Sonographic Evaluation of Bladder Wall Thickness among Apparently Healthy Adults in Kano Metropolis, Nigeria

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In a standard practice every locality should have a documented record of the urinary bladder wall thickness (BWT) of the apparently healthy adults that could be used as a reference in making diagnosis of the pathological conditions. Aims of the study: The study aims at evaluating the bladder wall thickness among apparently healthy adults in Kano metropolis, Nigeria using ultrasonography. Materials and Methods: This study was prospective and cross-sectional conducted among apparently healthy adults in Kano metropolis from March 2020 to October 2020. Three hundred and Eighty Four (384) adult participants were recruited using convenient sampling method. A portable digital ultrasound machine, Sonostar SS-7 with 3.5 MHz curvilinear transducer was used to obtain the anterior, posterior, left lateral and the right lateral walls of the urinary bladder. The data were analyzed using SPSS version 23.0. The preset p-value was 0.05. Results: The mean ± SD of the anterior, posterior, left lateral and right lateral BWT for males were 2.86±0.26, 2.90±0.23, 2.75±0.27 and 2.75±0.25 while that of females were 2.75±0.29, 2.81±0.26, 2.67±0.31 and 2.68±0.30 respectively. There was statistical significance difference in bladder wall thickness between males and females (p<0.05). Conclusion: This study has established the normal values of bladder wall thickness for apparently healthy adults in Kano metropolis, Nigeria. There was statistical significance difference in bladder wall thickness between males and females. A significant weak positive correlation was observed between bladder wall thickness with age, weight, BMI and BSA. Key words: Bladder wall, Thickness, Adults individuals, Ultrasound, Apparently healthy