisions about their healthcare and advocate for themselves. For example American Cancer Society,(2021) offers comprehensive information on different types of cancer, treatment options, and support resources for cancer patient and their families. National Institutes of Health (NIH),(2021) also stressed that Health Literacy and Self-management skills is among health information need, people need resources and tools to improve their health literacy and self-management skills to navigate the healthcare system, communicate effectively with healthcare providers, and take an active role in managing their health. NIH,(2021) provides health literacy resources, educational materials, and online tools to help individuals improve their ability to understand and use health information to make informed decisions. To this end, health information needs of secondary school teachers in general enhance the quality of healthcare of the teachers. In addition, it is also vital to create awareness of certain deadly disease such as kidney disease.

However, the focus of this study is on kidney disease. According to Mayo (2022) the term kidney can be described as two beans-shaped organs, each about the size of a fist. They are located just below the rib cage, one on each side of the spine. Healthy kidneys filter about a half cup of blood every minute, removing wastes and extra water to make urine. Kidney filters blood and removes toxins from the body. (Mayo, 2022) These toxins go to bladder and are eliminated when you urinate. When this does not work properly, one can develop kidney failure (National Institute of Diabetes, Digestive and Kidney Disease, 2023). On the other hand, Mayo (2022) also explained that kidney disease, can also be called chronic kidney failure which involves a gradual loss of kidney function. The kidneys filter wastes and excess fluid from

the blood, which can then be removed as urine. Chronic kidney disease can cause dangerous levels of fluid electrolytes and wastes to build up in the body and blood.(Mayo,2022).The extent of available health information acquired by the secondary school teachers will help them in early detection of this life- threatening disease called kidney disease. Early detection can save lives, particularly in case of kidney disease, as a life-threatening condition (Mayor, 2022).

Furthermore, early detection of kidney diseases and diagnosis will lead to early treatment. The term early detection is usually used to indicate a measure of kidney disease detection to ensure a better chance of treatment and cure. Jonas (2005) defined early detection in contemporary, conventional, and natural medicine, as the act of discovering a disorder or disease before it has fully developed. Moreover, the risk of other cardiovascular events such as stroke and heart failure can be reduced if kidney disease is identified at its early stage. There are evidence that the treatment can prevent or delay the progression of kidney disease, reduce or prevent the development of complications as well reduce the risk of occurrence of cardiovascular disease when it is detected early.

National Kidney Foundation (2021) stated that prevention and early diagnosis of kidney disease should not be neglected. Every individual should not neglect this prevention and diagnosis of kidney disease especially the secondary school teachers in Awka South L.G.A. Secondary school teacher according to Nigeria Policy on Education (2014) is someone in charge of teaching, training and the total development of secondary school students.

This means that a secondary school teacher in Nigeria is responsible for helping students develop their social and emotional skills, as well as their physical and mental health. In other words, a secondary school teacher in Nigeria is a kind of "all-in-one" educator. This policy went further to define a secondary school teacher as "a person who has been registered by the Teachers Registration Council of Nigeria and is employed to teach at the secondary level in any institution recognized by the Ministry of Education.

Statement of the Problem

World Health Organization (WHO) (2019) reported that lifestyle-related diseases, including kidney disorders, are among the top 20 leading causes of death globally. The prevalence of kidney-related diseases, particularly Chronic Kidney Disease (CKD), is alarming. In Nigeria, an estimated 6.5 million people are affected by CKD. In Anambra State, the Anambra State Hospital-based survey on Non-communicable Diseases (ASHOND) (2019) revealed that over 566,000 people suffer from CKD, with around 500 deaths recorded annually.

Based on the above finding, secondary school teachers may not have sufficient awareness about some factors that leads to kidney disease, signs and symptoms of kidney disease, as well as the importance

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of early detection. This could result in a lack of understanding about the importance of screening and the need for timely intervention so as to reduce mortality rate.

This study is therefore necessary to determine the health information needs of secondary school teachers for the early detection of kidney disease. The central problem of the study is posed as a question: What are the health information needs of secondary school teachers for the early detection of kidney disease in Awka South Local Government Area of Anambra State? Addressing this problem is critical to minimise the dangers posed by CKD and improving the overall health and well-being of the teachers.

Research Questions

1. What are the health information needs of secondary school teachers for early detection of kidney disease in Awka south L.G.A.?
2. What is the awareness on kidney disease among secondary school teachers in Awka south L.G.A?

Research Method

The descriptive survey research design was used for this study. The population of the study was 624 government owned secondary school teachers in Awka South L.G.A. Anambra state. Sample size of 200 respondents, random sampling technique was used. The instrument for data collection was questionnaire. Data collected were analysed using percentages.

Presentation of Results

Research Question One: What are the health information needs of secondary school teachers for early detection of kidney disease in Awka South local government area?

Table 1: ***Percentage Responses of Secondary School Teachers on the Health Information Needs for Early Detection of Kidney Disease***

	Areas of Kidney Disease Information Needs	Yes		No	
		N	%	N	%
1.	Information on proper kidney function.	184	92.0	16	8.0
2.	Information on the symptoms of kidney disease.	177	88.5	23	11.5
3.	Information on possible causes of kidney disease.	173	86.5	27	13.5
4.	Information on the types of pain associated with kidney disease.	152	76.0	48	24.0
5.	Information on the how to prevent kidney disease.	178	89.0	22	11.0
6.	Information on how to keep kidney healthy.	163	81.5	37	18.5
7.	Information on medical intervention on kidney disease.	141	70.5	59	29.5
8.	Information on the health implication of kidney disease.	156	78.0	44	22.0
9.	Information on people that are likely to have kidney disease.	157	78.5	43	21.5
10.	Information on different stages of kidney disease.	140	70.0	60	30.0
11.	Information on risk factors of kidney disease.	164	82.0	36	18.0

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Table 1 shows the percentage responses of secondary school teachers on the health information needs required for early detection of kidney disease. All the eleven (11) listed items of health information needs for early detection of kidney disease were agreed by the teachers as their areas of health information need for the early detection of kidney diseases. These include information on; proper kidney function (92%), symptoms of kidney disease (88.5%), possible causes of kidney disease (86.5%), types of pain associated with kidney disease (76%), how to prevent kidney disease (89%), how to keep the kidney healthy (81.5%), medical intervention on kidney disease (70.5%), health implication of kidney disease (78%), people that are likely to have kidney disease (78.5%), different stages of kidney disease (70%), and risk factors of kidney disease (82%).

Research Question Two: What is the awareness of kidney disease among secondary school teachers in Awka South local government area?

Table 2: ***Percentage Responses of Secondary School Teachers on Awareness of Kidney Disease***

	Aspects of Kidney Disease	Aware		Not Aware	
		N	%	N	%
1.	kidney disease is a serious health problem.	194	97.0	6	3.0
2.	kidney disease could be genetic.	73	36.5	127	63.5
3.	kidney disease could be linked to high blood pressure.	85	42.5	115	57.5
4.	kidney disease could be linked to one's high sugar level.	89	44.5	111	55.5
5.	kidney disease could be linked to unhealthy diets.	160	80.0	40	20.0
6.	kidney disease could be linked to obesity.	92	46.0	108	54.0
7.	kidney disease could be linked to too much intake of salt.	136	68.0	64	32.0
8.	Too much intake of painkiller drugs can lead to kidney disease.	55	27.5	145	72.5
9.	Too much consumption of junk food can be linked to kidney disease.	61	30.5	139	69.5
10.	kidney disease could be linked to lack of one's physical exercise.	107	53.5	93	46.5
11.	Smoking of cigarette could be linked to kidney disease.	182	91.0	18	9.0
12.	kidney disease could be linked to negligence of regular check-up.	71	35.5	129	64.5

Table 2 presents the percentage responses of secondary school teachers on their awareness of various aspects of kidney disease. The data shows that an overwhelming majority (97.0%) of teachers are aware that kidney disease is a serious health problem, highlighting a general understanding of its severity. Furthermore, (80.0%) of respondents are aware that kidney disease can be linked to unhealthy

diets, while (68.0%) recognize that excessive salt intake is a contributing factor. There is also significant awareness (91.0%) that smoking cigarettes can be associated with kidney disease, and over half (53.5%) are aware of the connection between lack of physical exercise and kidney disease. These figures indicate a reasonably high level of awareness regarding lifestyle factors contributing to kidney disease.

On the other hand, several aspects of kidney disease showed a lack of awareness among the teachers. For example, only (36.5%) were aware that kidney disease could be genetic, and just (42.5%) and (44.5%) knew that it could be linked to high blood pressure and high sugar levels, respectively. Additionally, (72.5%) were unaware that excessive use of painkiller drugs could lead to kidney disease, and (69.5%) did not associate junk food consumption with the disease. The findings suggest that while teachers have good knowledge of some risk factors, there are critical gaps in their understanding of other key contributors to kidney disease, such as genetic factors and the impacts of medication and diet. Therefore, there is a need for educational interventions to address these gaps and promote a more comprehensive awareness of kidney disease among this group.

Discussion of Findings

This study determined the on health information needs of secondary school teachers for early detection of kidney disease in Awka south L.G.A. of Anambra state. The major findings based on the variables of the study were discussed below:

Health Information Needs of Secondary School Teachers for Early Detection of Kidney Disease In Awka South L.G.A.

The results from Table 1 reveal that secondary school teachers in Awka South L.G.A have significant health information needs concerning the early detection of kidney disease. A large majority (92.0%) of respondents expressed a need for information on proper kidney function, while 88.5% wanted more information on the symptoms of kidney disease. Other areas such as prevention (89.0%) and risk factors (82.0%) also scored high, indicating that teachers are aware of the importance of early detection but require more detailed information on kidney disease. These findings are consistent with research by Center for Diseases Control and Prevention (2021) and American Cancer Society (2021), who reported that health professionals often need more disease-specific knowledge to effectively educate the public.

Awareness of Kidney Disease Among Secondary School Teachers in Awka South L.G.A

Table 2 highlights the level of awareness among secondary school teachers in Awka south local government area regarding kidney disease. While most teachers (97.0%) recognized kidney disease as a serious health problem, awareness of specific risk factors varied. For example, only 36.5%

were aware that kidney disease could be genetic, and 42.5% knew of its link to high blood pressure. However, 91.0% of respondents were aware that smoking cigarettes could contribute to kidney disease. This awareness gap on certain risk factors mirrors findings by Olanrewaju and Aderibigbe (2020), who noted that while general awareness of chronic diseases is high, specific knowledge about causes remains limited in many populations.

Conclusion

Based on the results or findings of this study, these conclusions were drawn. Secondary school teachers in Awka south L.G.A of Anambra state have proper health information needs on kidney disease but they need regular check-up and to undergo screening exercise which is the key to early detection measures that could help them fight against late detection and untimely death.

However, secondary school teachers are not completely ignorant of the health information on kidney disease but they still need comprehensive and adequate kidney disease health information. Thus, they still need the awareness on some factors that can lead to kidney disease.

Recommendations

The following recommendations were made based on the findings of this study.

1. Though secondary school teachers in Awka south local government area have health information need for kidney disease early detection, they should not take the information they have for granted. Secondary school teachers in Awka south should engage in regular checkup, test and screening exercise to avoid late detection of kidney disease.
2. The Ministry of Education should collaborate with health professionals, school principals and individuals concerned with kidney disease information and should strategically utilize kidney disease awareness programs such as the World Kidney Day (WKD) which internationally takes place every month of March and make use of symbols such as the diagram of kidney with blue, yellow and red color to reach, raise public awareness and mobilize for early detection, massive education on risk factors, symptoms related to kidney disease, sensitization programs and provision of kits for screening of kidney disease.

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