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Effect of mobile outreach HIV & STI counseling and testing among sexually active young people: A case study of Gashaka Rural Community of Taraba State North and Apo Mechanic Village in Abuja Municipal Area Council of FCT, Abuja, Nigeria

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Introduction/Background: Mobile outreach HIV counseling and testing HCT is defined as one of the most effective social strategic ways of prevention of HIV and STD in the World. More than 60% of young active youths from Nigeria aged 16-49 are in danger and needed to be reached through this mode of prevention.

Methods: As a consultant's team contracted by Management Sciences for Health (MSH) and International Labour Organisation (ILO), we conducted series of mobile HCT outreaches in some communities in northern part of Nigeria and Abuja FCT. The research shows that over 3000 persons including sexually active young youths were sampled in FCT Abuja, Nigeria. A group of professional consultants e.g., laboratory scientists, researchers, HCT counselors/testers, volunteers and community assistants were recruited for two weeks in Gashaka, Taraba State North and Apo Mechanic Village in Abuja Municipal Area Council of FCT in sampled sites.

Results: Quantitative results have shown the way mobile HCT outreach was done in combination with other tests to attract people for the HCT. The use of churches, mosque, auto-mechanic villages, DJ music, town criers and Eagle squares are more significant as a social strategic way of prevention of HIV and STIs. (4.3%) 54 young active youths reached us showing the highest out of the total of (5.5%), 1260 persons were tested and 70 persons were positive. This was done in 2012 and out of 1146 number of persons tested, 1131 are young active youths and all the 15 positive cases they are within the age of 15-49 in 2015. This calls for more awareness creation of HIV and STI prevention.

Conclusions: The theoretical analysis, backed by observation of mobile HCT outreach plays an important role in the prevention of HIV and STIs scourge in Nigeria. More planning should be made to reach the unreached through the use of mobile van and mobile boats for river rain areas. Outreaches in churches and mosque should be encouraged as most of the young people can be reached.

Biography

Nkwachukwu Gabriel Agwu Chuks currently works at Ladoke Akintola University of Technology Ogbomosho. He received an MSc in Social Work and Health Care Option from Institute of Development Administrative of Nigeria, University of Ibadan, Nigeria, and a PGD in Monitoring & Evaluation from University of Ibadan. He obtained a HND in Microbiology/Virology Techniques, from University of Ibadan, OND Laboratory Technology. He is an Associate Member of Nigerian Institute of Science Laboratory Technology (AMNISLT).

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