



Full Length Research

Challenges Facing Epilepsy Patients and the Role of Librarian in Providing Health Information in Kaduna North of Kaduna State, Nigeria

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Abstract: The study was conducted to investigate challenges faced by epilepsy patients and the role of librarians in providing health information in Kaduna north. The study also examines the types of epilepsy information, the level of awareness among patients and caregivers. In addition to how they access epilepsy patient's related information and the challenges they encounter when accessing this information. The study also aimed at discovering the available information on cancer related disease and the extent to which this information is accessed by patients and caregivers in Kaduna north. In this study, discovering the challenges faced by patients and caregivers in accessing health information was analyzed.

Keywords: Challenges: Epilepsy Patients: Librarian: Health Information: Nigeria.

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1.0 Background of the Study

The study discusses the challenges facing epilepsy patients and the roles of librarian in providing health information. Epilepsy is a common medical and social disorder or group of disorders with unique characteristics. Epilepsy is usually defined as a tendency to recurrent seizures (Anne, 1997; Avico et al., 2014). The word "epilepsy" is derived from Latin and Greek words for "seizure" or "to seize upon". This implies that epilepsy is an ancient disorder; indeed, in all civilizations it can be traced as far back as medical records exist. In fact, epilepsy is a disorder that can occur in all mammalian species, probably more frequently as brains have become more complex. Epilepsy is also remarkably uniformly distributed around the world. There are no racial, geographical or social class boundaries. It occurs in both sexes, at all ages, especially in childhood, adolescence and increasingly in ageing populations.

The periodic clinical features of seizures are often dramatic and alarming, and frequently elicit fear and misunderstanding. This in turn has led to profound social consequences for sufferers, which has greatly added to the burden of this disease. In ancient times, epileptic attacks were thought to be the result of invasion and possession of the body by supernatural forces, usually malign or evil influences, requiring exorcism, incantations or other religious or social approaches (Anne, 1997; Avico et al., 2014). Today, seizures are viewed as electromagnetic discharges in the brain in predisposed individuals, attributable in part to putative genetic factors,

underlying neurological disorders, and largely unknown neurochemical mechanisms. A wide range of different seizure types and epilepsy syndromes have been identified. Patients are now treated with pharmacotherapy, occasionally with neurosurgical techniques, as well as with psychological and social support.

However, the availability of health information in developing countries is often inadequate especially in slums and rural areas. Women's health is important in developing countries since their traditional role as family caregiver makes them chiefly responsible for the health of their children, husband and other family members in the home (Ishida et al., 2012). Subsequently, there emerged a new concept of seeking information from traditional birth attendants (TBA's) in the community who still practice outdated modes of maternal health such as cutting the umbilical cord which joins the baby to the mother with a razor blade and if not properly done, can be a risk to the mother's or baby's health especially the baby who is dependent on the mother for survival.

Throughout the world, especially in the developing countries, there is an increasing concern and interest in maternal and child health care. Turner & Fuller (2011) reveal that, in developing nations, maternal and child healthcare has been on the forefront of consciousness for improving the lives of the citizens. In addition, each country has its own policies and challenges with delivering healthcare to its citizens. Various regional, social and economic factors are involved in the ability of women and children to receive adequate care and prevention services. Some of these factors include shortage of health workers, service delivery which includes

However, there is inadequate human resource in most if not all health institutions. According Ministry of Health (2010), it is stated in the National Health Strategic Plan (NHSP 2011-2015) that Kaduna north are facing serious human resources for health (HRH) crisis, both in the numbers and skills mix. The critical shortage of skilled manpower is a major obstacle to the provision of quality healthcare services and to the achievement of the national health objectives and millennium development goals (MDGs). There are three main problems, namely the absolute shortages of health workers, inequities in the distribution of health workers and skills-mix, which all favor urban areas, than rural areas. It is therefore important to make sure that improvement in maternal and child healthcare leading to reduced epilepsy mortality and morbidity.

2.0 Statement of the Problem

Epilepsy as a brain disorder It was not until the 17th and 18th centuries that the Hippocratic concept of epilepsy as a brain disorder began to take root in Europe – illustrated, for example, by an “Essay of the pathology of the brain and nervous stock: in which convulsive diseases are treated of” by Thomas Willis (10). During these two centuries epilepsy was one of several key areas of debate in the gradual identification and separation of “nervous disorders” from “mental disorders”, which led to the beginnings of modern neurology in the 19th century. A major issue was what to include within the concept of epilepsy, i.e. all periodic “convulsive diseases” or only those with a rather restricted kind of motor convulsion with or without loss of consciousness (Cohen & Crabtree, 2008). Thus many treatises on convulsive diseases appeared which included hysteria, tetanus, tremors, rigors and other paroxysmal movement disorders. The latter were gradually separated off from epilepsy in the 19th century, as illustrated in the distinguished Lumleian Lectures on convulsive diseases by Robert Bentley Todd in 1849 (11) and Jackson in 1890 (12). With the development of neuropathology as a new discipline in the 19th century there also began a great debate, which is still with us to some extent, as to the distinction between pure primary idiopathic epilepsy, in which the brain is macroscopically normal, from secondary symptomatic epilepsy, associated with many different brain pathologies.

Saleh (2011) states that, Electrical basis of epilepsy as the concept of a brain disorder gradually took hold between the 17th and 19th centuries it was widely believed that epilepsy must have a vascular basis attributable to either acute anemia or acute congestion of the brain. This view was challenged by Todd who was the first to develop an electrical theory of brain function and of epilepsy in his Lumleian Lectures of 1849 (11). Todd was an anatomist, physiologist and pathologist as well as an outstanding physician with an interest in disorders of the nervous system. He was aware of the great new discoveries in electromagnetism through his contact with his contemporary in London, Michael Faraday, the greatest electrical scientist of all time (Asiamah et al., 2017; MHCSO 2015). Influenced by Faraday, Todd conceived of “nervous force” as a polar force, analogous to electricity but mediated by unknown molecular or nutritional mechanisms. He therefore preferred the term “nervous polarity”. Applying Faraday's concept of “disruptive discharge” he viewed seizures as the result of electrical discharges in the brain, which he confirmed experimentally in the rabbit using Faraday's recently discovered magneto electric rotation machine.

Saleh (2011) states that, the most paramount health information required is ante-natal and postnatal care, how to safely deliver pregnancy and immunizations especially on the six childhood killer diseases which are polio, whooping cough, tetanus, diphtheria,

measles and tuberculosis. It has been observed by MOH (2010) that Kaduna north has developed a well-integrated health information system providing information for evidence based planning within the health sector. The Zaria metropolitan area of Kaduna State has over the years facilitated the development and strengthening of the health information system at different levels of the health system. However, it has not been easy communicating new ideas to poor, illiterate and secluded women, therefore, activities promoting communication about population issues should be undertaken. It is important that communication activities directed to them continue to rely on traditional media and interpersonal, door-step contacts among some of the sources of information that can be used to convey maternal information to the women.

According to Casasnovas (2008), good health is a crucial component of well-being. However, improvements in health status may be justified on purely economic grounds. It seems to be a logical assumption that good health raises human capital levels and therefore the economic productivity of individuals and a country's economic growth rate. Better health increases work force productivity by reducing incapacity, debility, and the number of days lost to sick leave, and reduces the opportunities an individual has of obtaining better paid work. Further, good health helps to forge improved levels of education by increasing levels of schooling and scholastic performance. There is also an important knock-on effect in that the resources that would otherwise be used for preventative health treatments are freed for alternative uses or in cushioning the effects of other negative externalities such as poverty within the community.

Research Questions

1. What challenges do epilepsy patients Faced in Kaduna north area of Kaduna state?
2. What are the sources of information do epilepsy patients in Kaduna north area of Kaduna State consult in order to overcome their challenges?
3. What are the information needs of epilepsy patients in Kaduna north area of Kaduna state?

3.0 Research Methodology

Research method refers to a model to conduct a research within the context of a particular paradigm. It comprises the underlying sets of beliefs that guide a researcher to choose one set of research methods over another. There are three main categories of research methods: qualitative, quantitative and mixed method (Bonnie, 2015; Braun & Clark, 2006). For the purpose of this study, qualitative research method was used to explore how pregnant women seek information need in order to overcome their challenges. Qualitative method refers to the process of gathering in-depth understanding of human behaviour and the reasons that govern such behaviour (Irene, 2010). Qualitative research is characterized by its aims, which relate to understanding some aspect of social life, and its methods which (in general) generate words, rather than numbers, as data for analysis. Qualitative research is suitable for this study hence; the study was aimed at finding out the challenges faced by epilepsy patients and the role of librarian in providing health information.

3.1 Population of the Study

Population in qualitative research is in three categories namely, general population, target population and accessible population (Asiamah et al., 2017). As such, the following table represents the population of this study.

Table 1.1: Population of the study

Population	Frequency
General Population	All epilepsy patients in Kaduna state
Targeted Population	All epilepsy patients in Zaria metropolis
Accessible Population	3 epilepsy patients in Zaria metropolis

3.2 Sampling Technique

Purposive sampling is used in this study as the main sampling technique. Purposive sampling is a general type of non-probability sampling where researchers deliberately chose participants due to specific qualities they possess (Bonnie, 2015). For example, in this study the researcher purposively selected 3 epilepsy patients in Zaria, as purposive samples. Within the purposive sampling, convenient sampling was used to identify one willing participant among the above listed pregnant women. Convenient sampling is a type of sampling technique that helps researchers to identify and locate one single participant among their targeted population (Thomas, 2004).

3.3 Sample Size

The sample size of this study is three (3) participants. This is because, the study is a qualitative research inquiry with hard to get population. Sample size of three (3) in a hard to get population is in line with the recommendation of Bryan (2013) who proposed that there is no standard for sample size in qualitative research but, rather the qualitative researcher is expected to reach data saturation stage then later after data collection he/she should report the statistical figure for the sample size. Data saturation is described as the ability of a researcher to understand that based on each interview question asked, there were no any interesting themes, ideas or patterns coming-up from the research participants (Bryan, 2013). As such, based on the data collected and analyzed in this study, the researcher reached data saturation stage with three (3) participants as sample size. Moreover, eligible study participant for this study are expected to meet the following criteria: (a) must be an epilepsy patient from Zaria Metropolitan area of Kaduna state. (b) Must have been attending clinical care unit

3.4 Instrument for Data Collection

Interview was used as an instrument for data collection. Interview is described as a method of collecting data in qualitative research design in which the researcher can ask open-ended question orally and records the participants' answers (Thomas, 2004). Interviewing is typically done face-to-face, but can also be done via telephone and more recently, the online interview. The advantage of interview is to provide a better understanding of participants' answers. There are various forms of interviews, such as one-on-one interviews, focus group interviews, telephone interviews, email interviews, in-depth interviews, focused interviews (for questioning participants about events and situations relevant to the study), group interviews, oral history interviews (semi-structured or unstructured, involving the recalling of past events in the life of the participant), and life history interviews. The semi-structured interview is the most common form of interview employed in qualitative research. When used properly, it offers the interviewee an opportunity to tell his or her story without much interruption from the researcher (Markwei, 2013). Among the types of interviews, face to face semi-structured interview was used for this study (Bryan, 2013; Bewen, 2005). It is an excellent tool for identifying individuals' pains, feelings, perceptions and experiences on a specific subject matter (Carolyn, 2006). Therefore, interview can play a vital role of identifying the pains, feelings and perceptions of epilepsy patients in Zaria metropolitan area of Kaduna state.

3.5 Procedure for Data Collection

The procedure used for collecting relevant data in this study was guided based on snowball model of sampling techniques proposed by Kemmesies (1999). The model helps the researcher identify and locate ten (10) pregnant women. Secondly, the researcher developed cordial relationship with the participants by being friendly and nice to them and also those who can answer the research questions were also identified at this level. Moreover, the researcher personally conducted the interview in order to protect the confidentiality of the research participants. At the time of conducting the interview, participants were briefed on the description, nature and purpose of the study and fully assured them about issues of protecting their confidentiality.

3.6 Procedure for Data Analysis

The process of data analysis involves creating meaning from the raw data gathered by the researcher. In this study narrative analysis was used to analyze data, because it enables the researcher to identify, analyse and interpret patterns within the data collected from participants. It illustrates the data in great detail and deal with diverse subjects via interpretations (Boyatzis, 1998). The researcher first stores the data, transcribe the recorded interview and clean the data. Narrative analysis occurred when one or more speaker engaged in sharing and recounting an experience or event. Typically, the telling of a story occupied multiple turns in the course of a conversation and stories or narrative may share common structural features.

4.0 Data Analysis and Discussion of Results

Analysis of the study began immediately after all the necessary data was collected from the research participants in respect challenges facing epilepsy patients and the roles of librarian in providing health information: A qualitative study of epilepsy patients in Kaduna north. Category related was generated from the raw data using inductive approach based on narrative analysis procedure proposed by Boyatzis (1998). Narratives of the research participants were coded into 3 open codes (Statements that captured the actual responses of a particular research question).

4.1 Challenges Facing Epilepsy Patients and The Roles of Librarian in Providing Health Information in Kaduna North **Please can you share with me the kind of challenges you are facing as an epilepsy patient?**

Respondents 1: *“As a epilepsy patients, you are assuming Onset in childhood; attacks continuing into adult life are rare, it will change your physical look. Sometimes more extensive bodily movements occur (such as dropping the head forwards, dizziness and there may be a few clonic movements of the arms”.*

Respondents 2: *“A typical absence attack lasts only a few seconds. The onset and termination are abrupt. The child ceases what he or she is doing, stares, looks a little pale and may flutter the eye lids and sometimes ache”.*

Respondents 3: *“The interruption of the normal stream of consciousness is very brief and the child may be unaware of the attacks, as indeed may be the parents for some time after onset, assuming that the child is just day-dreaming, dizziness, lost appetite”.*

4.2 Please can you share with me any place you are looking for information in order to overcome the said challenges

Respondents 1: *“Through visitation of hospitals and other health care center, and checking past record of the sickness. I also go online through Google and other online gadgets to move and inquiry”.*

Respondents 2: *“I got most of my information in hospital through past record of the patients and sometimes from my parents”.*

Respondents 3: *“I consult the experts in the field such as doctors and nurses in various hospital. They will give you absolute advice and medications that will help you overcome your challenges”.*

Please can you share with me the types of information you may need as epilepsy patients

Respondents 1: *“The information I experienced and from other epilepsy patients that is useful and not just the information that no one has work on it and does not even solve any problem”.*

Respondents 2: *“As an epilepsy patents prepare to consult medical doctor or my guardians, specialist, nurses to assist me with information that will help me overcome my challenges”.*

Respondents 3: *“As epilepsy patients you should understand that you are not normal, there is something affecting you and you should not do anything in without the advices of an expert, specialist, doctors and nurses”.*

5.0 Discussion of Findings and Implications

5.1 Challenges Facing Epilepsy Patients and the Roles of Librarian in Providing Health Information in Kaduna North.

Findings from this study revealed that the challenges of epilepsy patients were highlighted bellow. The findings of the study reveals that the challenges faced by epilepsy patients in Kaduna north, are assuming Onset in childhood; attacks continuing into adult life are rare, it will change your physical look. Sometimes more extensive bodily movements occur (such as dropping the head forwards, dizziness and there may be a few clonic movements of the arms. The findings of the study also reveals that some pregnant women faced some challenges such as laziness, swelling of legs, headache etc. The findings of the study also reveal that the challenges faced by epilepsy patients are typical absence attack lasts only a few seconds. The onset and termination are abrupt. The child ceases what he or she is doing, stares, looks a little pale and may flutter the eyelids and sometimes ache. The findings also reveals that the interruption of the normal stream of consciousness is very brief and the child may be unaware of the attacks, as indeed may be the parents for some time after onset, assuming that the child is just day-dreaming, dizziness, lost appetite. According to Another study conducted by Casasnovas (2008), good health is a crucial component of well-being. However, improvements in health status may be justified on purely economic grounds. It seems to be a logical assumption that good health raises human capital levels and therefore the economic productivity of individuals and a country`s economic growth rate. Better health increases work force productivity by reducing incapacity, debility, and the number of days lost to sick leave, and reduces the opportunities an individual has of obtaining better paid work.

5.2 Sources of information for epilepsy patients in order to overcome the said challenges

Findings from this study indicated that the epilepsy patients source information through visitation of hospitals and other health care center, and checking past record of the sickness. I also go online through Google and other online gadgets to move and inquiry. Findings from this study indicated that the epilepsy patients source their information in hospital through past record of the patients and sometimes from their parents. Findings from this study indicated that as a epilepsy patients consult the experts in the field such as doctors and nurses in various hospital. They will give you absolute advice and medication. Another study corroborated by John in Ahmadu Bello University Zaria (2012) Furthermore, it is hoped that the findings of this study will be used to provide efficient information delivery programs to epilepsy patients which will enable them have easy access to information relating to their information needs.

5.3 The Types of Information You May Need as Epilepsy Patients in Order To Overcome The Challenges They Are Facing.

Findings from the result of this study indicated that the information that is experienced and from other epilepsy patients that is useful and not just the information that no one has work on it and does not even solve any problem. Findings from the result of this study indicated that some epilepsy patients prepare to consult medical doctor or their guardians, specialist, nurses to assist them with information that will help them overcome their challenges. Another study conducted by John (2009). Findings from the result of this study indicated that as epilepsy patients you should understand that you are not normal, there is something affecting you and you should not do anything in without the advices of an expert, specialist, doctors and nurses.

6.0 Conclusion of the Study

This research work titled “challenges facing Epilepsy patients and the role of librarian in providing health information in Kaduna north of Kaduna State” was carried out successfully. Based on the major findings of this study, it could be concluded that the challenges of facing Epilepsy patients were highlighted bellow. The findings of the study reveal the challenges faced by epilepsy patients, based on the study As a epilepsy patients, some are assuming Onset in childhood; attacks continuing into adult life are rare, it will change your physical look. Sometimes more extensive bodily movements occur (such as dropping the head forwards, dizziness and there may be a few clonic movements of the arms. The findings of the study also reveal that some pregnant women faced some challenges such as laziness, swelling of legs, headache etc. The findings of the study also reveal that some Epilepsy patients faced some challenges such as laziness, swelling of legs, headache etc. The findings of the study also reveal that some epilepsy contradicts that they are not facing any challenge while facing such challenges. These findings were corroborated by another study conducted by Walter, (2001). Who found out that Epilepsy patient are advice to prepare and consult medical doctor to assist them with information that will help them overcome their challenges.

Meanwhile, the study found out that this study indicated that the best information Epilepsy patients may need in order to overcome their challenges is through medical doctors, clinical findings, relatives and librarian in order to help them overcome their challenges, they will only speak based on experience. Findings from the result of this study indicated that some epilepsy patients don't consult ant information since they are not facing any challenges. Findings from the result of this study indicated that as an epilepsy are advice to prepare to consult medical doctor to assist them with information that will help them overcome their challenges. The researcher as information scientist recommends from the findings of the study any Epilepsy that is suffering from such challenges need to either attend hospital or meet nurse in other to have the information that will help her overcome the challenges. The researcher as information scientist recommends that despite the fact that some Epilepsy patient due to traditional belief they don't want to attend either hospital or other clinics. So as to advice any epilepsy not only attending hospital will only be the sources of information even parents, family will help them overcome the challenges. This study has uncovered that Epilepsy patients consults most of their information traditionally, however, it is advised that consulting with modern day hospital is very important.

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