**DEERWALK INSTITUTE OF TECHNOLOGY**

**Sifal, Kathmandu**

**A proposal**

**On**

***HIV Adherence and its effects on HIV patients***

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**INTRODUCTION**

Specifically, the term adherence is used in the treatment of HIV infected patients where the use of drugs in right dose in right time and right interval is highly concerned. Medication for HIV patient is so delicate that it should be taken in frequent interval of time and if it does not happen then it has adverse affect where the drugs fall below therapeutic levels and HIV is given a chance to replicate at a rate at which it can mutate and develop resistance to the drugs. The medication therapy generally used for the HIV patient is Highly Active Antiretroviral Therapy (HAART), which is the combination treatment of different antiretroviral medications. HAART is related to significant reductions in morbidity and mortality; however, these complicated therapies require high levels of adherence by the patient.

There are different factors that effects the HIV adherence of the HIV patient and these factors are general health status (diseases other than HIV), medication history, employment status, family and social support, mental status, behavioral factor (sexual risky or unsterilized syringe sharing habits), medication (number of pills intake i.e. either low pills or high pills).

So, side effects(of drugs after therapy), timing and frequency of doses(pills intake), food restrictions(in conjunction with pills), baseline viral load and CD4 cell count (clinical report during HAART initiation), existing co morbidities (other disease like tuberculosis, diabetes, etc ) can be the key variable or factors both for qualitative and quantitative analysis(to study HIV adherence). Different clinical reports from hospital (of the patient), reports prepared by government organization, different NGO/INGO can be used for review.

**OBJECTIVE**

* To study about different medication and their effects.
* To study about timely consumption of drugs (medical) and its effect.
* To study about relationship of patients healing progress with family support.

**METHODOLOGY**

Stratified sampling with proportional allocation method will be used for determining the sample size. Based on the total number of HIV patients in Nepal and proportion of HIV victims in Kathmandu valley, the sample size is determined. As the means of transmission of the disease is different, different stratums are classified as:

* Victims of HIV Aids transmitted due to use of unsterilized syringe
* Sexual transmission
* From HIV infected mother to a child

For collection of data mailed questionnaire method and direct interview method will be used. The set of questions to be responded by the victims are prepared as following. Data that are collected from the clinical report, respondent are tabulated and further mathematical operations will be carried out to find the required relation. Statistical tools like excel or SPSS will be used both for quantitative as well as qualitative analysis. Different graphs will be plotted to show the relation between different factors as described above.

**EXPECTED RESULT**

* Count for the patient who takes dose regularly is normal.
* Patients with family support and employment have higher chance of healing level being normal.

**WORK PLAN**

**1. Manpower**

* Consultant (one)
* Office staff (two)
* Field workers (one)
* Computer operator (two)

**2. Time line**

The estimated period for the survey is estimated to be about 15 days. The estimated time schedule for the survey is represented as:

|  |  |  |  |
| --- | --- | --- | --- |
| S.N. | Particulars | Start Date | End Date |
| 1. | Initial search Study | 2070-03-03 | 2070-03-20 |
| 2. | Selection and train field workers | 2070-03-21 | 2070-03-27 |
| 3. | Collecting Data | 2070-04-02 | 2070-04-22 |
| 4. | Calculation and analysis of data | 2070-04-25 | 2070-05-03 |
| 5. | Drawing Results | 2070-05-05 | 2070-05-15 |
| 6. | Publishing results | 2070-05-18\* | -------- |

**3. Cost Budget**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **S.N.** | **Particular** | **Days** | **Rate** | **Quantity** | **Amount** |
| 1 | Salary for field workers | 20 | 200 | 1 | 4000 |
| 2 | Salary for computer operator | 1 | 500 | 2 | 2000 |
| 3 | Advertisement for consultant | 1 | 5000 | 1 | 5000 |
| 4 | Stationary | - | 1500 | 1 | 1500 |
| 5 | Fooding for field workers | 20 | 200 | 1 | 4000 |
| 6 | Miscellaneous | **-** | 2000 | **-** | 2000 |
| 7 | Total | **-** | **-** | **-** | 18500 |

The total cost for the survey is estimated to be of ***Rs. 18,500.***