

Quality Of Life and its Determinants among People Living With HIV/AIDS from Kangundo Subcounty Hospital Comprehensive Care Clinic

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ABSTRACT

HIV/AIDS (Human Immune Deficiency Virus/Acquired Immunodeficiency Syndrome) possess a great burden to mankind. Thirty seven million people are HIV infected worldwide. Nineteen million people in Sub-Saharan Africa are infected. In Kenya, 1.6 million people are HIV infected and just over one million are on antiretroviral treatment. The epidemic has negatively affected the country's economy by lowering per capital output by 4.1%. (Avert global statistics, 2017). This study sought to find out the trends of basic clinical indicators as an outcome of management of patients living with HIV/AIDS. It also investigated the quality of life as an outcome of personal socio-economic factors of the patients. Data was collected cross-sectionally using a questionnaire among 215 people living with HIV/AIDS and on antiretroviral therapy treatment at Machakos in Kangundo Sub-county Hospital Comprehensive care clinic in 2017. Data analysis was done with SPSS, 20 using multiple correlation (R) statistic at $P \leq 0.05$ and 95% confidence Interval. Results indicated that having viral suppression below detectable levels, moderate body mass index, absence of drugs side effects and having no other diseases contributed to improved quality of life ($R= 0.715$, $P<0.001$). There was also significant relationship between client's socio-economic factors and the quality of life ($R= 0.82$, $p=000$). This study concluded that, both good clinical indicators and socio economic factors improve the quality of life for HIV/AIDS patients. The recommendation was that, emphasis should be put to improve both clinical indicators and socio economic status in order to enhance improvement on the quality of life among these patients.

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