



A study to assess the effectiveness of pamphlet on home care management and anti retroviral therapy in terms of knowledge and attitude of adolescence living with HIV in selected center of Gujarat state

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Abstract

Home care management is used in many countries to increase quality of life and limit hospital stay, particularly where public health services are overburdened. Anti Retroviral Therapy is the treatment that suppresses or stops a retrovirus. The main aim of the study was to assess effectiveness of pamphlet on knowledge and attitude regarding Home care Management and Anti Retroviral Therapy among adolescent living with HIV in selected center of Gujarat state. In the present study pre-experimental research approach and one group pre-test post-test research design was used. The study was conducted at selected center of Gujarat state. 60 adolescent living with HIV were selected as sample by Non Probability Purposive sampling technique. Data were collected by using structured questionnaire and Likert's scale in 3 Section. Section A includes the questions regarding Demographic variables, Section B includes the knowledge questionnaire and Section C includes the Likert's attitude scale regarding Home care Management and Anti Retroviral Therapy.

Objectives

1. To assess the knowledge regarding home care management and Anti Retroviral Therapy of adolescence living with HIV on before and after administration of pamphlet in selected center of Gujarat state.
2. To assess the attitude regarding home care management and Anti Retroviral Therapy of adolescence living with HIV on before and after administration of pamphlet in selected center of Gujarat state.
3. To find the effectiveness of pamphlet on Home care management and Anti Retroviral Therapy of adolescence living with HIV in selected center of Gujarat state.
4. To findout the association between selected demographic variables with pre-test knowledge on home care management and Anti Retroviral Therapy of adolescence living with HIV in selected center of Gujarat state.

Keywords: knowledge, attitude, pamphlet, adolescent, living with HIV, home care management, anti retroviral therapy

Introduction

Over 2.1 million adolescents (aged 10–19 years) are living with HIV globally, and this number continues to grow, mainly due to ongoing mother-to-child transmission, increased survival as a result of antiretroviral therapy (ART), and sexual transmission among adolescents. In Cambodia, where HIV prevalence was 0.28% among the general population aged 15–49 years in 2014, there were an estimated 8512 children and adolescents living with HIV at the end of 2013.

The HIV pandemics has affected over 80 million people, half of which have succumbed to the infection. Current estimates indicate that 36.7 million people living with HIV/AIDS receive antiretroviral therapy (ART). The use of highly active antiretroviral treatment (HAART) has led to a major therapeutic success, gradually altering the course of the disease and transforming HIV/AIDS into a chronically manageable disease. The complex principles of HAART have been validated and subsequently applied in the treatment of chronic viral C hepatitis as well as in other chronic diseases. This therapeutic model is based on various combinations of anti retrovirals (ARVs) belonging to different drug classes according to predefined rules. A strict adherence to HAART strategy is required to ensure treatment success.

There are an estimated 1.8 million adolescents living with HIV (ALHIV) worldwide, of which 82% live in sub-Saharan Africa. This number is likely to increase due to improved survival of adolescents on antiretroviral therapy (ART) and the increasing number of new HIV infections among young people. Recent global efforts have re-focused attention on this age group, resulting in adolescent-focused guidance and implementation of HIV testing, treatment and care for adolescents. Zimbabwe, like other countries in the region, has scaled up initiatives to promote case finding, earlier diagnosis and ART initiation, resulting in an estimated 80% of ALHIV now on ART.

Material and Methods

In this study pre-experimental research approach (one group pre-test post-test design) is used. For selecting the sample for the present study, non-probability purposive sampling technique is used. A total of 60 adolescence of the age group between 10-18 years living with HIV were selected according to fulfilled the inclusion and exclusion criteria for the present study from the selected center of Gujarat state. Data were collected by using structured knowledge questionnaire and Likert's attitude scale in 3 sections. Section A includes the questions regarding socio demographic data, Section B includes the structured knowledge questionnaire & Section C includes the Likert's attitude scale regarding Home Care Management and Anti Retroviral Therapy.

Results

The major findings of the study include

1. With regard to demographic variables majority of the adolescence were belongs to rural area, most of the adolescents were infected by their parent and had got the information related HIV by Health personnel and most of adolescence belonging hindu religion.
2. The mean knowledge pre-test score was 13 and mean knowledge post-test score is 22.09 regarding Home Care Management and Anti Retroviral Therapy. The mean post-test knowledge score was significantly higher than the mean pre-test knowledge score with the mean difference of 9.09 and Calculated 't' value ($t=21.10$) was greater than tabulated 't' value ($t=2.00$) & mean attitude pre-test score was 41.58 and mean attitude post-test score is 65.25 regarding Home Care Management and Anti Retroviral Therapy. The mean post-test score score was significantly higher than the mean pre-test attitude score with the mean difference 23.67 and calculated 't' value ($t=13.41$) was greater than tabulated 't' value ($t=2.00$) which was statistically proved at 0.05 level of significance. Therefore, the null hypothesis H_{01} and H_{02} was rejected and research hypothesis H_1 and H_2 was accepted and it revealed that the pamphlet was effective in increasing knowledge and changing attitude among adolescence living with HIV.
3. There was not significant association between the age, religion, educational status, Status of parents, HIV infected by, Adolescents belong from, Source of information. Only gender is significantly associate with pre-test knowledge score.

Conclusion

The main conclusion from the study is that there is improve the knowledge and change the attitude of adolescence living with HIV regarding Home Care Management and Anti Retroviral Therapy.

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