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Exploring the Factors Contributing to Lack of Adherence to Antiretrovirals (ARVs) Treatment for People Living with HIV/AIDS (PLWHA) in the Eastern Cape

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ABSTRACT The paper, through a review of literature explores the lack of adherence to antiretroviral treatment for people with Human Immunodeficiency Virus and Acquired Immune Deficiency Syndrome (HIV/AIDS) in the Eastern Cape Province of South Africa. Findings indicate that, many HIV/AIDS victims in South Africa embrace the myth that HIV/AIDS is a woman's disease. The following are suggested strategies to redress the lack of adherence; studies should emulate to refine these findings through quantitative or use mixed methods. This has been found to be important as it can give statistical evidence regarding the extensiveness of the case. Government should not turn a blind eye to the needs "of People Living with HIV and AIDS" (PLWHA). Communities as well should support them with everything so that they do not feel discriminated and isolated. Strengthening families and communities through equipping them with skills, providing various means of moral support to them to avoid loneliness and isolation within their environment, such as showing caring and passion as well as exhibiting the other positive ways of coping with HIV/AIDS especially those who are badly sick among them. There is a need to provide lessons or skills through training and support particularly to those who are in denial. Practitioners can also put more focus in supporting caregivers' well-being. Support can be offered financially and professionally to avoid stress burnout.