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STIs and HIV co-infection prevalence among patients receiving treatment in a tertiary health facility in South-Easter Nigeria: Call for prevention

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Introduction: Confronting HIV and defeating it cannot be achieved without tackling STIs, like gonorrhea, chlamydia, trichomoniasis, syphilis, genital herpes, hepatitis B&C virus. Against this backdrop with poor awareness and initial asymptomatic nature of some of these STIs have fueled the spread of this infection and most cases an open door for new HIV infection. It is important however to take prevention of STIs seriously as HIV. Amidst

this danger, HIV-STI co-infection pose a serious health challenge on HIV patients. This study was carried out to ascertain HIV-STI co-infection prevalence among 300 selected HIV patients receiving treatment in two tertiary health facilities in the South-east Nigeria.

Method: A systematic analysis of reviewing STI co-infections in people living with HIV/AIDS. Data collected and collated from two tertiary health facilities in South-east Nigeria of patients receiving treatment of HIV which focuses on STI contracted after becoming HIV infected. These randomized analyzed individual-level data of 150 patients per facility of a total of 300 was recorded between June 2017- May 2018.

Result: The STI prevalence of 300 HIV patients receiving treatment understudied consists of 135(45%) males, 165(65%) females. Out of the 300 patients,

210(70%) are between the ages of 20-40, 63(21%) are above 40 while 27(9%) are adolescents. 264(88%) patients according to records have had STI in the last one year with gonorrhea as commonest infection.

Conclusion: From this study, it shows that HIV-STI co-infection prevalence is high and need to tackle. Prevention of STIs has important implications for HIV prevention and co-infection. Studies show that STIs enhance the risk of sexually transmitted HIV infection. The role and impact of improved STI prevention on HIV transmission need to be included in the national HIV prevention program.

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