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## ORIGINAL ARTICLES

- 351 Exercise for Healthy, Active Ageing: A Physiological Perspective and Review of International Recommendations**  
K Thaxter-Nesbeth, A Facey  
*Individualized exercise regimens, including aerobic, resistance, balance and flexibility training help the older person overcome age-related physiological decline. Recommendations from the World Health Organization (WHO) and other organizations for physical activity for improved quality of life for the ageing person are discussed.*
- 357 Physical Activity Levels, Perceived Barriers to Exercise and Development of Secondary Conditions in Community Dwelling Persons with Spinal Cord Injury**  
S Roopchand-Martin, K Gayle, S Graham, S Creary-Yan, S Harris-Henry  
*This manuscript explored the exercise levels of community dwelling persons with spinal cord injury after receiving rehabilitation at the Sir John Golding Rehabilitation Centre. This study also aimed to discover the perceived barriers to exercise, and the resulting secondary health complications.*
- 363 Factors Associated with Health-related Quality of Life of Ambulatory Stroke Survivors in Jamaica**  
CD Gordon, R Wilks, A McCaw-Binns  
*The study examined factors associated with quality of life (QOL) in ambulatory stroke survivors. Less depressive symptoms and longer distance walked in six minutes were independent predictors of physical component QOL. Less depressive symptoms and male gender predicted good mental component QOL.*
- 370 The Association of Early Life Factors with Body Composition in Peripubertal Jamaican Children**  
CR Taylor-Bryan, AV Badaloo, MS Boyne, C Osmond, TE Forrester  
*This study explores the relationship among early life factors and body composition in Jamaican children aged 9–12 years. Mothers who were heavier and taller in their first trimester and offspring with higher birthweight had greater height and lean body mass (LBM) at age 11 years.*

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**Correspondence** should be addressed to:

**THE EDITOR-IN-CHIEF, West Indian Medical Journal, Faculty of Medical Sciences, The University of the West Indies, Mona, Kingston 7, Jamaica, West Indies**

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West Indian Medical Journal

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St Augustine, Trinidad and Tobago, and Cave Hill, Barbados

- 376 Correlates of Pelvic Floor Disorders in Women Fifty years and Over Attending Out-patient Gynaecology and Urology Clinics at a Tertiary Hospital in Kingston and St Andrew, Jamaica**  
D Willie-Tyndale, D Eldemire-Shearer  
*This paper describes the association between pelvic floor disorders and selected sociodemographic and health variables in a clinic based sample of Jamaican women aged 50 years and older.*
- 382 The Doctor of Medicine (Paediatrics) Programme at The University of the West Indies, Mona at 45 years, 1972–2017**  
R Melbourne-Chambers, A Weller, M Thame  
*The Doctor of Medicine in Paediatrics programme began in 1972 and has fulfilled its mandate to train paediatricians for the Caribbean. These 159 paediatricians are located in the Caribbean and worldwide and deliver appropriate health-care to the region's children.*
- 387 From Paediatrics to Child and Adolescent Health: A History of the Development of a Department**  
M Samms-Vaughan  
*This paper reports on the development of a Department of Child and Adolescent Health, with a focus on the development of undergraduate and postgraduate teaching and training programmes and their impact. Departmental successes and challenges in this area are also discussed.*
- 398 Neonatal Mortality at the University Hospital of the West Indies over Six Decades: Trends and Causes**  
H Trotman, O Olugbuyi  
*There has been a decrease in the neonatal mortality rate over the past six decades but further intervention is needed to achieve the sustainable developmental goal of less than 10 neonatal deaths per thousand live births at the UHWI.*
- 404 The Spectrum of Neonatal Disorders Managed at the University Hospital of the West Indies over the Past Two Decades**  
H Trotman, O Olugbuyi  
*It is clear that a diverse spectrum of medical disorders is managed on the neonatal unit of the UHWI and that the fledgling neonatal unit providing basic care for neonates of the 1960s has matured into the level II Newborn Special Care Nursery and Level III NICU that it is today. The time is now opportune for Neonatology to gain independent status as a Division of Neonatology within the Department of Child and Adolescent Health at the UHWI.*
- 410 Mechanical Ventilation of Neonates at the University Hospital of the West Indies 1987–2015**  
H Trotman, O Olugbuyi  
*Access to mechanical ventilation by neonates has increased tremendously at the University Hospital of the West Indies. The present challenge, however, is decreasing mortality in these neonates who access this technology.*
- 415 Disability, Chronic Diseases and Access to Healthcare in Jamaica**  
F Morris  
*This study investigated the prevalence of persons with disabilities as frequent users of the Jamaica health system. Most persons with disabilities experienced difficulty using the systems for even common chronic complaints.*
- 420 The Factors Associated With Older Adults Receiving Care in Jamaica**  
S John-Aloye, C Williams, A Facey, S Priestley  
*The Andersen framework identifying predisposing, enabling and need factors is used to analyse the receipt of care for activities of daily living, and instrumental activities of daily living among older adults, utilizing data from the 2012 Jamaica Survey of Living Conditions.*
- 428 Church-based Health Promotion in Jamaica for the Ageing Population**  
S Tomlinson  
*To eliminate the disproportionate number of African American seniors suffering health conditions and to encourage healthy behaviours, churches within the African American community have initiated health promotion programmes and services. This type of health intervention could serve to lessen the risk of disease, while improving the health and well-being of Jamaica's ageing population.*

- 433 Adult obesity: Management practices of General Practitioners/ Family Physicians in Kingston and St Andrew, Jamaica**  
K Smith, K James, A Standard-Goldson  
*This study sought to determine the practices of family physicians/general practitioners in Kingston and St Andrew regarding the management of adult obesity and compare their management to the 2013 American College of Cardiology/American Heart Association/ Task Force on Practice Guidelines and The Obesity Society Guidelines for the management of overweight and obesity in adults.*
- 439 Hypertension in Older Adults in Jamaica: Prevalence, Treatment and Control**  
NK Waldron, K James, H Laws, MA Harris, D Holder-Nevins, D Eldemire-Shearer  
*This study assesses hypertension prevalence, treatment and levels of control among community-dwelling older adults in Jamaica. The prevalence of hypertension was 61.7%, with the majority (90.0%) of older adults being on treatment and 34.8% were controlled.*
- 448 Parish Prevalence Estimates of Obesity, Diabetes and Hypertension in Jamaica: Is It Now Time for More Targeted Public Health Interventions?**  
C Cunningham-Myrie, N Younger-Coleman, KP Theall, L Greene, P Lyew-Ayee, R Wilks  
*This study provides parish estimates for the burden of obesity, diabetes and hypertension in Jamaica based on secondary analysis of the Jamaica Health and Lifestyle Survey 2008 (JHLS II).*
- 458 The Impact of Tobacco and Occupational Exposure on Chronic Obstructive Pulmonary Disease in a 70 and over Jamaican Cohort from the BOLD Jamaican Study**  
A Aquart-Stewart, CA Walters, S White  
*Chronic obstructive pulmonary disease (COPD) is a chronic respiratory disease predominantly affecting the older population. Not well known, COPD is often confused with asthma. Tobacco smoking is widely acknowledged as the most important risk factor for COPD, but occupational exposures from irritant dust, fumes, and biomass exposures, from the burning of wood and coal in indoor fires, also contribute to COPD prevalence.*
- 465 Who Cares? Sociodemographic and Health Characteristics of Carers of Older Persons in Jamaica**  
D Holder-Nevins, K James, J McKoy-Davis, D Willie-Tyndale, C Thompson, D Eldemire-Shearer  
*This paper describes the sociodemographic and health characteristics of a nationally-representative sample of caregivers to older persons in Jamaica, the context in which they provide care and challenges to caregiving.*
- 471 Gender, Health and Retired Healthcare Professional Women**  
JA McIntosh  
*Gender ideologies interconnect with social, economic, and family issues that may influence the health status of women who have retired from healthcare professions. These women may be able to contribute significantly to healthcare and even their own well-being in their retirement years, if their needs are known and addressed.*
- 475 Oral Health and Ageing: A Literature Review**  
MA Brown, B Thomas, K Blake  
*Older persons may present with poor oral health, which affects their general health, well-being and quality of life.*
- 480 Sinking Teeth into Dental Health of Older Adults in Jamaica**  
C Thompson, K James, D Holder-Nevins, D Willie-Tyndale, D Eldemire-Shearer  
*This paper provides statistics and insights pertaining to tooth loss, denture use and dental care utilization among older persons by age, gender, union, residence, education, chronic illness and health insurance status and reports independent predictors of dental service use and tooth loss and associated odds ratios. It is the first of its kind with findings and statistics emerging from a large nationally representative sample of 2943 persons.*
- REVIEW**
- 488 Surgery in the Elderly, Counting the Cost and Rising to the Challenge: A review**  
K Singh, S Hariharan  
*A short review on the perioperative management and the challenges faced by the elderly patient undergoing surgery in a Caribbean setting.*

**493 Medical Radiation: Status and Availability in The Bahamas**

J Isaacs, M Voutchkov, B Brevitt

*This study was used to provide an understanding of where The Bahamas stands, regarding staffing, equipment and quality assurance. Approximately, 62% of the examined clinics were located in New Providence, with 84% of said clinics belonging to the private sector.*

**498 Anxiety in Late Life: The Experience of Jamaican Urban Community Dwelling Older Adults**

SKP Williams, W Palmer

*This study examined Jamaican community dwelling older adults' levels of anxiety and sought to identified predictors of such anxiety. Levels of anxiety was found to be low. Predictor variables were identified to be loneliness, gender and education.*

**VIEWPOINT**

**504 Medical Education - The AP, Lateral and Oblique Views**

W Palmer, REC Rose