

National Consortium for Ph.D in Nursing

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

Introduction

The global HIV/AIDS epidemic is an unprecedented crisis that requires an unprecedented response. In particular it requires solidarity between the healthy and the sick, between rich and poor, and above all, between richer and poorer nations. We have 30 million orphans already. How many more do we have to get, to wake up?" **Kofi Annan**

Research suggests that HIV youth need greater help and support from their families and communities. HIV disease is not only a medical issue, but a psychosocial one as well. Individuals suffering from HIV/AIDS face continual psychosocial stressors including potential or actual isolation, overwhelming medical costs and concern over physical deterioration. Inadequate coping with demands may lead to depressed affect hostility, reduced social support utilization, high risk sexual behaviour and alcohol or drug abuse, impaired immune functioning and possibly accelerated disease progression¹.

HIV/AIDS is a disease that affects families in a profound and tragic way and it disproportionately increase the vulnerability of families. There are complex psychological and social issues that impact a family's ability to cope with HIV/AIDS infection. It is a chronic/ terminal illness that

forces individual and their families to cope with an uncertain progression of disease, complicated medication regimes and the grief related to the loss of health and possibly the loss of family members. AIDS is now a chronic problem, like Diabetes and hypertension and nothing has been yet invented that kills the virus.

Objectives: 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.

Methods: A qualitative phenomenological hermeneutics study done on 12 PL HIV as 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 **30 to 60 minutes**. The data was collected and documented systematically and was analyzed 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 were developed.

Results: The study found that 7 meta themes, 17 themes and 39 subthemes emerged from the expressions of participants describing lived in experiences of PLHIV .MT1 Psychological Factors 2 MT2 Environmental Factors 3 (A) MT3 Health Factors 4) MT4 Hindrance Factors 5. MT5 Helpful Factors 6 A) MT6 Treatment Seeking Factors 7) MT7 Expectation of Facility

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, hinderance 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 responses to a variety of situation showed similar patterns in people living with HIV infection.
