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Research Contributions

Dr. Zuhir Bodalal MB ChB

Libyan International Medical University



Research Contributions

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A Study of a Decade of Road Traffic Accidents in Benghazi - Libya: 2001 to 2010

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Abstract

This paper aims to observe and to study the trends of road traffic accidents (RTA's) for the past ten years in Benghazi – Libya. A retrospective analysis was done using the patient records of Al-Jalaa hospital (the main trauma center in Benghazi) from over 21,753 RTA cases. The annual data were compared to each other and changes of trends were observed. RTA's represented an increasing percentage of Al-Jalaa's case load across the years. Around 41% of these cases needed to undergo surgery. The younger age group (20–29 years of age) formed the majority of cases while there was a trend towards an increasing average age of patients involved in an accident. Male patients were found to be younger than their female counterparts. Males comprised 81.5% while females formed 18.5% of RTA patients. In terms of inpatient duration, most patients stayed in the hospital for less than 1 week. Vehicle occupants (drivers and passengers) were admitted more often than pedestrians. There was a trend across the years towards an increased involvement of vehicle occupants and decrease in the proportion of pedestrians that had to be hospitalized. Additionally, there was a decrease in the fatalities of pedestrians. Overall, most RTA patients were discharged and made to follow-up in outpatient clinics however there was a startling trend towards increased LAMA and absconded patients. There were both encouraging findings as well as points that needed further emphasis and action. Public education, life support training and diversification of transport (*apart from the use of the roads*) should be looked into, as possible means of improving the current situation.

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Research Contributions



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Gunshot injuries in Benghazi—Libya in 2011: The Libyan conflict and beyond

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ABSTRACT

Background: Since independence, Libya has never experienced personal ownership of arms. That changed during the Libyan conflict where weapons became widespread in the society. As a result gunshot injuries became a concern for surgeons at our principal surgical hospital (Al-Jalaa). This study aims at analyzing the gunshot injuries that took place during 2011 and highlighting the peculiarities in the Libyan scenario.

Method: Patients who had gunshot injuries during the conflict were included in the study.



Research Contributions

The trends of neurological trauma in a decade of road traffic accidents:
2001 to 2010

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Abstract

Background:

Road traffic accidents (RTA's) are among the leading causes of death in Libya. This paper aims to observe and to analyse the trends of neurological trauma caused by road traffic accidents (neuroRTA's) for the past ten years in Benghazi, Libya.

Methods:

Research Contributions

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GYNAECOLOGY

A comparison of abdominal and vaginal hysterectomies in Benghazi, Libya

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We performed a comparative study between abdominal and vaginal hysterectomies using clinical data from Al-Jamhouria hospital (one of the largest maternity hospitals in Eastern Libya). Various parameters were taken into consideration: the rates of each type (and their subtypes); average age of patients; indications; causes; postoperative complications; and duration of stay in the hospital afterwards. Conclusions and recommendations were drawn from the results of this study. In light of the aforementioned parameters, it was found that: (1) abdominal hysterectomies were more common than vaginal hysterectomies ($p < 0.001$); (2) patients admitted for abdominal hysterectomies are younger than those admitted

in the east, if not for all of Libya. After the values are presented in the results section, they will be compared with values set forth in previous literature. Finally, conclusions and recommendations are made in light of the aforementioned comparison, while taking into consideration the current direction of medical practice.

Methodology

A prospective analysis was done using the patient files of those admitted to the operating theatre for major surgery at Al-Jamhouria hospital in Benghazi, Libya. A total of 380 major surgeries were recorded during the period 1 January to 31



Research Contributions

The effect of armed conflict on spontaneous abortions in Benghazi – Libya

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ABSTRACT

This paper will study the effect of armed conflict and civilian instability on the spontaneous abortion rates and cesarean birth rate. Data from the official records of patients admitted to the gynecological department of Al-Jamhouria hospital (the main maternity hospital in the largest city in Eastern Libya) were used in this study, for both informative and comparative purposes. A statistical analysis was done using professional software, namely SPSS (through t-tests, binomial tests and binary logistic regression). It was found that there was a significant increase in the rate of spontaneous abortion (compared to the same period in the previous year). Also, there was a significant decrease in the age of patients admitted to the OT as well as a significant decrease in the admission of foreign nationals. Moreover, there was an increase in the rate of cesarean births. The possible implications of these figures are

Research Contributions

المجلد العشرون
العدد الثالث

المجلة الصحية لشرق المتوسط

Pregnancy outcomes in Benghazi, Libya, before and during the armed conflict in 2011

Z. Bodalal,¹ K. Agnaeber,² N. Nagelkerke,³ B. Stirling,⁴ M. Temmerman⁵ and O. Degomme⁶

حاصلات الحمل في بنغازي، ليبيا، قبل وأثناء النزاع المسلح عام 2011

زهير بودالال، خليل أغبير، نيكو نيغلكركه، بريدجيت ستيرلنغ، مارلين ترممان، أوليفيه دغوم

الخلاصة: قد تؤدي أحداث الحياة الصاخبة التي تعاني منها الحوامل إلى حاصلات توليدية ضائرة. وتقدم هذه الدراسة التي أجريت في بنغازي مقارنة لمعدلات الولادة قبل الأوان، والوزن المنخفض أثناء الولادة، والولادات القيصرية في مستشفى الجاهريّة قبل وخلال الشهور التي سبقت النزاع المسلح في ليبيا عام 2011. وقد جمع الباحثون البيانات عن جميع الحوامل اللاتي أدخلن إلى جناح الولادة خلال الأشهر من شباط/فبراير إلى أيار/مايو 2011، وهي الشهور التي اندلع فيها القتال الأكثر ضراوة في المدينة، وعددهن 7096 حاملاً، واللاتي أدخلن خلال الأشهر من تشرين الأول/أكتوبر إلى كانون الأول/ديسمبر 2010، وهي الأشهر التي سبقت القتال مباشرة، وعددهن 5935 حاملاً. وبالمقارنة مع الأشهر السابقة انضج وجود ارتفاع يُعْتَدُّ به إحصائياً في معدلات الولادة قبل الأوان (3.6% مقابل 2.5%)، ونقص الوزن عند الولادة (10.1% مقابل 8.5%)، والعمليات القيصرية (26.9% مقابل 25.3%). إن الكَرْب النفسي قد يكون واحداً من العوامل المتعددة التي تزيد من الحاصلات السلبية للحمل، وينبغي أن تنتبه مستشفيات التوليد لهذه القضايا في أوقات الحروب.

ABSTRACT Stressful life events experienced by pregnant women may lead to adverse obstetric outcomes. This study in Benghazi compared the rates of preterm, low-birth-weight and caesarean-section births at Al-Jamhouria hospital in the months before and during the armed conflict in Libya in 2011. Data were collected on all women admitted to the delivery ward during February to May 2011 (the months of the most active fighting in the city) ($n = 7096$), and October to December 2010 (the months immediately before the war) ($n = 5935$). Compared with the preceding months there was a significant rise during the conflict in the rate of deliveries involving preterm (3.6% versus 2.5%) and low-birth-weight (10.1% versus 8.5%) infants and caesarean sections (26.9% versus 25.3%). Psychosocial stress may have been a factor (among others) in an increase in negative pregnancy outcomes, and obstetric hospitals should be aware of these issues in times of war.

Issues des grossesses à Benghazi (Libye) avant et pendant le conflit armé de 2011

RÉSUMÉ Les femmes enceintes qui vivent des événements stressants peuvent être plus à risque d'une issue obstétricale défavorable. L'étude menée à Benghazi a comparé les taux de prématurité, de faible poids de naissance et de césarienne à l'hôpital Al-Jamhouria dans les mois précédant et pendant le conflit armé en Libye en 2011. Les données recueillies auprès de toutes les femmes admises en salle d'accouchement entre février et mai 2011 (au plus fort des combats dans la ville) ($n = 7096$), et entre octobre et décembre 2010 (les mois précédant

Research Contributions

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informa
healthcare

Cervical cancer in North-eastern Libya: 2000–2008

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Libya is a country with a low population, listed under the EMRO. Using registers and patient records from a major primary oncology clinic, data was gathered from Libyan cervical cancer patients and various parameters were studied across 9 years. Out of 4,090 female cancer cases during the study period, 1.8% were cervical cancer ($n = 74$). The average age of presentation was 53 years, with most of the cases (60%, $n = 44$) being premenopausal. Approximately 65% ($n = 48$) of cervical cancer patients are diagnosed at later stages (i.e. stages III and IV). The majority of these cases are squamous cell carcinoma (83.8%, $n = 62$), while 16.2% ($n = 12$) were found to be adenocarcinoma. Patients with squamous cell carcinoma presented at later stages more often than those with adenocarcinoma. Human papillomavirus (HPV) testing indicated that 91% of patients with squamous cell carcinoma were HPV positive, while 0%

that early healthcare intervention can have on the prognosis of the disease, the surveillance of epidemiological factors and possible associations with certain agents is essential.

Overall, there is a general scarcity of data for cancers in Libya, either in the past or recently. Additionally, there has not been any previous literature dealing with cervical cancer in Libya with such in-depth analysis of parameters. Any other study regarding cancer in Libya has traditionally concentrated on one specific year – usually falling prey to the natural variations that occur between different years. This study, however spans 9 full years in a hospital that is a focal point for gynaecological cancers in eastern Libya. Any figures produced would be more representative of the population and more statistically accurate.

Comparisons were made between Libya and other nations

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ORIGINAL ARTICLE

Cancers in Eastern Libya: First results from Benghazi medical center

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determined for Libya. The different cities and towns in eastern Libya were compared for any variation. The city of Beida in particular was found to have a remarkably high incidence of gastric cancer. The different findings were discussed and comparisons were made with past

Research Contributions



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BRIEF ARTICLE

Colorectal carcinoma in a southern Mediterranean country: The Libyan scenario

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portion of patients are among the > 40 years subset. Nearly two-thirds presented at either stage III (22.4%) or IV (38.4%).

CONCLUSION: Cancer surveillance systems should be established in order to effectively monitor the situa-

Attendee Name: **Zuhir Bodalal**

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Conference Date: November 12-14, 2013

Conference Name: **TM's 1st World Surgery Online Conference**

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Target Meeting certifies that this individual has attended the mentioned conference and gave an oral presentation on the topic mentioned above.

A handwritten signature in black ink, appearing to read 'Zuhir Bodalal', written in a cursive style.

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Total Hip and Knee Replacement in Eastern Libya: A Post-Conflict Case Series

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Abstract: *Background:* Total knee replacement (TKR) and total hip replacement (THR) are effective procedures for alleviating pain and improving hip and knee function. Literature has not covered the experience of developing countries with arthroplasty – especially in an unstable post-conflict setting.

Methods: Patient records were obtained from a major surgical center in Benghazi where total joint arthroplasties (TJA) are performed for a period of twenty months and key parameters were analyzed. The patients were followed up on an outpatient basis at regular time intervals (one week, one month, three months and six months) and any complications were documented.

Results: A total of 135 total knee (81.5%, n=110) and total hip (18.5%, n=25) replacements were done in Benghazi mostly on elderly (mean age=60.2 years) females (72.2%, n=100). The most common causative pathology in both groups was osteoarthritis (80.6%, n=108). The most common complication was superficial infection (4.4%, n=6) by *Staph aureus*. The Harris Hip Score and Knee Society Score were used to determine the functional outcomes of THR and TKR respectively – both showing high values. The Short form 36 (SF36) health survey was carried out to assess the patients' satisfaction levels. For all the axes, the obtained score was over 80%.

Discussions: THR and TKR are major orthopedic surgeries that constitute an advancement in the treatment of chronic joint pain. Most of the demographic features of our patients match up well with previous literature – with certain exceptions. There was no difference in thromboembolic incidence between the group of patients who received LMWH and those who simply started early mobilization and physiotherapy. Despite a number of hindrances faced by the hospital due to the conflict (i.e. funding limitations and drug shortages), a low rate of complications was maintained. No thromboembolic incidents or mortalities occurred.



Research Contributions

No.	Title of Study	Stage of Progress
1	The effect of armed conflict on spontaneous abortions in Benghazi – Libya.	Published in Controversies in Obstetrics and Gynaecology (2011)
2	A study of a decade of road traffic accidents in Benghazi – Libya: 2001-2010.	Published in PLOS ONE (2012)
3	Comparison of abdominal and vaginal hysterectomies in Benghazi – Libya.	Published in Journal of Obstetrics and Gynaecology (2013)
4	Gunshot injuries in Benghazi – Libya in 2011: The Libyan conflict and beyond.	Published in The Surgeon (2013)
5	The trends of neurological trauma in a decade of road traffic accidents: 2001 to 2010.	Published in The PanArab Journal of Neurosurgery (2013)
6	A study of cervical cancer in a primary oncology clinic in Benghazi-Libya.	Published in Journal of Obstetrics and Gynaecology (2014)



Research Contributions

No.	Title of Study	Stage of Progress
7	The effect of armed conflict on reproductive outcomes in Benghazi – Libya.	Published in the Eastern Mediterranean Health Journal (2014)
8	A study of breast cancer in a primary oncology clinic in Benghazi-Libya.	Submitted and under review in an oncological journal
9	The impact of absent law enforcement of road traffic accidents in Benghazi – Libya.	Submitted and under review in a surgical journal
10	Bipolar-I Ultradian in a patient during the Libyan conflict: Providence, lessons and future steps.	Submitted and under review in a psychiatric journal
11	Cancer incidence in eastern Libya	Published in the World Journal of Gastroenterological Oncology (2014)
12	Colon cancer in a southern Mediterranean country: the Libyan scenario	Published in the World Journal of Gastroenterology(2014)
13	Predictive and prognostic factors in colorectal carcinom	Submitted and under review in an oncological journal
14	Impact of method of injury of gunshots: stray bullets vs civilian fighting vs war.	Accepted for publication is the Journal of the College of Pakistani Surgeons (2014)



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