

ANALYSIS OF THE EFFECTIVENESS OF ENHANCE ADHERENCE COUNSELLING (EAC) ON VIRALLY UNSUPPRESSED HIV PATIENTS AT ST. CHARLES BORROMEO HOSPITAL, ONITSHA METROPOLIS, ANAMBRA STATE, NIGERIA.

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BACKGROUND

- Enhanced Adherence Counselling is put in place to support patients with high viral loads.
- In people living with HIV (PLHIV) who are on anti-retroviral therapy (ART), It is essential to identify persons with high viral loads (VLs) ≥ 1000 copies/ml, provide (EAC) for a 3 consecutive months and access for viral load suppression (<1000 copies/ml).

OBJECTIVE

- To evaluate the effectiveness of Enhanced Adherence Counselling (EAC) on selected virally unsuppressed HIV patients.

METHODS

- A Randomised Selection Study (RSS) were done on 30 Adult patients (15 men and 15 women) carefully selected from St. Charles Borromeo Hospital, Onitsha, Nigeria.

GRAPHICAL REPRESENTATION OF VIRAL LOAD AGAINST PATIENTS POPULATION.

(MP – MALE POPULATION)
(FP – FEMALE POPULATION)

- Two classes of the patients on first line (AZT/3TC/NVP) and (TDF/3TC/EFV) comprising male and female distribution were accessed for a 3 consecutive months with proper monitoring and counselling.

Data Source

- Data were drawn with informed consent from St Charles Borromeo Hospital, Onitsha, Anambra State, Nigeria.

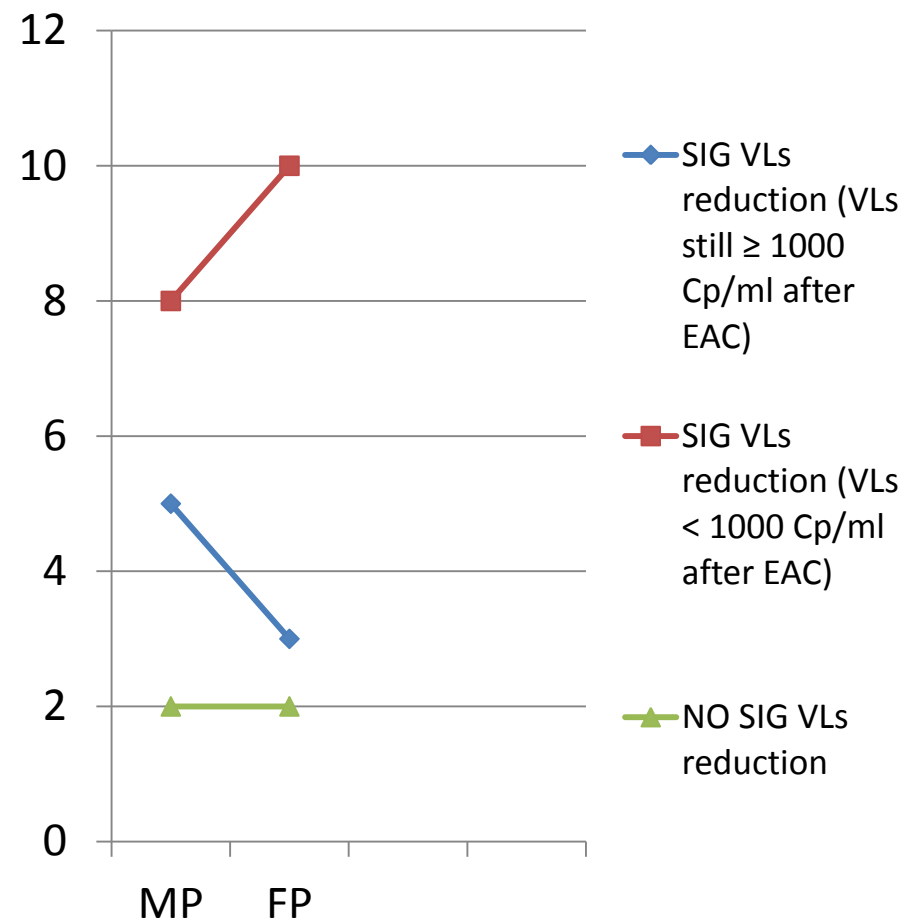
Study Population

- Nigerian Patients comprising 15 adult men of 30 years + and 15 adult women of 30 years + between November, 2018 to March, 2019.

Statistical Analysis

- Analysis of resultant patients with significant/non-significant viral load suppression.
- Analysis of resultant number of patients with viral load <1000 copies/ml after EAC.
- Analysis of resultant number of patients with viral load ≥ 1000 copies/ml after EAC.

RESULTS

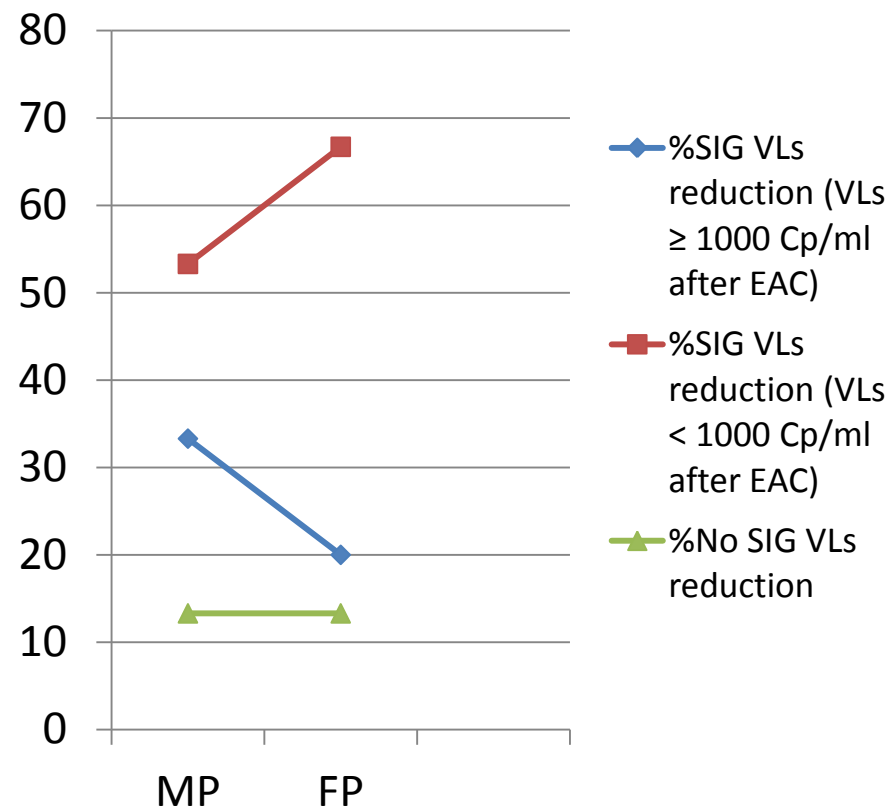


GRAPHICAL REPRESENTATION OF VIRAL LOAD AGAINST PERCENTAGE PATIENTS POPULATION.

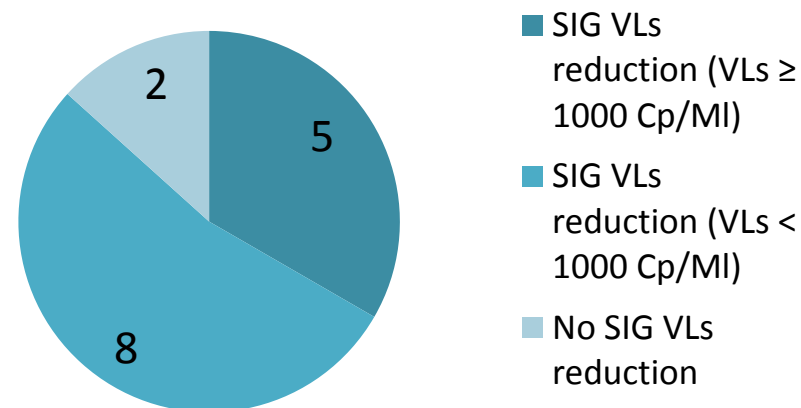
MP – MALE POPULATION
FP – FEMALE POPULATION

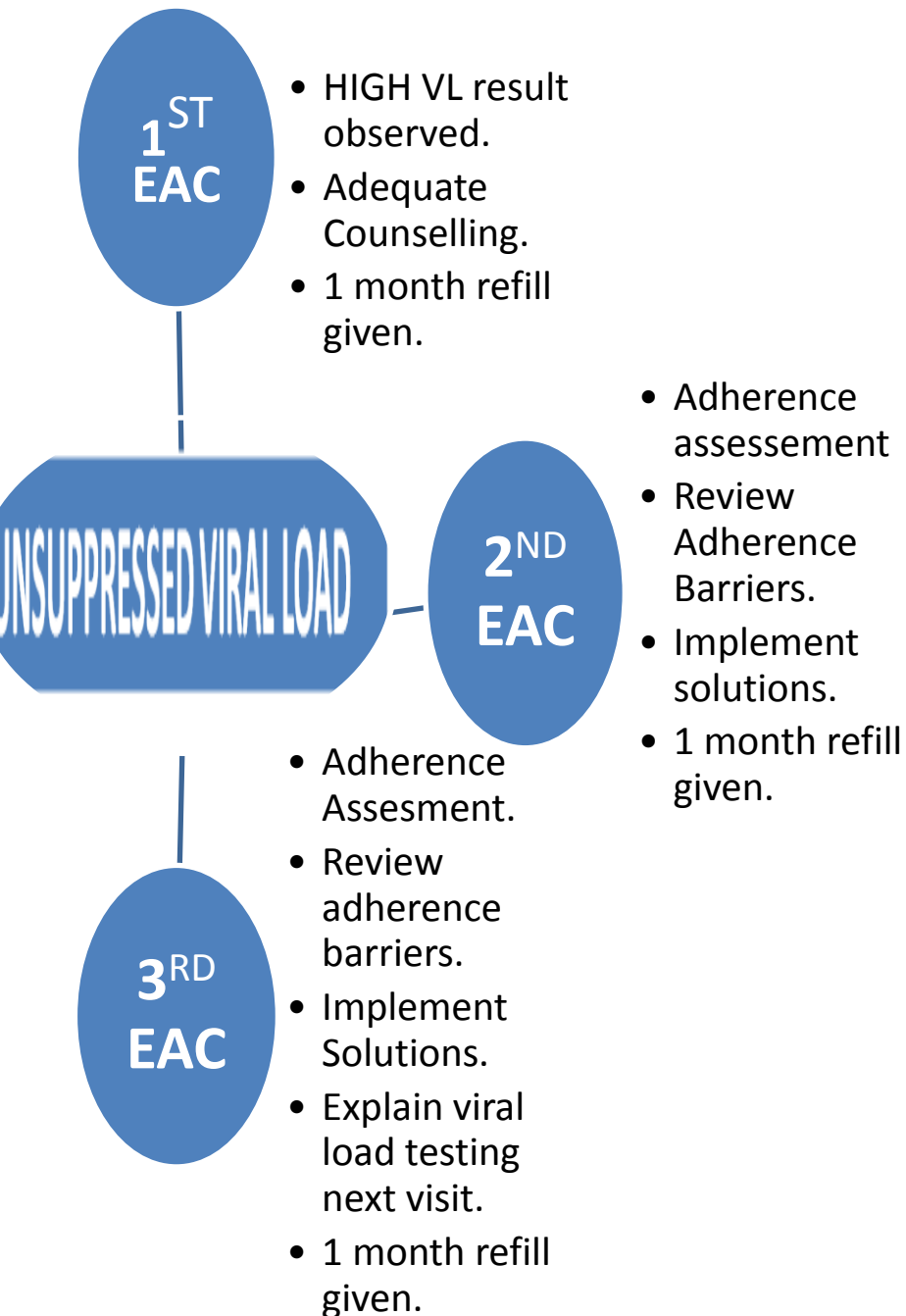
SEX	NUMBER OF PATIENT HAVING SIGNIFICANT VIRAL LOAD SUPPRESSION (ALTHOUGH VLS IS ≥ 1000 COPIES/ML)	NUMBER OF PATIENT HAVING SIGNIFICANT VIRAL LOAD SUPPRESSION RESULTING TO < 1000 COPIES/ML	NUMBER OF PATIENT WITH NO SIGNIFICANT VIRAL LOAD SUPPRESSION.
Men	5	8	2
Women	3	10	2

SEX	PERCENTAGE OF PATIENT HAVING SIGNIFICANT VIRAL LOAD SUPPRESSION (ALTHOUGH VLS IS ≥ 1000 COPIES/ML (%))	PERCENTAGE OF PATIENT HAVING SIGNIFICANT VIRAL LOAD SUPPRESSION RESULTING TO < 1000 COPIES/ML (%)	PERCENTAGE OF PATIENT WITH NO SIGNIFICANT VIRAL LOAD SUPPRESSION. (%)
Men	33.3	53.3	13.35
Women	20.0	66.7	13.3

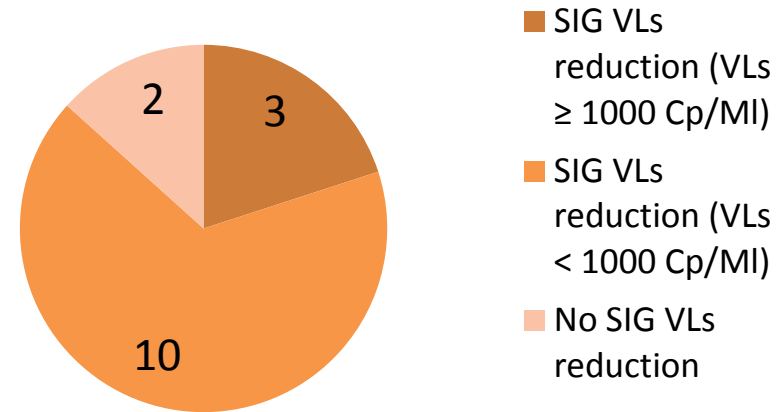


MEN'S PARAMETER





WOMEN'S PARAMETER



CONCLUSION

- EAC explores the patient's barriers to adherence and identifies together with the patient a way forward.
- EAC renders an appreciable decrease in viral load of patient's as it gives a more than 50% patient's viral load suppression; hence ensures adherence.

REFERENCES

- World Health Organisation: Chronic HIV care with ARV Therapy. Interim Guidelines for First-Level Facility Health workers. Geneva: WHO 2013 (www.who.int/html/IMA/Modules?IMA-Chronic. 25 April 2006).
- Davey Dj, Abrahams Z. Factors associated with unsuppressed viral load in HIV-1 infected patients on 1st line antiretroviral therapy in SA background 2017, cited 2018).