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Predictors of optimal adherence among HIV/AIDS patients on art in rural botswana: a cross sectional study

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Abstract

Optimal adherence to ART plays a key role in achieving the third 90 preventing therefore the emergence a drug resistance virus strain. This study was to assess adherence among patients on ART at Letlhakane Primary Hospital and determine associated factors.

This cross sectional study was conducted using a convenience sampling method on 182 patients on ARV at Letlhakane Primary Hospital .The WHOQOL HIV BRIEF and the PDRQ-9 instrument in English and Setswana were used to assess respectively quality of life (QoL) and Health care Provider-Patients relationship. QoL scores for each domain were obtained by rescaling the six domains from 4 to 20, with 20 being the most favorable while health care provider patient relationship was assessed using the Likert scale. Adherence score was calculated by the pill count method and patients who scored 95% or more was considered as adherent and those who scored less than 95% were classified as non- adherent. Descriptive and inferential statistics were performed using SPSS (version 20.0). Between December 2015 and February 2016; 182 patients were assessed for adherence.92 were female (50.5%) and 90 males (49.5%). The mean age was 39.6 with a range 5-64 years. However 8 were illiterate, 52% were single, 14.7% were married and 25% were living as married. 95.1% had an adherence estimated at 95% or more. Moreover, QoL had an overall mean score of 17 and 94.9% had a good relationship with their Health Care   Provider. Having received a tertiary education was associated with an adherence rate of 95% (p=0.003) or more while there were no significant association between sex and adherence or marital status and adherence. However; elderly patients (35 years and above) had a significantly high adherence rate compared to their younger counterparts (p=0.01). A good relationship with the health care provider and a high QoL score were significantly associated with optimal adherence

Conclusion

Good relationship with Health Care Provider and improved QoL are strong predictors of optimal adherence to ARV and keys to a successful Anti-retroviral program. Therefore, a multidimensional approach should be prioritized to ensure and maintain the efficacy of this life saving treatment.

Biography

Nzasi Deppinair Mundabi is an MD at Ministry of Health of Botswana and running HIV program already with 3 years of experience and children with malnutrition, doing the monitoring and evaluation of data to be reported monthly, sector /public management.

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