



Understanding the Role of Registered Nurses in to Fight Against HIV

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Abstract

This study is going to research the role of registered nurses in fighting HIV/ AIDS in patients so that the responsibilities can be addressed in a systematic way as possible. The aim of the study is to determine the respective role of registered nurses to design the proper framework to initiate the treatment process and maintain the inputs throughout the treatment. The objectives of the study are being mentioned as to conduct the study in a systematic way to retrieve the justified knowledge and information regarding the present scenario. Methods and materials are being mentioned that assist the researchers to conduct the data collection and data analysis in a systematic way as possible, in this regard suitable methods and techniques have been chosen for the present study to evaluate the themes and patterns of the collected data. Here in the current study secondary data collection has been utilized to interpret the respective conditions in curing HIV patients.

In the result and discussion, part findings are consulted through themes and patterns, and the causes of HIV transfer and AIDS are mentioned. Further, the role of the registered nurse in different dimensions has been mentioned according to the study. Issues faced by nurses are to be taken into consideration to curtailing the further progression of cases.

Keywords: AIDS, T-Lymphocytes, CD4 Receptors, HIV, Immune system.

Introduction

HIV known as the human immunodeficiency virus attacks the human body's immune system, and while the infection is not treated in time, it develops AIDS (Acquired Immunodeficiency Syndrome). It can be stated throughout the different medical reports that once the HIV Virus infects a patient, they have it for life. In that case, they can avoid the disruptive conditions by controlling the virus through treatment properly. And in this process role of registered nurses are huge, they can guide and deliver respective guideline and practical treatment tools to the affected patients. Further, they also ensure the patient's care is to be conducted as per the policies and a standard of the respective health authority, which also maintains the concerned government, hence ethical boundary is being maintained.

The number of HIV patients is increasing and emerging as a major global public health issue. The infection claimed around 40.1 to date, in the year 2021, the disease has taken a toll on around 650000 and 1.5 million people have been infected with HIV [1]. Registered nurses are the ones that have experience and knowledge as they have worked in different conditions,

and can help the health department along with the respective Government to assess the severe condition that causes HIV in a certain region of the country. In this respect, they also can guide the patients, family members, Government, and other agencies to take proactive actions to manage the disease within limits.

Aim and objectives

The aim of the present study is to assess the role of registered nurses to fight HIV in patients during the treatment process.

The objective s of the present study

- To investigate the reasons that cause HIV in the population
- To evaluate the role of registered nurses in fighting HIV in the population and patients in hospital
- To identify the Issues faced by Nurses during the treatment of HIV.
- To identify the respective undertakings that can mitigate further infection of HIV in the population

Methods and materials

Research design

“Research design” is the general plan that guides the researchers on how to collect the data collection and analyze those data. In this regard, it can be stated that research design can be grouped into two parts, *“Exploratory research design”* and *“conclusive research design”* depending on the feature of the methods they are utilizing. Exploratory research design in general help the researchers to explore the respective area to collect more and more information regarding the current topic [2].on the other hand, Conclusive research aims at the final conclusion. The present study takes ExploratoryResearch Design into consideration to study the research topic in a collective way. The population that is infected by HIV is increasing, hence exploration helps the researchers to identify the cases and the cause simultaneously.

Research approach

The “Research approach” helps the researchers to evaluate the topic in a collective way through the specific plan and procedure. The research approach has been subdivided into three parts, *“Deductive, Inductive and Abductive research approach”* [3]. The present study takes the Inductive approach into consideration while exploring the data collection, Inductive study assists the researchers to explore the themes and patterns regarding the present topic, hence all the important information can be covered in a collective way.

Research Philosophy

Researchers need a guide on how to deal with a certain way to develop regarding a specific topic, *“Philosophy”* of the research assist the researchers to take the way to conduct the research to retrieve the expected results. Philosophy has been grouped into three parts, here *“interpretivism”* study has been chosen [4]. It helps the researchers to interpret the different situations properly.

Data collection methods

Data can be of two types in general, qualitative and quantitative, further based on the collection methods it can be of two types. Primary data collection methods and secondary data collection methods, the present study takes secondary data collection methods to

evaluate the pattern and themes that are important to assess the issues in HIV treatment [5]. There is a huge amount of secondary data in journals, articles and government websites that can help the researchers to gather important information, further NGO activities and experiences from public and private research on HIV treatment can help the researchers to evaluate different conditions regarding the role of Registered nurses.

Data analysis methods

In this regard, it can be stated that the collected data need to be interpreted and analyzed in the proper way to achieve the objectives of the present study. The present study has utilized secondary data to evaluate the respective conditions regarding HIV treatment and the nursing role in fighting HIV in the population. *“Thematic data analysis”* has been utilized to identify the *themes and patterns* that deliberately emerge so far regarding the present topic [6]. These themes and pattern assist to evaluate the severe condition of HIV in the population worldwide, and further analysis help to identify the respective measures that need to be taken to improve the condition. Data analysis assists the concerned agencies to take proactive actions to mitigate the further infection, the role of registered nurses is being mentioned in a collective way.

Findings and Results

Reasons that cause HIV

HIV is a communicable disease that is a significant global concern nowadays. One of the chief causes of transmission of the virus is unprotected sexual intercourse. Persons who have sex with multiple partners or infected persons or have unprotected sex are found to be at high risk for the infection of HIV. It is identified that during sexual intercourse, semen, blood or vaginal secretions can be entered into the body of other people which can cause infection of HIV. T lymphocytes and other white blood cells that have CD4 receptors on their surfaces are among the immune cells that are targeted by the HIV, which is a retrovirus. The CD4 receptor is used by this virus to bind to the lymphocyte and enter it. The virus reduces the body's capacity to fight infection by destroying and diminishing CD4+ T-cells, the immune system's most abundant WBCs [7]. On the other hand, sharing contaminated needles during blood transfusion is one of the main causes of HIV infection. When the same needle is used to draw blood from a healthy person that was previously used in the body of the infected person, the chances of the infection are significantly increased.

In addition, it is identified as a major global health issue as there are millions of people who are suffering from AIDS. The disease can be transmitted through blood transfusion as well. It is identified that most of the cases of HIV infection occur due to blood transfusion because blood carries a higher level of HIV when compared with other modes of transmission [8]. When a person is infected with HIV, there is a high risk of passing the infection to the child. It is identified that pregnant mothers can transmit the HIV virus to the unborn child during pregnancy or childbirth as HIV can transmit through the placenta. The virus can infect babies born to mothers who are infected [9]. Moreover, the blood and other fluids of the pregnant woman may expose the baby to the virus during labour and delivery. The amniotic sac breaks when a woman goes into labor. Once this occurs, the baby's risk of contracting HIV increases. The majority of HIV-infected babies are born with the disease. It is identified during breastfeeding, the transmission of the virus may take place. In this regard, Pregnant

HIV-positive women who receive treatment can significantly lower the risk to their unborn children.

Role of Nursing in the HIV department

The increasing number of HIV patients forces the Government and health departments to take different initiatives to curtail the situation through effective measures. The involvement of registered nurses can significantly improve the conditions of increased infection among the population. The longevity of HIV patients is accompanied by frequent visits to the hospitals; hence the nurses in the hospital system need to perform accordingly to the severity of the AIDS in the patients. It can be stated that the enrolled nurses are being provided respective training to deliver the best treatment to HIV patients, on the other hand, they are guided by experienced nurses who have experience in nursing care in the health system [10]. The uneven ratio of doctors and patients has impacted the treatment of HIV patients, further patients feel hesitant to interact with the doctors in the first place to share the problems they are experiencing. Nurses here can help the infected population at the primary level of treatment, further during and after the hectic procedures in the treatment process patients can be guided with proper knowledge.

Awareness is necessary among the HIV population that is infected with the HIV virus, and develops AIDS. Nurses play the important role in preventing AIDS/HIV through a few undertakings such as education among the youth, and awareness programs among the entire population in the affected area. In the case of newly affected HIV patients, registered nurses can assess the key risk factors regarding the patient's lifestyle and present routine [11]. Registered nurses are the ones that can involve the patients through reassurance and can counsel them to cooperate with them in the treatment. After assessing the risk factors and level of disease they can totally start the medication process, as it is necessary to prepare the HIV patients mentally and emotionally before starting the treatment process.

Issues that emerge during treatment

Issues are coming into the scenery and the number of cases of HIV patients or AIDS is increasing with time. In this respect the patients face many consequences during the treatment, further, the hospital authority also faces issues while dealing with HIV patients [12]. The first issue the nurse is facing is impatience among the patients and their family members. In general, the affected patients are going through a severe mental and emotional breakdown when they get to know about the infection. They show unwillingness and negativity toward the treatment that the hospital authority is prescribing.

Moreover, the rush of patients in the hospital system harms the overall treatment process in the hospital, nurses are not able to address the cases properly as it is needed. In this respect, the number of patients is increasing, but the hospital system involves a limited of registered nurses, doctors and other staff as they support [13]. Hence the treatment of HIV patients has been affected thoroughly. Further, the health agency has limited resources in terms of financial, technology and human resources, which prevents the system to implement further progress on this matter. Moreover, social stigma and discrimination towards the patients prevent the primary detection of the infection, hence treatment cannot be initiated as it is needed to prevent further severity.

Discussion

It can be analysed from the overall findings of the study and the reports of the joint United Nations Program on HIV/AIDS, around 75 million population have been infected by the virus and 35 million people died due to AIDS and AIDS-related issues worldwide [14]. In this respect, the Sub-Saharan region has shown a severe increase in HIV patients. Women share half of the infected population, and young girls and boys are being infected due to severe indirect reasons. It is an alarming time that governments need to establish proper guidelines and frameworks to curtail the conditions that increase the cases predominantly. Hospitals in different countries struggle to face challenges due to uneven doctor-patient ratio in the health structure, this condition forces the World Health Organization to shift the tasks from the doctor's hand to Nurses, midwives and health workers.

It can be stated that, there is a certain region that is emerging as the main epicentre of the epidemic of AIDS or HIV. However, it is necessary to make all the population aware of the disease, the impact of AIDS is in no way similar to other diseases. It affects the entire immune system after the infection, patients have to deal with the effects throughout their life. It can be stated that HIV patients are the vulnerable target of society due to stigma regarding the disease, hence registered nurses are the ones that take care of the patients in a collective way to reduce the further severity. Nurses are considered an important part of a hospital system that is able to take care of patients in a collective way, as they are interacting with the patients and their family members on a daily basis [15]. They can make proper guidelines through conversations with the respective doctors and family members on how to follow and respond as per the framework.

On-going through the present condition of the case of HIV/ AIDS it can be understood that lack of awareness and knowledge among the population creates severe conditions. The causes that lead to the disease can be detected and mitigated properly if the population has the required knowledge regarding the disease and how it transfers from one human to another. In this regard, awareness programs can be a crucial mitigation plan to create a certain environment to improve the condition [16]. The program can involve the concerned Government, community health centres, educational institutes and others, registered nurses and physicians who have knowledge about the infection can promote awareness among the youth especially. With this approach, social stigma can be reduced to a large extent. There is an uneven ratio of doctors and nurses in the hospital system, and the hospital and Government need to train more nurses in the diagnostic system that treats the patients.

Registered nurses can treat HIV patients collectively as they have direct interaction with the patients and family members. In this respect, they need assistance in terms of the help of other nurses who work under them, financial assistance, technologies, and medic infrastructure. A suitable hospital infrastructure is needed to implement the infrastructure to initiate and maintain the treatment [17]. Further, the nurses need to be given the free hand to take more responsibility to design the most appropriate framework to treat the patients. Further, it can be stated that the hospital agencies need to involve the nursing professional in pilot programs that take place in the most affected area, it improves social awareness towards HIV patients, and further reduces discrimination, and hence patients come to the hospital in the primary stage of the infection.

Conclusion

On going through the entire study it can be seen that the stigma regarding the HIV Virus and AIDS is still in reality, Governments across the countries along with the health department are facing challenges to address the condition properly. It can be stated that there is no proper cure for HIV patients, once the patients are infected by the virus has to bear the consequences for a lifetime. There are a few specific reasons that can cause HIV/ AIDS in the population, such as unprotected sexual interaction, injection, sharing the HIV patient's Needles with normal people, and infected blood, a child can infect by this virus through the mother during pregnancy. In this context, it can be said that the social stigma of the infection is that this infection is only transferred by sexual contact, hence patients and their family members are facing distress conditions throughout their life.

In conclusion, it can be said that HIV cannot be discarded from the root level, but it can be cured and managed within limits, and the severity of the disease can be mitigated through diagnosis, care and proper treatment. Many initiatives can be taken to improve the conditions collectively, and social programs involving registered nurses, doctors, local Governments, the Community, and students are able to address the condition of patients. Further, the proper hospital infrastructure needs to be implemented to initiate and maintain the respective treatment. All these measures promote empathy and compassion towards HIV Patients, as in the first place they need mental and emotional help from others. The active involvement of registered nurses improves the scene better way as they have huge knowledge and experience to take a crucial role in many cases. They can involve patients, family members and respective authorities to design the proper guideline to treat and counsel HIV patients.

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