

## Retinopathy of prematurity and associated factors in Lagos, Nigeria.

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### Abstract

**BACKGROUND:** Screening and early treatment of retinopathy of prematurity (ROP) is important to reduce visual impairment in at risk infants.

**AIM:** To determine the frequency and risk factors associated with ROP in preterm infants in Lagos University Teaching Hospital.

**METHODS:** This was a prospective cohort study of preterm infants with gestational age (GA) less than 32 weeks and birthweight 1500 g or less conducted from November 2011 to May 2014. The infants' eyes were examined using an indirect ophthalmoscope at 4-6 weeks of life or at 34 weeks post-conceptual age. Examinations were repeated weekly until regression or progression to a high risk pre-threshold disease. Staging was according to the revised International Classification for ROP and treatment criteria were as defined by the Early Treatment for ROP study. The GA, birth weight (BW), use of oxygen, presence of respiratory distress syndrome and other risk factors were recorded and tested for significance.

**RESULTS:** Twelve (15%) of the 80 infants examined had any ROP and six (7.5%) had treatable ROP. The mean (SD) GA and BW for infants with ROP were both lower than for those without ROP; 28.2 (1.7) weeks vs 29.1 (1.6) weeks and 1124 (212) g vs 1251 (274) g for GA and BW, respectively. Risk factors such as supplemental oxygen, sepsis, respiratory distress and anaemia were not significantly associated with ROP.

**CONCLUSION:** The frequency of ROP and treatable ROP was high; it is therefore recommended that routine care of preterm infants should include screening for ROP and that affordable treatment facilities should be provided in public hospitals.

**KEYWORDS:** Frequency; Lagos; Neonatal unit; Nigeria; Retinopathy of prematurity; Risk factors; Treatment

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