KNOWLEDGE, ATTITUDE AND PRACTICES TOWARDS HIV – POSITIVE AND AIDS PATIENTS AMONG THE UNIVERSITY OF NAIROBI DENTAL STUDENTS

A RESEARCH PROPOSAL SUBMITTED FOR PARTIAL FULFILMENT OF BACHELOR OF DENTAL SURGERY DEGREE

INVESTIGATOR: BWIRE G. B. BDS IV

DURATION: MAY – JUNE, 2000
KNOWLEDGE, ATTITUDE AND PRACTICES

TOWARDS HIV POSITIVE AND AIDS PATIENTS AMONG THE UNIVERSITY OF NAIROBI DENTAL STUDENTS

A RESEARCH PROPOSAL SUBMITTED FOR PARTIAL FULFILMENT OF BACHELOR OF DENTAL SURGERY

INVESTIGATOR: BWIRE G. B. BDS IV

DURATION: MAY - JUNE, 2000

SUPERVISORS:

INTERNAL SUPERVISOR: DR. L. MUTARA

DEPARTMENT OF PERIODONTOLOGY, COMMUNITY & PREVENTIVE DENTISTRY, UNIVERSITY OF NAIROBI.

EXTERNAL SUPERVISOR: DR. D. O. AWANGE

DEPARTMENT ORAL & MAXILLAFACIAL SURGERY, ORAL MEDICINE & ORAL PATHOLOGY, UNIVERSITY OF NAIROBI.
**LIST OF ABBREVIATIONS AND TERMS**

**LIST OF ABBREVIATIONS**

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>NASCOP</td>
<td>National AIDS and STDS control Programme</td>
</tr>
<tr>
<td>BDS</td>
<td>Bachelor of Dental Surgery</td>
</tr>
<tr>
<td>UNDH</td>
<td>University of Nairobi Dental Hospital</td>
</tr>
<tr>
<td>FDS</td>
<td>Faculty of Dental Sciences</td>
</tr>
<tr>
<td>WHO</td>
<td>World Health Organisation</td>
</tr>
<tr>
<td>HIV</td>
<td>Human Immunodeficiency Virus</td>
</tr>
<tr>
<td>AIDS</td>
<td>Acquired Immunodeficiency Syndrome.</td>
</tr>
</tbody>
</table>
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supervisors</td>
<td>i</td>
</tr>
<tr>
<td>List of abbreviations</td>
<td>ii</td>
</tr>
<tr>
<td>List of contents</td>
<td>iii</td>
</tr>
<tr>
<td>Summary</td>
<td>1</td>
</tr>
<tr>
<td>Introduction</td>
<td>2</td>
</tr>
<tr>
<td>Literature review</td>
<td>2</td>
</tr>
<tr>
<td>Statement of problem and justification</td>
<td>4</td>
</tr>
<tr>
<td>Objectives</td>
<td>4</td>
</tr>
<tr>
<td>Hypotheses</td>
<td>4</td>
</tr>
<tr>
<td>Variables</td>
<td>5</td>
</tr>
<tr>
<td>Materials and methods</td>
<td>5</td>
</tr>
<tr>
<td>Ethical considerations</td>
<td>6</td>
</tr>
<tr>
<td>Perceived benefits</td>
<td>6</td>
</tr>
<tr>
<td>Budget</td>
<td>7</td>
</tr>
<tr>
<td>References</td>
<td>7</td>
</tr>
</tbody>
</table>
SUMMARY:

Recent years have witnessed a tremendous worldwide increase in the number of people infected with the human immunodeficiency virus (HIV) which causes the human immunodeficiency syndrome (AIDS). It is estimated that 33.4 million in the world are affected of which 22 million are in sub-Saharan Africa.

In Kenya for every 8 adults aged 15-49, one is infected. Figures for Kenya also indicate that more than 700,000 have already developed AIDS. Since the first case was reported in 1987, about 14 million people had already died from AIDS by the end of 1998.

Therefore, there is an urgent need to strengthen the control programmes against HIV infection by among others the dental professionals as recommended by the World Health Organisation (WHO).

A study done among the Nairobi dentists found out that a sizeable number of them had misconceptions about AIDS.

This needs to be addressed in order to change their entrenched behaviour. These misconceptions have been known to cause fear and anxiety which hampers the effective and humane management of HIV positive and AIDS patients by the oral health personnel.

Since the dental students are basically the future dentists, there is need to establish their knowledge, attitude and practices towards HIV infected and AIDS patients. This will be a cross sectional descriptive study among the university of Nairobi dental students. Oral health planners in Kenya and other regions require this information in order to initiate and promote special education on AIDS pandemic and combat any unconventional practices towards the HIV/AIDS patients.
INTRODUCTION

HIV is the human retrovirus that causes the acquired immunodeficiency syndrome (AIDS), a disease which was first described in 1981 as an outbreak of unexplained Kaposi’s sarcoma and pneumocystis carinii pneumonia in homosexual males in the United states of America. At least 40 oral manifestations of HIV infection have been recorded, most of which are used as clinical correlates of CD4 counts. The oral lesions cause significant morbidity, yet many can be treated using fairly simple approaches.

The WHO recommends that dental surgeons have a duty in responding to the problems of AIDS which has now affected over 1 million people in Kenya and over 34 million worldwide. As future dental surgeons, the dental students have a role to play in educating themselves and their patients about the disease, preventing disease transmission within the oral health care setting and providing care for the patients infected with HIV.

Few students have investigated the knowledge, attitude and practices on AIDS among various Groups of health care providers. In Kenya, however, none of these studies has been carried out among the dental students yet they are charged with the management of patients, among them the AIDS infected ones, during their clinical sessions at the University Dental Hospital. Hence, the purpose of this study.

LITERATURE REVIEW

AIDS knowledge, attitude and behaviour patterns have been studied widely among various groups of people. These include students, people in different professions and social groups. The results obtained are quite diverse in nature.

A study done among the public service dentists in Nairobi concluded that a substantial number of them were wanting in their attitudes towards HIV positive / AIDS patients.
Another study that investigated the knowledge, attitudes and personal behaviour of university students on AIDS in Nigeria indicated that 58.7% of the subjects knew that AIDS is caused by a virus but 72.6% thought the disease could be spread through kissing, hugging and shaking hands. 48.0% believe they cannot get AIDS. Most students showed a high degree of a version to AIDS victims while about ¼ reported having multiple sexual partners in the last five years. The results suggest that well organised specifically targeted educational programs are needed for university students.

Anderson ET AL found that there is still need for information about AIDS, and future campaigns should be directed towards all age groups as risk behaviour is not only a phenomenon among young people. In Israel, some high school pupils suggested that AIDS patients should be expelled from school. A most consistent factor was that pupils acquired their knowledge from media (television 94.66%, newspapers 89.51% and that the medical profession contributes very little to the pupils' understanding of the disease (22.09%.) Most of the pupils suggested that prevention of this disease be incorporated as a subject into the formal teaching programme of the school.

A survey done to obtain information on knowledge and attitudes of 297 nursing students from three training institutions in the Western Cape regarding HIV - infection and AIDS patients found that the average knowledge regarding AIDS scored 72.5%, they generally had a positive attitude regarding the caring for AIDS patients. It was recommended that the curricular of training institutions make adequate provision for relevant training regarding AIDS.

Dental and oral hygiene students at the university of stellenbosch were found to have a poor perception of the risk of infection following needle-stick injury and whether HIV could be transmitted through contact with saliva. Most students felt they had insufficient lectures on HIV/AIDS and had practically no exposure to HIV sero-positive patients.

A large number of Hongkong secondary school teachers and students thought it would be ill-advised to visit a dental surgeon treating HIV - infected patients.

A study done in Memphis found that for boys, and not for girls, knowledge gained had a direct effect on increasing tolerance toward AIDS victims.
STATEMENT OF PROBLEM AND JUSTIFICATION

HIV/AIDS has become a serious health and development problem in many countries around the world, particularly in Africa. Many Kenyans are infected with HIV. For every eight adults aged 15-49, one is infected. In an urban area, one out of every six adults is infected [2,3]. Therefore, dental students have a duty to educate themselves and their patients about the disease, prevent the disease transmission within the oral care setting and provide the care for the patients infected with HIV [4].

A sizeable number of dentists and students have misconceptions which have been known to cause fear and anxiety which hampers the humane management of HIV/AIDS patients [4-7]. Few studies have investigated the knowledge, attitudes and practices on AIDS among health workers in Kenya. However, none of these studies have investigated knowledge, attitudes, and practices of Nairobi University dental students on AIDS. Hence the purpose of this study [8].

OBJECTIVES

1. To determine the knowledge, attitudes and practices toward HIV positive and AIDS patients among the University of Nairobi dental students.

2. To determine difference in knowledge, attitudes, and practices towards HIV positive and AIDS patients between pre-clinical and clinical dental students at the university of Nairobi.

HYPOTHESIS

1. 99% of the University of Nairobi dental students know about HIV/AIDS and its risks.

2. Over 50% of the University of Nairobi dental students have a negative attitude towards caring for patients confirmed to have HIV/AIDS.
VARIABLES

Dependent variables:
- Knowledge
- Attitudes
- Practices

INDEPENDENT VARIABLES:
- Sex
- Year of study
- Age

MATERIAL AND METHOD

STUDY AREA

The study will be carried out at the dental school and Chiromo Campus of the University of Nairobi where both the clinical and pre-clinical students stay respectively.

STUDY POPULATION

All the Bachelor of dental surgery students.

STUDY DESIGN

It will be descriptive cross-sectional study among the university of Nairobi dental students.

INCLUSION CRITERIA

Only those dental students who give consent will be included in the study.

EXCLUSION CRITERIA

Those dental students who will not consent to the study.

DATA COLLECTION INSTRUMENTS

A self-administered questionnaire to be filled by the dental students.
DATA ANALYSIS

This will be done manually and presented in tables.

LOGISTIC PROBLEMS

1. Some respondents might not answer all the questions.
2. Scarcity of finances.

MINIMISING ERRORS AND BIASES

Pre-testing of the questionnaire amongst the study population.

ETHICAL CONSIDERATIONS

Permission will be sought from the authority in the institution. The purpose of the study will be explained to the participants. A verbal consent will be obtained from the participants before the questionnaire. The information given will be treated as confidential.

PERCEIVED BENEFITS

1. The results will be used by the University authorities to effect necessary changes geared towards improvement of knowledge, attitudes and practices of the dental students for the purposes of better care for the HIV/AIDS patients.
2. The study will be used as part of fulfillment of Bachelor of dental surgery degree of the University of Nairobi.
BUDGET

<table>
<thead>
<tr>
<th></th>
<th>KSHS.</th>
<th>CTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Proposal typing &amp; printing</td>
<td>600</td>
<td>00</td>
</tr>
<tr>
<td>Questionnaire typing and printing</td>
<td>800</td>
<td>00</td>
</tr>
<tr>
<td>Report typing and printing</td>
<td>1500</td>
<td>00</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>400</td>
<td>00</td>
</tr>
<tr>
<td></td>
<td><strong>3,300</strong></td>
<td><strong>00</strong></td>
</tr>
</tbody>
</table>

REFERENCES


10. Attitude and knowledge of highschool pupils in Holon (Israeli) toward AIDS. Brook U; Heim M; Alkalay Y Isr J Med Sci, 1994 Sep, 30:9, 699- 705


13. The knowledge and attitude of HonoKong secondary School teachers and students, towards HIV infection and Dentistry, Chu CS; Chan TW' Hui HM; Samaranayake LP' Chan JC; Wei SH. Community Dent Health, 1995 Jun, 12:2, 110 – 4