

BACKGROUND

- In 2015, an estimated 36.7 million people were living with HIV with about 17 million accessing antiretroviral therapy globally.
- Kenya is one of the six HIV high burden countries in Africa (HIV prevalence rate of 6% and 1.6M people living with HIV)
- Non-adherence to clinic appointments leads to non adherence to medications which increases morbidity and mortality among HIV patients.
- To develop strategies that can help improve adherence, it is important to understand factors that influence patient's adherence to medication and treatment protocols.

STUDY OBJECTIVE

To assess patient's adherence to clinic appointments and determining factors that influence adherence in informal settlements of Nairobi.

METHODS

- Patients participating in a randomized control trial, WelTel Retain Study, were included.
- Study sites: Amref Kibera Community Health Center and Baba Dogo Health Centre.
- Participant recruitment was between April 2013 and June 2016 targeting patients presenting for the first time in HIV care.
- A structured questionnaire was administered after twelve months since enrolment in care and reasons for missing clinic appointments established.
- Descriptive analysis was done to determine the proportion of participants who missed clinic appointments and some of the factors associated with missing clinic appointments.

RESULTS

- 775 participants recruited, 470 completed exit questionnaire

Table 1: Socio-demographic characteristics of participants

Characteristic		n	%
SEX	Male	192	40.9
	Female	278	59.1
AGE	(Mean(Min, Max))	35 (18, 73)	
	Married to one partner	263	56
	Married to more than one partner	4	0.9
	Widow or widower	50	10.6
	Single	70	14.9
	Divorced	83	17.7
	OCCUPATION	Employed	146
Self employed		84	17.9
Casual		137	29.1
Unemployed		70	14.9
Home maker		28	6
Other		5	1

Table 2 Adherence to clinic appointments

		n	%
Adherence to clinic appointment	Yes	189	40.2
	No	280	59.6
	Don't know	1	0.2

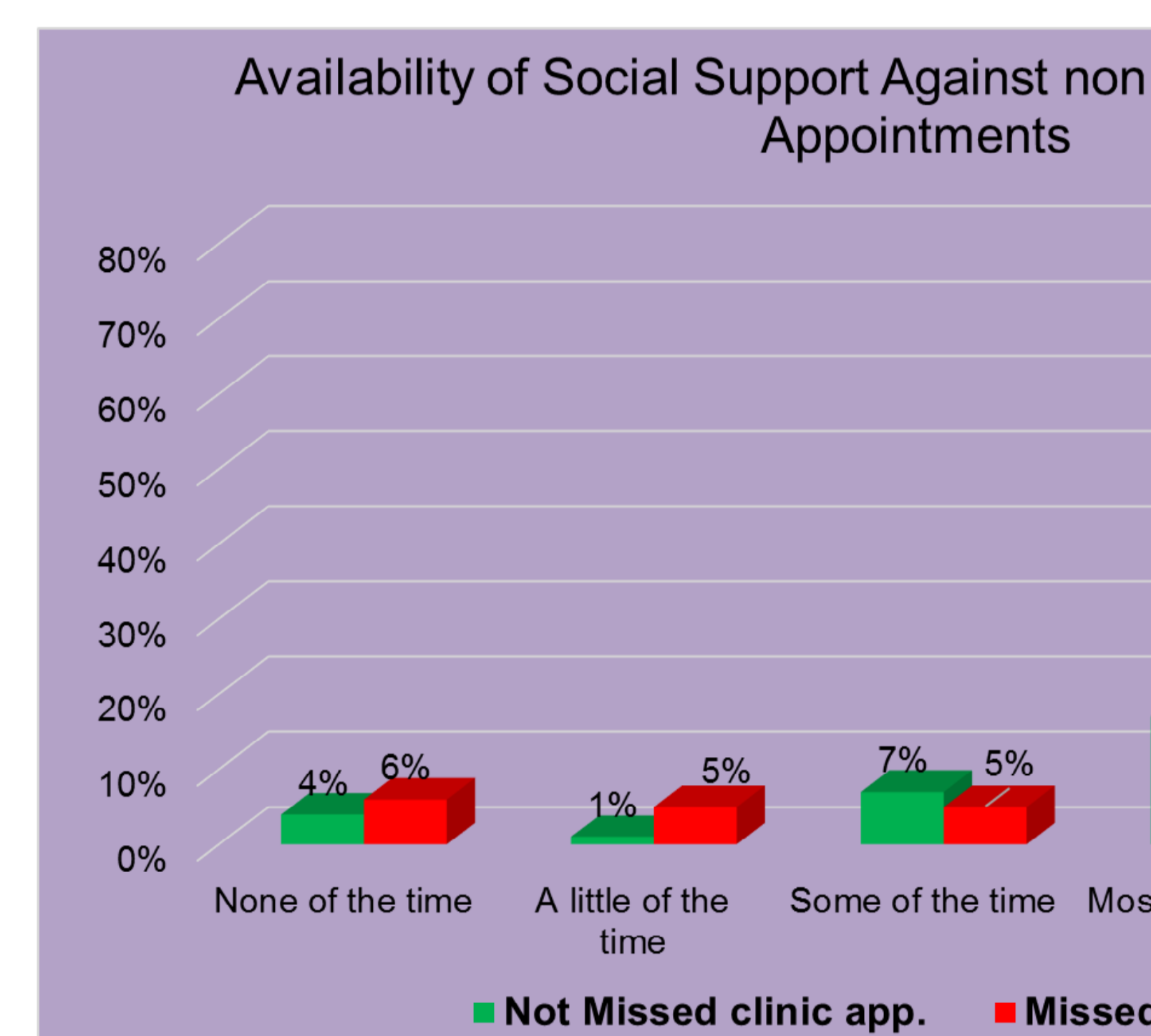


Fig 1. Availability of social support and missing clinic appointments

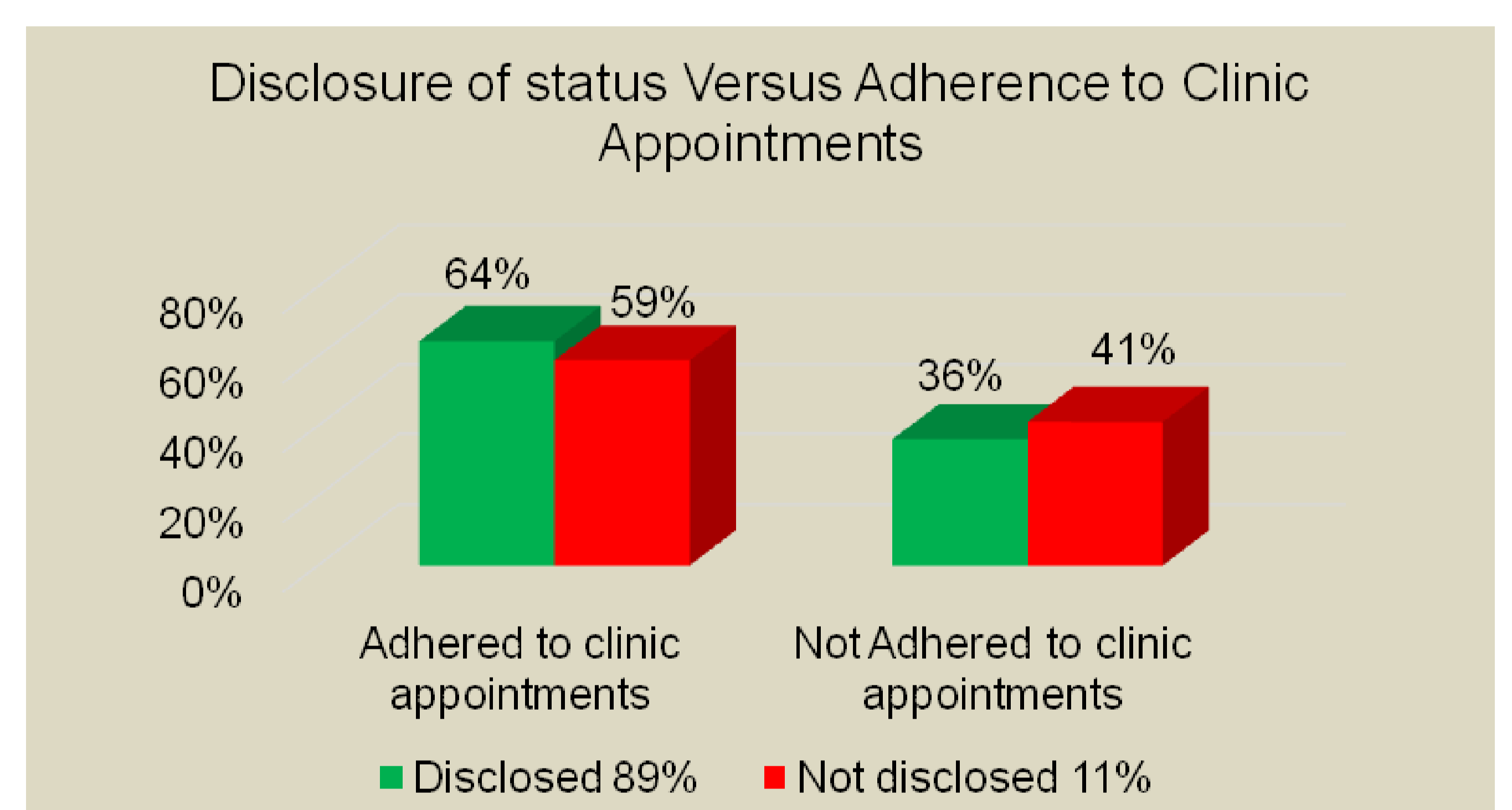


Fig 2. Disclosure of status and missing appointments

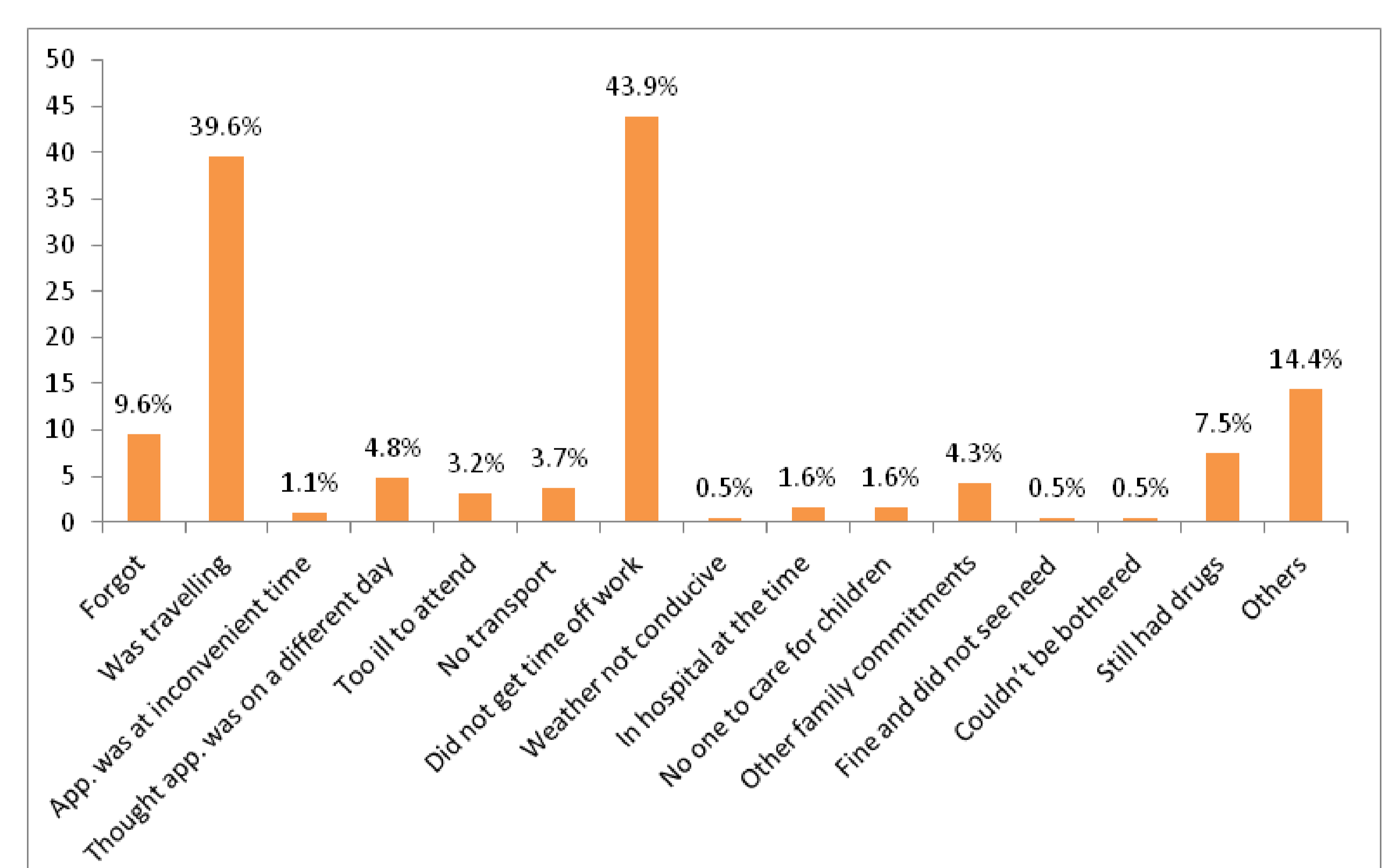


Fig 3 Reasons for missing appointments

CONCLUSION

- Not getting time off work, travelling, and forgetting are the main reasons for non-adherence to clinic appointments
- Booking of clinic appointments should factor in patient's working schedule to enhance adherence.