

# Nurses Role in Prevention of HIV/AIDS

Vijayaraddi Vandali

Faculty, College of Nursing, Komar University of Science and Technology, Sulaimaniya, Kurdistan.

**Abstract:** Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition as per World Health Organization there are about 37.9 Million peoples living with AIDS/HIV in the world and out of which only 23.3 Million peoples accessing antiretroviral therapy but remaining are still not under treatment and such peoples may spread/transmit HIV more and rapid. Awareness is required among peoples living with HIV and high risk groups should consider on high priority. Nurses play key role in prevention of HIV/AIDS by significant functions such as health education to youths, high risk groups and eligible couples and prophylaxis. There is no treatment or vaccine not available to cure this syndrome, so for this deadly syndrome prevention is much better than cure is possible.

**Keywords:** Acquired immunodeficiency syndrome; Nurse; Prevention; World and Peoples

**Publication date:** March, 2020

**Publication online:** 31 March, 2020

**\*Corresponding author:** Vijayaraddi Vandali, vijayaraddi.vandali@komar.edu.iq

## 1 Introduction

In the 1980s and early 1990s, the outbreak of HIV/AIDS swept across the United States of America and rest of the world, though the disease originated decades earlier. Today, more than 70 million people have been infected with HIV and about 35 million have died from AIDS since the start of the pandemic, according to the World Health Organization(W.H.O).

## 2 Global HIV/AIDS statistics

### 2.1 According to World Health Organization:

(1)37.9 million [32.7 million–44.0 million] people

globally were living with HIV.

(2)23.3 million [20.5 million–24.3 million] people were accessing antiretroviral therapy.

(3)1.7 million [1.4 million–2.3 million] people became newly infected with HIV.

(4)7, 70, 000 [570 000–1.1 million] people died from AIDS-related illnesses.Mechanical forces induce endoplasmic reticulum stress and promote osteoblast differentiation.

### 2.2 Definition

Acquired immunodeficiency syndrome (AIDS) is a chronic, potentially life-threatening condition caused by the human immunodeficiency virus (HIV). By damaging immune system, HIV interferes with body's ability to fight the organisms that cause disease.

## 3 Spread of HIV/AIDS

### 3.1 By having unsafe sex

You may become infected if you have vaginal, anal or oral sex with an infected partner whose blood, semen or vaginal secretions enter the body.

### 3.2 From blood transfusions

In some cases, the virus may be transmitted through blood transfusions.

### 3.3 By sharing needles

Sharing contaminated intravenous drug paraphernalia (needles and syringes) leads to high risk of HIV.

### 3.4 During pregnancy or delivery or through breast-feeding.

Infected mothers can pass the virus on to their babies.

## 4 Signs and Symptoms of HIV/AIDS

- (1)Fever
- (2)Fatigue
- (3)Swollen lymph nodes
- (4)Diarrhea and Weight loss

- (5)Oral yeast infection (thrush)

## 5 Structure of Human immunodeficiency virus(Figure 1)

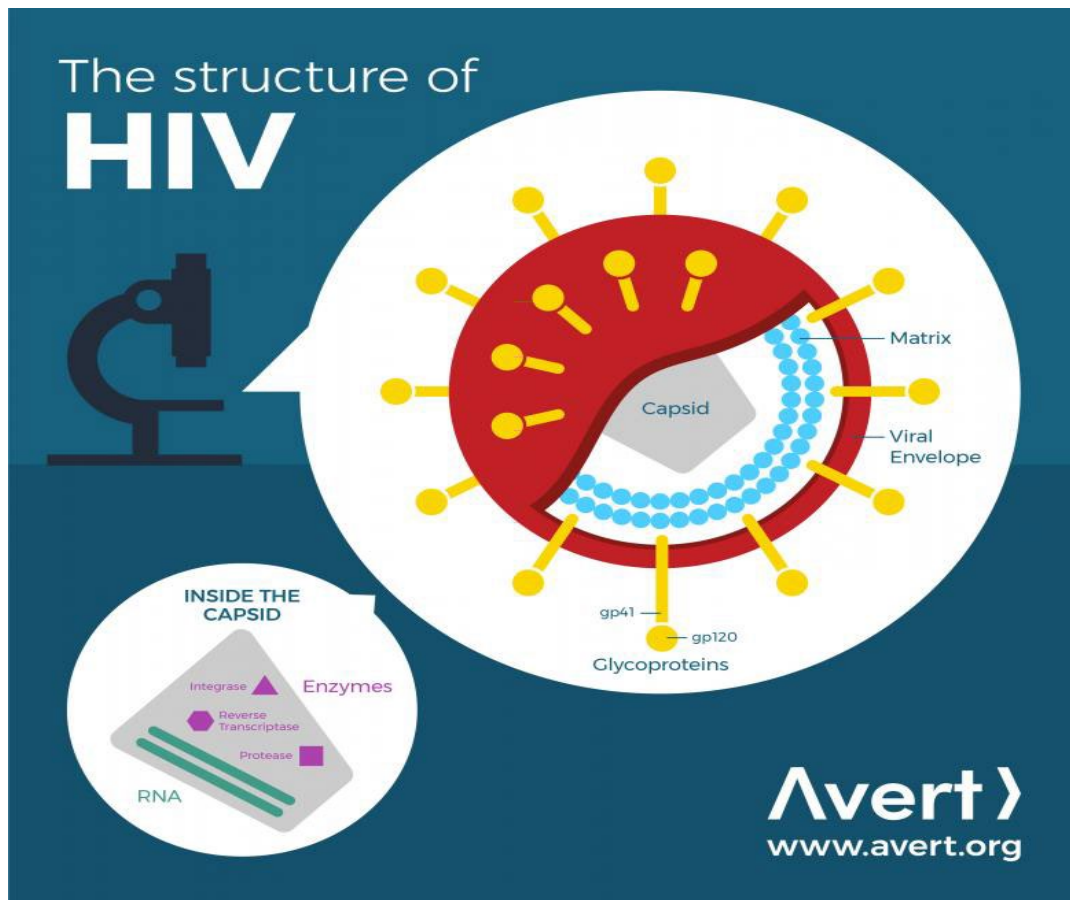


Figure 1. Structure of HIV (source: avert.org)

## 6 Diagnosis

(1) Less than 200 CD4+T cells per cubic millimeter of blood indicates the HIV confirmation.

(2) CD4+T cells are white blood cells that play an important role in the body's immune system. These cells are destroyed by HIV.

## 7 Nurse role in prevention of HIV/AIDS

(1) Explain the mode of transmit of HIV virus to the peoples, especially eligible couples by using different images, videos etc.

(2) Explain how to use condoms properly every time during intercourse the individual should use condom separately.

(3) Understand the impact of pregnancy and breastfeeding for the HIV+ woman

(4) When necessary, support the woman in working with child protection agencies

(5) Understand the client's support systems

(6) Understand the implications of the aging process of clients

(7) Provide continuous support through ongoing reinforcement

(8) Ensure processes are in place for follow-up e.g. primary care and public health supports

(9) Ensure access to support services for public

(10) Identify high risk groups and educate them regarding HIV spread and its consequences

(11) Identify sex workers and motivate them to use condoms every time during intercourse.

(12) Nurse also have to explain about pre-prophylaxis for high risk groups

(13) Screening for pregnant mothers at least twice

during pregnancy time.

(14) Explain the virus spread and preventive measures to illiterate peoples continuously

(15) Motivate not to have multipartners for sex

(16) Teach the couples that they should try to be faithful towards their partner.

(17) Communicate with youths and motivate talk regarding their sexual problems or STDs.

## 8 Acknowledgement

I want to thank my parents and my uncle Mr.B.S Desai, President Government of Pharmacist Association Karnataka, India.

## References

- [1] [www.who.int](http://www.who.int)
- [2] Strategic Planning for Nursing and Midwifery Development in Countries of the Southeast Asia Region: Report on Intercountry Consultation 1995, Thailand WHO SEARO
- [3] Nursing and Midwifery Education in the Twenty-first Century: Report on Intercountry Consultation, 1999, Thailand, WHO SEARO
- [4] Nursing and Midwifery Management for Prevention and Control of HI
- [5] <https://www.worldaidsday.org>
- [6] [https://www.unaids.org/en/resources/campaigns/WAD\\_2019](https://www.unaids.org/en/resources/campaigns/WAD_2019)
- [7] [www.cdc.com](http://www.cdc.com)
- [8] [www.avert.com](http://www.avert.com)
- [9] <https://www.jci.org/articles/view/120633>