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ASSESSMENT OF FACTORS AFFECTING ADHERENCE TO ANTIRETRTVIRAL TREATMENT AMONG PEOPLE ATTENDING HIV AND AIDS CLINICS AT KAIRUKI AND MWANANYAMALA REGIONAL REFERRAL HOSPITALS.

ABSTRACT

This is a qualitative descriptive hospital-based study assessing factors affecting adherence to antiretroviral treatment amongst people attending HIV and AIDS clinics at two hospitals which are Kairuki and Mwananyamala Regional Referral Hospitals, and also to identify actions that could be implemented to increase patients' adherence levels. Low constraint methods were used to address the relationship between patients and adherence levels. Data collection (February-March 2018) involved using semi-structured questionnaires, in-depth interviews, together with focus group discussions. The types of sampling used were purposeful sampling as the information needed for the study was provided directly by the objective group, predominantly the patients and health care workers themselves. Factors identified to affect adherence were stigma, disclosure, alcohol consumption, poor social support, mistaken beliefs, size of pills, time of taking medication, lack of access to adequate food, side-effects, inadequate counseling, stigma, frequency of taking medication, long waiting times and costs related to transport. Despite barriers to ARV adherence, the overall self-reported adherence among recruited persons who qualified to receive ARV drugs in the two areas surveyed were found to be relatively high (above 95%). Factors encouraging adherence include adherence counseling, disclosure to family members, social support, religion, free availability of ARVs, motivated staff and users, information and education.