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Life time experiences-The story of HIV in Njinikom Cameroon

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Cameroon is a country of about 20 million inhabitants and the national prevalence rate of HIV as at 2013 stood at 4.3%. The prevalence as at 2012 was 7.8%. The drop in prevalence has occurred, thanks to the numerous strategies that have been adopted nationally to curb the spread of this pandemic. In a country where treatment options are relatively few [NNRTIs, NRTIs, PIs], we expend a lot of energy in the area of primary prevention in order to avoid the swelling up of the huge pool of those that are already infected. This is done via routine sensitization campaigns in the village. During such campaigns people are educated about the virus and the various means of transmission as well as prevention [abstinence, faithfulness, condom use]. Free HIV screening is carried out and those who test positive are linked up to the treatment center for treatment and follow. HIV testing is offered to all pregnant women during antenatal care and those eligible for HAART are placed on treatment while those that are not eligible are placed on prophylaxis to reduce the risk of mother to child transmission. During the author's 3 year stay as director of the mentioned centre, 100% of all women seen at ANC have been tested and linked up to subsequent care. The author and his team also carry out routine adherence counseling and evaluation for those already on treatment to avoid treatment failure. In order to reduce the problem of stigma we have organized clients into support groups. This is helping immensely to reduce mental stress especially in new clients.

Biography

Eugene Chiabi is a 34 year old Cameroonian medical doctor who qualified as a medical doctor [MBBS] in 2009 from Ahmadu Bello University, Zaria, Nigeria. He also had post graduate training in the management of People Living with HIV/AIDS in 2011 and has been the director of the HIV/TB treatment centre in St Martin De Porres Catholic General Hospital Njinikom, Cameroon since 2011. He is also the current Chief Medical Officer of St Martin De Porres Catholic General Hospital Njinikom, an appointment that took effect on the 1st February 2014.

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