

## Assessing Care at Public Secondary Hospitals in Ilorin, Nigeria

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### 1. Introduction

- Adverse drug reactions (ADRs) are significant causes of hospitalization, discontinuation of medications, morbidity, mortality and poor quality of life (QoL).
- Antiretroviral medicines (ARVs) have transformed the prognosis of HIV.
- However, mild-serious ADRs are associated with the use of ARVs resulting in poor medication adherence, treatment discontinuation, switches in antiretroviral therapy regimens and poor quality of life of HIV patients.

### 2. Objectives

- Evaluation of ADRs and QoL of HIV patients assessing care at public secondary hospitals in Ilorin, Nigeria.

### 3. Methods

- Multi-centre prospective cross-sectional study conducted from January to July 2022. Sample size: 310 (based on Fisher formula) was proportionally allocated to each hospital.
- Eligible HIV patients' ADRs were assessed using structured questionnaire adapted from National Agency for Food and Drug Administration and Control form for reporting ADRs.
- Appropriately designed data abstraction forms were used to obtain relevant sociodemographic, clinical and treatment data from patients' medical folder.
- Study participants' QoL was assessed using WHOQOL HIV-Bref.
- Quantitative data analyses involved descriptive and inferential statistics. Level of significance was set at  $P < 0.05$ .
- Ethical approval for this study was obtained from an Institutional Ethical Review Committee (ERC/MOH/2021/10/009). Informed consents were obtained from the study participants.

### 4. Results

- Majority (90.3%) of the study participants were on Tenofovir/lamivudine/dolutegravir.
- Prevalence of ADRs was 34.5%. Observed ADRs are shown in Figure 1

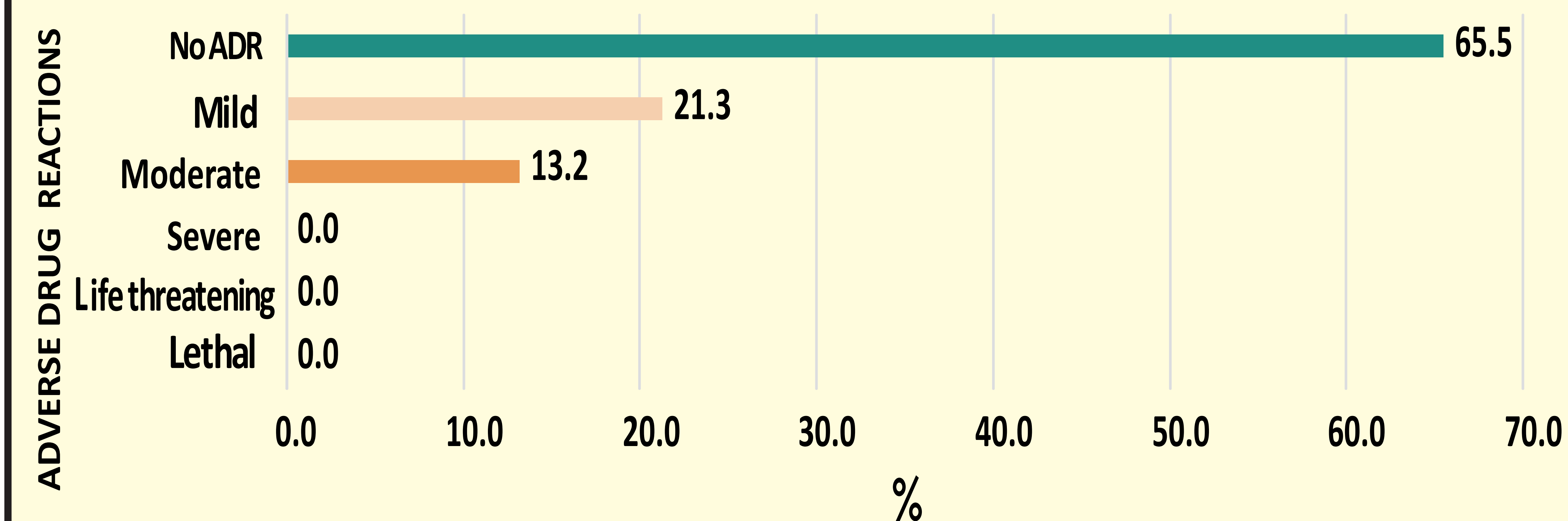


Figure 1: Observed ADRs among study participants

- Most mild ADRs involved central and peripheral nervous system & headache was the most frequent ADR.

Table 1. Combination ART regimen associated with ADRs

ART REGIMEN	NO OF PATIENTS RECEIVING TREATMENT	NO OF PATIENTS WITH ADR (%)
Tenofovir/lamivudine/dolutegravir	280	77 (27.5)
Tenofovir/lamivudine/efavirenz	5	5 (100)
Tenofovir/lamivudine/lopinavir	5	5 (100)
Zidovudine/lamivudine/lopinavir	6	6 (100)
Tenofovir/lamivudine/atazanavir	7	7 (100)
Zidovudine/lamivudine/atazanavir	7	7 (100)

- ART regimen with minimal ADRs was Tenofovir/lamivudine/dolutegravir.
- Overall QoL score was 80.3%.
- Highest QoL score:  $86.4 \pm 4.2$  in the physical domain. Least QoL score:  $60.1 \pm 3$  in the environment domain.
- Age, gender and ADRs experienced by the study participants were statistically associated with all domains of QoL ( $P < 0.05$ ).

### 5. Conclusions

- ADRs affected the QoL of HIV patients.
- HIV patients should be placed on ART regimens with minimal ADRs in line with HIV treatment guidelines in order to maintain and improve patients' QoL.

### References

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