

Hearing disorders in HIV positive adult patients not on anti-retroviral drugs at Kenyatta National Hospital

Abstract:

OBJECTIVES: To determine the prevalence and type of hearing disorders in HIV positive patients not on anti-retroviral drugs (ARVs) and correlate this with the World Health Organization (WHO) stage of HIV disease and CD4 positive cell counts. **DESIGN:** Case control study. **SETTING:** Comprehensive Care Clinic (CCC) and Voluntary Counseling and Testing Centre at Kenyatta National Hospital. **SUBJECTS:** One hundred and ninety-four HIV positive patients attending CCC and 124 HIV negative subjects recruited from voluntary counseling and testing (VCT) centre. **RESULTS:** Hearing loss (HL) was present in 33.5% of HIV positive compared to 8.1% in negative subjects. No gender bias in HL. Sensorineural hearing loss (SNHL) was the most common and the frequencies most affected were four-anti-eight kHz. **CONCLUSION:** Hearing loss is more prevalent in HIV positive individuals not on anti-retroviral drugs than negative normal subjects. Low CD4 cell count and advanced HIV diseases were associated with increased chance of having a hearing loss. Otolological care should be part of the comprehensive care of HIV positive patients.