VOLUNTARY HIV TESTING FOR CLIENTS AND PREGNANT WOMEN IN CHAD

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Abstract

HIV infection remains a major public health problem in sub-Saharan Africa. In Chad, HIV is a widespread and evolving type, and voluntary testing is a necessary and responsible act. The objective of this study is to present the frequencies of clients screened and pregnant women for prevention of mother-to-child transmission (PMTCT). The study is cross-sectional and retrospective, based on the results of voluntary screening in N'djamena and provinces during the period from April to June 2016.

In total, 91,767 clients were screened, of whom 18,688 (20.30%) were men, 21,853 (23.74%) were women and 51256 (56.59%) were pregnant women. 4,647 tests were positive and confirmed to be 5.06%. Screening is one way of preventing HIV / AIDS. It allows for early identification of HIV status in order to change risk behaviors, facilitate access to antiretroviral therapy, and reduce mother-to-child transmission.

Introduction

Screening involves using a sufficiently reliable test in an apparently healthy person for a disease before it declares itself. The long asymptomatic phase of HIV infection is particularly suitable for screening (1). According to the national AIDS council, in Chad HIV seroprevalence in the general population is estimated at 3.3%, with a disparity between urban (7%) and rural (2.3%). (2, 3, 4, 5) HIV in our country has an evolving tendency through risky sexual behavior, favored by socio-economic, socio-cultural, illiteracy and poverty (6).

In the context of HIV / AIDS strategies in Chad, the Sectoral Program on HIV / AIDS and only Communicable Infections (PSLS / IST) implements WHO recommendations to achieve the targets set at national level (3). However, the scarcity of recent data and surveys on the subject is practical (7), the last national survey was carried out in 2005 (3), this justifies the completion of this study. The aim of this work is to present the frequencies of voluntary HIV testing in a context of limited resources.

Methodology

A cross-sectional and retrospective study was conducted at voluntary HIV testing centers in N'djamena and provinces. These centers carry out several activities, including voluntary testing, medical care for people living with HIV / AIDS (PLHIV), medical and biological care, and treatment of opportunistic infections. The data used in this study were collected on the basis of the results of the screening results carried out in April and June 2016.

In order to access the clients’ files, we received a favorable opinion from the VCTs so anonymity was preserved.
Statistical analyzes were performed using Epi Info version 2007. The probability was set at p <0.05.

Results
The study included 91,797 HIV-screened clients, including 18,688 (20.30%) of men, 21,853 (23.74%) of women and 51,256 (56.59%) of pregnant women for prevention Of mother-to-child transmission. The total number of female detected was 73,109 and the male sex was 18,688, a sex ratio F / H of 3.9. A total of 4,647 positive and positive tests were found, ie 5.05% of which were female, with 3,366 (7.4%) cases, and 1,260 (3.1%) positive males.

In the case of positive serology in pregnant women, the frequency is high in the regions of Eastern Logone (5.71%) and Lake (5.64%). The details of the frequency of client HIV are summarized in Table 1 and that of pregnant women are summarized in Figure 1.

<table>
<thead>
<tr>
<th>Voluntary Testing Center</th>
<th>Screened Clients</th>
<th>HIV+</th>
<th>%</th>
<th>Men HIV+</th>
<th>%</th>
<th>Women HIV+</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>N’jamena</td>
<td>17,310</td>
<td>1,697</td>
<td>9.8</td>
<td>621</td>
<td>3.58</td>
<td>1,076</td>
<td>6.21</td>
</tr>
<tr>
<td>Provinces</td>
<td>23,468</td>
<td>1,687</td>
<td>7.2</td>
<td>639</td>
<td>2.7</td>
<td>1,027</td>
<td>5.0</td>
</tr>
<tr>
<td>Total</td>
<td>40,778</td>
<td>3,384</td>
<td>8.3</td>
<td>1,260</td>
<td>3.1</td>
<td>2,103</td>
<td>4.9</td>
</tr>
</tbody>
</table>

The number of clients screened is high in provinces (57.55%) and in N’djamena (42.45%). The results show that the frequency of HIV positive men (3.58%) and women (6.21%) in N’djamena is higher than that of men (2.7%) and women (5%) found in provinces. The overall frequency reveals that women are most exposed to HIV with 4.9% against 3.1% in men.

Figure 1:

Frequencies of pregnant women screened HIV +.
Results show that the frequency of HIV+ in pregnant women for PMTCT is high in the Eastern Logone region (5.71%) and the Lake region (5.64%).

Caption:

Discussion
Our results show that pregnant women and non-pregnant women represented a significant number of HIV+ (7.4%) against (3.1%) in men. These results reflect the high prevalence of HIV (4.1%) among women according to the national survey carried out in Chad in 2005 (7). They also corroborate data from sentinel sites conducted in 2013 among pregnant women seen in prenatal clinics (5) and other work previously done in sub-Saharan Africa (8.9.10). It has been reported by UN agencies that in sub-Saharan Africa, women's vulnerability to infection is due to biological factors and social, economic and cultural structural factors such as gender roles, Unequal power, the disproportionate burden of HIV care, and the existence and tolerance of violence against them, including sexual coercion (11,12,13).

In the fight against HIV, the identification of a large number of infected persons allows for early antiretroviral therapy, which could have a beneficial effect on the risk of horizontal transmission of the infection (14). HIV-positive pregnant women who receive an appropriate combination of antiretroviral restore their immunity and see the risk of transmission to the newborn less than 2% (15,16,17).

Conclusion
At the end of our results, we think that the need to know her serological status very early is about to be understood by the population in Chad, which explains why the taboo barrier of this infection tries to disappear. Voluntary HIV / AIDS testing is one of the strategies to increase awareness, prevent and reduce the spread of HIV and help change behavior and provide access to antiretroviral therapy (ART). In Chad, efforts need to be multiplied by those involved in the fight against HIV / AIDS, especially in the Lake region and Eastern Logone. Increasing awareness, mobilization and voluntary testing with mobile teams will be essential.

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