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The Journal and scope:

The Journal of Optometry and Health Sciences (JOHS) is the official publication of the Department of Optometry, Imo State University Owerri, Nigeria. It is an International, peer-reviewed, open access journal, publishing manuscripts of original research works, systematic reviews, short communications, case reports, conference proceedings and meta-analysis within the versed and specialty areas of optometry and health sciences.

The Journal aims at agglomerating the outcomes of scientific studies and researches from different academic and professional communities cognate to Optometry and health sciences, ensuring relevance and accuracy in the presentation of data through robust peer-review processes and providing an efficient and global platform for the propagation of intellectual resources from diverse academic and professional backgrounds and competences.

Manuscript submission

a) Author guidelines:

The Journal of Optometry and Health Sciences (JOHS) publishes original research works, short communications, systematic reviews, meta-analysis, case reports and conference proceedings in the specialty areas of Optometry; Orthoptics, Public Health Optometry, Low Vision and Rehabilitation, Paediatric Optometry, Cornea and contact lens, Primary Care Optometry and Ocular Health. In addition, the Journal accepts manuscripts from other fields of health sciences; Medical-surgical Nursing, Nursing Education, Nursing Administration and management, Maternal and Child Health, Psychiatric and Mental Health Nursing, Community Nursing, Public Health, Epidemiology, Health Education and Promotion, Biostatistics, Health Economics, Environmental Health, Public Health Parasitology, Haematology and Blood Transfusion, Chemical Pathology, Medical Microbiology, Pharmacology, Anatomy, Physiology, Biochemistry, Radiography, Physiotherapy, Nutrition and Dietetics.

- i) Authors are to ensure the originality of their manuscripts.
- ii) Manuscripts should be submitted as MS Word attachments to johs.imsu@gmail.com

- iii) Manuscripts should not exceed 14 pages (4,000 words) on an A4 paper size with 12-point font size and 1.5 line and paragraph spacing.

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- i) Every manuscript must contain the full names and affiliations of the author(s). In multiple authorship, the name, email address and phone number of the corresponding author should be indicated on the manuscript.
- ii) The corresponding author is required to attach a Letter of Undertaking, on behalf of co-authors, accepting ownership and responsibility for the work, and certifying that the manuscript has not been published or undergoing consideration for publication in another journal.
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- iv) The Journal accepts only manuscripts written in the English language with the Times New Roman font type. The top, bottom, left and right margins should be 2.54cm.

c) Manuscript formatting:

- i) Title of paper:
The title of the manuscript should be concise, relevant to the researched body of knowledge and written in initial caps form.
- ii) Abstract:
The abstract should be unstructured in a single paragraph of not more than 250 words. It should provide a synopsis of the objectives, methodology, results and conclusion of the study. The keywords should not be more than 5.
- iii) Introduction
- iv) Methodology
- v) Results
- vi) Discussion
- vii) Acknowledgement where necessary

viii) **References:** The Journal uses the Vancouver and APA seventh edition in-text citation and referencing styles. Authors are advised to choose and adhere to one style.

d) Indexing:

The Journal of Optometry and Health Sciences (JOHS) is indexed in Google Scholar.

e) Copyright

Once the extant publishing protocols are satisfied and the manuscript is accepted for publication, the author without recourse to previous rights, cedes copyright to the Publisher viz; The Department of Optometry, Imo State University, Owerri, Nigeria.

f) Article Processing Charge (APC)

A manuscript accepted for publication will attract a review fee of N5,000 and a publication charge of N25,000 from authors within Nigeria and \$75 (US Dollars) from authors outside the shores of Nigeria. Authors within Nigeria can obtain the hard copies of the journal at the cost of N5,000 per copy.

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Editor's Note

The Journal of Optometry and Health Sciences (JOHS) was inventively conceptualized to further the globalization agenda and strategic visibility of the Department of Optometry, Imo State University Owerri, Nigeria and provide a prolific platform for the propagation of well-researched, double-blind peer-reviewed studies cognate to optometry and health sciences. It epitomises the hallmark of multidisciplinary and collaborative researches and fosters robust scholarship among the target audience.

In this debut, Mataure explored the need for healthcare practitioners to collaborate in providing efficient delivery of health services. Akujobi and Awuzie investigated the Tear Production and Stabilizing Potentials of *Dennettia tripetala* and reported a significant increase in tear production and stability by the seed extracts. Ndukuba *et al.* examined the Prevalence and Distribution of Anterior Segment Ocular Diseases among Commercial Biomass Fuel Users in Isuikwuato Local Government Area, Abia State, Nigeria. They posited that conjunctivitis was the most prevalent anterior segment ocular disease among commercial biomass fuel users. Obijuru *et al.* investigated the Effect of Computer Use on Tear Film Production among Commercial Computer Operators and found that tearing, blurred vision and irritation were major symptoms associated with computer use. Obioma-Elemba *et al.* evaluated the Prevalence of Near Esophoria among Young Adults in Imo State University Owerri, Nigeria and reported that esophoria at near did not correlate with age or gender. Okorie *et al.* explored the Knowledge, Attitude and Practice of HIV Post-exposure Prophylaxis (PEP) among Primary Health Care Workers in Aba South Local Government Area, Abia State, Nigeria and revealed very remarkable results. Nwokedi reported the Diagnosis of Solar Retinopathy using Optical Coherence Tomography (OCT) in a 40 year old African American female patient.

Augustine Ugochukwu Akujobi, PhD, FNCO.

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Editorial
Collaborative Healthcare

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Genuine and effective health care involves optimizing patients' and their families' access to a wide range of essential skills and competencies of various health professionals. There is no need to monopolize patient care in the 4th Industrial Revolution where there is rapid growth of medical technologies and treatments, as well as new innovations and wide-ranging skills from players across disciplines, including those considered novices in the health care sector.

Most of what is required is thinking outside the box and allowing others to practice and share their knowledge and skills in areas that have been considered strictly reserved for a specific profession. This broad thinking is a key aspect of collaborative health care. Collaborative care results from multi-disciplinary providers with a range of different skills communicating with one another about a patient's diagnosis, treatment and care. This care does not only exist in the health facilities, but at home, within the community and therefore requires ideas, knowledge experiences and skills not only from health professionals but from the community.

Collaborative care also extends to encouraging and facilitating health promotion and prevention of illness. Collaborative care should recognize the traditional system and cultural practices of communities and embrace these as much as possible as long as the ultimate result is effective and efficient patient care outcomes.

The collaborative approach requires that groups of professionals (and nonprofessionals) with imposing ideas, knowledge and experiences come together to share what they know and do best in a particular area for improvement. This approach can also work across institutions and organizations or between different teams/professionals within an organization. Collaboration can also occur at strategic level where policies are made, priorities set and allocation of resources done. If collaboration at this level succeeds, the health systems in most of Africa could be far advanced. The health sector needs to adopt collaborative health care as the norm of practice for reasons that enhance practice and patient outcomes. Health problems (in individuals, families or communities) often result from etiological causes in the functions of one or more areas of the human body resulting in illness or malfunction.

The efficient and effective functioning of an individual's systems and organs are best attended to by multi-disciplinary specialists working collaboratively, for instance, vision loss may occur as a result of physical factors such as eye injuries, nerve damage, dietary deficiency, infection among other reasons. Traditional practitioners may have their own views which if heard and addressed diplomatically, may save a patient's sight. Therefore, well-coordinated collaboration among a multi-disciplinary team has the potential to allow for appropriate, more comprehensive, population-centered and cost-effective intervention based on shared insights.

Collaborative health care is highly recommended in complicated health care as it provides advanced management, especially in emergencies or long-term care. Patients and caregivers have a choice from a range of options which results in better compliance and more favourable outcomes. Until health professionals view health care collaboration as a panacea to critical challenges in the health care system, the health system will be unable to introduce the desired critical and sustainable reforms.

It has become the established practice in health that collaboration among several professionals is pursued both in treating individuals and larger numbers of persons during pandemics and medical emergencies. We can do better than this! The quest to provide collaborative health-care within population groups should be a key objective of the health services professionals in African countries. It is the goal of this journal to promote collaborative health-care through research, knowledge and experience sharing.

This inaugural edition will fill a critical gap by promoting the delivery of efficient and effective health care services to the expectant millions on the continent. It is imperative that health-care practitioners engage in meaningful collaboration that is driven by shared vision, expertise and a sense of collective achievement.