The level of knowledge, attitude and practice about aids prevention among the lady health visitors course students at public health school nishterabad peshawar

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Abstract
This paper is to explore the level of knowledge attitude and practice about AIDS prevention surrounded by LHV's within Peshawar city. A KAP (Knowledge Attitude & Practice) about AIDS prevention was carried out among LHVs of Public Health School Nishterabad. Questionnaire was used as a tool to collect data from a sample size of n=126 respondents. According to this study results majority of the respondents thought death is an ultimate result of HIV/AIDS. This study result also showed lack of knowledge about AIDS vaccines and its availability, mal practice and negative attitude about HIV/AIDS patients and its prevention. However the result of the study shows the importance of awareness through mass media, availability of proper educational literatures, training programs and screenings with collaboration of health and social sectors. HIV (Human Immunodeficiency Virus); AIDS (Acquired Immune Deficiency Syndrome); PSP (Pneumocystis Pneumonia); CDC (Center for Disease Control); STI (Sexually Transmitted Infections); STDs (Sexually Transmitted Diseases); GPs (General Practitioners); HCP (Health Care Providers); KAP (Knowledge Attitude & Practice); PMTCT (Prevention From Mother To Child Transmission); SPSS (Statistical Package for Social Sciences)

Key words: knowledge, Attitude, Practice, Students, HIV/AIDS, Prevention.

Introduction
AIDS is a sex bomb, misconception and negative believe about HIV/AIDS patients are still present. Although 30 years have been passed after the 1st diagnosed case of HIV, but because of the lack of knowledge, less credible resources of information and negative attitude towards the most serious and preventable diseases taken less serious by both nation as well as politics, can create a big problem for nation and the country’s development. Because if the government spent a major chunk of money on treatment of such a long life diseases then little or nothing will be left for other purpose of a country’s development. Therefore a country can be left behind in the long run of the development. HIV is still a stigma due to lack of knowledge and inaccurate beliefs. As a study conducted through telephonic surveys with national probability samples for data collection. They reported in their study that about one third of the respondents showed discomfort and negative feelings towards people with AIDS (Herak et al., 2002).

“AIDS is the greatest unconventional phase of HIV contagion. The delineation of AIDS contain wholly HIV-infected individuals who devour rarer than 200 CD4+ compartments each micro liter of body fluid. Maximum of these circumstances or contiguities instigated through germs, virus, molds, and vermin in addition to extra viruses. Unscrupulous contaminations be present communal in individuals through AIDS”. In 1981 CDC reported about the first case of AIDS in which pneumocystis pneumonia (PSP) and Kaposi’s sarcoma are mentioned the cause of death. Till 1982 AIDS is consider a gay men disease which spreads through an infectious agent in blood. In 1983 AIDS transmission by CDC from mother to child and hetero sex is warned (WebMD, 2012). HIV is transmitted through unprotected sexual intercourse (anal or vaginal), contaminated blood...
transfusion and organ donation for transplantation, contaminated needles sharing, surgical equipment and commencing mother toward her infant in the duration of confinement, childbirth in addition with breastfeeding (Farlex, 2012).

One study was carried out to find the knowledge, attitude and perceived vulnerability of the nurses about HIV/AIDS. Nurses reported significantly towards getting the risk of occupational exposure. 86% of them were exposed of being stocked by needles and splashed body fluids. The respondents showed lack of knowledge and training about infectious diseases. The authors concluded that in suburban and general public nurses need a well-designed educational program to be started (Chen and Han, 2010). While another study carried out in South Africa showed the spread of HIV by mobile population in South Africa. This study was done surrounded by truck drivers as well as sex workforces to whom they intermingle. 66% of them reported that in previous six months they had STDs. 29% showed the result of never been used condoms during sex with sex workforces. 42% of those respondents practiced anal sex. So in both groups the total HIV pervasiveness remained 56%. Therefore the result concluded by this study showed the need for facilitation of truck drivers (Ramjee et al., 2002).

The prevalence of HIV amongst sex workforces remained 75% within Kisumu, 69% within Ndola, 55% within Cotonou as well as 34% within Yaoundé. The pervasiveness of genital ulceration as well as trichomoniasis remained greater amongst sex workforces within Kisumu as well as Ndola. About 70% of sex workforces within Cotonou conveyed practice of a single condom to the preceding client, noticeably sophisticated than in the further towns. It was concluded that sex work played a wider role in the spread of HIV in all four cities. The result was showing the importance of interventions among sex workers and their clients (Morison et al., 2001). A study about acquaintance, attitude in addition to exercise about AIDS was done amongst health care providers within Lahore. Face to face interview was taken from 200 HCPs in this study. The result of which showed that forty-five out of a hundred of the HCPs ought to correct acquaintance round the diffusion as well as anticipation of HIV. 21% had grasped the patients by means of unconventional HIV contagion, merely twofold HCPs ensured remain skilled to cope such circumstances as well as 82% stayed not sentient about the syndromic managing of STIs (Khan et al., 2009). A KAP study was conducted in Karachi among general practitioners regarding sexually transmitted diseases and HIV/AIDS. Data was collected in the form of questionnaire from about 103 GPS in their private clinics among which 40.8% said that that referred HIV positive patients to an AIDS control program for treatment. While 94% of them knew the importance of sexual history and awareness about the recommended treatment regimen was 55.3%. This study recommended targeted continuing medical education programs and special training sessions (Hussain et al., 2011). Another study was conducted in Lahore about preventive aspects, practice and attitudes of HIV/AIDS on 147 nurses, physicians and paramedics. The results showed that 40.90% of participants responded incorrect and improper regarding their attitudes, 46.5% respondents were unaware of precautionary measures towards HIV/AIDS cases (Naimi, 1998).

HIV transmission cannot occur
By air or water.
By insects, including mosquitoes. No evidence of HIV transmission from insects showed in the studies conducted by CDC researchers.
By spittle, moans or moisture. Because here remained no accepted incident of HIV transmission through spluttering.
By unintentional interaction of quaking hands or else exchanging of plates.
By closed-mouth or “societal” bussing (Schneider et al., 2008).

There is a need of awareness about AIDS prevention. Awareness means to awake or to alert. In Haryana state a study on the school children about AIDS awareness was done. According to the study results 23% and 22% of the students were considered that HIV can be transmitted by drinking a glass of an infected person and by mosquito bite respectively. 38% believed that AIDS was a treatable disease where as 57% thought that AIDS patients can be identified by their physical appearance. This study population was rural and urban both. The findings indicate that there was a significant difference among rural and urban as well as male female knowledge. Therefore AIDS education is necessary to clarify the areas of misconceptions (Aggarwal and Kumar, 1996). A community based cross sectional study on youth matured of 15-24 years in rustic ranges of the participated in survey among which 60% have some knowledge about HIV. Additional than 90% of matters discerned the approaches of diffusion in addition to about 80% be situated aware how to prevent HIV/AIDS. Misconceptions about HIV/AIDS were also present. The most important determining factor of their understanding about HIV/AIDS were education and mass media exposure. And the youth were still lack of basic knowledge about HIV/AIDS (Yadav et al., 2011). A study of 428 adolescent girls and boys showed the result of 44 percent appropriately termed at tiniest lone STI although 55 percent recognized at tiniest twofold ways of HIV/AIDS diffusion. Grander than or else equivalent to inferior slandered education adolescents remained capable to declaim the broadsheet, obsessed electrical energy at their home environment in addition to remained allow to see their associates once after six months ensured meaningfully additional knowledge about HIV/AIDS. Where it was fond that rustic teenagers of Sindh required additional awareness concerning STI containing HIV/AIDS. In order to increase the level of consciousness as well as understanding amongst teenagers there was a need to formulate strategies. The finding of this research indirectly supported the usage of mass broadcasting and aristocrat training policies to deliver truthful evidence to youngsters (Raheel et al., 2007). A study in Bombay brothels where its
population study was sex workers showed that there is a need of condom use to reduce the incidence and prevalence of HIV/AIDS. The result of this study showed significance (P < 0.005) of condom use in prevention of sexuality transmitted diseases and HIV/AIDS (Bhave et al., 2011). Another report showed that male circumcision can reduce HIV transmission and for this purpose 4996 HIV-negative uncircumcised men were decided to HIV analysis plus counseling registered in this randomized experimental in pastoral Rakai Region, Uganda. To receive immediate circumcision n=0.006. In all control group HIV occurrence remained inferior in the interposition cluster than it stayed in the socio demographic, behavioral and sexually transmitted disease symptom subgroups. The writers determined that masculine circumcision can reduce HIV prevalence in males deprived of behavioral disinheritance. Therefore circumcision can be suggested for HIV hindrance in males (Gray et al., 2007). A study report showed the efficacy of short course antiretroviral zidovudine in PMTCT. The authors examined the safety and effectiveness of short-course oral zidovudine 300mg tablet twice daily administered during late pregnancy and labor. The result of the study showed that viral load of 0.56 log in women of zidovudine group was decreased. Whereas about 80% of maternal viral concentrations at delivery was lowered by the treatment effect (Shaffer et al., 1999).

To fine out the HIV transmission prevention from mother to child, two types of interventions one was elective C-section and the other was prophylaxis of zidovudine. Result of this study showed that 6% (P= 0.006) of the women lowered the transmission rate with elective cesarean section with intact members and without previous labor as compared to other delivery modes. 18% of the transmission rate in women after spontaneous delivery or non-elective Cesarean section. Zero percent of transmission rate (none out of 31), as a result of combined use of elective Cesarean section and zidovudine (Kind et al., 1998).

The training courses initiation can bring a positive change in the health outcome. A study on training of AIDS prevention was conducted in Mexico City for pharmacy workers. The aim of this study was needs assessment, development of a training course and to evaluate the course and materials. The needs assessment give the result that pharmacy employees had some basic knowledge about AIDS and STDs. The result also indicated the lack of important information and effective communication with clients. This study showed that drugstore employees had countless curiosity to learn additional regarding AIDS as well as STDs. The assessment of the concentrated eight hours sequence in addition to supportive materials presented that these had increased knowledge about AIDS and condom use for short term. Therefore participant recruitment strategies and contents should be adjusted for a training course (Pick et al., 1996).

**Objectives of the study**

The main objectives of this paper are to carry out a quantitative survey among selected target group to determine health related knowledge, attitude and practice about the spread of HIV/AIDS and to recognize networks, roots in addition to policies, those are in effect to conveying facts with instruction material that will inflict satisfactory conversion.

**Methodology**

The present study was conducted in Peshawar. Universe of this study comprised of Public Health School Nishterabad. The selection of sample was done through convenient sampling. There are two government public health schools for LHV course and many private institutions offering this, but for this study Public Health School Nishterabad was selected. Questionnaires were distributed and asked the female students to fill because there is no male student here. The data was collected from 126 respondents. To check out the response of respondents and for the purpose of mistake free questionnaire a pilot study was carried out on the same population. The data was scrutinized by using SPSS version 16.0

![Diagram No.1: Percentage of main source of information about HIV/AIDS and the most credible source of information for sexual health](image-url)

102
The above chart shows the percentage of main and most credible source of information about HIV/AIDS and sexual health. The blue bars represent the percentages of main source of information about HIV/AIDS and brown bars represent the percentages of most credible source of information for sexual health respectively. The maximum respondents (50%) agreed that internet is the main source, while 31.7% considered TV. 13% agreed with Radio and only 5.3% of the respondents agreed with newspaper as the main source of information. Simultaneously 62.7% of respondents with Media, 19.6% respondents with health provider, 11.4% respondents with NGOs and 6.3% of the respondents agreed with lectures as the most credible source of information on sexual health.

Diagram No.2: Percentage of respondents willing to stay with HIV positive patient and their response on asking of availability of HIV/AIDS vaccine

The above chart represent the respondents response in percentage form regarding their stay with HIV positive patient with blue bar and on asking whether HIV/AIDS vaccine are available or not with brown bar respectively. A very interesting thing is that the maximum health students 93.7% of the respondents don’t want to stay with HIV positive patient. Only 4.6% are willing to stay and 1.7 responded as they don’t about to stay with HIV positive Patient. Simultaneously when it was ask from them that is there any vaccine of HIV/AIDS? The maximum number 72.7% of the respondents replied No. actually there are no vaccines for AIDS, but the available antiretroviral just stop the disease progression in the body. The vaccine like in our Immunization schedule is not available. Being the student of health, the above 23% said wrongly that such vaccine for AIDS are available and 4.3% said that they don’t know, due to lack of information and knowledge.

Conclusion and Discussion

A KAP study about HIV/AIDS prevention on the students of Institute of Public Health School Nishterabad Peshawar was carried out to assess the knowledge, find out the deficiencies in the attitude and to improve the practices of Lady Health Visitors Course student. An interesting thing was that about half of the respondents didn’t know the difference between HIV and AIDS. If the health care providers don’t know the difference then what will be the level of knowledge of our common people about HIV/AIDS. More than half of them thought that death is the ultimate result of HIV/AIDS, but still some of them believed that HIV/AIDS is not a big problem at all, if it is not a big problem then how half of them thought that death is ultimate result of AIDS. Majority of the respondents did not know about HIV/AIDS vaccines. About less than half of our respondents of knowledge showed that AIDS can be cured by medicine, but actually there no cure or vaccine for AIDS available. Some respondents believed that AIDS can’t be transmitted by a healthy looking people which showed wrong perception. Their attitude about AIDS patients was negative because they were not willing to stay, use the same toilet, and eat food with an AIDS positive patient. Some of them didn’t want to make isolate HIV patient, but their response showed that actually they are socially isolating them. Even more than half of the respondents didn’t want to take medical relief from HIV positive health care providers.

Future work

Health education and promotion of HIV/AIDS prevention has great importance. Mass media can be used effectively in knowledge, attitude and practice about it. Although it is a big problem, but its prevention is possible. Preventions can be done through HIV awareness programs, where LHVs can perform a better role to aware all the society door to door because in
our society female are restricted to home and for that they need guidance and awareness within their home. And many Educational workshops should properly conduct by medical personnel to give the facts about this taboo.

References