

2nd World Congress on

Patient Safety & Quality Healthcare

June 21-22, 2018 | Dublin, Ireland

Clinical-manifestations of fixed-dose ARV treatment amongst individuals enrolled in the ARV programme, in Tshwane District, South Africa

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Adequate information on clinical-manifestations resulting from the use of fixed-dose combination antiretroviral (ARV) therapy is essential in dealing with opportunistic infections amongst individuals enrolled in ARV treatment programmes. The study aimed at determining the clinical-manifestations of fixed-dose antiretroviral therapy among patients in Tshwane district. A cross-sectional design engaged in data collection through the use of a record review approach. Convenient sampling of 478 patient folders during the period of data collection was done. Data was captured into an excel spreadsheet, imported into STATA 13 for analysis. Descriptive statistics was analysed to determine proportion of those adherent to fixed-dose antiretroviral treatment and p-value<0.005 considered statistically significant at 95% CI. The Pearson chi-square tests were performed to measure the strength amongst the key variables. A majority of the participants were males 51.4% (n=264) and females were 48.5% (n=232). Most participants (40.1%; n=192) were within the age category 37-46 years. About 66.1% (n=316) of the participants were employed; while 8.3% (n=40) were dependent on government grant, and 25.5% (n=122) were dependent on their family members financially. A majority (97%; n=464) lived in formal houses with nearly half (52.8%; n=252) living with their current partners. About 84.7% (n=405) were not engaged in any substance use; while 98.3% (n=470) were not taking alcohol during the period of fixed-dose antiretroviral treatment. Improved clinical outcomes were reported as follows: increased mean-weight ranging between 60.6 kg (± 11.6) – 65.5 kg (± 11.0); increased mean-CD4-count ranging between 365.3 cells/uL (± 140) – 675.5 cells/uL (± 153). The findings suggest that there were improved clinical characteristics amongst individuals resulting from the use of fixed-dose combination ARV therapy.