UPTAKE OF HIV SELF TESTING AMONG MOST AT RISK POPULATIONS TAKING HIV PRE-EXPOSURE PROPHYLAXIS IN CENTRAL UGANDA: A CROSS-SECTIONAL STUDY

MATOVU JOHN BOSCO JUNIOR

BU/GS16/MPH/10

SUPERVISORS

ASSOCIATE PROF. JAYNE BYAKIKA-TUSIIME, PhD

DR ROY WILLIAM MAYEGA, PhD

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Declaration

I, Matovu John Bosco Junior, BU/GS16/MPH/10, declare that this dissertation is my original work (except where due acknowledgement has been made) and is being submitted in partial fulfillment for the award of the Master's degree in Public Health of Busitema University, 2018. I also declare that this research has not been previously presented or submitted to this university as a research project or any other institution for partial fulfillment of any qualification

Signature: Date:

Dissertation Approval

This dissertation is submitted as partial fulfillment for the award of the Master's Degree in Public Health of Busitema University with our approval as supervisors.

1. Jayne Byakika-Tusiime, B Pharm, MSc, PhD

   Associate Professor of Epidemiology

   School of Health Sciences

   Department of Public Health

   Soroti University

   P O BOX 211 Soroti, Uganda

SIGN …… DATE ……

2. Roy William Mayega, MBChB, MPH, PhD

   Senior Lecturer

   Makerere University School of Public Health

   P.O. Box 22864. Kampala Uganda

SIGN: ……. DATE: …….

Acronyms and Abbreviations

AGYW	Adolescent Girls and Young Women
AIDS	Acquired Immune Deficiency Syndrome
eMTCT	Elimination of Mother to Child HIV Transmission
FSW	Female Sex Workers
FSW	Female Sex Worker
HAART	Highly Active Antiretroviral Therapy
HBCT	Home Based HIV Counselling and Testing
HCT	HIV Counselling and Testing
HIV	Human Immunodeficiency Virus
HIVST	HIV Self Testing
IDUs	Injectable Drug Users
IRB	Institutional Review Board
IUDs	Injectable Drug Users
KP	Key Populations
MARPI	Most At Risk Populations Initiative
MARPS	Most At Risk Populations
MoH	Ministry of Health
MSM	Men who have Sex with Men
PICT	Provider Initiated HIV counselling and Testing
PLHA	People Living with HIV/AIDS
PrEP	Pre-Exposure Prophylaxis
PWIDs	People Who Inject Drugs
PWUDs	People Who Use Drugs (PWUD)

PWUID	People Who Use and Inject Drugs
UAC	Uganda AIDS Commission
UNAIDS	United Nations Program on HIV/AIDS
UPHIA	Uganda Population-Based HIV Impact Assessment
VCT	Voluntary Counselling and Testing
WHO	World Health Organisation

Operational Definitions

Most at Risk Persons	Individuals or groups of people at a particularly higher risk of HIV acquisition compared to the general population. These groups of people have higher than average HIV prevalence when compared to the general population. In this report, the terms Most at risk population and Key Population (KP) are used interchangeably.
Vulnerable populations	Groups of people who are particularly vulnerable to HIV infection in certain situations or contexts, such as adolescents (particularly adolescent girls), orphans, street children, people in closed settings (such as prisons or detention centres), people with disabilities and migrant and mobile workers.
Key populations	Refers to both vulnerable and most-at-risk populations. They are important to the dynamics of HIV transmission in a given setting and are essential partners in an effective response to the epidemic
HIV Self-Testing	Any form of HIV testing in which an individual collects his/her own sample, performs a simple, rapid laboratory test, and is therefore the first to know the results.
Oraquick	An HIV self-testing kit which uses oral fluid to detect HIV antibodies A self -test is performed by taking an oral swab of the inside of the human mouth and are read within the first 20 minutes.
Feasibility of HIVST	This is the degree to which the results from an HIVST can be trusted to detect the HIV virus.
Acceptability of HIVST	The number of people who undertake an HIVST after being offered the test kit.
Uptake of HIV selftesting	The action of taking up or making use of HIV self-testing services that are available. In this study, we used acceptability, testing kit preference, willingness to pay for the kits, amount to pay for the kit as factors that can affect access and use (uptake) of the HIV self-testing in clients taking PreP.

Index Client	An existing HIV positive client through whom healthcare workers go to reach other family members for HIV counselling and testing.
Differentiated Service Delivery Approach	A patient centred approach to HIV prevention, care, and treatment that targets to meet individual needs of the patients.
Boda-boda taxi men	These are men who ride motorcycles (referred to as boda-boda in the Uganda transport sector) for commercial purposes.
Adolescent girls and young women (AGYW)	Refers to a population category of females aged 15-24 years old. In this study, AGYW refers to those females in the age group 15-24 who were taking Prep.

Abstract

Background: In Uganda, about 78% of the people living with HIV know their status compared to the global target of 90% by 2020. HIV self-testing (HIVST) could be a suitable strategy in identifying people living with HIV who do not regularly seek for HIV testing services. This study assessed the uptake of HIV self-testing among Most at Risk Populations (MARPS) currently enrolled on HIV Pre-Exposure Prophylaxis in Uganda. Methods: This was a mixed methods cross-sectional study involving 366 MARPs attending Pre-Exposure clinics at MARPI clinic Mulago Kampala and Kasensero HC II Kyotera clinic. Data collection tools were an interviewer administered structured questionnaire and an in depth interviews guide. A chi square test was performed to determine association between socio demographic, economic factors and propensity to uptake HIVST while logistic regression was used to determine the predictors of uptake

of HIVST. Deductive thematic content analysis was performed to explore factors that promote and inhibit HIVST uptake. Results: There was 100% (365/365) acceptability for HIV self-testing and 66% (n=243) of respondents had high propensity to uptake HIVST. Predictors of uptake were location of clinic (rural vs urban) (aOR = 17.63 95% CI 8.44 – 36.81, p<0.001); key population category (female sex worker's vs others) aOR= 4.36 (95% CI: 1.63 – 11.66, p=0.003) and education level (≤primary vs post primary) aOR=0.38 (95% CI: 0.20 – 0.73). Conclusions: HIV self-testing is highly acceptable among clients taking PreP in central Uganda. Uptake of HIVST is significantly associated with the location of the PreP clinic, the MARP category and one's level of education. HIVST kit distribution can employ a multi model approach. Recommendation: HIVST should be adopted as an HIV testing approach in clients taking PreP.

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Dedication

This dissertation is dedicated to all clients for whom we are called to serve and to all health workers who tirelessly dedicate their efforts day and night to ensure that client needs are met.