

AB029. Health professionals with human immunodeficiency virus on antiretroviral therapy: a mixed design study

Lheanne Ruth Castil, Renei Iza Niu, Carla Marie Calosa, Gia Margarette Cruz, Agnes Raymundo

College of Nursing, Manila Central University, Manila, Philippines
Correspondence to: Agnes Raymundo. College of Nursing, Manila Central University, Manila, Philippines. Email: ging2raymundo@yahoo.com.

Background: While health professionals have specific roles in the care and treatment of clients with human immunodeficiency virus, there is a growing cohort of infected health professionals in the Philippines on antiretroviral treatment. The study determined the level of knowledge, degree of disposition, and level of adherence of a select group of Filipino health professionals with human immunodeficiency virus to antiretroviral treatment. Moreover, the study explored their lived experiences while on antiretroviral treatment.

Methods: The study employed the sequential explanatory mixed method of inquiry. It was conducted in a non-government human immunodeficiency virus support center. The purposive sample (N=30) consisted of Filipino health professionals diagnosed with non-occupational related human immunodeficiency virus. The study utilized the descriptive-correlational design for the quantitative phase. Data were collected using validated self-administered questionnaires developed by the researchers. The qualitative phase applied the descriptive phenomenology design using face-to-face, in-depth, semi-structured interviews. The hypotheses were tested using Fisher's statistics. Colaizzi's method was used to analyze the qualitative data.

Results: The study revealed that participants had high levels of knowledge and adherence and a very high degree of disposition to antiretroviral therapy. There were no significant differences among the measured variables. Four themes emerged in the qualitative phase, namely: on antiretroviral therapy, it is a struggle, for antiretroviral

therapy, it is a partnership, with antiretroviral therapy, there is anchorage, and through antiretroviral therapy, there is valuing of self. Study participants struggled with ambiguity while on antiretroviral therapy. However, with the immense support, they were able to assert control over their lives.

Conclusions: A high level of adherence is required for antiretroviral therapy to be effective. Adherence to antiretroviral therapy entails client empowerment and a supportive environment. Continued research and key policy changes could greatly improve health outcomes for human immunodeficiency virus-positive health professionals.

Keywords: Antiretroviral therapy; health professionals; human immunodeficiency virus; mixed design study

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Footnote

Conflicts of Interest: The authors have no conflicts of interest to declare.

Ethical Statement: The authors are accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.

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