

USE OF THE ICF IN MEASURING PERFORMANCE OF BASIC ACTIVITIES OF DAILY LIVING IN PEOPLE LIVING WITH HIV/AIDS IN TWO SELECTED HOME BASED CARE PROGRAMMES IN LUSAKA, ZAMBIA



**Chongo B., Mwango M., Mweshi MM., Banda-Chalwe M.
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BACKGROUND AND LITERATURE REVIEW

- ❖ Approximately 36.7 million people worldwide living with HIV/AIDS
- ❖ An estimated 25.6 million people are in low- and middle-income countries (Sub-Saharan Africa is the most affected region)
 - Despite advances in our scientific understanding of HIV its prevention and treatment, years of significant effort by the global health community
 - Too many people living with HIV or at risk for HIV still do not have access to prevention, care, and treatment, and there is still no cure
 - However, effective treatment with antiretroviral drugs; can control the virus so that people with HIV can enjoy healthy lives

(UNAIDS, 2015; CDC, Global Health, 2016)



AIM OF THE STUDY

High prevalence of activity limiting symptoms has been reported in HIV/AIDS, but the level of performance of basic activities of daily has not been done in home based care programs in Zambia

Therefore, **the aim of this study was;**

To measure the performance of basic activities of daily living in the Physiotherapy in Palliative Care Programme (PPCP) and Archdiocese of Lusaka (AL).



PREVALENCE OF HIV/AIDS GLOBALLY, AFRICA AND ZAMBIA

	Global	Eastern and Southern Africa	Zambia
2010	33.3 million	17.2 million	<1.2 million 12.4%
Age group	All age groups	All age groups	15-49 years
2015	36.7 million	19.0 million	>1.4 million 14%



SURVIVAL OF PERSONS LIVING WITH HIV/AIDS

- Longer survival for persons living with Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome (HIV/AIDS) has continued to increase world wide.
- The increased prevalence of HIV/AIDS is attributed to among others;
 - Provision of Antiretroviral therapy
 - Psychosocial support mechanisms
 - Engaged in activities of daily living
 - Prognosis has changed from invariable death to a manageable near-normal life expectancy

ACCESS TO ANTIRETROVIRAL THERAPY TO PERSONS LIVING WITH HIV/AIDS

- Number of PLWHA has continued to increase due to;
 - Increase in population
 - Scale up of access to Antiretroviral Therapy

	Global	Africa	Zambia
2010	7.5 Million	4.0 million	78% (80% Universal access target)
2015	17.0 Million	10.3 million	

- Above will result in increased experience of disablement in PLWHA

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METHODOLOGY

Study design: Descriptive Cross-Sectional study design

Study sample: 512 participants (HIV positive individuals on HAART)

Selection criteria: Systematic random sampling method from the two Home Based Care Programmes which were; Physiotherapy in Palliative Care Programme (PPCP – N=256) and Archdiocese of Lusaka (AL – N=256)



USE OF THE ICF IN MEASURING PERFORMANCE OF BASIC ACTIVITIES OF DAILY LIVING IN PERSONS LIVING WITH HIV/AIDS

1. Activity limitation symptoms

- Pain
- General fatigue
- Numbness and tingling sensation
- Tiring easily



USE OF THE ICF IN MEASURING PERFORMANCE OF BASIC ACTIVITIES OF DAILY LIVING IN PERSONS LIVING WITH HIV/AIDS CONT.

2. Mobility and self-care domains

Mobility	Lifting and carrying objects Fine hand use Walking Moving body parts Moving around using equipment
Self-Care	Washing one-self Caring for body parts Toileting Dressing Eating Drinking Looking after one's health

PROCESS

- Participants from the PPCP – Received physiotherapy from community care givers

	Physiotherapy in Palliative Care Programme (PPCP)	Archdiocese of Lusaka (AL)
Participants received prescribed	Physiotherapy from Community care givers and home based care	Home base care

RESULTS

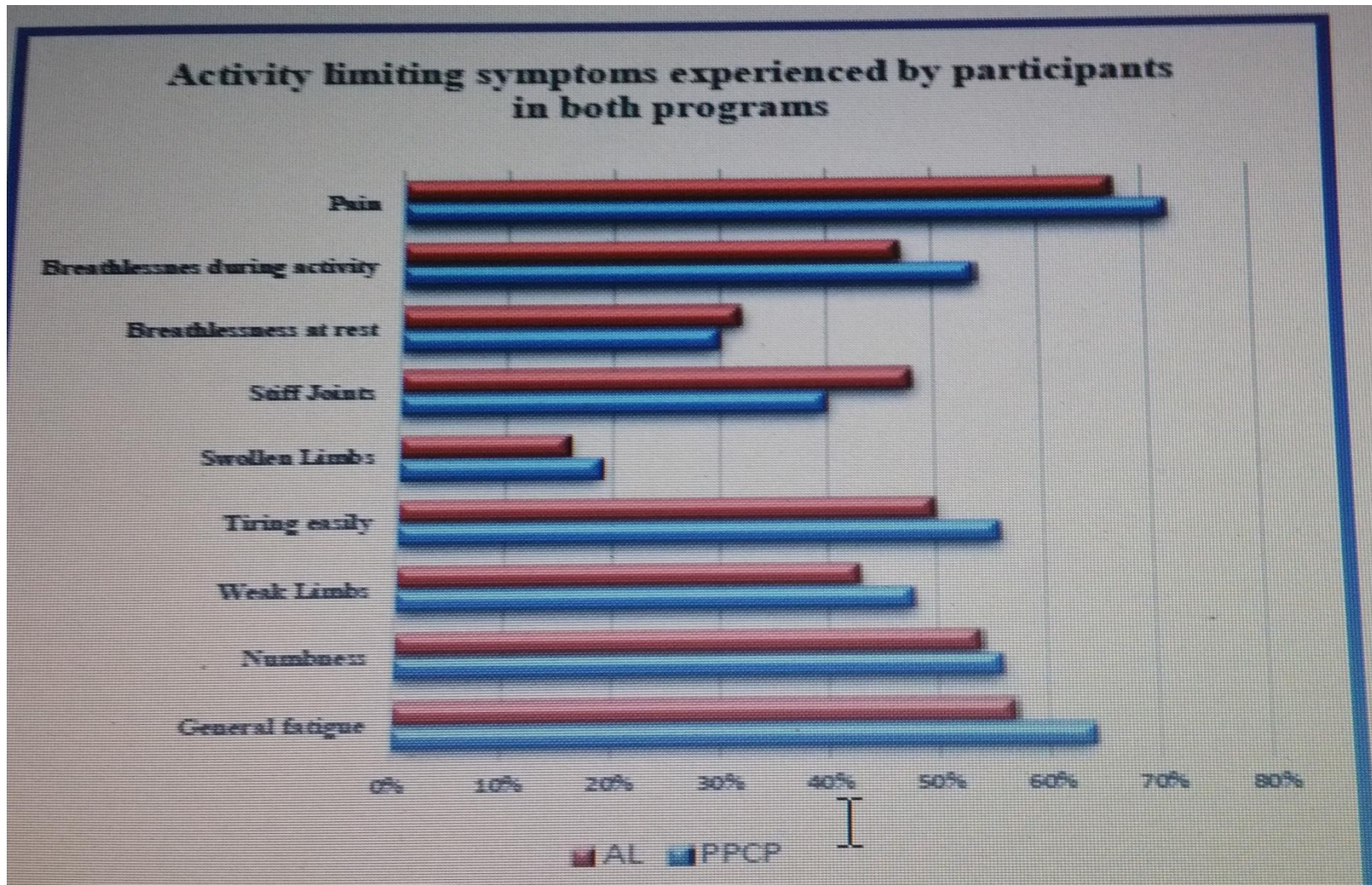


PARTICIPANTS CHARECTERISTICS

Table 1: Demographic Characteristics of all the participants in the study (N=430)

Variable	Frequency	Percentage
Gender		
Female	295	68.6
Male	135	31.4
Family Role		
Head of the family	291	67.7
Dependant	239	32.3
Marital Status		
Married	185	43
Single	245	57

ICF DOMAINS USED TO ASSESS PERFORMANCE



Activity limiting symptoms

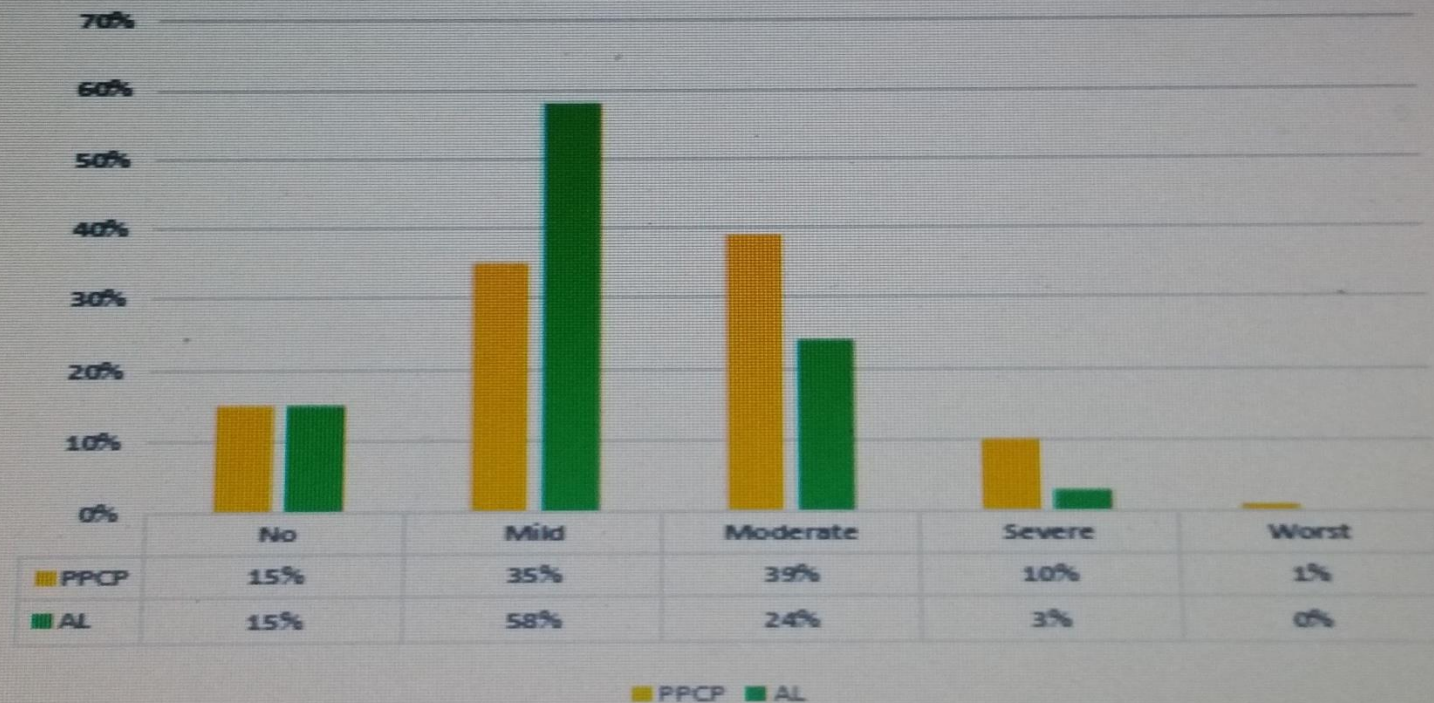
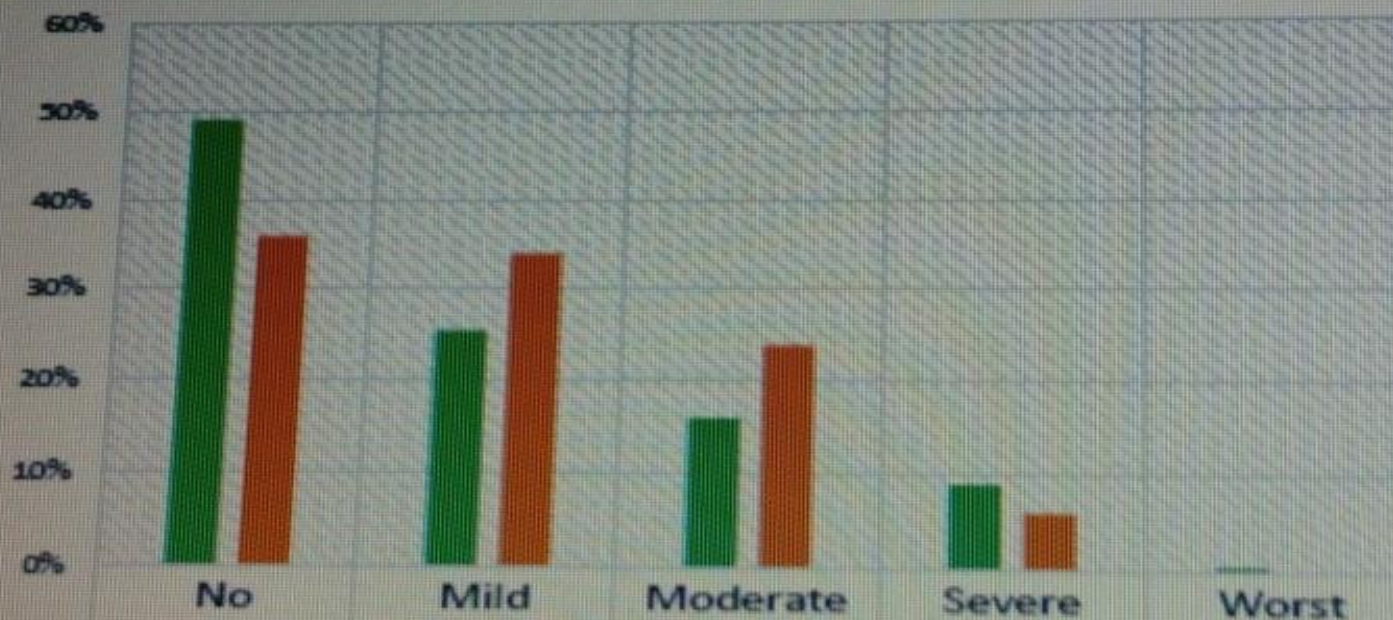


Figure 2: Frequency of activity limiting symptoms according to severity.

Performance of Mobility among participants in PPCP and AL



■ PPCP

49%

26%

16%

9%

1%

■ AL

36%

34%

24%

6%

0%

■ PPCP

■ AL

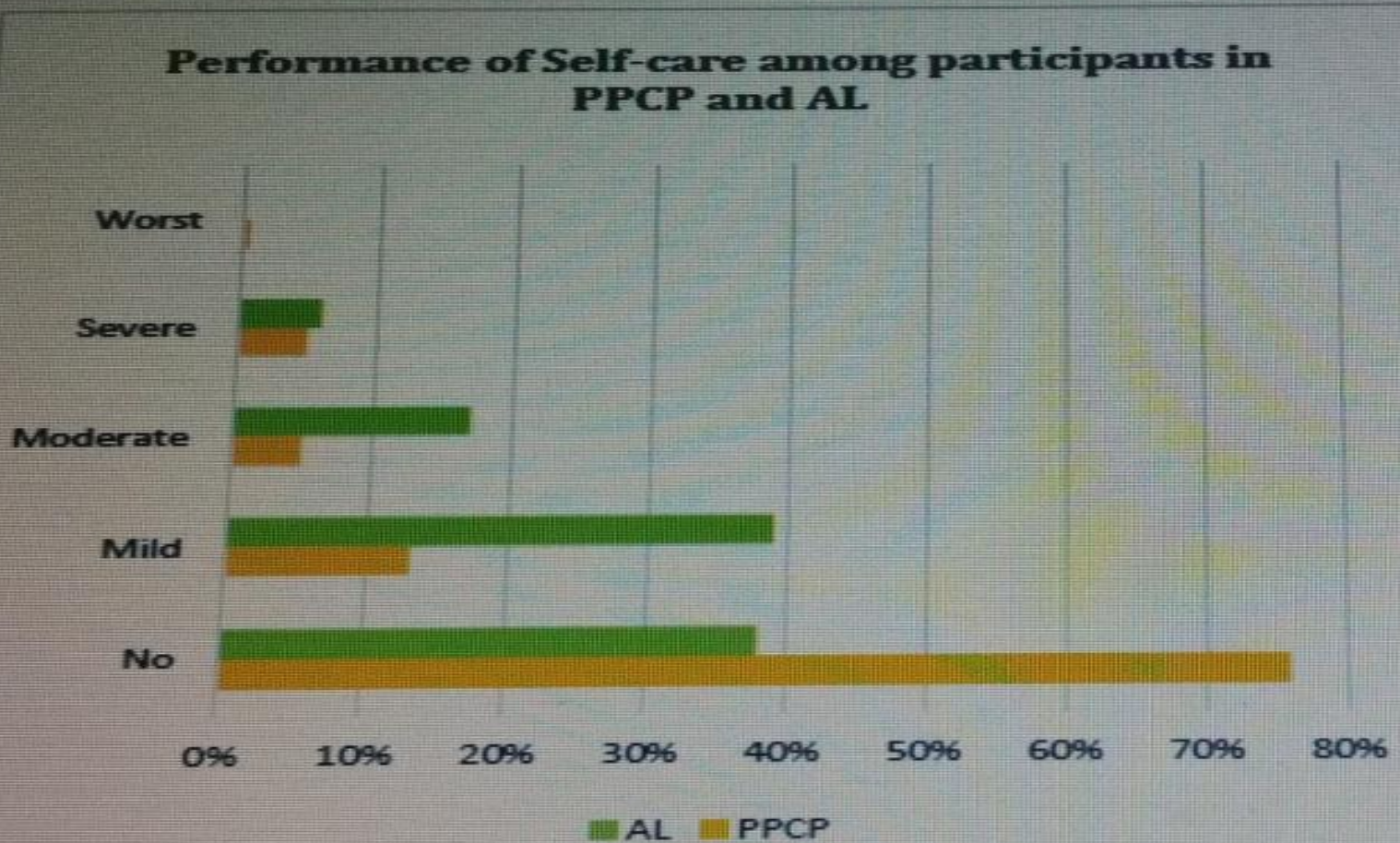


Figure 4: Performance of self-care among PPCP and AL participants

DISCUSSION

People living with HIV/AIDS experience a lot of;

- Pain and problems in performing basic activities of daily living
- Physiotherapy may help to improve performance in self-care activities

- However, increase in age and severity of symptoms can significantly increase limitations in BADL

- The ICF has proven to be a useful tool for PLWHA in Zambia.

CONCLUSION AND RECOMMENDATIONS

- ❖ Activity limiting symptoms dominated by pain are prevalent among PLWHA in PPCP and AL home based care programmes
- ❖ There is need to research further using bigger sample and interventional studies



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