

Conference Paper

Multidimensional Quality of Life of HIV/AIDS Patients Who Undergo ARV Therapy in Maccini Clinic Makassar

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Abstract

Background: AIDS is a collection of symptoms caused by a variety of microorganisms and other ferocity due to the decreased resistance/immunity of the patient. Global AIDS epidemic shows that there are 34 million people with HIV worldwide. In Southeast Asia, there are approximately 4 million people with HIV. HIV infection in humans has a long incubation period (5-10 years), and then the patient can be called as people living with HIV HIV causes immune deficiency so that the patients are vulnerable to opportunistic infection attack. Antiretroviral (ARV) could be given the patients to stop a virus and restoring the immune system, reduce the occurrence of opportunistic infections, improve the quality of life and decrease disability. **Objectives:** This study aims to explore the Multidimensional Quality of Life of HIV/AIDS patients in Maccini Clinic Makassar. **Methods:**Phenomenological study conducted to explore the experiences of informants related to the quality of life of HIV/AIDS patients who have antiretroviral therapy. Ten informants selected based on inclusion criteria using purposive sampling. Data were collected through interviews and analysis with the aid of N Vivo software version 10. **Results:** The results of this study shows that after having antiretroviral therapy, HIV/AIDS patients have increased in physical, psychological, social, functional, environmental, spiritual, and sexual dimensions. **Conclusions:** The dimension that gives most increasing of the quality of life in HIV patients was physical dimension.

Keywords: quality of life, arv, hiv / aids

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1. Introduction

HIV/AIDS has been raising wide range of issues on infected individual, related to physical, social, financial and emotional aspects. The physical issue due to progressive decrease of immune system which causes the PLHIV is very susceptible to some diseases mainly infectious diseases such as TBC, Pneumonia, Herpes Simplex, Chronic Diarrhea, Hepatitis and transmittabel/abnormal neurology that is known as oportunistic infection [1].

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AIDS is a collection of symptoms of diseases caused by various types of microorganisms as well as other malignancy due to decreased endurance/immune sufferers. The Global AIDS epidemic (UNAIDS, 2012) shows that there are 34 million people with HIV worldwide. In Southeast Asia, there are approximately 4 million people with HIV. HIV infection in humans has a long incubation period (5-10 years) then the patient is called ODHA. HIV causes decreased immune system so that patients are prone to opportunistic infection attacks. With opportunistic infections, it affects the decline in quality of life. Antiretroviral (ARV) can be administered to patients to stop viral activity, restore the immune system and reduce the occurrence of opportunistic infections, improve quality of life and decrease defects.

2. Methods

The study used qualitative method with a phenomenological approach. Qualitative approach show data natural [2]. The researcher used purposive sampling. There were 12 informants. The criteria of inclusion was the patients who are having HIV and having treatment at least 1 year, those are > 25 with 1, 2, 3, stadium. The criteria exclusion was the patients who are not be aware of HIV (somnolen and apatis), The patients who did immunotherapy or the patients HIV who are having treatment in the Hospital. This research used in-depth interview with some guidances interview and opened questions. The procedure of the research analysis were data reduction, data display and the conclusion.

3. Result

Based on the result the researcher explain the following data. There were seven dimension can increase the quality of life such as physical dimensions, environmental dimension, psychological dimension, spiritual dimension of sexualities dimension, social dimension, and functional dimension.

This figure showed that the physical dimension most significance because mostly informant strong agree that after having ARV therapy can increase the the quality of life.

4. Discussion

Using ARV therapy was needed by suffering HIV because the therapy itself can stop virus attach the body of patients, it was supported that mostly informant stated that

TABLE 1

No.	Main theme	Subtema
1	Physical Dimension	<ul style="list-style-type: none"> • The weight increase • Diare • Strong • Increasing CD 4 • Ruam
2	Psychology Dimension	<ul style="list-style-type: none"> • Fight • Self confidence • More spirit • Rileks dan enjoy • Motivated
3	Functional Dimension	<ul style="list-style-type: none"> • Mencari nafkah • Care himself and other • Volunteer
4	Social Dimension	<ul style="list-style-type: none"> • Morality support • Negative stigma
5	Environment Dimension	<ul style="list-style-type: none"> • Health service Survive financial • Aassurance
6	Spiritual Dimension	<ul style="list-style-type: none"> • Shalat/Pray • Near by the Lord • Fasting
7	Sexualitas Dimension	<ul style="list-style-type: none"> • Use contraception such us condom • Intercourse • Joy

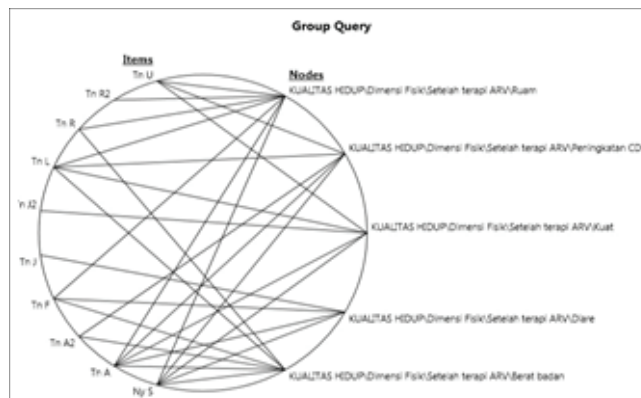


Figure 1: Quality of life from physical.

after having ARV therapy, the patients can feel the positive effect such strong, enjoy life, CD 4 increase, weigh is improved, and increase the quality of life from physical dimension as mention in Figure 1.

4.1. Physical dimensions

Physical dimensions depict physical complaints after undergoing ARV therapy, such as rash, enhancement of CD 4 is increasingly strong in activity, diarrhea, and increased weight. According to WHO (2011) Rash and diarrhea occurs because it is a side effect or

toxicity of the ARV is used, so not least of HIV/AIDS patients undergoing ARV therapy carried out a replacement regimen. The enhancement of CD 4, increased weight and stronger body is a condition of ARV therapy that the faster the treatment begins, the better the outcome. The drug will work well when the immune system also works well against viruses.

4.2. Psychological dimension

The psychological dimensions after undergoing ARV therapy describe the condition of the patient arising from a deep, more confident, spirited, and more relaxed and more enjoy, and motivated to live a daily life. This condition is certainly experienced by patients undergoing ARV therapy, due to compliance in consuming therapy, family support, peers and health services that continuously provide emotional support to the sufferer.

4.3. Functional dimension

Functional dimensions after undergoing ARV therapy describe the condition of the patient to make a living well, able to care for themselves and others, and become a peer to peer. By undergoing ARV therapy, which positively impacts various dimensions such as physical ability, if physical ability can function properly, then the ability to perform daily activities such as working, earning a living will be better.

4.4. Social Dimension

The necessary dimension after undergoing ARV therapy illustrates the conditions of getting morality support from various parties such as family and peers. In addition, the informant gets a lot of negative/stigma from some parties, but after being given an emotional education and approach, finally they can understand and understand the transmission of HIV/AIDS.

4.5. Environmental dimension

The environmental dimension after undergoing ARV therapy describes good health care, financial well-being, government-and private insurances to relieve the burden of the informer in undergoing treatment. After undergoing ARV therapy, clinical changes

will begin to be visible, both the impact of the ARVS and due to the process of opportunistic infections. So that will affect the various conditions of the informant, with good health care and health insurance facilitated by the government and private, it will relieve the burden of informant in fulfilling the need in undergoing therapy. Directly with good conditions, the informant will work productively and improve the financial well-being.

4.6. Spiritual Dimension

The spiritual dimension after undergoing ARV therapy describes, the informant is increasingly diligent in carrying out obligatory prayer and Sunnah, to bring closer and surrender to ALLAH SWT, carry out obligatory fasting in Ramadan and fasting Sunnah. Some of the positive changes felt by the informant is a form of endeavor, with the conditions currently experienced, further increasing the faith to the creator, so that the condition experienced is not increasingly critical, can even help Emotionally strengthened

4.7. Sexuality Dimension

In this study, describing the dimensions of sexuality, among others: the use of condom contraceptives, still having intercourse, and enjoying intercourse. Referring to previous studies, many patients did not enjoy sexual intercourse, due to various concerns about the external, but with good education from health services regarding the use of contraceptives and good communication programs with Pair, with more fit physical conditions, and a strict ARV treatment. Then sexual activity can be better and thus making the life of patients with HIV-AIDS can be better.

5. Conclusion

This research illustrates the multidimensional quality of life of patients undergoing ARV therapy at the Maccini Pharmacy Clinic in Makassar. Based on the results of the study, obtained information about the overview of improving the quality of life of patients undergoing therapy of seven dimensions, among others: physical dimension, psychological dimension, functional dimension, social dimension, environmental dimension, dimension Spiritual and dimensional sexualities.

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