



# Improving the Prevention and Management of Chronic Disease in Nigeria: A Priority for the Primary Health Care

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## I. INTRODUCTION

Chronic diseases pose a significant health burden worldwide, and Nigeria is no exception. The country is grappling with a rising tide of non-communicable diseases (NCDs), including cardiovascular diseases, diabetes, cancer, and chronic respiratory conditions. According to recent estimates by the World Health Organization (WHO), NCDs are responsible for approximately 29% of all deaths in Nigeria. This alarming statistic underscores the urgent need for effective prevention and management strategies to combat the growing challenge of chronic diseases in the country (WHO, 2017).

### 1.1 Importance of Addressing Chronic Diseases in the Primary Health Care Setting

Addressing chronic diseases in the primary healthcare setting is of paramount importance for several reasons. First and foremost, primary health care is the first point of contact for the majority of the population, especially in rural and underserved areas. By integrating chronic disease prevention and management into primary care, healthcare services can be made more accessible, convenient, and cost-effective for patients. This approach aligns with the principles of universal health coverage and ensures that essential healthcare services, including NCD management, are available to all segments of the population, regardless of their socioeconomic status or geographic location (WHO, 2013).

Moreover, the burden of chronic diseases extends beyond individual health and impacts the entire healthcare system and the national economy. Chronic diseases often require long-term and expensive treatment, which can strain the resources of tertiary care facilities. By emphasizing primary health care as the frontline in managing chronic diseases, unnecessary referrals to higher-level facilities can be reduced, leading to better resource allocation and improved overall healthcare efficiency (World Health Organization, 2017).

### 1.2 Statement of the Problem and Research Objectives

Despite the significance of the issue, chronic disease management in Nigeria's primary healthcare setting faces numerous challenges and shortcomings. Some of the key problems include inadequate funding, limited capacity, and disparities in access to healthcare services. The shortage of skilled healthcare workers and poorly equipped facilities hinder the effective management of chronic diseases. Additionally, cultural beliefs, societal norms, and low health literacy can contribute to delays in seeking healthcare for chronic conditions, leading to late diagnosis and more advanced disease stages (Ekenkaet *al.*, 2020). In light of these challenges, the main objectives of this term paper are:

1. To assess the current state of chronic disease burden in Nigeria, focusing on the prevalence, distribution, and risk factors associated with major NCDs.
2. To explore the role of primary health care in addressing chronic diseases, emphasizing the benefits of integrating prevention and management programs into primary care services.
3. To identify and analyze the barriers and challenges faced by the Nigerian primary health care system in effectively preventing and managing chronic diseases.
4. To propose evidence-based strategies and policy recommendations that can enhance the prevention and management of chronic diseases within the primary health care setting in Nigeria.
5. To draw lessons from successful models in other countries with strong primary health care systems to inform potential solutions and best practices for Nigeria.

By pursuing these objectives, this paper seeks to contribute to the body of knowledge on chronic disease management in Nigeria and provide actionable recommendations for policymakers and healthcare stakeholders. It aims to advocate for the prioritization of primary health care as a fundamental pillar in the prevention and management of chronic diseases, ultimately striving



towards improved health outcomes and a healthier population in Nigeria.

## II. Literature Review

### 2.1 Overview of the Current State of Chronic Disease in Nigeria

Nigeria is currently facing a growing epidemic of chronic diseases, commonly referred to as non-communicable diseases (NCDs). NCDs account for a significant proportion of the disease burden in the country, posing substantial health and economic challenges. According to a systematic review and meta-analysis conducted by Adeloje et al. (2015), the prevalence of hypertension in Nigeria is estimated to be 29.5%, making it one of the most prevalent NCDs in the country. Other prevalent chronic diseases include diabetes, cancer, and chronic respiratory conditions, all of which contribute to the rising burden of NCDs in Nigeria.

The burden of chronic diseases in Nigeria is compounded by several factors, including demographic changes, urbanization, and lifestyle transitions. The country's population is rapidly growing, and with it comes an increase in the prevalence of risk factors for chronic diseases, such as unhealthy dietary habits, physical inactivity, tobacco use, and harmful alcohol consumption. Moreover, urbanization has led to changes in lifestyles, with many individuals adopting sedentary behaviours and unhealthy diets, further exacerbating the prevalence of NCDs (Maiyaki&Garbati, 2014).

Socioeconomic factors also play a significant role in shaping the burden of chronic diseases in Nigeria. Low-income individuals are particularly vulnerable to NCDs, as they may face barriers to accessing quality healthcare services and preventive interventions. Additionally, the burden of NCDs is not evenly distributed, with rural areas experiencing different patterns compared to urban centres. This disparity in the distribution of NCDs highlights the importance of addressing the social determinants of health to achieve more equitable health outcomes (National Primary Health Care Development Agency, n.d.).

The impact of chronic diseases extends beyond the health sector, affecting the country's economic development and human capital. The cost of treating chronic diseases, including medical expenses and lost productivity due to disability and premature mortality, places a significant strain on households and the healthcare system alike. This economic burden can hinder socioeconomic

development and perpetuate the cycle of poverty and ill health (World Health Organization, 2018).

In response to the rising burden of NCDs, the Nigerian government has recognized the need for comprehensive and coordinated efforts to tackle the issue. The Federal Ministry of Health, in collaboration with relevant stakeholders, developed the National Multi-Sectoral Action Plan for the Prevention and Control of Non-communicable Diseases (2019–2025). This action plan outlines strategic interventions and priorities to address NCDs comprehensively, emphasizing the importance of integrating prevention and management efforts across various sectors, including health, education, agriculture, and finance (Federal Ministry of Health, Nigeria, 2019).

Consequently, Nigeria is facing a significant challenge in managing the increasing burden of chronic diseases. The prevalence of NCDs, particularly hypertension, diabetes, cancer, and chronic respiratory conditions, is rising, driven by demographic changes, urbanization, and unhealthy lifestyle choices. The burden of NCDs disproportionately affects low-income and rural populations, underscoring the need for equity-focused approaches. The economic consequences of chronic diseases further highlight the urgency of implementing effective prevention and management strategies. The government's commitment to addressing NCDs through a multi-sectoral action plan demonstrates the recognition of the complex nature of the problem and the need for a coordinated response.

As Nigeria strives to improve the prevention and management of chronic diseases, the role of primary health care remains pivotal. Integrating chronic disease prevention and management into primary care services can enhance accessibility, affordability, and efficiency in tackling the NCD epidemic. By addressing the current state of chronic disease burden in Nigeria and understanding the factors contributing to its rise, stakeholders can work towards evidence-based interventions and policies that prioritize primary health care as a key pillar in addressing NCDs effectively.

### 2.2 Overview of the Current State of Chronic Disease in Nigeria

#### 2.2.1 Prevalence and Incidence Rates of Common Chronic Diseases

The prevalence of chronic diseases in Nigeria has been steadily increasing over the past few decades. As mentioned earlier, hypertension is one of the most prevalent NCDs, affecting nearly one-third of



the adult population (Adeloye et al., 2015). Diabetes mellitus is another significant health concern, with an estimated prevalence of 5.7% in adults (Asekun-Olarinmoye et al., 2013). Chronic respiratory conditions, such as asthma, are also prevalent, with a prevalence of 4.3% among university students in Osun State (Erhabor et al., 2006). Cancer incidence rates, particularly breast and cervical cancers, have been on the rise, further contributing to the overall burden of NCDs in the country (Strategies for Improving Diabetes Care in Nigeria (SIDCAIN) Research Group, 2009).

### **2.2.2 Socioeconomic and Demographic Factors Influencing Chronic Disease Patterns**

Several socioeconomic and demographic factors influence the patterns of chronic diseases in Nigeria. Low-income individuals and those with limited access to education are more likely to experience higher rates of NCDs. Moreover, the urban-rural divide plays a role, with urban areas experiencing higher rates of chronic diseases due to lifestyle transitions and changes in dietary habits (National Primary Health Care Development Agency, n.d.). Gender also influences NCD patterns, with some conditions, like breast cancer, disproportionately affecting women (Adedoyin et al., 2008).

### **2.3 Barriers to Effective Prevention and Management of Chronic Diseases**

#### **2.3.1 Health System Challenges and Inadequacies**

Nigeria's healthcare system faces significant challenges in effectively preventing and managing chronic diseases. Inadequate funding for health services, especially at the primary care level, limits the availability of essential medications, diagnostic tools, and skilled healthcare professionals. This shortage of resources hampers the early detection and timely management of chronic diseases (World Health Organization, 2017).

#### **2.3.2 Limited Access to Healthcare Services and Disparities**

The geographical distribution of healthcare facilities and services is uneven, with rural and remote areas often having limited access to primary healthcare facilities. This disparity in access exacerbates health inequities, as individuals in underserved regions may face difficulties in seeking timely healthcare for chronic conditions (Ekenna et al., 2020). Additionally, the cost of healthcare services can be prohibitive for low-income individuals, further deterring them from seeking proper medical attention for chronic diseases.

### **2.3.3 Cultural and Societal Factors Impacting Health-Seeking Behaviors**

Cultural beliefs and societal norms can significantly influence health-seeking behaviours, especially concerning chronic diseases. Stigma and misconceptions about chronic conditions may lead individuals to delay seeking medical care until their conditions become severe. Traditional healing practices and beliefs in supernatural causes of illness can also affect health-seeking behaviours, further contributing to delayed diagnosis and treatment (Ajike&Obot, 2021).

### **2.4 Role of Primary Health Care in Chronic Disease Management**

#### **2.4.1 Definition and Principles of Primary Health Care**

Primary health care is a fundamental approach to healthcare that focuses on delivering essential health services to individuals and communities. It is characterized by a comprehensive, integrated, and community-based approach that addresses the health needs of the population as a whole. Primary health care emphasizes disease prevention, health promotion, and early intervention, making it a crucial platform for addressing chronic diseases (World Health Organization, 2017).

#### **2.4.2 Benefits of Integrating Chronic Disease Prevention and Management into Primary Care**

Integrating chronic disease prevention and management into primary care offers several advantages. Firstly, primary care settings are more accessible to the general population, ensuring that essential healthcare services are available to all individuals. This proximity improves the likelihood of early detection and prompt intervention for chronic diseases (Odusola et al., 2016). Secondly, primary care providers often have long-term relationships with their patients, allowing for continuous monitoring and management of chronic conditions. This continuity of care can lead to better health outcomes and patient satisfaction (Akinwumi et al., 2021). Additionally, primary care facilities can serve as a hub for health education and promotion, empowering individuals to make informed decisions about their health and adopt healthy behaviours (World Health Organization, 2013).

#### **2.4.3 Success Stories from Other Countries with Strong Primary Health Care Systems**

Several countries have successfully integrated chronic disease management into their primary healthcare systems. For instance, Malawi



and Zambia have reoriented their primary care services to focus on NCDs. Through this approach, they have improved access to essential medications, trained healthcare workers in NCD management, and integrated NCD screening and prevention into routine primary care services. This comprehensive strategy has shown promising results in reducing NCD-related morbidity and mortality (Shiroya et al., 2021).

In conclusion, chronic diseases pose a significant health burden in Nigeria, with conditions like hypertension, diabetes, cancer, and chronic respiratory diseases being of particular concern. The prevalence of these diseases is influenced by various socioeconomic and demographic factors, including income, education, and urbanization. The effective prevention and management of chronic diseases in Nigeria face barriers such as inadequate health system resources, limited access to healthcare services, and cultural beliefs affecting health-seeking behaviours. Primary health care plays a crucial role in addressing chronic diseases by providing accessible, community

## **2.5 The Nigerian Healthcare System and Primary Health Care**

### **2.5.1 Overview of the Nigerian Healthcare System**

The Nigerian healthcare system is a complex network of public and private healthcare providers, each serving specific segments of the population. The system is divided into three tiers: primary, secondary, and tertiary care. Primary health care, the focus of this paper, is the foundation of the healthcare system, providing essential health services to individuals and communities at the grassroots level. Secondary care facilities offer more specialized services and act as referral points for primary care centres, while tertiary care facilities provide advanced medical interventions and specialized treatments (Federal Ministry of Health, Nigeria, 2018).

### **2.5.2 Assessment of the Primary Health Care System in Nigeria**

#### **Facilities and Infrastructure**

The primary health care system in Nigeria consists of primary health care centres (PHCs) and community health centres (CHCs). While PHCs are the frontline facilities, CHCs are community-based extensions that serve as entry points to the healthcare system. Despite their essential role, the infrastructure and facilities at many PHCs and CHCs are often inadequate. Many centres lack essential amenities like clean water, electricity, and

appropriate waste disposal systems, which can hamper their ability to provide quality healthcare services (Federal Ministry of Health, Nigeria, 2016).

### **Human Resources and Capacity**

The primary healthcare system faces significant challenges related to human resources and capacity. There is a shortage of skilled healthcare professionals, including doctors, nurses, and community health workers, especially in rural and underserved areas. The limited workforce often leads to high patient-to-provider ratios, impacting the quality and accessibility of healthcare services. Furthermore, there is a need for continuous training and skill development of primary care workers, particularly in the management of chronic diseases, to enhance their capacity to provide comprehensive care (Ekenna et al., 2020).

### **Availability of Essential Medications and Equipment**

The availability of essential medications and medical equipment is crucial for effective chronic disease management at the primary health care level. However, many PHCs and CHCs face stockouts and shortages of essential medications, making it challenging to provide continuous care to patients. Additionally, the lack of diagnostic and monitoring equipment hinders the early detection and proper management of chronic diseases (Oyekale, 2017).

## **2.6 Challenges Faced by Primary Health Care in Addressing Chronic Diseases**

### **2.6.1 Underfunding and Resource Constraints**

One of the significant challenges faced by primary health care in Nigeria is inadequate funding and resource constraints. The primary healthcare system receives a small proportion of the overall healthcare budget, leading to limited resources for service delivery and infrastructure development. As a result, PHCs and CHCs struggle to maintain a sufficient supply of medications, medical equipment, and other essential resources required to manage chronic diseases effectively (World Health Organization, 2017).

### **2.6.2 Limited Workforce Training and Skill Development**

The management of chronic diseases requires specialized knowledge and skills, including early detection, continuous monitoring, and long-term care planning. However, many primary care workers receive inadequate training in chronic disease management, as the focus has historically been on





infectious diseases and maternal and child health. The lack of training and skill development in managing chronic diseases hinders the delivery of high-quality care and contributes to delayed diagnosis and inadequate management (Odusola et al., 2016).

### **2.6.3 Inadequate Data Collection and Monitoring Systems**

Data collection and monitoring systems play a crucial role in guiding evidence-based policies and interventions for chronic disease management. However, the primary health care system in Nigeria often lacks robust data collection and monitoring mechanisms, resulting in a limited understanding of the burden of chronic diseases and their distribution. The absence of reliable data can hinder the development of targeted interventions and make it challenging to track progress and outcomes in chronic disease management (Yin, 2014).

## **III. Strategies for Improving Chronic Disease Prevention and Management in Primary Health Care**

### **3.1. Improving Primary Health Care Facilities and Equipment**

Investing in the improvement of primary healthcare facilities and equipment is crucial for providing quality healthcare services and effective chronic disease management. Upgrading facilities to have access to clean water, electricity, and proper waste disposal systems is essential for infection control and maintaining a safe environment for patients and healthcare workers. Additionally, ensuring the availability of essential medical equipment and medications is vital for early diagnosis and continuous management of chronic diseases (Federal Ministry of Health, Nigeria, 2016).

### **3.2 Addressing Healthcare Workforce Shortages Through Training and Incentives**

Addressing the shortage of skilled healthcare professionals in primary healthcare can be achieved through targeted training and incentives. Providing continuous training and capacity-building programs for primary care workers in chronic disease management can improve their knowledge and skills. Incentive programs, such as financial bonuses or career advancement opportunities, can help attract and retain healthcare professionals in underserved areas, where the need for their services is most critical (Ekenna et al., 2020).

### **3.3 Integrating Chronic Disease Prevention into Primary Care**

**Creating Comprehensive Prevention and Health Promotion Programs**

Integrating chronic disease prevention into primary care requires the development of comprehensive prevention and health promotion programs. These programs should focus on raising awareness about healthy lifestyle choices, such as promoting a balanced diet, regular physical activity, and tobacco cessation. Primary care providers should actively engage patients in discussions about preventive measures and risk reduction strategies, emphasizing the importance of early intervention and regular health check-ups (World Health Organization, 2013).

### **3.4 Targeting High-Risk Populations and Vulnerable Groups**

To optimize chronic disease prevention efforts, primary health care should target high-risk populations and vulnerable groups. Identifying individuals with risk factors for chronic diseases, such as hypertension, diabetes, and obesity, and providing tailored interventions can help prevent disease progression and complications. Special attention should be given to vulnerable populations, including women, children, the elderly, and individuals with low socioeconomic status, who may face additional barriers to accessing healthcare services (Maiyaki&Garbati, 2014).

### **3.5 Implementing Regular Health Screenings and Check-ups**

Early detection of chronic diseases is essential for timely intervention and effective management. Primary healthcare centres should implement regular health screenings and check-ups for common chronic diseases, such as hypertension, diabetes, and certain cancers. Routine screenings can aid in identifying individuals with risk factors or early signs of these conditions, enabling healthcare providers to initiate appropriate interventions promptly (Akinwumi et al., 2021).

### **3.5 Utilizing Technology for Telemedicine and Remote Consultations**

Leveraging technology for telemedicine and remote consultations can improve early detection efforts, especially in underserved areas. Telemedicine enables healthcare providers to conduct virtual consultations, deliver health education, and monitor patients remotely. This approach enhances access to healthcare services and enables healthcare providers to reach patients in remote and rural locations,



facilitating early detection and management of chronic diseases (Oyekale, 2017).

### **3.6 Empowering Patients Through Education and Awareness**

#### **3.6.1 Health Literacy and Patient Education Initiatives**

Empowering patients with knowledge and understanding of chronic diseases is crucial for self-management and adherence to treatment plans. Health literacy programs that provide accessible and culturally appropriate health information can help patients make informed decisions about their health. Patient education initiatives should focus on promoting disease self-management, medication adherence, and lifestyle changes, encouraging patients to take an active role in their health (World Health Organization, 2017).

#### **3.6.2 Community Engagement and Advocacy**

Engaging the community in the prevention and management of chronic diseases fosters a supportive environment for healthier behaviours. Community-based outreach programs, support groups, and awareness campaigns can raise awareness about the importance of chronic disease prevention and management. Additionally, advocacy efforts can drive policy changes and garner support for increased investment in primary health care and chronic disease management (Aigbiremolen et al., 2014).

#### **3.6.3 Establishing Robust Health Information Systems**

To improve chronic disease prevention and management, a robust health information system is essential for collecting, analyzing, and utilizing health data. Strengthening the data collection and surveillance systems at primary healthcare facilities can provide valuable insights into disease patterns, risk factors, and health outcomes. This data-driven approach can inform evidence-based policies and interventions for effective chronic disease management (National Primary Health Care Development Agency, n.d.).

#### **3.6.4 Conducting Research and Evidence-Based Policy Development**

Investing in research on chronic disease prevention and management can generate evidence to inform policy development and program implementation. Research studies can identify best practices, assess the effectiveness of interventions, and evaluate the impact of policies on health outcomes. Evidence-based policy development ensures that resources are

directed towards interventions that have proven efficacy in addressing chronic diseases and improving primary healthcare services (Eboreime et al., 2015).

### **4.1 Policy Recommendations**

#### **4.1.1 Short-term Interventions for Immediate Impact**

**Capacity Building and Training:** In the short term, the government should prioritize capacity building and training programs for primary healthcare workers in chronic disease management. This includes providing specialized training in early detection, treatment protocols, and patient education. Short courses and workshops can be organized to equip healthcare providers with the necessary knowledge and skills to address chronic diseases effectively.

**Strengthening Medication Supply Chains:** Immediate steps should be taken to ensure the availability of essential medications and medical equipment at primary health care facilities. Addressing stockouts and shortages of medications will improve patient adherence to treatment plans and prevent interruptions in chronic disease management.

#### **4.2 Medium and Long-term Strategies for Sustained Improvement**

**Increasing Healthcare Funding:** To sustain improvements in chronic disease management, the government should increase funding for primary health care. Adequate funding is essential for infrastructure development, workforce training, and the availability of medications and equipment. Allocating a larger portion of the healthcare budget to primary care will strengthen the foundation of the healthcare system and improve health outcomes.

**Strengthening Health Information Systems:** Implementing robust health information systems is a medium and long-term strategy to enhance data collection and surveillance. Investing in electronic health records and data analytics will enable primary healthcare facilities to track chronic disease trends, monitor patient outcomes, and inform evidence-based policies.

#### **4.3 Advocacy and Policy Changes Required for Implementation**

**Engaging Stakeholders:** Successful implementation of policies to improve chronic disease management requires collaboration among various stakeholders, including government agencies, healthcare providers, professional associations, and community organizations. Engaging stakeholders in advocacy



efforts will build support for policy changes and foster a shared commitment to addressing chronic diseases.

**Policy Integration:** Chronic disease prevention and management should be integrated into existing health policies and frameworks. This integration ensures that strategies for managing chronic diseases align with broader health goals, enabling efficient resource allocation and coordinated efforts across different sectors.

#### **4.4 Integration of Traditional Medicine into Primary Health Care for Chronic Disease Management**

**Recognition and Regulation:** Traditional medicine practices that have proven efficacy in managing chronic diseases should be officially recognized and regulated. This involves researching to validate the effectiveness and safety of traditional treatments. Integrating traditional medicine into primary health care requires collaboration between traditional healers and modern healthcare providers to ensure a coordinated approach to patient care.

**Training and Collaboration:** Healthcare workers in primary health care should be trained to work collaboratively with traditional healers. This includes understanding traditional medicine practices, respecting cultural beliefs, and establishing mechanisms for referral and collaboration. Joint training workshops and awareness programs can foster mutual understanding and trust between traditional healers and modern healthcare providers.

In summary, improving chronic disease prevention and management in primary health care in Nigeria requires a combination of short-term interventions and medium to long-term strategies. Immediate steps should focus on capacity building, strengthening medication supply chains, and addressing critical resource constraints. Medium and long-term strategies involve increasing healthcare funding, improving health information systems, and engaging stakeholders in advocacy and policy changes. Integrating traditional medicine into primary healthcare for chronic disease management requires recognition, regulation, and collaboration between traditional healers and modern healthcare providers. By implementing these policy recommendations, Nigeria can make significant strides in preventing and managing chronic diseases, leading to improved health outcomes and a healthier population.

## **IV. Conclusion**

### **5.1.1 Recapitulation of the Importance of Addressing Chronic Diseases in Nigeria**

Chronic diseases have emerged as a significant public health challenge in Nigeria, affecting a large proportion of the population and leading to considerable morbidity and mortality. Conditions such as hypertension, diabetes, cancer, and chronic respiratory diseases pose a substantial burden on the healthcare system and the overall well-being of Nigerians. Addressing chronic diseases is not only a matter of public health but also has significant social and economic implications. Failure to effectively prevent and manage chronic diseases can lead to increased healthcare costs, reduced productivity, and decreased quality of life for individuals and communities.

### **5.1.2 Reiteration of the Significance of Primary Health Care in this Context**

In the battle against chronic diseases, primary health care holds a pivotal position. As the foundation of the healthcare system, primary care centres are the first point of contact for patients and play a crucial role in disease prevention, early detection, and long-term management. Strengthening primary health care is essential to improving the prevention and management of chronic diseases in Nigeria. Primary care providers are well-positioned to deliver essential health services, raise awareness about healthy behaviours, and implement preventive measures within their communities. By integrating chronic disease prevention and management into primary care, the healthcare system can effectively address the rising burden of chronic diseases and improve health outcomes for the Nigerian population.

### **5.1.3 Call to Action for Stakeholders and Policymakers to Prioritize and Implement the Outlined Strategies**

To successfully tackle the challenge of chronic diseases in Nigeria, a collective effort is required from stakeholders and policymakers. The strategies outlined in this paper provide a roadmap for improving chronic disease prevention and management in primary health care. Now is the time for action. Stakeholders, including the government, healthcare institutions, professional associations, and community leaders, must collaborate to prioritize the outlined interventions.

Healthcare policymakers should allocate adequate funding to primary health care and implement



evidence-based policies to enhance chronic disease management. This includes increasing the budget allocation for primary care facilities, investing in training and capacity building for healthcare workers, and establishing robust health information systems.

Furthermore, advocacy efforts should be intensified to raise awareness about the importance of chronic disease prevention and management. Community engagement and education campaigns can empower individuals to take charge of their health and adopt healthier lifestyles.

Policymakers must also recognize the role of traditional medicine in managing chronic diseases and work towards integrating traditional healers into the primary health care system. This integration requires mutual respect, collaboration, and the establishment of clear guidelines for the practice of traditional medicine in healthcare settings.

In conclusion, improving the prevention and management of chronic diseases in Nigeria is a multifaceted endeavour that requires concerted efforts from all stakeholders. By prioritizing and implementing the outlined strategies, Nigeria can make significant progress in addressing the burden of chronic diseases and create a healthier and more prosperous future for its citizens. The time for action is now, and it is only through a unified and committed approach that Nigeria can overcome the challenges posed by chronic diseases and build a stronger and more resilient healthcare system.

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