



Implementation of HIV Treatment and the Role of Nurses in Public Hospitals

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Abstract

HIV or “Human Immunodeficiency Virus” significantly affects the immune system of the body and this decreases the ability of the body to fight against infectious viruses and bacteria. In this regard, effective HIV treatment should be implemented in health sectors in order to educate ordinary people and reduce the risks of transmission of the virus. It is identified that ART therapy is crucial to minimise the transmission of HIV and this treatment is provided in every public hospital and HIV treatment clinic. This treatment is significant as it lowers the viral load from the body therefore strengthen the immune system of the body that gives the ability to resist the entrance of pathogens into the body. It is identified that in the treatment of HIV, the knowledge, skills and experience of the nurses are critically important as it affects the treatment of the HIV infected peoples. In this regard, a piece of good knowledge about HIV and AIDS is critically important to the nurses in order to reduce stress, anxiety, depression and fear from the mind of the patients. In order to conduct the study, a secondary data collection method is used. In this study, the secondary data is analysed with the help of thematic analysis, evaluating the relevant journals and articles from authentic sources in order to maintain the originality and authenticity of the study.

Keywords: HIV, immune system, public hospitals, nurses, HIV patients

Introduction

HIV causes severe damage to the immune system of the human body and decreases the ability of the body to fight against harmful pathogens. It is an infectious disease found to be a global concern in the modern age. HIV is mainly transmitted through blood when contaminated needles are shared during a blood transfusion or for unprotected sexual intercourse as well as from mother to child during the pregnancy period [1]. If it is left untreated, HIV will destroy the immune system of the body which can induce different types

of life-threatening diseases that can lead to cancer later. It is necessary to prevent the morbidity and mortality which are related to HIV as it significantly affects the human population [2]. Proper HIV treatment lowers the viral load in the body which reduces the transmission of the virus from one person to another.

It is identified that there is a significant role of private hospitals regarding the implementation of HIV treatment. WHO has announced several guidelines for the care and treatment of HIV in private hospitals as well as several HIV clinics. “Antiretroviral treatment” is needed for HIV patients in order to offer them a longer and healthier life as well as to mitigate the transmission. In this regard, there are various public hospitals that offer this treatment and services to the patients [3]. The ART therapy is significantly effective in order to reduce the viral load from the body and it has increased the survival of HIV-infected people. Moreover, the successful treatment of HIV, ART, is the best opportunity for the effective recovery of the immune system [4]. It is identified that in case of the nursing and care of HIV patients, special skills and experienced nurses are required. In addition, the knowledge and experience of the nurses have a significant impact on the quality of the treatment that is given to the HIV-infected peoples.

Aims and objectives

The main aim of the study is to identify the role of nurses in public hospitals in implementing HIV treatment. However, the other objectives are:

- To analyse the significance of the implementation of HIV treatment in public hospitals
- To evaluate the role of nurses in private hospitals
- To determine the importance of implementation of HIV treatment in public hospitals
- To find the issues related to HIV treatment and its mitigation and the roles of nurses in mitigating issues

Materials and Methods

In order to conduct the study, data collection is an important step as it helps to understand the outcome of the research article. It is referred to as the process which is associated with collecting relevant and necessary data in order to find the answers to the proposed objectives. There are two methods of data collection including "primary data collection" and "secondary data collection". "Primary data" is mainly based on the research and findings of the researcher himself whereas "secondary data" includes the research of the other researchers conducted earlier [5]. The current study is mainly based on the “secondary data collection method”. In order to maintain the authenticity and originality of the current study, here only the peer-reviewed scientific journals, official government websites, newspapers, scientific magazines and as well as other verified online sources are considered. The secondary data is analysed with the help of thematic analysis. In this regard, various journals and articles are evaluated in order to derive the themes which can determine the findings of the study.

In order to understand the significance of implementing HIV treatment in public hospitals and the role of nurses in this context, the relevant journals and articles from authentic sources are chosen carefully for conducting thematic analysis. It is necessary to implement the treatment of HIV in public hospitals as appropriate medical care is helpful in order to lead a healthy life for a longer period of time in case of HIV patients. In this regard, the ART therapy plays a critical role in order to decrease the risks of transmission of the disease. Since

there is no known cure for HIV, the goal of treatment is to keep the viral load low enough to prevent further HIV transmission and allow for immunological recovery [6]. Therefore, maintaining effective individual antiretroviral therapy and tracking progress toward achieving population targets for viral suppression depend on monitoring HIV viral load in HIV-positive individuals. Suppression of viral load will be helpful to lower the chances of community transmission of the virus as well as to improve the immune system of the body to fight against the pathogens.

The nurses in the public hospitals play a significant role in implementing HIV treatment in the hospitals. It is necessary to provide training about the ART treatment to the nurses in order to build their capacity of them to provide the necessary care to the infected peoples. According to [7], the knowledge of nurses about HIV and AIDS has a significant impact on the quality of services they provide to the patients with HIV. It is evident that community health workers including nurses have a critical role in fighting any global crisis such as AIDS. They have to protect themselves from getting infected while providing treatment to the infected people [8]. In addition, nurses should be able to convince the patients to complete the course of treatment in order to ensure the minimisation of the risk of transmission in the community. In this regard, the communication between the nurses and patients should be developed as it is directly associated with the treatment outcome of the patients. However, effective patient-provider communication must foster patient trust and care engagement in order to maximise clinical outcomes for HIV and STI services.

Infections that are transmitted through sexual intercourse including AIDS, results in critical morbidity and mortality, especially in case of during pregnancies that leads to transmitting the virus from the mother to the child. It is identified that to mitigate the risks of transmission of the virus, patients need to accept the course of treatment provided by the public hospitals. Moreover, people are found to be experiencing certain stigma and discrimination from the nurses in the treatment of HIV which leads to increased anxiety and they tend to incomplete the treatment in the middle [9]. In addition, improvements in sexual, reproductive, and maternal-child health outcomes are certain when a comprehensive set of services is implemented, such as diagnostic testing, medication adherence counselling, support for STI status disclosure, and partner treatment uptake. Moreover, it is identified that a lack of basic health knowledge of the nurses has a negative impact on the understanding of the importance of diagnosis of the disease.

Results and Discussion

Analysis of the implementation of HIV treatment and its importance for HIV care in public hospitals

HIV treatment is important as it lowers the amount of viruses from the body that leads to lower the chances of transmission of the disease. It is necessary to implement HIV care and treatment to patients who are dealing with HIV. Various public hospitals and other healthcare sectors offer HIV testing programmes that need to be accessed by the common people so the treatment procedure can be started as early as possible. It is identified that the morbidity and mortality that are associated with HIV are found to be significantly reduced by the effective implementation of ART Therapy [10]. The public hospitals provide this treatment immediately to the people who are diagnosed as HIV positive. In this regard, the nurses and other care providers need to be sympathetic towards the patients as support and care are

crucial in order to make it easier for people with HIV to get treatment right away. Moreover, it is important to encourage treatment adherence so that HIV-positive individuals can achieve viral suppression for their own health and avoid spreading the virus to others, to improve HIV-related infection control and prevention and to make it easier to deal with the difficulties of living with HIV.

The implementation of HIV treatment and care is significantly important in public hospitals. It is identified that the management of HIV infection strategy has to be significantly changed over the last few decades. There is no debate that proper and improved nursing plays a significant role in determining the satisfaction of the patients that is beneficial in sooner recovery. Nurses are associated directly with the patients for giving care and necessary support [11]. It is identified that HIV care refers to important “non-antiretroviral therapy” clinical services, the treatment of HIV-related infections, and non-clinical services that aid in the reduction of HIV-related illness and death rates among HIV-positive individuals. The nursing service and system of the hospitals have a critical role in order to provide necessary treatment to the HIV-infected people [12]. In this regard, implementation of HIV treatment in the public hospitals is crucial as the hospitals have a good availability of HIV testing equipment. It is identified that with proper care and effective ART treatment can cure the disease if treated as early as possible. It can suppress the viral load of the body that can restore the immune system to reduce the chances of getting infected by other pathogens. In this regard, it is necessary to take necessary treatment from the hospitals.

The role of nurses in public Hospitals for HIV treatment

The HIV virus attacks the body's immune system and in recent times there has been no effective treatment for HIV cure. Once people get HIV, they have it for their whole life but proper medical care and substitute treatment by the hospital and nurses control HIV. Human immunodeficiency syndrome is one of the most life-threatening diseases that are rapidly increasing in the world and is also alarming for the world [13]. A person when infected with this incurable disease then they are immersed in many psychological problems such as anxiety and guilt. The person is physically, psychologically, socially, and also spiritually affected when they faced this disease. It is effective for HIV patients to improve their mental and physical conditions through effective nursing care. Effective nursing care fulfills the emotional and spiritual needs of HIV patients and nurses it also mitigates the anxiety and emotional distress of the patients [14]. Nurses play a big role in the further improvement of the health conditions of the people who are HIV-infected Public hospitals and their service for this disease are also impactful in improving the situation related to HIV treatment in the world.

The hospital environment for HIV treatment is crucial and it affects the patients highly. During time of hospitalization of HIV patients have to need more take care of patients needs. Fear of infection creates discrimination among the health care personnel and as a result, HIV patients are suffering from loneliness and are isolated during the time of hospitalization. Effective nursing care creates a great impact on the treatment of HIV patients by providing patients with healing and effective care. Nurses play a great role in improving the patient's physical and mental conditions and their great effort also provides the patients for overcoming diseases. In public hospital, HIV patients face many obstacles and challenges and they also suffer from many critical situations that reduce healing and sustainability. Most of

the nursing staff are frightened by the lack of information about HIV and discrimination to contact HIV patients in public hospitals [15]. Proper training about HIV treatment for nurses in the public hospital is necessary to reduce the fearness and lack of knowledge about HIV. The nursing training about HIV treatment should include not only the physical care of the patients but also include the mental and social care of the HIV patients. Public hospitals occur with high numbers of patients who are infected with many diseases and it is important for the hospitals to build different expertise and nursing care that is highly effective for HIV care. Mental support is essential for the patients and effective nursing include the mental support of the patients.

Issues related to HIV treatment in public hospitals and its mitigating with the help of registered nurses

There are many issues that create challenges for HIV treatment in public hospitals. HIV is a life-threatening disease and it continuously increasing in the world due to the lack of proper knowledge. The lack of proper infrastructure for giving effective treatment for HIV patients in public hospitals is one of the big issues in the world. Most public hospitals do not have the proper infrastructure in the hospitals and due to this, many patients suffer from insufficient treatment [16]. Another great issue for HIV treatment in public hospitals is the lack of knowledge about HIV among nurses and health workers. HIV is an infectious disease and nurses and health workers are frightened to treat HIV patients. Due to the proper training, the issue rapidly increased and it highly impacted the healthcare system in the world related to HIV [17]. The patients who are infected with the HIV virus are suffering from psychological issues such as depression and guilty and this creates barriers to treatment. Social impact is also creating issues for HIV treatment because HIV patients get socially isolated when people around them know about their illness and it brings challenges for treatment. The deficiency of registered nurses and health workers in public hospitals is also an important issue for HIV treatment.

Nurses and effective nursing are essential for mitigating the issues related to HIV treatment. Public hospitals should have engaged more registered nurses for HIV treatment and mitigate the nurse deficiency issue. More nurses and health workers can help patients with treatment and improve the situation of public hospitals. Effective training for HIV disease treatment to nurses is important for enhancing their knowledge about it and this will help to mitigate the fear among the health workers. Public hospitals should also develop the health infrastructure that will enhance the proper treatment of HIV [18]. Social support provided by registered nurses to HIV patient bring a positive impact on the patient's mentality and it also helps to enhance the treatment effectiveness. Nurses are effective healing workers who spend most of their time with hospitalized patients and psychological support given them to the patient can help to boost the emotional positivity. Public hospitals should monitor hospitalized HIV patients registered nurses to understand the health conditions of the patients and it also helps to take the initial steps to improve the treatment [19]. HIV virus is infectious but people have a misconception about it and as a result, they badly behave with HIV patients. Knowledge improvement campaigns about HIV and its treatment by public hospitals bring positive thoughts among the people and reduce misconception about it.

Conclusion

In order to draw a conclusion of the study it is identified that HIV is an infectious disease that destroys the immune system of the human body. As the body becomes weak in order to fight against the pathogens, it can trigger other infectious diseases as well as can aid cancer if left untreated. It is necessary to implement HIV treatment in the public hospitals to provide necessary care and treatment to the people who are identified as HIV positive. In this regard, nurses play a significant role in implementing HIV treatment in the hospitals. It is identified that the knowledge and experience of the nurses has a positive impact on the mindsets of the patients as most of the HIV patients need proper emotional support, care and sympathy that trigger their quick recovery of them. There is no debate that when a person gets positive for HIV, they suffer from fear, anxiety and guilt that has a severe impact on their mental as well as physical health.

The nurses and other healthcare professionals should have positive attitudes toward the people with HIV. It is identified that there are many nurses who have negative attitudes towards the HIV infected people that mainly triggers the stigma and discrimination between patients. HIV patients experience loneliness and are isolated while they are in the hospital. By providing HIV patients with effective and healing care, effective nursing care has a significant impact on treatment. The physical and mental well-being of patients is greatly improved by nurses, and their tireless efforts also help patients overcome illness. HIV patients in public hospitals face numerous obstacles and difficulties, as well as numerous critical circumstances that hinder healing and sustainability.

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