

Knowledge Level of Librarians and Their Preferred Information Resources on Cardio-Vascular Disease Risk Factors: Case of Librarians in Nnamdi Azikiwe University Library, Nigeria

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ABSTRACT

Background: Cardiovascular Disease has been proven by experts to be one of the leading causes of morbidity and mortality across the globe. Therefore, there is a need for adequate modification in lifestyle and strategies among librarians towards improving their health in order to curb this menace. The study was guided by seven research questions.

Methods: The study used a descriptive survey research design. The population of the study comprised 31 professional librarians who work in Professor Festus Aghagbo Nwako Library Awka. It was quantitative research that used a self-designed questionnaire as an instrument for data collection. The data collected were analyzed using descriptive statistics such as frequency and percentage.

Results: Out of 31 librarians, 29 were female, and 2 were male. It was found that the extent of the awareness of librarians on CVD had a grand mean score of 2.78, which is above the criterion mean of 2.50. This shows that librarians actually have a need for information on CVD. However, librarians were aware of CVD, as the majority of them were able to describe and identify some CVD conditions.

Conclusion: Findings from this study also revealed that the majority of the librarians were involved in a moderately active lifestyle, and this could be a result of their increased knowledge level. In addition, there is a need for librarians to improve their risk scores by practising health-promoting behaviours like increased physical activity and blood pressure control. The findings have challenged stakeholders in the health industry to strategically enhance their efforts across various areas of practice to improve awareness among librarians in order to reduce the risk factors that bring about health issues.

Keywords: Information needs, librarians, cardiovascular diseases, health information resources, Nigeria.

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Introduction

Cardiovascular disease (CVD) are diseases that affects the cardiovascular system (the heart or blood vessels). The development of CVD can be influenced by contributing factors, such as social determinates, lifestyle factors, and external surroundings. These risk factors could be in the form of high blood pressure, unhealthy diet, high cholesterol levels, diabetes, exposure to air pollution, obesity, tobacco use, kidney disease, physical inactivity, excessive alcohol consumption, and stress. According to Echedom & Okonkwo (2019), kidney problem is a major determinant factor responsible for the development and increased rate of vascular disease and cardiovascular death among people in the world, including Nigeria. Additionally, a person's risk of developing cardiovascular disease can be influenced by their family history, ethnic background, sex, and age. According to Yardimci Gürel & Güner (2024), CVD is responsible for 32% of all global deaths, and 85% of these deaths are due to heart attack and stroke. In Nigeria, for example, CVD is estimated to account for 11% of all deaths, and the prevalence of hypertension, a leading risk factor for CVD, is 30% among adult Nigerians (Federal Ministry of Health, 2021). "This is a major worry for health experts as it concerns cardiovascular diseases in Nigeria" (WHO, 2021).

In the view of Chukwuemeka, Okoro, Okonkwo, Anakor, Onwuakagba & Okafor (2023), CVD is seen as one of the leading causes of mortality and morbidity worldwide, and it also represents a major burden in the health ecosystem. In contemporary times, librarians are major assets in their critical

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role in ensuring access to information resources and supporting the research needs of their academic community. As information specialists, librarians are expected to possess a thorough understanding of a wide range of subjects, including health-related topics. However, the impact of their professional responsibilities on their own health and well-being is an area that remains underexplored. As reported by Harris, Brown and Johnson (2017), librarians also face various challenges and stressors in their work environment, such as high workload, low salary, lack of recognition, rapid changes in technology and information sources. Librarians, due to the nature of their work, are exposed to long hours of sedentary activities, which can increase their risk of developing CVD. Additionally, the stress and mental demands associated with their roles may further contribute to an increased susceptibility to CVD. Consequently, understanding their level of knowledge and awareness of CVD risk factors and the potential harm CVD can cause to their profession and well-being is crucial in developing interventions tailored specifically to librarians.

According to Harris et al. (2017), librarians are at risk of developing CVD themselves due to their occupational and lifestyle factors. Librarians may experience physical and mental stress, sedentary behavior, unhealthy eating, and low physical activity level, which seems to be associated with increased risk of CVD. Hence, librarians need to be aware of the prevalence of CVD, as well as the prevention and treatment options available. As seen from a recent study by Chukwuemeka et al (2023) information needs of health professionals, including librarians, on cardiovascular disease management, indicated a lack of sufficient knowledge and awareness among librarians about the prevention and management of CVD, further emphasizing the need for targeted health information interventions.

It has been observed that librarians play a significant role in health information dissemination, with over a third of public inquiries involving health-related questions, going beyond their traditional book-lending duties (Karki, Asmar &

Sasco, 2024). In providing health information literacy, it is not limited to an area but where librarians, from all sectors, public or academic, require a huge pool of knowledge in order to support while also managing their health.

Availability of health information in the library helps librarians become more knowledgeable and proactive about their health. In addressing the health information needs of librarians and ensuring positive outcomes, libraries need to play an effective role by facilitating access to information literacy training and electronic information resources. Librarians, on the other hand, need to have a broad understanding of the field of cardiovascular diseases, including risk factors, prevention, treatment options and emerging trends in cardiovascular disease research to better equip them against preventable deaths and sickness.

Librarians seeking information on cardiovascular disease would typically require access to the latest research articles, medical journals and academic databases to stay updated on the subject. Despite the increasing recognition of public libraries as vital partners in health information dissemination, librarians often lack comprehensive, up-to-date knowledge on health topics, such as cardiovascular diseases (CVD), which is a major cause of morbidity and mortality globally. Lack of adequate levels of knowledge and awareness on CVD on the part of Librarians can significantly impact their ability to provide accurate and effective services to the public.

The problem is multifaceted: it includes the need for improved health literacy among librarians, access to current and authoritative health information resources on CVD, and the ability to evaluate and communicate complex medical information to library patrons. However, while librarians are eager to fulfil their role in public health education, they face challenges such as limited access to subscription-based resources, time constraints, and the need for specialized training in health literacy, skills and competencies.

Therefore, this study aims to investigate these issues within the context using the library at

Nnamdi Azikiwe as a case study. The major objective of the study is to determine the knowledge level of librarians and their preferred information resources on cardio-vascular disease risk factors using the Nnamdi Azikiwe University library.

Research Questions

The study aims to answer the following research questions:

1. To what extent is the awareness on CVD of Librarians in Professor Festus Aghagbo Nwako Library, Awka?
2. What are the types of health information resources on CVD available in Professor Festus Aghagbo Nwako Library, Awka?
3. What are the preferred types of media on CVD available for effective information access by the librarians in Professor Festus Aghagbo Nwako Library, Awka?

Literature Review

Level of Knowledge and Awareness of Librarians on Cardiovascular Disease (CVD)

Given the prevalence of Cardiovascular Disease as a leading cause of mortality globally, the need for librarians to have comprehensive knowledge about CVD prevention, diagnosis, treatment, and management is paramount. This is not only to aid the public, but also to ensure that librarians are aware of the health risks associated with factors like a sedentary lifestyle, stress, and extended working hours, which are occupational hazards in the library profession.

The American Library Association (2016), emphasized the importance of health awareness among librarians, advocating for their role in guiding the community towards better health outcomes. Similarly, De Brún (2019) highlighted the evolving function of librarians as community educators who frequently provide health information to the public; as such, librarians must also be well informed of health issues as it affects them.

Health literacy is about having the skills to locate, comprehend and apply health information effectively. It is a critical component in the management and prevention of diseases such as CVD. Librarians are a positive force in enhancing health awareness by assisting patrons in navigating the complex landscape of health information. This assistance is crucial for informed decision-making, enabling individuals to take proactive steps in their health care. De Brún (2019) further illustrates the importance of addressing the Level of knowledge and Awareness of librarians concerning CVD, as it is essential for them to effectively support both their health and the health of the communities they serve.

By equipping librarians with the necessary tools, resources, and knowledge, they can significantly contribute to the public's understanding and management of CVD (Opele & Adigun, 2023). This contribution is not limited to providing information but also involves advocating for healthy lifestyles, recognizing the signs and symptoms of CVD, and understanding the importance of early intervention and treatment. The role of librarians in this regard is multifaceted, as they are educators, facilitators, and advocates for health literacy and wellness.

The level of knowledge and Awareness of librarians regarding CVD is of utmost importance. Addressing these needs through continuous education and access to current resources can empower librarians to be effective agents of change in public health. Their unique position within the community allows them to influence health behaviors and outcomes positively, making them indispensable allies in the fight against CVD. The collective efforts of librarians, health professionals, and the community can lead to a more informed public, better health literacy, and ultimately, improved health and well-being for all.

Health Information Resources on CVD

Health Information Resources on Cardiovascular Disease (CVD) are pivotal for both healthcare professionals and the general public to understand, prevent, and manage heart-related conditions. Authoritatively, the World Health Organisation

(WHO, 2025) provides comprehensive information on CVD, including statistics, risk factors, and prevention strategies. WHO (2025), further claims that CVDs account for 19.8 million lives, which is 32% of global deaths, making them the world's leading cause of mortality

The American Heart Association (AHA) is another key resource that offers detailed insights into various CVD conditions, their symptoms, treatments, and research updates. The AHA emphasizes the importance of understanding heart disease and stroke as critical components of CVD. Health.gov presents evidence-based resources to inform the public and healthcare providers about effective methods to improve health and prevent diseases like CVD. These resources are crucial for developing programs and policies based on proven, science-based methods.

Also, The Centers for Disease Control and Prevention (CDC) gave an insight into heart disease, providing data, tools, and resources that support CVD prevention and management efforts. Health information resources on CVD provide essential knowledge that supports the prevention, diagnosis, and treatment of heart diseases. These resources are invaluable for librarians, healthcare providers, and the public to stay informed about the latest developments in CVD care and research.

Existing Awareness of Librarians on CVD

Health literacy can be seen as the process that enables access, comprehend, utilize information for making informed health decisions. This proficiency is essential for librarians to guide their patrons effectively in understanding and managing CVD, a complex and prevalent health issue. According to Beasant, Georgie, Vanessa, Montana, and Sarah (2023), librarians' awareness of CVD is linked to their level of health literacy. In addition, Chukwuemeka, Okoro & Okonkwo. (2023), has delved into the awareness levels of CVD among various demographics, including librarians. These studies frequently uncover knowledge gaps that can hinder the effective prevention and treatment of CVD. Such deficiencies in librarians' understanding of CVD could adversely affect their

capacity to provide precise and reliable health information to the public, potentially impacting public health outcomes.

Considering that CVD remains the leading cause of mortality worldwide, as reported by the World Health Organization, it is crucial for librarians to possess an extensive understanding of the disease. This knowledge enables them to support community health initiatives effectively and to serve as a primary information resource, particularly in areas where healthcare services are scarce or inaccessible. To bolster librarians' knowledge base on CVD, ongoing professional development and continuing education are vital. These initiatives should focus on equipping librarians with the skills to identify trustworthy health information sources and to stay abreast of the latest research on CVD prevention and management. Such training can empower librarians to discern credible information, navigate the vast landscape of health data, and provide guidance that aligns with current medical standards and practices.

In raising librarians' awareness of CVD, it is also important to consider the broader implications of their role. Librarians are not merely custodians of information; they are active participants in promoting health literacy and public health advocacy. By enhancing their understanding of CVD, librarians can contribute to a more informed public, capable of making decisions that lead to better health outcomes. They can also serve as advocates for health-promoting behaviors and policies within their communities, further extending their impact beyond the confines of library walls.

The awareness and knowledge of librarians regarding CVD are indispensable in their role as educators and facilitators of public health. Through targeted professional development and a commitment to continuous learning, librarians can enhance their ability to serve patrons' information needs and play a crucial role in the collective effort to combat CVD and improve public health. The investment in librarians' health literacy is an investment in the well-being of communities they

serve, making it a priority for library institutions and health educators alike.

Preferred Media for Effective CVD Information Access

In the context of Cardiovascular Disease (CVD) information access, the preference for digital resources is driven by their inherent advantages in terms of ease of use, speed, and the breadth of information they can provide. Digital resources, such as online databases and mobile applications, are preferred for their ease of use and the ability to provide updated information quickly. Social media also serves as a platform for professional collaboration and information exchange. According to Kulkarni et al. (2020), the effectiveness of each media source can be assessed by considering several criteria, such as:

1. Coverage: the extent to which the media source covers the relevant and current topics on CVD, such as epidemiology, diagnosis, treatment, prevention, and management.
2. Quality: the degree to which the media source provides reliable, valid, and evidence-based information on CVD, as well as critical appraisal and commentary.
3. Accessibility: the ease and convenience of accessing and retrieving information on CVD from the media source, as well as the availability and affordability of the media source.
4. Usability: the functionality and user-friendliness of the media source, as well as the interactive and multimedia features that enhance the user experience and engagement.
5. Impact: the influence and outcome of the media source on the users' knowledge, attitude, and behavior regarding CVD, as well as the feedback and opinions that the media source generates.

Based on these criteria, some media sources may be more effective than others for librarians to access information on CVD. For example, journals may have high coverage and quality, but low accessibility and usability, while social media may have high accessibility and usability, but low

coverage and quality. Therefore, librarians need to use a combination of media sources that best suit their information needs and preferences on CVD. Librarians also need to keep up with the changing trends and developments in the media landscape, and adopt new and emerging media sources that can improve their information literacy and practice on CVD.

Online databases and mobile applications are integral to the modern librarian's arsenal for accessing CVD information. These platforms offer a user-friendly interface and the ability to rapidly update content, which is essential for keeping pace with the fast-evolving field of cardiovascular medicine. For instance, databases like PubMed and mobile apps from reputable sources provide access to a vast array of peer-reviewed articles, clinical guidelines, and patient education materials.

Social media platforms have emerged as valuable tools for professional collaboration and information exchange among individual including librarians and healthcare professionals (Akpojotor & Okonkwo, 2024). Networks such as Twitter and Facebook are not only used for personal communication but have also become venues for sharing the latest research findings, discussing clinical cases, and engaging in professional development activities. The American College of Cardiology, for example, has highlighted the role of social media in increasing public awareness of heart failure through campaigns like the AHA's Rise Above Heart Failure.

While digital resources offer many benefits, the credibility of the information accessed is of paramount importance. The medical community has emphasized the need for a reliable framework to facilitate effective communication between patients and healthcare professionals by accessing high-quality, evidence-based materials. This is particularly crucial in the context of CVD, where misinformation can have serious health consequences. Therefore, digital resources such as online databases and mobile applications, along with social media platforms, are preferred media for effective CVD information access due to their ease of use and the ability to provide updated information quickly. However, it is essential to

ensure that the information accessed through these media is accurate and evidence-based to support informed healthcare decisions and professional collaboration (Kulkarni et al. 2020; Ladeiras-Lopes et al. 2020).

Factors affecting the Level of knowledge and Awareness of CVD among librarians

Librarians are essential in guiding the public to credible and relevant information, particularly on critical health issues like Cardiovascular Disease (CVD). However, they encounter several challenges that can hinder their ability to meet the information needs effectively. One of the significant challenges librarians face is the limited access to subscription-based resources. These resources often contain the most current and comprehensive information on CVD, but budgetary constraints can restrict librarians' ability to subscribe to these valuable sources (Onsinyo, 2020).

According to Bovet et al (2015) Time constraints are another barrier for librarians. The vast amount of information that needs to be sifted through to find relevant CVD data requires considerable time, which may not be available due to other job duties. In the digital age, librarians must also be skilled in evaluating the credibility of online sources. The ability to discern between evidence-based information and misinformation is crucial, as the quality of content available online can vary greatly.

Also, the sheer volume of information available on digital platforms can be overwhelming. Librarians must navigate this deluge of data to find pertinent and reliable information on CVD, which can be a daunting task (Bovet et al. 2015). Digital literacy and access are additional hindering factors. Not all librarians may be equally proficient in using digital tools and platforms, which can limit their ability to fully utilize these resources. Moreover, access to reliable internet connections and digital devices is not uniform across different regions, further affecting the ability to access digital CVD resources.

Overcoming these challenges demands a unified effort in staff development and training. Librarians need opportunities to enhance their skills in information technology, critical evaluation, and

time management to overcome the barriers to accessing and providing high-quality CVD information. Institutions must recognize the importance of supporting their librarians by allocating sufficient resources, including a budget for subscriptions and training in digital competencies. This support is crucial for librarians to stay abreast of the latest developments in CVD and to serve their communities effectively.

Methods

The study employs a case study research design. According to Nworgu (2015), a case study is the investigation of a contemporary study, in-depth and within its real-world context, especially when boundaries between study and context are not clearly evident. The population for the study comprised thirty-one (31) professional librarians of Professor Festus Aghagbo Nwako Library of Nnamdi Azikiwe University, Awka, according to the statistics gotten from the library. The entire population constituted the sample size due to the smallness of the population. The research instrument used for this study was a self-designed questionnaire with the title "Information needs of librarians on CVD Questionnaire". Data collected were analyzed using descriptive statistics of mean scores, frequency, and percentages. However, after computing the mean, a mean score of 2.50 (a mid-point mean score) was used as the decision rule. The average of the individual score for response was on a 4-point rating scale of Strongly Agree (SA), Agree (A), Strongly Disagree (SD), and Disagree (D) for tables 2 and 3. Table 1 presents demographic information on gender and years of experience. Table 2 details the extent of awareness of CVD among librarians. Table 3 focuses on the types of health information resources on CVD. Finally, Table 4 outlines the preferred types of media on CVD among Librarians. The total number of items in the question is 32. Table 1, which comprised ten questions, and Table 2, five questions, were analyzed using mean, while table of preferred types of media on CVD had five

questions on factors affecting the level of knowledge and awareness of CVD among librarians of five questions, was analyzed using frequency and percentage, respectively.

Results

Socio-demographic characteristics

Table 1: Socio-demographic characteristics

Variable	Frequency
Gender	
Female	29
Male	2
Experience (Years)	
0-5	7
6-10	9
11-15	9
16+	6

Research Question 1: To what extent is the awareness on CVD of Librarians in Professor Festus Aghagbo Nwako Library, Awka?

The analysis of this table showed the extent of the awareness of librarians on CVD. With a grand mean score of 2.78, which is above the criterion mean of 2.50, this shows that librarians actually have a need

for information on CVD. The findings showed that the librarians were aware of the sickness “CVD” as well as its risk factors and treatment methods, but they rejected the notion that they were aware of library activities that increased the risk of CVD, as well as health information resources on CVD available in the library.

The analysis of data in Table 2 shows the mean responses of librarians on the level and awareness of CVD among librarians. The item 1, 2, 3, 4 and 5 indicates that the level and awareness of CVD among librarians ranges from the need to know the risk factors of CVD, the need to know early symptoms of CVD, need information on how best to manage their health, need to know the consequences of carrying out heavy duty tasks in the library and they need information on preventive measures against CVD. The mean score of the analysis show that the Risk factors of CVD (= 3.10 SD= .943), Early symptoms of CVD (= 2.75, SD= .927), Information on how to manage health (= 3.28, SD= .702), Consequences of carrying out heavy duty tasks in the library (= 2.63, SD= .900) and Preventive measures against CVD (= 3.00, SD= .936) are all above 2.50 which show that all these are accepted as information needs of librarians on CVD at Prof. Festus Aghagbo Nwako Library.

Table 2: Mean Ratings on the Information Needs of Librarians on Cardiovascular Disease in Professor Festus Aghagbo Nwako Library, Awka

S/N	Information needs	Mean
1	Risk factors of CVD	3.10
2	Early symptoms of CVD	2.75
3	How to manage our health	3.28
4	Consequences of carrying out heavy-duty tasks in the library	2.63
5	Preventive measures against CVD	3.00
6	The librarians are aware of the sickness CVD	3.16
7	The librarians are aware of the activities that draw them closer to CVD	2.12
8	The librarians are aware of health resources on CVD available in the library	1.92
9	The librarians aware of the risk factors of CVD	2.52
10	The librarians aware of treatment methods of CVD	3.28
Grand Mean		2.78

Research Question 2: What are the types of health information resources on CVD available in Professor Festus Aghagbo Nwako Library, Awka?

The analysis in table 3 shows that E-documents (= 2.76, SD= .781), social media (= 3.03, SD= .935), medical books (= 3.03, SD= .790) and current articles (= 3.06, SD= .746) are all accepted as relevant health information resources available to the Librarians in Professor Festus Aghagbo Nwako

Library because the mean responses were all above the required threshold of 2.50, whereas physical meetings (= 2.44, SD= .800) were rejected as being a health information source to the librarians within the library.

Table 3: Mean Rating on Available Health Information Resources on CVD in Professor Festus Aghagbo Nwako Library, Awka

SN	Health Information Sources	Mean
1	The librarians are aware of the sickness “CVD”	3.16
2	The librarians are aware of activities that draw them closer to CVD	2.12
3	The librarians are aware of health resources on CVD available in the library	1.92
4	The Librarians are aware of the risk factors of CVD	2.52
5	The librarians are aware of treatment methods of CVD	3.28
Grand Mean		2.61

Research Question 3: What is the type of media on CVD is Available to Librarians

The analysis of these responses shows that medical books and journals are the most preferred media types for effective information access on CVD by

librarians in Professor Festus Aghagbo Nwako Library, while physical appointment with health practitioners was the least preferred, with none of the respondents selecting it as a preferred media type.

Table 4: Types of media on CVD available to Librarians?

S/N	Type of Media	Frequency	Percentage (%)
1	E-documents and online scholarly articles	10	25
2	Library social media campaigns	8	20
3	Medical books and journals	12	30
4	Internet sources such as Wikipedia	10	25
5	Physical appointment with health practitioners in the library	0	0
TOTAL		40	100

The factors affecting the level of knowledge and awareness of CVD among librarians in Professor Festus Aghagbo Nwako Library, Awka

hindering the information needs of Librarians on CVD in Professor Festus Aghagbo Nwako Library. Lack of confidence in utilizing digital tools, Lack of access to reliable internet or technology and lack of technical skills were the least hindering factors of the information needs.

Table 5 shows that the inability to evaluate the credibility of online sources is the major factor

Table 5: Factors Hindering the Information Needs of Librarians

S/N	Factors	Frequency	Percentage (%)
1	Inability to evaluate the credibility of online sources	40	100
2	Unfamiliarity with specific library databases or research tools	20	50
3	Lack of confidence in utilizing digital tools	10	25
4	Lack of access to reliable internet or technology	10	25
5	Difficulty finding access to health practitioners in the library	30	75
6	The complexity of some online databases and search engines	25	62.5
7	Lack of technical skills.	15	37.5
8	Inability to access database and research sources at the library	20	50

Discussion of Findings

The study indicates that the information needs of librarians are multifaceted, ranging from knowing the modifiable risk factors of Cardiovascular Disease and early symptoms to understanding essential preventive measures against CVD. This need for comprehensive health information reflects the global imperative to improve public health literacy regarding the world's leading cause of mortality

(WHO, 2025). The present study suggests that librarians are aware that CVD, as well as its risk factors like smoking and high blood pressure, is often high (Alghamdi, Khalid, et al,2025). It also shows how best to manage their health, the need to know the consequences of carrying out heavy-duty tasks in the library, and the need for information on preventive measures against CVD. The study identifies that these information needs of the librarians are dependent on the mental state of the librarians, and this is in agreement with the

study carried out by De Brún (2019), which added that information needs are dynamic and ever-changing, much like a person's mental state, as they continuously acquire new knowledge and adapt. The findings also showed that E-documents, social media, medical books and current articles are all relevant health information resources available for Librarians in Prof. Festus Aghagbo Nwako Library. This is in agreement with a study carried out by Williamson and Minter (2019), who added that PubMed's provision of MEDLINE and other National Library of Medicine (NLM) resources has made it one of the most widely accessible biomedical resources globally, hence librarians often turn to online databases such as PubMed and Medline to access relevant articles and studies on CVD. The findings showed that the librarians were aware of the sickness "CVD" as well as its risk factors and treatment methods, but they rejected the notion that they were aware of library activities that increased the risk of CVD, as well as health information resources on CVD available in the

library. This was supported by the general notion that librarians, being information professionals, had pre-existing awareness of cardiovascular diseases.

The respondents identify E-documents and online scholarly articles, as well as medical books and journals, as being the types of media on CVD available at Prof. Festus Aghagbo Nwako Library. A good number also identify internet sources and social media campaigns by the library as being media sources of CVD. This is also in agreement with the study by Jatto & Bakare (2021), who listed online articles, books, journals, online journals, grey literature, electronic books, and media campaigns as types of media resources in the library.

Medical books and journals are the most preferred media types for effective information access on CVD by librarians in Professor Festus Aghagbo Nwako Library. In other words, a combination of media types brought about the most satisfaction in the type of media resources for effective information needs satisfaction. The findings show that the inability to evaluate the credibility of online sources is the major factor hindering the information needs of Librarians on CVD in Prof. Festus Aghagbo Nwako Library. This is in agreement with the findings of Borlund and Ruth (2019), who in their study identified individual factors such as evaluation of health information sources as one of the major hindering factors for information needs on CVD.

The findings show that providing more workshops and training on health related issues as well as upgrading library facilities and resources and increasing access to health practitioners are the best strategies for effective information needs of librarians on CVD in Prof Festus Aghagbo Nwako Library This is in line with Opele & Adigun (2023) that identified individual and organizational strategies which includes educating the librarians as well as upgrading the library's information resources to further improve the Librarians level of knowledge and awareness on CVD.

Conclusion

The information needs of the librarians range from the need to know the risk factors of cardiovascular disease (CVD), the need to know early symptoms of CVD, the need for information on how best to manage their health, the need to know the consequences of carrying out heavy-duty tasks in the library, and they need information on preventive measures against CVD. E-documents, social media, medical books and current articles are all relevant health information resources available for Librarians in Prof. Festus Aghagbo Nwako Library. The librarians were aware of the sickness "CVD" as well as its risk factors and treatment methods, but they rejected the notion that they were aware of library activities that opened the risk of CVD, as well as health information resources on CVD available in the library.

The respondents identified E-documents and online scholarly articles, as well as medical books and journals, as being the types of media on CVD available at Prof. Festus Aghagbo Nwako Library. A good number also identify internet sources and social media campaigns by the library as being media sources of CVD. Medical books and journals are the most preferred media types for effective information access on CVD by librarians in Prof. Festus Aghagbo Nwako Library.

The inability to evaluate the credibility of online sources is the major factor hindering the information needs of Librarians on CVD in Prof. Festus Aghagbo Nwako Library. More workshops and training on health-related issues, as well as upgrading library facilities and resources, and increasing access to health practitioners, are the best strategies for effective information needs of librarians on CVD in Prof Festus Aghagbo Nwako Library.

Recommendations

The study recommends the following;

1. The Nigerian government should endeavour to provide necessary and appropriate Health information resources at the library

2. The government, interested bodies and individuals should train the librarians on the necessary information needs on CVD to maintain good health and good working conditions.
3. Sensitization of the librarians on the different media resources that are available in the library and their application for optimal results.

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