

4th World Congress on Virology

October 06-08, 2014 Hilton San Antonio Airport, TX, USA

Evaluation of cd4+ profile of hiv patients on highly active antiretroviral therapy

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The study evaluated the CD4+ T- Cells of HIV/AIDS patients who enrolled for Highly active Antiretroviral Therapy (HAART) between the periods January to August, 2009 at Federal medical centre Keffi-Nasarawa state. Five hundred confirmed HIV patients enrolled for the programme while twenty (20) patients who were not yet enrolled for the programme were monitored as control group. Out of the 500 patients enrolled for the programme sixty – five (65) patients were lost to follow – up. The remaining four hundred and thirty five (435) Patients blood samples were collected and analysed using Becton – Dickinson flow cytometer both at baseline and at sixth month of HAART. The number of female patients enrolled for the programme were 303(70%) while male patients were 132(30%). The result showed that three hundred and sixty-seven (367) (84%) patients, had increase CD4+ T cell count while sixty – eight, 68 (16%) patients failed to respond to treatment. The mean CD4+ cell count of patients at baseline for various age groups were, 393 cells/µl for age 20 – 30 years; 191 cells/µl for 31 – 40 years, 195 cells/µl for 41 – 50 years and 297 cells/µl for 51 years and above. At sixth month of HAART, patients mean CD4+ T. cell count increased as follows; age 20 – 30 years 623 cells/µl, 31 – 40 years 343 cells/µl, 41 – 50 years 338 cells/µl and 51 years above 381 cells/µl. The age group 20 – 30 years showed the highest number of patients with CD4 + cell increase by 260(60%), 31 – 40 years 126(29%), 41 – 50 years 38(8%), 51 years and above 11(3%). From the result, it implies that when patients are placed on good Antiretroviral Therapy, there is significant improvement in their immune system which however, decreases with age. Further studies may be required in HIV patients with baseline CD4+ cell count >400 cells/µl before commencement of therapy as there was no significant improvement in their CD4+ cell count after six months of HAART.

Biography

Edith Adanna Onwuliri holds a B. Pharm Degree in Pharmacy and an M.Sc Degree in Applied Microbiology from the University of Jos, Plateau State Nigeria. She just concluded a Ph.D programme at the University of Nigeria, Nsukka in the Department of Pharmaceutics. She is a lecturer in the Department of Pharmaceutics and Pharmaceutical Technology, Faculty of Pharmaceutical Sciences, University of Jos, Nigeria. She is interested in therapeutic investigations of local plants for their antimicrobial effects and their formulation into suitable dosage forms. She has 11 publications in various journals. Dr. Mrs is married to Professor F.C. Onwuliri and their marriage is blessed with six children.

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