



Health-Related Quality of Life of HIV patients with and without TB registered in a Tertiary Hospital in Port-Harcourt, Nigeria, 2015



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Introduction

- Health Related Quality of Life (HRQOL) refers to patient's perception of the impact of disease and treatment on their physical, psychological, social function and wellbeing
- Little is known about the HRQOL of patients who suffer from HIV and TB in Nigeria
- Knowledge of HRQOL is important to assess effectiveness of treatments in improving outcomes and quality of life

Objectives

- To measure and compare the HRQOL of adult patients with HIV with HIV/TB co-infected patients

Methods

- Study area:** Obio-akpor LGA, Port-Harcourt

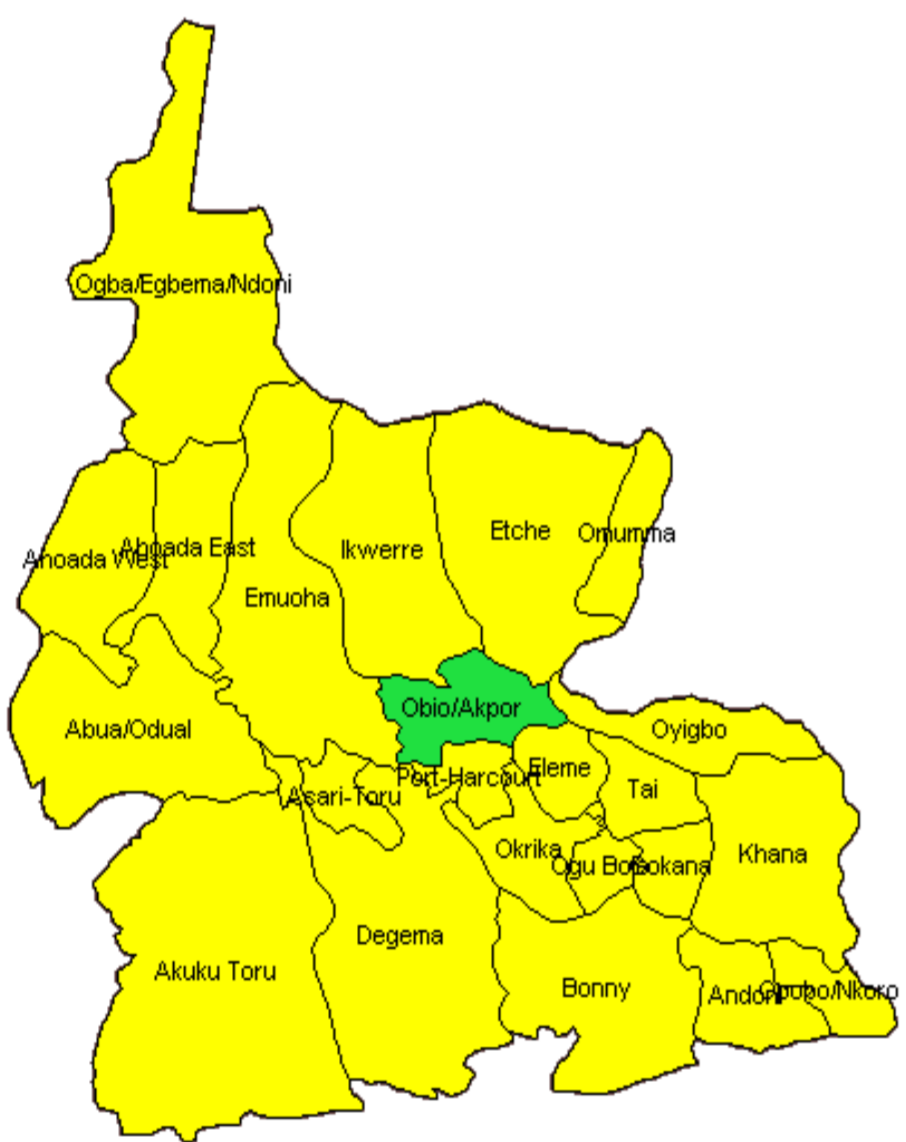


Figure 1: Map of Rivers State highlighting Obio-akpor LGA

- Study population:** Adult patients 18 years and above diagnosed of HIV/AIDS with or without Tuberculosis co-infection (n = 288)
- Study design:** Cross sectional study
- Sampling technique:** Simple Random Sampling
- Data Collection:** 26-item WHO Quality of Life instrument and structured interviewer administered questionnaires
- Data analysis**
 - Univariate analysis was done to determine frequency and proportion
 - Bivariate analysis was done to determine odds ratio at 95% C.I.

Results

Table 1: Socio-demographic Characteristics of Respondents

Variables	HIV n=144(%)	HIV/TB n = 144(%)	X ²	p-value
Age in Years				
Mean Age	35.69 ± 10.28	36.03 ± 10.92	3.157**	0.532
Sex				
Male	69 (47.9)	63 (43.8)	0.503	0.478
Female	75 (52.1)	81 (56.3)		
Marital Status				
Single	66 (45.8)	70 (48.6)	0.488	0.922*
Married	62 (43.1)	58 (40.3)		
Separated/Divorced	3 (2.1)	2 (1.4)		
Widowed	13 (9.0)	14 (9.7)		
Religion				
Christianity	133 (92.4)	136 (94.4)	3.033	0.386*
Muslim	10 (6.9)	5 (3.5)		
Traditional Religion	1 (0.7)	2 (1.4)		
Family Type				
Monogamous	114 (79.2)	111 (77.1)	0.183	0.183
Polygamous	30 (20.8)	33 (22.9)		

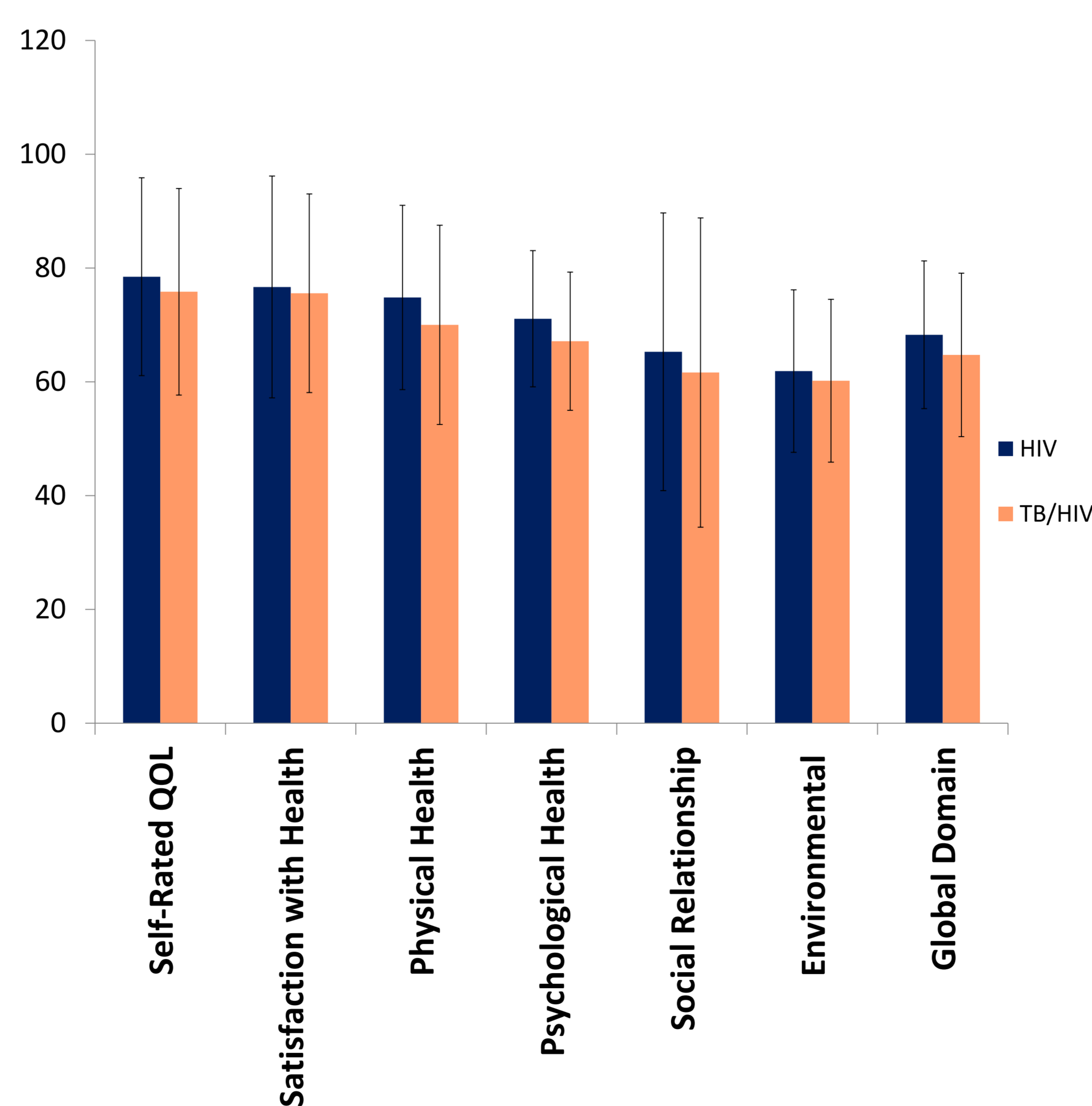


Figure 2: Mean score of Health Related Quality of Life Dimensions of Respondents

Results (cont'd)

Table 2: Relationship between HIV, TB and Quality of Life of patients

	HRQOL		X ²	p-value
	Good n (%)	Poor n (%)		
Physical Health				
HIV	85 (59.0)	59 (41.0)	4.030	0.045*
HIV/TB	68 (47.2)	76 (52.8)		
Psychological Health				
HIV	91 (63.2)	53 (36.8)	5.644	0.018*
HIV/TB	71 (49.3)	73 (50.7)		
Social Relationship				
HIV	69 (51.9)	65 (48.1)	0.308	0.579
HIV/TB	66 (48.5)	74 (51.5)		
Environmental				
HIV	80 (55.6)	64 (44.4)	2.002	0.157
HIV/TB	68 (47.2)	76 (52.8)		
Global Domain				
HIV	86 (59.0)	58 (41.0)	2.349	0.091
HIV/TB	69 (48.9)	75 (51.1)		

Conclusion

- TB/HIV co-infected patients had lower quality of life in the physical and psychological domain compared with HIV patients
- The co-morbidity condition of TB/HIV significantly lowers the quality of life of sufferers

Recommendations

- Improved medical management of HIV/TB co-morbid patients to improve their physical health
- Scale up psycho-social support for such patients and their treatment supporters

Acknowledgement

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