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## Spina bifida: 13-year experience in a tertiary health institution in South-East Nigeria

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Objective: to review the cases managed in our institution in the last 13 years

**Methodology:** This a retrospective study of all cases of Spina Bifida managed between 2006 and 2021. Demographic data like age and sex were collected; diagnosis, presenting symptoms, operation done, and complications were also retrieved using a preformed template. These were analysed with simple descriptive statistics.

## **Results:**

A total of 71 cases were managed on the said period, 57% of cases were seen between 2006 and 2009, the overall average was 5.9 cases/year. Male accounted for 57.7%. The modal age group was one year and below. More than 70% presented for the first time in the first two years of life. Spina bifida cystica accounted for 94%. Among those with available records, the most common anatomic site was lumbosacral (34/40), fourteen cases had associated hydrocephalus needing initial cerebrospinal fluid diversion. Excision and repair was the surgery done. Eight cases had surgical site infection while 7 had post-operative sepsis. Of the 25 cases that had documentation on outcome, 84% (21/25) were discharged, 12.5% (13/25) deaths were recorded while one case signed DAMA.

**Conclusion:** Spina bifida is still a problem in our clime though relatively less compared to other climes and appears to be reducing in incidence. Improved antenatal care and continued advocacy are encouraged.

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