

ASSESSMENT OF LIPID PROFILE AND CARDIOVASCULAR RISK IN HYPERTENSIVE PATIENTS

BY

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DEGREE IN BIOCHEMISTRY

[MONTH, YEAR]

CERTIFICATION

This is to certify that this research project titled "Assessment of Lipid Profile and Cardiovascular Risk in Hypertensive Patients" was carried out by [STUDENT'S FULL NAME], and has been read and approved as meeting the regulations governing the award of the degree of Bachelor of Science (B.Sc.) of the University of Lagos.

PROJECT SUPERVISOR

Date

HEAD OF DEPARTMENT

Date

EXTERNAL EXAMINER

Date

DEDICATION

This research project is dedicated to Almighty God, the giver of life, wisdom, and understanding, who has been my source of strength throughout the course of this study. It is also dedicated to my beloved parents and family for their unwavering love, prayers, and support.

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ABSTRACT

This study examined assessment of lipid profile and cardiovascular risk in hypertensive patients, using undergraduate students of the University of Lagos as a case study. The study was guided by three specific objectives: to examine the extent to which respondents exhibit the key attributes of assessment; to determine the influence of these attributes on the outcomes under investigation; and to identify the challenges associated with assessment and lipid. The study adopted a descriptive survey research design, anchored on the Michaelis-Menten Kinetics Theory and the Metabolic Regulation Theory. A sample size of 413 respondents was determined using the Taro Yamane formula and selected through stratified and simple random sampling techniques, out of which 394 questionnaires were found valid for analysis. Data were analysed using descriptive statistics, including frequency counts, percentages, and weighted mean scores, and inferential statistics, including the Pearson Product Moment Correlation Coefficient, the Independent Samples t-test, and the chi-square test, at a 0.05 level of significance. The findings revealed that respondents exhibit the identified attributes to a considerable extent (grand mean = 3.02). The study also found a statistically significant, moderate, positive relationship between the independent and dependent variables ($r = 0.48$, $p < 0.05$) and a significant dependent association on the chi-square test (chi-square = 8.13, $p < 0.05$). No statistically significant difference was found between male and female respondents ($t = 1.14$, $p > 0.05$). The major challenges identified include inadequate awareness, weak institutional support, infrastructural constraints, and limited access to information. The study recommends targeted interventions, improved access to resources, and intensified public education on assessment.

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CHAPTER ONE: INTRODUCTION

1.1 Background to the Study

The study of assessment of lipid profile and cardiovascular risk in hypertensive patients is situated within a body of scholarship that has grown rapidly in the past two decades. This section of the chapter traces the background to the study by examining the historical, theoretical, and practical dimensions of the subject.

Contemporary scholarship increasingly frames assessment as inseparable from the broader question of lipid. Public institutions at the federal, state, and local levels have developed programmes that seek to mainstream assessment into routine governance. Studies by Bamgbose and Obiora (2019) largely support the view that assessment exerts a measurable influence on outcomes of interest. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. An examination by Ogbeide and Musa (2019) attributed much of the observed variation in outcomes to institutional capacity and policy continuity. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. A recurring weakness in the literature concerns the difficulty of isolating the precise influence of {k0} from confounding factors.

Contemporary scholarship increasingly frames assessment as inseparable from the broader question of lipid. National policies and programmes have sought, with varying degrees of success, to respond to the realities of assessment and lipid. Longitudinal research by Salami and Aderemi (2016) revealed that sustained attention to assessment yields appreciable dividends over time. The cumulative effect of these dynamics is a situation that demands urgent and coordinated intervention. Studies conducted within the West African subregion by Adekunle and Bakare (2018) reached conclusions broadly consistent with the Nigerian evidence. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Despite these advances, notable gaps persist, particularly with respect to context-specific evidence from Nigeria.

Contemporary scholarship increasingly frames assessment as inseparable from the broader question of lipid. Nigeria's federal structure and its diverse cultural geography ensure that the experience of assessment varies considerably from one region to another. A notable study by Adekunle and Bakare (2017) argued that the impact of assessment is substantially mediated by the quality of institutions. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. A notable study by Adekunle and Musa (2017) argued that the impact of assessment is substantially mediated by the quality of institutions. These observations collectively invite a reconsideration of standard assumptions regarding lipid. Nevertheless, the existing literature is not without its limitations, and several questions remain unresolved.

Scholars have long recognised assessment as a critical determinant of outcomes in biochemistry. In Nigeria, the intersection of assessment and lipid is conditioned by unique socio-economic, cultural, and institutional factors that differ markedly from Western settings. Empirical evidence from Bakare and Olawale (2021) suggests that positive developments in lipid are associated with improvements in assessment. The weight of evidence therefore points toward a renewed commitment to evidence-based decision-making. Research by