

Antiretroviral Drug Therapy in Benue State, Nigeria: A Follow-up of 20 PLWA in a Private Hospital in Gboko

Fred Iornongo Tamen^{*}, John Kpamor¹, Nyitor Alexander Shenge² and Terzungwe Ayebe¹

1. Department of Psychology, Benue State University, Makurdi, Nigeria

**E-mail: ftamen@yahoo.co.uk*

2. Department of Psychology, University of Ibadan, Ibadan, Nigeria

²E-mail: alex71851@yahoo.com

KEYWORDS Antiretroviral. Drug. AIDS. Benue. Nigeria. Follow-Up

ABSTRACT The need for a drug policy on HIV/AIDS was investigated through a pilot clinical study of 20 Persons Living With AIDS (PLWA), (8 males and 12 females) who took combivir antiretroviral drugs (ARV). Their age range was between 11 and 60 years with those between 11 and 40 years presenting most for the drug therapy. Each participant responded orally or in writing to a self-developed questionnaire. Hospital case record files were also reviewed for more data to establish additional complications during therapeutic interventions with combivir therapy. Recommendations for commencing ARV drug therapy as well as side effects and opportunistic infections for combination drug therapy were made. These have significant implications for HIV/AIDS victims, and patients on ARV drugs, counselling and psychotherapy. Policy recommendations emphasise need for drug in terms of combination therapy, sustained health education, empowerment and capacity building, expanded facilities and above all, increase in uptake and availability of ARV drugs.