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Level of ART adherence and associated factors among adult sero-positive HIV patients on highly active antiretroviral therapy in Debre Markos Referral Hospital, Northwest Ethiopia

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Background: The current number of sero-positive HIV patients in Ethiopia is about 700,000 with overall estimated prevalence of 1.5%. The introduction of combination ART including protease inhibitors has resulted in striking reductions in HIV-related mortality. Numerous reports have documented that the key to the success of the new HAART is the ability and willingness of HIV-positive individuals to adhere to complex ARV regimens and at least 95% adherence is required for ARV regimens to be fully effective.

Objectives: The main aim of this study was to assess level of adherence to ART and associated factors among adult sero-positive HIV/AIDS patients on HAART.

Methods: An institutional based cross sectional study was conducted on 377 participants selected by systematic sampling technique. A pretested structured questionnaire was used by employing interview to collect necessary data. The collected data were analyzed using SPSS 16.0 version. Significance level was set at 95% CI (p-value of 5%)

Results: The adherence rate of the study participants was 88.6%. Monthly family income (AOR 0.3, 95% CI 0.13, 0.69), delayed in taking ART drugs AIDS (AOR 0.6, 95% CI 0.16, 0.88), fitness of daily treatment schedule (AOR 9.7, 95% CI 4.6, 28) and not forgetting to take ART drugs (AOR 5.7, 95% CI, 2.6, 25.3) were significantly associated with ART adherence.

Conclusion: The ART adherence level in this study was low. Delay in taking ART drug AIDS, monthly family income, fitness of daily treatment schedule and not forget ART doses were significantly associated with ART adherence. Measures have to be taken to address these problems.

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Viruses and bacteria of the soil and the digestive tract of earthworms (Oligochaetes annelids) of Cameroon: Highlighting, quantification and importance

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The flow cytometry technique based on the enumeration and multi-parametric analysis of suspended particles in a liquid medium has enabled us to identify population of viruses and bacteria in the soil and the digestive tract of earthworms. It appears that the passage of the ground through the digestive tract of oligochaetes annelids would regulate bacterial and viral biomass of the soil as well as soil physicochemical parameters. The soil microfauna involved in the decomposition of the organic material and the nutrient bioavailability to plants and soil microorganisms. It also plays an important role in the creation and conservation of the soil structure. Apart from their role as “Engineers”, earthworms through their internal microfauna, participate in the regulation of physical and chemical parameters such as nitrogen mineralization. Earthworms thus participate in the processes of decomposition of organic material improve the bioavailability of minerals, maintain the porosity of the soil and increase the stability of the aggregates. Oligochaetes are expected to play a central role in the implementation of biological regulation in the agro-ecosystems essential to the development of ecological and intensive agriculture. Another reason to be interested in these soil organisms is that they are good candidates for bio-indicators. Indeed, the level of their population is sensitive to cultural practices, chemical products that are spread, quality and quantity of the resource in carbon, which are important characteristics of the sustainability of agricultural systems.

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