ASSOCIATED FACTS TO ANTIRETROVIRAL THERAPY ADHERENCE OF ADULTS WHO HAVE HIV/AIDS

Abstract

Objective: to identify correlated factors to antiretroviral therapy in adults who have HIV/AIDS. Methodology: it is a cross-sectional study, based on a quantitative approach. Study Scenery will be Infectious Diseases Clinic of University Hospital in Santa Maria (UHSM). Research population will be composed by 1159 patients. From this, 289 patients will be part of the sample. Selection will be performed through convenience, through arrival to Infectious Diseases Clinic of UHSM. Data collection begins from January to July 2012, using a research instrument in three parts: Part 1 - Characterization Questionnaire of the surveyed adults, profile data addressing economic, demographic, social and clinical profile. Part 2 - Questionnaire to evaluate adherence to antiretroviral treatment in people who have HIV/AIDS (CEAT - VIH). Part 3 - Self-sufficiency scale to antiretroviral treatment. To insert data, it will be used Epi-Info®, version 3.5, with independent double digitization; the analysis will be performed through PASW Statistics® (Predictive Analytics Software, da SPSS Inc., Chicago - USA) 18.0 for Windows. Expected results: with this study, we intend to contribute to the development of new strategies and interventions that enable adherence to antiretroviral therapy promotion. Descriptors: acquired immunodeficiency syndrome, hiv, antiretroviral therapy highly active; medication adherence, self-efficacy; nursing.

Resumen


Artigo elaborado a partir do Projeto de Pesquisa de Mestrado << Fatores associados à adesão e TARV de adultos que têm HIV/AIDS >>, apresentado ao Programa de Pós Graduação em Enfermagem (PPGenf) da Universidade Federal de Santa Maria (UFSM). Santa Maria (RS), Brasil.
INTRODUCTION

Acquired Immunodeficiency Syndrome (aids) has become one of the biggest public health issues in the world. Having through the discovery of Zidovudina (AZT), the appearance of the first antiretroviral therapy (TARV) to aids, which enables the decrease of morbimortality and meaningful increase on life expectancy and quality of life of people infected by HIV.¹

Among the strategies to reduce epidemic damages in Brazil, universal and free distribution of antiretroviral drugs (ARVs) to HIV carriers and people sick of aids stands out. Treatment results enabled progressive reduction of viral load and maintaïnence and/or restoration of the immune system. These have been associated to striking benefits to physical health of people who have HIV/aids, which enables them to resume and concretize their life plans.²

ART adherence may be defined as concordance between the doctor’s prescription and the person’s behavior on taking the medicines.³ This concept comprehension of adherence arises as an important enhancement on health’s multiprofessional context, because there’s a need to investigate the causes of abandonment of the health segment or the irregular frequency i the service, as well as the gaps in care continuity, especially in TARV.

For such, TARV success goes through the influence of several factors that imply on the degree of treatment adherence. Among these factors, availability of access to the services, frequency and taking laboratory exams, consults, getting drugs, among others, stand out, turning this into an interactive, dynamic and continuous process.⁴

Adherence, beyond implicating in individual health, is associated to transmission potential in collective level. Therefore, knowing adherence factors will enable the proposition of care strategies to the individual and community.

In this context, it’s fundamental that nurses, along with other health professionals, are prepared to identify fragilities, barriers and social clashes related to adherence. Thus, active listening and links established with patients, seek to evaluate and propose interventions that effectively enable the promotion of adherence the TARV.

Therefore, this study aims to identify factors correlated to antiretroviral therapy of adults who have HIV/aids.

METHOD

It is a cross-sectional study, based on a quantitative approach, that will be developed in the University Hospital in Santa Maria (UHSM). Research population will be composed by 1159 patients, according data from Hospital Epidemiological Vigilance and Medication Dispenser Unit (MDU). From this, 289 patients will be part of the sample. To calculate the sample size, it was adopted a precision of 5%, confidence gap of 95% and proportion of 50%. Selection will be performed through convenience, through arrival to Infections Diseases Clinic of UHSM.

Adults who have HIV/aids and that are in TARV, in populational segment of adults ≥ a 20 years old, both genres, signed up to MDU for at least three months and in attendance in the Ambulatory for Infectious Diseases will be included. Adults with any cognitive and mental limitation (that hardens the comprehension and/or verbal expression), those who are in the prison system, once that they are accompanied by a police officer, which goes against the privacy principle, and women who are within pregnancy and childbirth period, once the treatment could be initiated to prevent HIV mother-child transmission, will be excluded.

Data collect will happen from January to July 2012, by certified research auxiliaries. An instrument divided in three parts will be used, respecting ethical precepts willing in the Resolution n. 196/96:

Part 1 - Characterization questionnaire of the adults who have HIV/aids. This integrates demographic, social, economic data and clinical profile.

Part 2 - Questionnaire to evaluate adherence to antiretroviral treatment in people who have HIV/aids (CEAT - VIH).⁵⁶ This instrument aims to identify adherence level of the antiretroviral therapy.

Part 3 - Self-sufficiency scale to antiretroviral treatment.⁷

To insert data, it will be used Epi-info®, version 3.5, with independent double typing. After error and inconsistence check, data analysis will be performed through PASW Statistics® (Predictive Analytics Software, da SPSS Inc., Chicago - USA) 18.0 for Windows.

It will be performed the verification of adherence due to normal distribution or not. Qualitative variables will be described through absolute and relative frequency, while the quantitative ones through average and standard deviation, when they satisfy the assumption of normality, or median and...
interquartile range, in the case of not meeting the normal distribution. The CEAT HIV-scale and self-efficacy expectation of the ART will be analyzed following the guidelines of the authors of these instruments. 5,7

Internal consistence of CEAT-VIH and self-sufficiency expectation of the scale to TARV will be evaluated through Alpha de Cronbach coefficient, in order to verify measurement reliability that the instrument is proposed for, as values above 0,70 are confirmative to this end.

Project was approved by the Ethics Committee in Research of UFSM under the CAAE: 0322.0.243.000-11, approved in November 2011. All participants that accept to be part of the research will sign a Consent Form.

This study will contribute to health professionals to be prepared to identify fragilities, barriers and social classes related to adherence. These, allowed through active healthing and links established with the patients, in order to evaluate and propose strategies and interventions that effectively enable the promotion of adherence to TARV.

REFERENCES


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