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**A STUDY ON COMMONLY USED COMBINATION OF
ANTIRETROVIRAL DRUGS IN MANAGEMENT OF HIV/AIDS
INFECTION AMONG PATIENTS ATTENDING KERICHO
DISTRICT AND CENTRAL UNILEVER TEA HOSPITAL
BETWEEN JANUARY AND APRIL, 2009.**

BY

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ABSTRACT

HIV is an RNA retrovirus which causes a disease called AIDS. This is a rapidly growing disease throughout all parts of Kenya AIDS is transmitted from human to human through sexual contact, blood transfusion, mother to child & piecing instruments.

Antiretroviral (ARV) drugs have been therefore used to slow down the disease progression in the body. These drugs include Nucleoside Reverse Transcriptase Inhibitors (NRTIs) and Protease inhibitors (PIs). Drug combination of ARVs are most effective and leads to decrease in viral plasma load to undetectable level hence prolonging life. Main measures to prevent AIDS are; abstinence or faithfulness in marriage; avoid sharing piercing instruments and screening of blood before transfusion. Balance diet is recommended for patients under ARV drugs to provide sufficient nutrients for the body.

The main objectives of research were to find out the commonly used ARV drugs combination, to determine the gender which is mostly affected by HIV/AIDS and to determine the prevalence of HIV/AIDS according to age groups.

The Results of the research revealed that the commonly used drugs combinations are Stavudine, Lamivudine and Efavirenz with the highest number of patients using. The most infected gender was women with 12% of the total HIV positive patients more than men. Finally, age 21-30 years was the most infected age group with HIV/AIDS patients at 42% of the entire HIV positive population.