



# Oral Presentation

*Room 3*



## ACCEPTANCE OF ILLNESS AND OPTIMISM WITH HIV DISCLOSURE AMONG PEOPLE LIVING WITH HIV IN JAKARTA, INDONESIA

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### Abstract

**Introduction:** HIV disclosure plays a crucial role in preventing HIV transmission to others. People living with HIV (PLWH) face numerous challenges for disclosure their HIV status. In addition, optimism may also influence PLWH to disclose their HIV status.

**Objective:** The purpose of the study was to analyze the level of illness acceptance, optimism with HIV disclosure among PLWH in Jakarta as coping mechanisms among PLWH.

**Method:** A cross-sectional study conducted at outpatient polyclinics at one of the private hospital in center Jakarta, including 120 respondents. Three instruments used for data collection consisted of the Acceptance of Illness scale to measure level of acceptance illness, the Brief scale for HIV disclosure to measure HIV disclosure HIV, and the Life Orientation Test-Revised (LOT-R) for optimism. Descriptive analysis and chi-square were used in data analysis.

**Result:** Most respondents were male (96%), aged > 18 years (93%), high income (73%) income exceeding Jakarta City's minimum wage, higher education (84%) levels. We found that more than half respondents did not disclose their HIV status (55%), 52% had low optimism, and 42.5% had high acceptance of illness. The results showed that there was a relationship between the length of time diagnosed with HIV ( $p=0.030$ ;  $\alpha=0.05$ ) and the duration of ARV treatment ( $p=0.016$ ;  $\alpha=0.05$ ) and disclosure of HIV status. Results of the chi-square test shows that acceptance and optimism had relationship with HIV disclosure (OR=2.76; 95% CI= 0.87-8.742;  $p=0.003$  and (OR= 6.933; 95% CI= 3.100-15.508;  $p=0.000$ ). There is no relationship between age, occupation, socio-economic, educational level, marital status, and disclosure of HIV status in PLHIV.

**Conclusion:** Disclosure was low among respondents in this study. Therefore, it is essential to design intervention to increase HIV disclosure to facilitate disclosure to sexual partners.

**Keywords:** HIV disclosure, acceptance of illness, optimism, PLWH



## HOW THE COVID-19 PANDEMIC AFFECTED THE LIVES OF PERSONS LIVING WITH HIV IN INDONESIA

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### Abstract

**Background:** The COVID-19 pandemic brought worldwide sickness, death and heightened stress and uncertainty. The pandemic affected every aspect of life, including health, economic survival, and the quality of daily life. Indonesia was one of the many countries severely affected by the pandemic. Evidence from other countries showed that the pandemic was highly likely to have more severe effects on people living with HIV (PLWH). They had a higher risk of contracting COVID-19 due to their compromised immune system and were more likely to have severe outcomes than people who were not infected with HIV.

**Objectives:** This descriptive study aimed to explore the impacts of COVID pandemic on ART adherence, including those most likely to be able to deal with the difficulties of obtaining ARTs.

**Methodology:** This is qualitative descriptive study. Participants of this study consisted of 21 PLWHs recruited from three cities: Samarinda, DKI Jakarta, Tangerang, and one of the NGOs in Jakarta. They were recruited by PIC at the NGO who Participants were recruited by posting flyers at the NGO office. The NGO staff explained the study to potential participants who met the inclusion criteria (e.g., had received ART for at least six months, were at least 17 years old, and had no cognitive disorders). The in depth interview were conducted by telephone interviews. Data were analyzed by using content analysis. Each interview began with the same broad initial question: "How has your life been during the COVID pandemic?" Follow-up probes asked about how COVID influenced their adherence to ART during pandemic and how other aspects of their lives and mental health were affected by the pandemic.

**Results:** we found several themes: 1) PLWHs maintained their health during the COVID-19 Pandemic, 2) The economic impacts of the pandemic, 3) Pandemic-related impact on daily life and well-being, 4) Resilience through faith and acceptance of "Takdir"

**Conclusion:** The finding show that nearly all of the 21 participants succeeded in continuing their ART. This success reflects both health system flexibility and the determination of the PLWH themselves to stay adherent. Despite many challenges, PLWH who were already adherent to ART medication were able to remain adherent due to both health system changes and individual motivation. However, the economic and mental health effects of the pandemic were severe. The importance of community support, faith and communal religious practices helped these PLWHs get through the pandemic.

**Keywords:** The COVID-19 pandemic, ART adherence, HIV



## PERCEIVED HIV/AIDS STIGMA AMONG MEN WHO HAVE SEX WITH MEN IN YOGYAKARTA REGION

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### Abstract

**Background:** In 2021, Indonesia recorded an increase in the number of people living with HIV/AIDS (PLWHA) as much as 27.2% were men who have sex with men (MSM). MSM is a key population that carries a 28 times greater risk of transmitting and contracting HIV than other adult males. HIV/AIDS stigma is related to negative feelings toward people with HIV/AIDS that can lead to discriminatory treatment then affected to adverse treatment. Stigma might force MSM to experience barriers to access health facilities when maintaining their health status.

**Objective (s):** This descriptive study aimed to describe stigma as perceived by MSM who living with HIV/AIDS (MSM-LWHA) and to describe their demographic characteristics including age, gender, education level, marital status, and occupation.

**Methodology:** This research was conducted in a Public Hospital in Yogyakarta from June to July 2023. A purposive sampling technique was used to select participants of the study. These participants consisted of 60 MSM-LWHA. The instruments used consisted of the sociodemographic data form and the Berger HIV Stigma Scale with 40 items in Bahasa Indonesia.

**Result(s):** Most of the participants were in the age group of 24-45 years (65%), unmarried (54%), had higher education level (60%), and employed (81.7%). Almost half of the participants (41.7%) perceived a high level of stigma. A high level of enacted stigma and disclosure concern were perceived by 48.3% of them, while negative self-image concern and public attitude dimensions were perceived at a high level by 31.7% and 41.7% of the participants respectively.

**Conclusion and Implications:** The highest level of stigma were about enacted stigma and disclosure concern then followed by public attitude dimension. Self- negatives image conducted HIV found as the least stigma that perceived by MSM-LWHA. These findings can be used on educational, or intervention programs aimed at decreasing perceived stigma, emphasizing respect for the rights of PLWHA to enhance goal accomplishment of HIV management.

**Keywords:** Perceived HIV stigma, PLWHA, MSM



## THE CORRELATION BETWEEN POST COVID-19 SYNDROME AND PSYCHOLOGICAL WELL-BEING AMONG PATIENTS WHO HAVE BEEN INFECTED WITH COVID-19

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### Abstract

**Background:** The coronavirus COVID-19 pandemic is a global health crisis. Most people who develop COVID-19 fully recover, but current evidence suggests 10-20% of people experience a variety of post-COVID-19 symptoms after they recover from their initial illness.

**Methodology:** This cross-sectional research design aimed to explore the level of psychological well-being and the relation between post-COVID-19 syndrome and psychological well-being among patients who have been infected with COVID-19. The participants consisted of 384 patients who had been infected with COVID-19 in Muang district, Phitsanulok province, and were recruited by simple random sampling method. The research instruments were questionnaires on demographic data, COVID-19 syndrome, and psychological well-being. The content validity index was .81 and .83, and the Cronbach's alpha coefficient was .82 and .86 respectively. Descriptive statistics and Chi-Square test were used for data analysis.

**Results:** The results revealed that most symptoms of post-COVID-19 were cough, weakness, and dyspnea respectively, 84.4 percent of the samples had psychological well-being at a high level. The relationship between post-COVID-19 syndrome and psychological well-being was statistically insignificant (chi-square = 1.508, p = 0.471). The results of this study highlight the need for nursing care planning to discuss post-COVID-19 conditions and provide adequate support to alleviate stress in patients.

**Keywords:** Post-COVID-19 syndrome, psychological well-being



## **THE INFLUENCE OF ANDROID APPLICATION REMOT (MEDICATION REMINDER) ON ADHERENCE TO ANTIRETROVIRAL MEDICATION AMONG PEOPLE LIVING WITH HIV/AIDS (PLWHA)**

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### **Abstract**

**Introduction:** Antiretroviral therapy (ARV) stands as the paramount clinical intervention in mitigating mortality associated with HIV infection, requiring lifelong and timely adherence to a strict drug regimen to minimize viral load. Adherence barriers encompass forgetfulness due to work commitments, monotony in daily medication, lack of familial support, fear of ARV-related stigma and discrimination, and financial constraints in accessing healthcare. Utilizing Android-based technology, equipped with notification features, timely medication reminders, symptom management, and drug side-effects education, holds promise in enhancing ARV treatment adherence.

**Objective:** This study aims to assess the impact of App-based information technology on augmenting adherence to ARV medication among People Living with HIV/AIDS (PLWHA).

**Methods:** Employing a quasi-experimental design with a pre-post test and a control group, the study was conducted in two Jayapura hospitals, BLUD RSUD Abepura and Dian Harapan Jayapura Hospital. Ninety-three respondents were analyzed, with 46 in the intervention group and 47 in the control group. Instruments included a sociodemographic questionnaire, MARS 10 (Medication Adherence Rating Scale) Guttman scale, and HIV Stigma Berger 25 item Likert scale. The study was conducted from May 2023 to June 2023.

**Results:** The intervention group, utilizing the ReMOT application, demonstrated a significant improvement in post-test adherence ( $P > 0.05$ ), albeit without statistical significance in the T test results ( $P = 0.396$ ).

**Implication:** Enhancing ARV adherence through smartphone applications linked to the web, providing tailored notifications and alarms, proves effective. However, acknowledging diverse preferences among PLWHA suggests a need for a comprehensive approach, encompassing alternative methods and individualized strategies to accommodate varying needs.

**Keywords:** adherence, App, android and HIV/AIDS



## THE RELATIONSHIP BETWEEN QUALITY OF SLEEP AND PHYSICAL ACTIVITY WITH LEVEL OF SYMPTOM SEVERITY POST COVID-19 AMONG PATIENTS WITH HIV/AIDS

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### ABSTRACT

**Background:** The Coronavirus Disease 2019 (COVID-19) pandemic can lead to many implications for patients after recovery from the disease, including patients with HIV. The long symptoms such as breathlessness, fatigue, and sleep deprivation are common complaints for patients post-COVID-19.

**Objective:** In this study, the relationship between the sleep quality and physical activity of patients with COVID with HIV from discharge from one of the larger hospitals in Jakarta was studied.

**Patients and methods:** A cross-sectional study was conducted among 120 patients with HIV post-COVID who were recruited from one of the public hospitals in Jakarta. The purposive sampling method was applied with the inclusion criteria, including the patient who has been confirmed to have had COVID-19 in the past month, has been diagnosed with HIV/AIDS in the past year, is aged 20 years or more, able to read and communicate well; and mentally competent. The exclusion criteria: received sleep treatment, had complained of physical discomfort such as acute pain, and high fever. The measurement tools were the Pittsburgh Sleep Quality Index (PSQI) to measure sleep quality, the Global Physical Activity Questionnaire (GPAQ) to measure physical activity, and clinical signs of severe COVID-19 to measure the severity of post-COVID-19. Univariate analysis measured demographics, such as age, gender, etc.

**Results:** This study showed a significant relationship between physical activity and the severity of COVID-19 symptoms ( $p$ -value = 0.007). However, sleep quality was not associated with the severity of Covid-19 ( $p$ -value = 0.409).

**Conclusion and significance/implication:** Regarding post-COVID-19 syndromes, physical activity should be considered in healthcare practice. Additionally, sleep quality is not evidenced to be affected by the severity of COVID-19 in post-COVID-19 syndromes. However, sleep quality is still considered one of the main symptoms of post-COVID-19 syndromes. This study proves that sleep quality and physical activity are essential issues that should be measured in post-COVID-19 syndromes.

**Keywords:** The sleep quality, Physical activity, Patients with COVID with HIV



## WORKING CONDITIONS AND WELL-BEING OF THAI NURSES IN PUBLIC HOSPITALS DURING THE COVID-19 PANDEMIC

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### Abstract

**Background:** The COVID-19 pandemic has significantly impacted nurses' practices and well-being, which is essential to healthcare systems worldwide. There is a critical need for data on the working conditions and health of nurses in Thailand during this period.

**Objective:** To assess Thai nurses' working conditions and well-being during the COVID-19 crisis.

**Methodology:** A survey involving 418 nurses from Thai public hospitals was conducted with convenience sampling, utilizing questionnaires that clarify the working conditions and well-being and statistical analysis for data interpretation.

**Results:** According to nurse well-being, nurses faced public anger and aggression due to delayed services, fear of infection, and distress from lingering illnesses. Many participants reported fatigue, anxiety, and irritability both during and post-shifts since the pandemic's inception. Half of the participants experienced job-related stress, yet 76 percent did not seek professional support for their physical or mental health issues, 31 percent of whom were uncertain of how to begin. Regarding work conditions, job demands led to distancing from loved ones, with 20-30 percent reporting altered eating habits and increased dependence on virtual support, alongside reduced physical activity. Furthermore, half of the nurses were reassigned to different roles during the pandemic, roles they continue to hold, with a consensus that treating COVID-19 patients necessitates an additional 1-2 hours for preparatory and concluding tasks.

**Conclusion:** The findings highlight nurses' challenges and the pressing need for better support systems. Policymakers and nursing administrators are called upon to leverage these insights to bolster nurses' work environments and welfare, a pivotal factor in managing ongoing and future public health crises.

**Keywords:** Working condition, Well-being, Nurse, Thailand, the COVID-19 pandemic