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Title of the thesis : Assessment of Drug adherence on AntiRetroviral Therapy(ART) patient in Churachandpur District, Manipur
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ABSTRACT

In order to materialize the above topic objectives that were taken up for the present study: include: developing the socio-economic profile of the respondent group, the ART patients by determining the patients knowledge, attitudes and perceptions on the use of ARVs. The Knowledge, attitudes and beliefs that motivates and influences to maintain optimum ART adherence were assessed. The factors that facilitate adherence and identifying adherence related challenges that prevent maintaining strict adherence were also explored and lastly suggestion and recommendation to policy makers and social workers on ways of improving the implementation of services for maintaining Strict ART adherence were given.

The present study is descriptive in nature and used mixed method technique i.e applied both qualitative and quantitative methods in order to accomplished the objectives of the study. A non - probability Purposive sampling technique method was used to select the respondents. The universe comprised all those who are on ART for more than two years, having attained the age of 18 years, and who were willing to participate in the study.

The key findings of the study is presented and highlighted briefly

Socio demographic Profiles : Majority of the age group belongs to 25-45 years i.e, the productive age group and reproductive age group of whom, a large number,32 percent belong to age group 31-35 years, only 10 percent of the total sample is 46 years and above. In terms of Gender, 56 percent constitutes female and 44 percent male constitutes the total respondents. Where 50.9 percentage of the male respondent were married while 49.1 percent of the female respondents were married. More than 74.2 percent of the respondents have income below Rs. 3000. Nearly half of the respondent i.e. 47 percent of the respondent has studied till primary standard while 10 percent were illiterate. 37 percent of the respondents were unemployed of which women constitute 70.3 percent among those unemployed.

Knowledge: The respondent's awareness about HIV, the causes of HIV, mode of transmission and the route through which HIV cannot be transmitted is 100 percent i.e. all the respondents were aware about them.

Belief: Majority of the respondents, i.e 73.3 percent of the respondents believe they will feel better if they start ART and will live longer because of ART. 97 percent of the respondents feel it will be beneficial for them, 93.3 percent feels that adherence will be a pleasant experience, 95 percent of the respondents' belief Adherence to ART will be valuable as it is a life saving drugs that is available free of cost.

Barriers for ART adherence: The major barriers for ART adherence that is identified in the study area were more of personal in nature. Being too busy comprised of 56.7 percent of the respondents as the reason for not adhering. For 73.4 percent of the respondent being forgetful is a barrier for non adherence and for 53.3 percent of the respondent being too busy is standing in a way for their non adherence. Regarding side effect, 70 percent of the respondent feels that the side effect of their medication is one of the most important barriers for them to not adhering to the medicine. More than half of the respondents i.e. 53.3 percent of the respondent felt financial constrains as a barrier for their non adherence. For 30.0 percent of the respondent (36 i.e. 100 percent of the unemployed categories), unemployment plays a barrier in maintaining strict adherence.

Facilitators for ART adherence: 97.8 percent of the respondent did not have any problem in storing of the ART medicine which acts as a facilitator for their continued adherence. 51 percent of the respondent feels that paying money for transportation was never a barrier for ART adherence as 90 percent of the respondent reside within 5 Km radius of the ART centre of which 62.5 Percent reside less than 2 km from the ART centre. 98 percent have Knowledge in the initiation of ART, 98 percent has knowledge about what CD4 count is, 100 percent knew about the benefits of adherence, 72 percent knew about the consequences of non adherence and 82 percent knew about the knowledge of drug regimen. Almost all the respondent i.e. 95.8 percent feels the positive attitude of the acts as facilitators for their continuing adherence. More than half of the respondents i.e. 65.8 percent of the respondents did not find waiting between 10-30 minutes as a barrier at all. 97 percent of the respondent said they were never refused admission in the hospital because of their status. 91.6 percent of the respondent, they did not find the cost of clinical test and expenses as a barrier rather it acts as a facilitator for the ART patient.