

**FACTORS CONTRIBUTING TO NON- ADHERENCE AMONG ARV CLIENTS IN
SPECIAL TREATMENT CENTRES: CASE STUDY CASINO, NAIROBI COUNTY**

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ABSTRACT

Adherence to ARV therapy is very important. Since lapses in adherence can lead to treatment failure and emergence of drug resistance, non adherence is not only a problem to users but to public health in general. If one develops resistance first the drugs do not work and the patient may transmit a resistance virus.

The objective of the Study was to determine factors contributing to non – Adherence among Clients on Anti-Retroviral Therapy

The study used systematic random sampling procedure to select the sample.

The study used the subject of one hundred and thirty six clients on first line antiretroviral therapy all aged at least 18 years in Nairobi.

The study was done at Special Treatment Centre Casino, Comprehensive care Clinic in the Central Business District Nairobi; it is a City Council serving both middle and low –income earners.

The prevalence of non-adherence with the pill count method of measuring adherence is 12.5%. Gender was found to influence adherence, among the non-adherence clients 6(4.41%) were women and 11(8.09%) were men. Clients with high education and 8.82% with low education were non-adherent .Occupation status was also found to be a determinant of adherence as 3.7% clients in stable employment were non-adherent as of the 104(76.47)% clients who had good knowledge 6(4.4%) were non-adherent.

Side effects is a key factor that can affect adherence of 113 clients who reported to have ever experienced side effects, 52% did interrupt treatment.

Vomiting was the commonest side effect reported by clients at 58% while jaundice (yellow eyes) was at least common side effect as 5% only.

9(7%) interrupted treatment because of pill burden.7 (5.14%) who have been on medication for more than one year and 10(7.35%) who had taken pill for less than one year were non-adherent.