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Quality of life and quality of work life among HIV/AIDS patients: Effectiveness of SKT1,3,7


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Background: SKT1, 3 and 7 are group of innovation meditation exercise of Mahidol University, Thailand, were found by Somporn KT. Three modalities were transferred to HIV/AIDS clients since 2010. A former study was presented in 15th ICID Bangkok and supported as evidence of the new study. This study aimed to measure the effectiveness of the innovation to increase Quality of life and Quality of Work life among HIV/AIDS patients at a hospital. Thirty HIV/AIDS unemployed patients with CD4 lower than 250 cells for the 3 last laboratory testing were recruited. Innovations were trained and did follow up every month. Results showed that all of participants have a higher quality of life and quality of work life significantly. They all went back to work as informal workers or formal workers and have an improvement of CD4 t cells, Liver function test, CBC data, hormones, and Opportunistic infections.

Methods & Materials: Design: Mixed Method Research Design

Participants: Thirty HIV/AIDS patients with unemployment, CD4 decreased for 3 times of the last laboratory testing, lower platelet, lower scale of quality of life, body weight decreased, and lower uncertainty index of illness.

Measure: Quality of life Index, Uncertainty index, Background, and Laboratory markers were measured.

Analysis: Descriptive and analytical statistics were used to answer the objective as quantitative results. Focus group was applied to get a qualitative data.

Results: The disclosure interviewed outcomes showed that the PLHAs had good work life abilities before getting HIV infection and were employed (88.2%). The quality of work life and ability were changed after getting diagnosed as HIV infected person. They were decreased employment (31.7%), looked for a new job (46.3%) and unemployed and others (23.0%). Their major barriers were unable to work (68.8%), rejected from the company's owner (10.3%), needed more money to buy food (20.9%), and had a lower salary (< 10,000 Thai baht per month). After practicing the SKTs Meditation exercise for 6 months, they showed an improvement of the quality of work life (100.0%), improvement of health (92.9%), increased CD4 t cells level (95.2%), improvement of quality of life and went back to work (66.7%).

Conclusion: SKTs meditation exercise should be a tool to improve quality of work life among PLHAs.

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Changes in CD4, CD3, CD8 counts and viral load among female sex workers receiving ART in NW Nigeria


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Background: The cosmopolitan North Western Nigeria with high rate of commercial activities serves as a major route to most countries across the Sahara and a stop-over for long distant drivers (LDD). This makes it a hot spot for commercial sex activities, homosexuality and injecting drug users. A cross-sectional study using demographic data and blood specimen from 218 female commercial sex workers attending antiretroviral (ART) clinics was conducted between December, 2009 and July, 2011 to assess changes in CD4, CD3, CD8 and RNA viral load of female sex workers receiving antiretroviral treatment in four (4) out of seven (7) states in north western Nigeria.

Methods & Materials: Blood sample was aseptically collected from two hundred and eighteen (218) female sex workers. Cyflow counter from Partec (SL3) was used for CD4, CD3 and CD8 evaluation from patients' whole blood while Abbott m2000sp was equally used for viral RNA extraction and quantification (viral load) at the department of Virology Ikonsi Albert Luthuli hospital Durban, South Africa. The data obtained was statistically analysed using statistical package for social sciences (SPSS) version 17.

Results: Results showed that Patient's median baseline CD4 cell count significantly improved from 185 (131) to 353 (280) at follow up indicating their response to ART treatment ($P < 0.001$). The study also revealed that patient's viral load count correspondingly decreased from 300,000 – 350,000 copies/ml to 0 – 50,000 copies/ml copies/ml. The CD8 cell count increased from 200 cells/mm³ to 801 – 900 cell/mm³ ($P = 0.0046$).

Conclusion: Immune reconstitution is one of the goals of antiretroviral therapy and a good pointer to patient's response to ART. The study therefore recommends good adherence, government's buy-in and ownership in ART program, poverty eradication, and targeted interventions to prevent the spread of HIV/AIDS with special emphasis on the most at risk population (MARPS) with particular emphasis on female sex workers, men homosexuals and injecting drug users.

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