

NUTRITION ASSESSMENT, A QUALITY IMPROVEMENT APPROACH

Kibirige Nangonde Safina*

*Mildmay Health Centre, Uganda

Introduction: Nutrition assessment is a vital component in the general care of HIV infected people. With access to highly active antiretroviral therapy (HAART), HIV infection may become a chronic, manageable disease. Nutritional and metabolic complications associated with HIV infection like hypertriglyceridemia, low levels of high-density lipoprotein (HDL) cholesterol and weight loss usually occur. However abnormalities like regional alterations in body shape (fat re-distribution syndrome or HIV-associated lip dystrophy), increasing body weight, high levels of low-density lipoprotein (LDL) cholesterol, insulin resistance, and other metabolic derangements occur if clients are not screened. In addition, as patients are living longer, they may be susceptible to other age-related diseases such as diabetes, cardiovascular disease, and obesity. This quality improvement project aimed at making sure each HIV client receives nutrition assessment at each visit so as to reduce the burden of disease and promote an enhanced quality of life in HIV-infected individuals.

Method: Beginning June 2016 to June 2017 all clinicians at

Ndejje Health Centre IV was encouraged to carry out body mass index (BMI) to all clients who visit the clinic. Continued medical education was carried out every month, BMI charts were provided as well as weighing scales and height boards. Random sampling was used each month to retrieve client's files to find out how many had their BMI done.

Results: One in five PLHIVs was found to be under nourished. At the end of June 2017 there was an improvement of nutrition assessment for all clients living positively at Ndejje Health Centre IV from 30% to 89.2%.

Conclusion: Nutrition interventions should form an integral part of HIV care programs, understanding the presence of OI, decline in CD4 count, and advancing WHO clinical stages as risk factors can be helpful in preventing under nutrition and over nutrition.

Biography

Kibirige Nangonde Safina is a 30 year old Ugandan, a counselor at Mild may Uganda. She has a bachelor's degree in public health and has a working experience of 8 years with HIV and AIDS as a nurse counselor. She started writing abstracts in 2015 and in March 2017 she presented one of her abstracts (the game changer for realizing the 90 90 90 strategy) in the 11th Uganda counseling association conference at hotel African

safinakibirige@yahoo.com

 Notes: