

**A STUDY TO DETERMINE THE NUMBER OF PAEDIATRIC
PATIENTS WHO ARE STILL UNDER ANTIRETROVIRAL
THERAPY TEN YEARS AFTER COMMENCEMENT OF THERAPY
IN THIKA LEVEL 5 HOSPITAL**

NJERU ERIC MWENDIA

BPH/09/03589

**A Research Project Submitted to the school of pharmacy and extension
in partial fulfillment of the award of a Bachelor's Degree in Pharmacy
at Mount Kenya University**

2014

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. In the absence of an antiretroviral therapy ART over 50% of HIV infected infants progress to AIDS and death by 2 years of age. However there are challenges to initiate art in early life including possibility of drug resistance in the context of preventing mother to child transmission (PMTCT) programs, a paucity of drug choices, uncertain dosing of some medications and long term toxicities. The proposed study was carried out in Thika level 5 Hospital. The purpose of the study was to determine the number of paedriatic patients who are still under antiretroviral therapy ten years after commencement of therapy and the causes of mortality of these patients. An observational study was designed to better understand HIV progression and co-morbidity in paedriatics with the ultimate goal of improving the health care management of paedriatics living with HIV. The study sample included 86 HIV infected paedriatics who were born between the year 2003 up to date who were recruited from clinic at the Thika level 5 Hospital. The sampling procedure utilized various methods of data collection that include direct face to face interview with the clinicians and medical record abstraction. The collection of data involved administration of questionnaires to the healthcare providers as well as review of hospital records, in the month of July, August and September 2013. Descriptive statistics such as percentages and use of charts were used to analyze the data obtained from the patients. Research findings indicated that the mortality rate of the HIV paedriatic patients under ARV therapy at Thika Hospital stands at 3.32% as compared to 5.5% recorded in 2012 by UNICEF. The mortality of these patients increases as each year passes. The number of patients enrolled increased each year with the highest number being 515 patients recorded only in 2013. Of these patients only 44% of the enrolled patients are still active while 56% of the enrolled patients lost to follow up and cannot be traced their whereabouts.

Recommendations to the health care providers is to advice and sensitize the guardians of the paedriatic on the importance of regular checkups and visits on specified dates, to the government to set principles that will ensure political and financial support for HIV/AIDS treatment.