

Fertility desires among HIV infected adults at Naivasha District Hospital.

Mbuthia, C.W., Karanja J., Jaldesa G., Kinuthia J.

Summary:

In Kenya, there over a million adults of reproductive age living with HIV/AIDS. Increased availability of HAART has resulted in improved sexual and physical health, resulting in increased of risk of intended and unintended pregnancies. Their reproductive intentions have not been well defined.

Methods:

This was a cross-sectional study. A structured pre-coded questionnaire was administered to consenting HIV positive adults of reproductive age recruited using convenience sampling. Descriptive analysis of population characteristics and pregnancy intentions was performed.

Objectives:

To determine fertility intentions of HIV positive adults attending the HIV care and treatment center at Naivasha level IV Hospital.

Outcome Measures:

- 1.Pregnancy intentions of HIV positive men and women
- 2.The utilization of and preferred FP method
- 3.Barriers to FP non-use among those without desire for immediate conception.
- 4.Sexual behaviors of HIV positive men and women

Results:

Six hundred HIV positive adults were recruited. These included 300 men, age (mean, IQR) 41.3 (34.5-48) and 300 women, age (mean, IQR) 36.2 (29-42). Only 16.5% of women (n=297) and 24.4% of men (n=275) had pregnancy intentions. Females are less likely to desire more children compared to males (RR[95%CI], 0.68 [0.49-0.94]). Among the demographic characteristics only the number of living children was significantly associated with pregnancy intentions of male (RR[95%CI], 0.25[0.2-0.3]) and female(RR[95%CI], 0.2 [0.1-0.3]) HIV positive adults.

Among the 208 males who do not desire more children, 122 (58.7%) reported using contraception, 45 (21.6%) were not. Among the 248 women who do not desire more children, 126(50.8%) reported using contraception, 118 (47.6%) were not. The preferred method of contraception was male condom for both men and women (35.3%, 39.3%), followed by injectables (9.7%, 14.7%). Among those not desiring immediate conception (n=118 women, n=45 men), the only barrier for their contraception non-use was religious prohibition, one female and two men.

More men than women were sexually active, 85.8% versus 55.5%.Thirty-three (75%) men and seventeen (15.2%) women who did not desire fertility and were not on any contraceptive method were sexually active, whereas thirteen (25%) men and ninety-five (80.5%) women were not. Men reported having more sexual partners in the last 3mo, with 17.5% having more than two partners, compared to 1.6% of women.

Conclusions:

HIV positive adults have reproductive health needs and this should be integrated a part of the comprehensive care given in their clinics.

Recommendations:

All facilities taking care of HIV infected adults should aim to provide continual FP services and educate partners on safe sex practices.