Decreasing the mortality rate of cervical cancer amongst the female population in Nigeria, A Meta Analysis

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Women in Nigeria need better access to cervical screening in order to prevent a higher and increasing rate of cervical cancer mortality within Nigeria. It is estimated that 14,000 women are diagnosed every year while there are 8,000 deaths from cervical cancer making it the second most diagnosed cancer in women (John-Akinola et al.). Cervical cancer awareness among Nigerian women tends to be high (70.8%) while screening awareness is lower (68.1%) and knowledge of the different components of the disease as in the harm that can be done to their body from this disease is low (65.3%) (Lawreta Ijeoma Abugu, Evelyn Nwanebe Nwagu , 2021). When cervical screening access is increased and education on the importance of screening is simultaneously increased there is a potential to decrease cervical cancer (Adepoju, 2020). According to statistics on poverty in Nigeria, 70% of Nigerians below the poverty line are women, there is also a lesser screening rate among those communities in Nigeria (Adepoju, 2020). Women in Nigeria encounter obstacles to screening uptake include lack of awareness, fear of results, and little to no access to cervical screening (Modibbo et al.). The key to lowering cervical cancer incidence and mortality in underdeveloped nations is cervical cancer screening, which can lead to a lower death rate of cervical cancer within Nigeria. It is anticipated that female health professionals would exert significant influence in driving screening uptake and improving access to cervical cancer education and screening. There is a way that we can decrease cervical cancer mortality rates by increasing access and awareness for cervical screening to women in nigeria.

Methods: 10 peer-reviewed articles were utilized for this meta analysis. Articles that were used were about cervical screening and increasing access for women in Nigeria to cervical screening. PubMed and google scholar were used to search for all the barriers that women in Nigeria face for cervical screening and how we can create an easier way for women to have access to cervical screening. With also having a way that we can develop more awareness as well to these women. The search was based on the keywords: cervical cancer, Nigeria, cervical screening, women in Nigeria, barriers, pap smear, awareness.

Results: 10 peer-reviewed articles with information about different regions within Nigeria and women and their access to cervical screening were utilized for this meta analysis. Five articles covered the mortality rate of cervical cancer in Nigeria, and the awareness that needs to be increased for cervical screening. The studies that were reviewed sampled 3392 Nigerian female health professionals in total. The knowledge and attitude of female health workers regarding cervical cancer screening was reported from a meta analysis done in Nigeria to be 4.39–4.81 on a scale of 5 (Oche et al.). The other 5 covered the obstacles that Nigerian women tend to face when it comes to accessing cervical health services. Information was gathered from 379 women between the ages of 21 and 65 using the questionnaire's modified version of the Health Belief Model Scale for Cervical Cancer and Pap Smear test which determined how many of these women fit into these different categories (Ubah et al.). A sizable percentage (55.5%) claimed they had no idea what a Pap smear was, and (64.6%) said they had no idea how

frequently they should go for the screening. They also claimed they had no idea what age this test is required, when to go, and where to go.

Discussion: The results indicate that there is a possibility for there to be more awareness about women's health, as well as opportunities to empower women and provide opportunities for them to receive cervical screening. The results show that many Nigerian women have little awareness of what a pap smear is and how frequently they should be getting one. All of these are related to insufficient or incomplete awareness of cervical cancer screening, which may be the cause of the low screening uptake (Ubah et al.). It is essential to reduce the prevalence of cervical cancer in Nigeria by implementing comprehensive interventions that address both health system factors like screening costs and infrastructure as well as individual factors like female health workers' low risk perception and fear of positive results (Okolie et al.). The result of the analysis show that the mortality rate of cervical cancer in women can be decreased if awareness about cervical cancer screening is raised.Female health professionals are anticipated to play a significant role in driving screening uptake and boosting accessibility to cervical cancer education and screening in order to lessen the burden of cervical cancer in Nigeria (Okolie et al.).

Conclusion: Cervical cancer screening and awareness were generally quite low, as were screening procedures. In order to enhance women's screening behaviors, it is necessary to increase women's knowledge of cervical cancer and address the identified impediments. This is feasible if more people become aware of the issue and health professionals assist in educating Nigerian women about the significance of their cervical health. This article will be able to help Nigerian women to see that their health is very important and should proceed to do their best to get cervical screening or in general any health checkups.

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