A study to explore the lived experiences of PLHIV at selected ART Centre’s in Delhi

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Abstract

A study to explore the lived experiences of PLHIV at selected ART Centres in Delhi was undertaken by Ms Poonam Sharma, under the guidance of Dr. Molly Babu, Associate Professor, HOD of OBG towards the fulfilment of the requirement for the award of degree of Doctor of philosophy Rajiv Gandhi University of Health Sciences, Bangalore, Karnataka.

Objective: To understand the lived experiences of people living with HIV infection. To give participants an opportunity to narrate their HIV experiences. To explore the lived experiences of people living with HIV infection and to analyse the meaning of experiences of people living with HIV infection.

Material and methods: A qualitative phenomenological hermeneutics study was done on 12 PLHIV at selected ART centres in Delhi. The in-depth interview schedule was used to interview the people living with HIV. The duration of interviews was between 45 to 60 minutes. The data was collected and documented systematically and was analysed using Heideggerian Hermeneutic philosophy. Researcher employed Diekelmann and colleagues (1989) seven stage process of data analysis in hermeneutics that include identifying categories, rationalizing themes and consecutive patterns depicting shared practices and common meaning from the texts steps. The themes and conceptual framework was evolved and findings were based on Roy’s adaptation model.

Results: Findings of the study revealed seven (07) Meta themes, seventeen (17) themes and thirty-nine (39) subthemes from the expressions of participants describing lived in experiences of PLHIV.
**Conclusion**: The experiences of people living with HIV infection in this study portrayed a profound impact on the individual’s physical, psychological, and psychosocial aspects of life.

The experiences of living with HIV were influenced by psychological factors, environmental factors (stigma and discrimination from the society), health factors, hindrance factors, helpful factors, treatment seeking factors and expectation of facility and Roy’s (1984) adaptation model was utilized as a second level for analysis. The model was able to be applied to explain the experiences of living with HIV to a certain degree human response to a variety of situation showed similar patterns in people living with HIV infection.

Based on the findings and the experienced gained during the study following recommendations are made: Longitudinal evaluation of community education programs to reduce stigma and discrimination in society related to HIV may be undertaken. A meta-analysis of existing studies can be conducted to explore the mechanism of integration of comprehensive care in the existing health care program. A National Nursing Network for HIV/AIDS Research can be built comprising of nurse scientists who would conduct research and educate public for the purpose of improving HIV/AIDS nursing care around the country.

**Keywords**: PLHIV, ART centres, phenomenological, hermeneutic study