ABSTRACT

ASSESSMENT OF PATIENT ADHERENCE ON ANTIRETROVIRAL USE IN HIV/AIDS PATIENTS BY PILL-COUNT AND SELF-REPORT METHODS

CAHAYANI LAILIL ULA

Patients with HIV/AIDS are treated with antiretroviral (ARV) to prevent immunity loss, and more than 95% of adherence is needed to achieve theurapetic goals of ARV. Low adherence results drug resistance and immunology failure. The aim of this study was to measure adherence on antiretroviral use in HIV/AIDS patients.

It was a cross-sectional study, conducted on March to June 2018. All HIV/AIDS patients using ARV for at least 6 months, take ARV from the HIV clinic at the Universitas Airlangga Teaching Hospital, with or without other disease, and willing to be respondent were included in the study. This study used two methods, pill-count and self-report (MMAS-8) to assess patient adherence on ARV. The results were categorized into high, medium, and low adherence.

There were 23 patients included to the study. The pill-count method showed that 43.5% (n= 10) had high adherence, 30.4% (n= 7) had medium adherence, and 26.1% (n= 6) had low adherence. The self-report (MMAS-8) method showed that 52.2% (n=12) had high adherence, 21.7% (n=5) had medium adherence, and 26.1% (n=6) had low adherence. There was no difference between pill-count and self-report (MMAS-8) methods (p>0.05). Correlation test between pill-count and self-report (MMAS-8) with ΔCD4 (difference of the first and second CD4) showed no correlation either to pill-count or self-report (MMAS-8) with ΔCD4, but patient with medium to high adherence tend to have an increased CD4.

In conclusion, patient adherence on antretroviral use at the Universitas Airlangga Teaching Hospital was at medium to high level and increased adherence tend to increase CD4.

Keywords : antiretroviral, HIV/AIDS, pill-count, self-report