



Scenario of HIV infection in Pakistan

Prof. Fridoon Jawad Ahmed^{1*}

¹University of Health Sciences, Lahore, Pakistan

*drfridoon@yahoo.com

ARTICLE INFO

How to Cite:

Jawad Ahmed, F. . (2022). Scenario of HIV infection in Pakistan. *Pakistan Journal of Health Sciences*, 3(07). <https://doi.org/10.54393/pjhs.v3i07.469>

Human immunodeficiency virus (HIV) infection, which was previously lethal, has evolved into a chronic disease that may be treated and well-managed. HIV levels in the bloodstream may become undetectable with antiretroviral therapy (ART). All those providing care for people living with HIV should be aware of the risk factors, transmission, diagnosis, and treatment, acute HIV infection, possible opportunistic infections, and malignancies. Preexposure and postexposure prophylaxis regimens allow for preventive treatment. Home healthcare specialists can help people follow their drug schedules, assess the effectiveness of their treatments, and identify HIV problems and ART side effects. The ability to support, inform, and counsel people living with HIV and their families is most crucial [1]. Approximately 38.9 million people worldwide were living with HIV, 25.4 million had access to antiretroviral therapy (ART), 1.7 million had just recently contracted the virus, and 690,000 had passed away from AIDS-related illnesses, according to a Joint United Nations Program on HIV/AIDS 2020 report. Although Pakistan's national HIV/AIDS control program was established in 1987, the number of new HIV/AIDS cases has been rising quickly ever since. In Pakistan, 160,000 people were living with HIV/AIDS as of 2018, yet only 10% of them were receiving ART. 3 Increasing people with HIV/AIDS' access to ART has a number of positive effects, including delaying the advancement of the disease, extending life expectancy, and enhancing people's quality of life and mental health [2]. "More than 1,000 new HIV cases are reported each month from all four provinces, including the capitol city Islamabad, Azad Kashmir, and Gilgit Baltistan. This demonstrates unequivocally that homosexuals, persons who inject drugs, male, female, and transgender sex workers, and other critical demographics are now spreading HIV to the broader community. During the final 10 months of 2022, 9,773 people in Pakistan had HIV tests that were positive, casting significant doubt on HIV preventive and control initiatives and amply demonstrating the spread of HIV from important populations to the general public. New HIV infections account for a sizable portion of low-risk males, females, and clients of critical communities, showing an increase in HIV transmission to bridging populations [3]. The increased rate of HIV in Pakistan pose a risk to a healthy population, blood recipients etc. Therefore, surrounding communities should also be checked for HIV. The government should direct public education campaigns in coordination with NGOs. To prevent any future epidemics, barbers and unlicensed health professionals in remote regions should receive training.

REFERENCES

- [1] Capriotti T. HIV/AIDS: an update for home healthcare clinicians. *Home healthcare now*. 2018 Nov; 36(6):348-55. doi: 10.1097/NHH.0000000000000706
- [2] Junaid K, Ali H, Khan AA, Khan TA, Khan AM, Khan A, et al. Prevalence and associated factors of depression among patients with HIV/AIDS in Lahore, Pakistan: cross-sectional study. *Psychology research and behavior management*. 2021; 14:77.
- [3] Bhatti MW. Alarming spread of HIV: Staggering 9,773 people test HIV positive during 2022, states official data. *The News*. 2022 Nov. [Cited on Dec, 2022]. Accessed at: <https://www.thenews.com.pk/print/1013894-alarming-spread-of-hiv-staggering-9-773-people-test-hiv-positive-during-2022-states-official-data>.