

PREVENTION OF NOMA i. e. Cancrum oris

*OPARA N, *BILHATU B, **BELLO

S.

*National Hospital, Abuja.

**Cleft and facial Deformity
Foundation, Block 11, Road 35,
Gwarinpa, Abuja

Correspondence

OPARA NGOZI

National Hospital, Abuja.

Email: matopara2005@gmail.com

Citation: Opara N, Bilhatu B, Bello S (2024). Prevention Of Noma i. e. Cancrum oris. Nig J Med Dent Educ; 6(1):c13-c14.

INTRODUCTION

Noma also known as Cancrum oris is a fatal infection of the mouth that mostly affects children between ages 1 to 16 years with a peak incidence at ages 1 to 4 years.

The disease is caused by a polymicrobial bacterial infection of the gum that progresses rapidly to necrotizing and causing gangrene of the face and jaw destroying the soft tissues and bones of the oral and paraoral structure. As noma progresses rapidly, early detection and treatment are important to prevent its development/occurrence.

The objective of the review was to highlight preventive measure to reduce as much as possible the incidence of noma in Nigeria.

MATERIALS AND METHODS

Serious awareness campaign to the communities on the disease, educating them on nutrition, food, ways of consuming an adequate balance diet, with quality health care.

The study is to investigate/assess the primary health workers and management of noma in rural communities of Nigeria.

As this disease is commonly associated with people/women with poor living conditions and mothers with lack of Ante natal care, due to lack of knowledge, the importance of seeking for medical care. There was an increase of awareness campaign done in some rural

communities - Bassa, Uke etc. And the one carried out in the Ante Natal clinic during health talk in Central Hospital Sapele; with emphasis on Preventive measures.

As a Nurse Trainer, educating mothers to ensure that children have access to adequate amount of nutrition, food, quality health care including childhood vaccination, encouraging breastfeeding and healthy oral hygiene practices is paramount.

RESULTS:

There is a significant reduction in noma cases in the urban areas and towns where advocacy, enlightenment are carried out, with the ratio 8: 10, than many rural communities with the ratio 1: 10 where there's still lack of awareness.

CONCLUSION:

Noma has largely been neglected in the research sphere. Noma is a preventable disease and its progression can be halted if patients are recognized and treated in the early stages of the disease.

Treatment for late stage of noma survivors remains complex and time consuming, requiring substantial human and financial resources most commonly not achieving functional and cosmetic anatomy.

The ultimate aim is therefore prevention. Initiative should be integrated into existing health programs.

Embarking on periodic awareness campaign in the North East of Nigeria. Educating the populace on good oral hygiene practices, adequate nutrition and accessing health care early.

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