

Telephone Health Service to Improve the Quality of Life of the People Living with AIDS in Eastern Nepal

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Abstract : Quality of Life (QOL) is an important component in the evaluation of the well-being of People Living with AIDS (PLWA). This study assessed the effectiveness of education intervention programme in improving the QOL of PLWA on ART attaining the ART-clinics at B. P. Koirala Institute of Health Sciences (BPKIHS), Nepal. A pre-experimental research design was used to conduct the study among the PLWA on ART at BPKIHS from June to August 2013 involving 60 PLWA on pre-test randomly. The mean age of the respondents was 36.70 ± 9.92 , and majority of them (80%) were of age group of 25-50 years and Male (56.7%). After education intervention programme there is significant change in the QOL in all the four domains i.e. Physical ($p=0.008$), Psychological ($p=0.019$), Social ($p=0.046$) and Environmental ($p=0.032$) using student t-test at 0.05 level of significance. There is significant ($p= 0.016$) difference in the mean QOL scores of pre-test and post-test. High QOL scores in post-test after education intervention programme may reflective of the effectiveness of planned education interventions programme.

Keywords : telephone, AIDS, health service, Nepal

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