

**A STUDY TO DETERMINE THE NUMBER OF PEDIATRIC PATIENTS
TRANSLATED TO ADULT DRUG REGIMEN AND THE NUMBER WHO
REACHED ADOLESCENCE WHILE ON ANTIRETROVIRAL THERAPY
AT THIKA LEVEL 5 HOSPITAL**

**A Research project presented for the partial fulfillment for the award of the
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ABSTRACT

HIV is a slowly replicating retrovirus that causes acquired immunodeficiency syndrome (AIDS) a condition in humans in which progressive failure of the immune system allows life threatening opportunistic infections and cancers to thrive. Infections with HIV occur by the transfer of blood, semen, vaginal fluid, pre-ejaculate, or breast milk. Within these bodily fluids, HIV is present as both free virus particles and virus within infected immune cells. As treatment options have improved, there has been a significant increase in the life expectancy of HIV infected pediatric and adolescences. For most pediatrics the time comes when it is appropriate to transition from pediatric care to adult regimens. *Fast*

The research project was to determine the number of pediatric patients translated to adult drug regimens and the number who reached adolescence while on the HIV/AIDS therapy for the purpose of future reference. The research involved healthcare providers and patients who are attending Thika level 5 hospital (CCC) and have been on the HIV therapy. The collection of data involved administration of questionnaires to the patients and the healthcare providers as well as review of hospital records, in the month of July, August and September 2013. *✓*

The research findings indicated that approximately 60% of the patients have transitioned successfully to teenage, with most of those above 12 years being aware of their health status. The number of those who transitioned to adult regimen was approximately 15%. However, majority of those below the age of 12 years have not yet had a disclosure of their status. It was concluded that currently there are over 2900 cases of HIV infected patients with female adults having the largest percentage of 62.19% male adults' 30.73% female children 5.27% and male children with a low of 5.20%. *for record for necessity?*

59.33% was the percentage concluded of patients who transitioned to teenage. it was concluded that only 15% of patients have transitioned to adult regimen. This in relation to those currently infected is a low percentage. It was also concluded that patients are aware of their health status by the time they reach adolescence. *7 means*

Recommendations to the government to set principles that will ensure political and financial support in response to HIV/AIDS, to the patients on the need for adherence to treatment and following nutritionist's advice and to healthcare providers on advising the patients on the potential drug interactions and provision of the best ways of disclosure of health status of the children were also made. *Answer?*