STD-AIDS-2013
OMICS Group Conferences
Accelerating Scientific Discovery
International Conference on
HIV/AIDS, STDs, & STIs
October 24-25, 2013 Orlando, FL, USA

Sexual practices of HIV-positive individuals attending antiretroviral treatment (art) in addis ababa public hospitals: Findings from in-depth interview

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Abstract

Background:

The rollout of Antiretroviral Treatment (ART) and improved health care services contributed in recuperating the quality of life and the functional status of HIV- positive people. These clinical effects of the treatment and cares are believed to bring a change on their sexual practices. The objective of this study was to explore the sexual practices of the HIV-positive people who were getting ART in selected Addis Ababa public hospitals.

Methods:

A qualitative in-depth interview was conducted. The interviews were made by trained nurse counselors of the same sex and were tape recorded. Verbatim transcription was made before the analysis. Thematic categorizations were made to present the findings.

Results:

Most participants expressed regained sexual desires with initiation of ART while some others didn't appreciate the regains. Not using condoms or inconsistently using them was identified risky sexual practices. Sero-discordances and sero-status non-disclosure were common issues among the partners.

Conclusions:

Sero-status non-disclosure, non- use of condom and inconsistent using them were common sexual issues. These hinder the efforts that are being made to reduce new HIV infections and re-infections. Interventions against these problems can be made when clients come for their ART treatment and clinical care follow up.