

A Descriptive Study to Assess the Knowledge about Post Exposure Prophylaxis of Hiv/Aids among Nursing Students of Selected Nursing Colleges of Distt. Mohali.

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Abstract: Human immunodeficiency virus infection / acquired immunodeficiency syndrome (HIV/AIDS) is the diseases of human immune system. HIV is transmitted primarily through contaminated blood transfusions, hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding. Post-exposure prophylaxis (PEP) is a preventive medical treatment started immediately after exposure to a pathogen. In the case of HIV exposure, post-exposure prophylaxis is a course of antiretroviral drugs which reduces the of seroconversion after events with high risk of exposure to HIV. Post exposure prophylaxis of HIV is the only way to reduce risk of HIV after potential exposure to blood and body fluids.

A quantitative research approach was adopted for the present study and descriptive survey design was employed to assess the knowledge among 500 nursing students about post exposure prophylaxis of HIV/AIDS. Convenience sampling technique was used to select the sample for study from selected Nursing Institutes of Distt. Mohali. After extensive and systematic review of literature and discussion with the experts, the investigators had developed 43 structured questionnaire. The sample was taken from the selected nursing colleges (Ambika college of nursing, Silver oak college of Nursing, Mata sahib kaur college of Nursing) of distt. Mohali. Structured questionnaire was used to assess the knowledge of the nursing students regarding post exposure prophylaxis of HIV/AIDS. Finally this fosters for the awareness of nursing students knowledge regarding the post exposure prophylaxis of HIV/AIDS.

On analysis of the data, researcher revealed that B.Sc.Nsg. students had 56.51% knowledge, Post. Basic students had 55.20% knowledge, and GNM and ANM had 48.04% 39.34% knowledge about post exposure prophylaxis of HIV/AIDS. Significant association were found ($p < 0.005$) between knowledge score and socio demographic variable of the subjects

Key words: Transmission of HIV, Knowledge of PEP of HIV.

I. Introduction:

Human immunodeficiency virus infection / acquired immunodeficiency syndrome (HIV/AIDS) is the diseases of human immune system caused by infection with human immunodeficiency virus (HIV). There is no cure or vaccine; however, antiretroviral treatment can slow the course of the disease and may lead to a near-normal life expectancy. While antiretroviral treatment reduces the risk of death and complications from the disease, these medications are expensive and may be associated with side effects. Post-exposure prophylaxis (PEP) is any preventive medical treatment started immediately after exposure to a pathogen (such as a disease-causing virus), in order to prevent infection by the pathogen and the development of disease. In the case of HIV exposure, post-exposure prophylaxis is a course of antiretroviral drugs which reduces the risk of seroconversion after events with high risk of exposure to HIV.

HIV/AIDS is a disease of human immune system caused by infection with human immunodeficiency virus (HIV).¹

HIV is transmitted primarily via unprotected sexual intercourse, contaminated blood transfusions, hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding.²

Standard antiretroviral therapy (ART) consists of the combination of at least three antiretroviral (ARV) drugs to maximally suppress the HIV virus and stop the progression of HIV disease. Huge reductions have been seen in rates of death and suffering when use is made of a potent ARV regimen, particularly in early stages of the disease. Since 2013, WHO also recommends the ARV use for the prevention of HIV infection, particularly for pregnant women, young children, and key populations exposed to HIV risk. Universal precautions have been recommended to limit occupational exposure to the human immunodeficiency virus (HIV) and other infectious agents, but whether these recommendations have been incorporated into routine practice has not been demonstrated.³

The problem of HIV infection in health care workers (HCW) after occupational exposure in its different aspects: infection risk rate (0.36-0.4%); common types of exposure (percutaneous, contact, and

muco-membranous); main risk factors related to the lesion, the patient (donor) and HCW(Health care workers) (receptor); and preventive attitude to be adopted. So it concerns with prevention, the emphasizes on the universal precautions (nosocomial infection prevention) and drug prophylaxis with anti retroviral drugs- reasons for administration, inclusion and exclusion criteria, and the doubts and certainties regarding the risk-benefit, dosage, duration of treatment, and follow-up.⁴

Statement Of Problem: A descriptive study to assess the knowledge about post exposure prophylaxis of hiv/aids among nursing students of selected nursing colleges of Distt. Mohali.

Objectives:

1. To assess the knowledge related to post exposure prophylaxis of HIV/AIDS among nursing students.
2. To associate the knowledge of post exposure prophylaxis of HIV/AIDS among nursing students with selected demographic variables.
3. To create awareness regarding post prophylaxis exposure of HIV/AIDS among nursing students

II. Material And Method:

Research approach: A non-experimental research approach was used to assess the knowledge related to post exposure prophylaxis of HIV/AIDS among nursing students of selected nursing colleges of Distt. Mohali.

Research design:

The research design selected for the study was a descriptive design used to assess the knowledge related to post exposure prophylaxis of HIV/AIDS among nursing students of selected nursing colleges of Distt. Mohali.

3.3. Research setting:

The study was conducted on Nursing students of selected Nursing colleges of Distt. Mohali.

Nursing colleges, included in the study were selected randomly through lottery method. These were:

1. Mata Sahib college of nursing.
2. Silver oak college of nursing.
3. Ambika college of nursing.

Population: All Nursing students

Target Population:

The target population included the nursing students who were undergoing ANM, GNM, B.Sc.Nsg., Post Basic courses at the selected nursing colleges.

Sample And Sampling Technique:

Sample Size:

500 nursing students were taken as sample for the study.

Sampling Technique:

Convenience sampling was used to collect data.

Criteria:

Inclusion Criteria:

- The nursing students who were undergoing ANM, GNM, Post. Basic, B.Sc. Nursing, of selected nursing colleges of distt.Mohali, at the time of data collection.
- The nursing students who were willing to participate in the study.

Exclusion Criteria:

Students who had any previous history of exposure of HIV/AIDS.

III. Development And Description Of Tool:

Development Of Tool:

Tool was comprised of two parts:

TOOL-1: It consisted of demographic variables like age, gender, educational status, religion and habitat.

TOOL -2 : It consisted of structured questionnaire.

Description Of Tool:

Tool-1: It consisted of socio-demographic variables of the subjects that consisted of 5 items for obtaining information about socio-demographic variables of subjects such as Age, Gender ,Educational status, Religion, Habitat, etc.

Tool-2: It consisted of 43 (Items) of structured knowledge questions to assess the knowledge related to post exposure prophylaxis among nursing students. The statements were developed for respondents to respond on a correct option. Total 43 structured questions were included and each question was having four options and students were told to select the correct answer. Each correct answer was scored as one(1) and incorrect response was scored as zero(0).

Table -1. Distribution of subjects according to their socio-demographic variables.

			N=500
Sr.No.	Socio-demographic variables	n	%
1.	Age in years:	282	
	• UPTO 20		56.04%
	• 21-25	212	42.04%
	• >25	006	01.02%
2.	Gender:		
	• Male	013	02.06%
	• Female	487	97.04%
3.	Education:		
	• GNM	187	37.04%
	• ANM	039	07.08%
	• Post Basic	047	09.04%
	• B.Sc.Nsg.	227	45.04%
4.	Religion:		
	• Hindu	215	43.00%
	• Sikh	272	54.04%
	• Muslim	003	00.60%
	• Christian	010	02.00%
5.	Habitat:		
	• Urban	258	51.06%
	• Rural	188	37.06%
	• Slum	003	00.60%
	• Semi urban	051	10.02%

Table-2: Association of knowledge related to post exposure prophylaxis of HIV/AIDS of the subjects and their demographic variables.

N=500						
S.NO	Socio demographic variable	n	Mean Knowledge	Calculated chi-square value	P value	Level of significant
1.	Age in years:					
	Up to 20	282	21.57±4.84	12.18	<.002**	Significant
	21-25	212	23.02±5.06			
	>25	006	23.83±5.60			
2.	Education:			110.98	<.001**	Significant
	GNM	187	20.66±4.78			
	ANM	039	16.92±3.23			
	Post Basic	047	23.74±3.79			
	B.Sc.Nsg.	227	24.30±4.49			
3.	Religion			20.28	<.001**	Significant
	Hindu	215	21.37±5.13			
	Sikh	272	23.22±4.61			
	Muslim	003	20.66±4.04			
	Christian	010	18.50±7.47			
4.	Habitat:			2.54	.467	N.S
	Urban	258	22.40±4.92			
	Rural	188	23.22±4.94			
	Slums	003	20.00±6.55			
	Semi urban	051	21.27±5.57			

The above table shows that knowledge of nursing students about post exposure prophylaxis of HIV/AIDS is significantly associated with age, education and religion.

Table-3: Mean percentage score of knowledge of subjects related to post exposure prophylaxis of HIV/AIDS.

n	Mean Score	Mean %
500	22.32	51.90 %

The above table mean percentage knowledge of subjects is 51.90% about post exposure prophylaxis of HIV/AIDS..

IV. Conclusion:

The following conclusions were drawn on the basis of the findings of the study: The risk of developing HIV/AIDS is increasing day by day. The knowledge about post exposure prophylaxis of HIV/AIDS among nursing students was inadequate. With the help of supportive educative system awareness and the level of knowledge can be increased by encouraging them to attend seminars, workshops, and conferences regarding post exposure prophylaxis of HIV/AIDS.

Ethical Consideratins:

- ✓ Written permission was taken from Principal's of the selected nursing colleges of distt.Mohali.
- ✓ Informed consent was taken from each participants of the study subject.
- ✓ Confidentiality and privacy of the study subjects will also be taken care of.

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