

16/08

**TRADE PROJECT**

**BARRIERS TO ANTIRETROVIRAL THERAPY  
ADHERENCE FOR PATIENTS LIVING WITH HIV /  
AIDS INFECTION A CASE IN MALINDI DISTRICT  
HOSPITAL.**

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## ABSTRACT

The research study investigated barriers of adherence to ART in patients in Malindi district hospital and the effect of drug side effects, Pill burden, and not following instruction on adherence of ARV drugs. The hospital is located in Malindi town, which is a fast growing town in the coast province. A sample of 200 patients on ARV was selected from accessible population of 2000 patients using sample random technique. Because of the sensitivity of the study and its nature of confidentiality, the responders' consent was first sought and the intent of the research made clear. Patients responded to questions asked through a close guidance to minimize errors and to explain clearly for maximum understanding. Data collected clearly outlined the barriers to antiretroviral therapy that are faced by majority of those undergoing the ART program. The barriers that were shown to be affecting the rate of adherence were; drug side effects, Pill burden, and failure to follow instruction on adherence of ARV drugs. The study recommends that appropriate measures be put in place in order to enable persons who are in use of ARV drugs improve adherence and thereby improve HIV / AIDs management. The government should also increase its financial support toward the ART program and especially in research to monitor the improvements made and difficulties faced in the program.