FACTORS INFLUENCING THE UPTAKE OF HUMAN IMMUNODEFICIENCY VIRUS COUNSELING AND TESTING SERVICES BY EMPLOYEES AT PIETERMARITZBURG CORRECTIONAL SERVICES, KZN, SOUTH AFRICA.

by

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RESEARCH DISSERTATION

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Supervisor: Prof Linda Skaal

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Declaration

I, Nombasa Delicia Yoyo (Student number: 201216474), do hereby declare that this dissertation is my original work and that where use has been made of the work and ideas of others it has been acknowledged and referenced. I therefore remain solely responsible for the contents of this dissertation. This dissertation is submitted to the University of Limpopo, MEDUNSA campus in partial fulfillment of the requirements of the Masters of Public Health Degree. I have not submitted the dissertation before for any degree or examination or to any other academic institution.

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Initials and Surname (Title) .......................................................... Signature

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Date .......................................................... Student Number
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- I would also like to extend my sincere gratitude to the National Department of Correctional Services Research Ethics Committee for granting me permission to conduct the study.
Dedication

This dissertation is dedicated to my loving late grandmother N.V. Mayikana for her unconditional love, nurturing and guidance throughout the stages of development. I am who I am today because of her love and unwavering support. I know her spirit always watches over me. I will always love you.
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Definition of Terms

**HIV** - Human Immunodeficiency Virus is a virus that is transmitted through infected blood, semen, breast milk and vaginal fluids. This virus attacks and destroys the immune system’s white blood cells known as CD4 cells rendering them unable to fight infections. This virus only survives in human and once the person is diagnosed with the HI virus it stays in his or her body for life (DOH, 2010).

**AIDS** - AIDS is an acronym for Acquired Immune Deficiency Syndrome. It is acquired because it is not inherited. It is caused by the HIV virus which enters the body from outside and subsequently weakens the immune system so that it can no longer protect the person against passing infections. AIDS occurs when the virus has destroyed enough CD4 cells and the HIV positive person starts developing opportunistic infections. This stage is called an AIDS defining stage or fully blown AIDS (DOH, 2010).

**ART** - This is the Antiretroviral Therapy. It is the recommended treatment for HIV. ART involves taking a combination of three or more drugs from at least two different drug classes every day to control the virus. With the new ARV guidelines only one fixed dose combination drug (FDC) is taken daily unless contra indicated (DOH, 2014).

**Pietermaritzburg Correctional System.** This is one of the Department of Correctional Service’s Management Areas. It is located at UMgungundlovu District of KwaZulu Natal Province in South Africa. The personnel of Pietermaritzburg Correctional System are from various urban and rural areas and different social backgrounds. These officials are aged between 20 and 60 and a big number of these tend to be sexually active and as such prone to be infected by the HI virus (DCS, 2012).
### Acronyms and abbreviations

<table>
<thead>
<tr>
<th>Acronym</th>
<th>Full Form</th>
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<tr>
<td>AIDS</td>
<td>Acquired Immune Deficiency Syndrome</td>
</tr>
<tr>
<td>ART</td>
<td>Antiretroviral Therapy</td>
</tr>
<tr>
<td>ARV</td>
<td>Antiretroviral</td>
</tr>
<tr>
<td>DCS</td>
<td>Department of Correctional Services</td>
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<tr>
<td>HCT</td>
<td>HIV Counseling and Testing</td>
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<tr>
<td>HIV</td>
<td>Human Immuno-Deficiency Virus</td>
</tr>
<tr>
<td>ILO</td>
<td>International Labor Organization</td>
</tr>
<tr>
<td>NDOH</td>
<td>National Department of Health</td>
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<tr>
<td>NGO’s</td>
<td>Non-Governmental Organizations</td>
</tr>
<tr>
<td>SAPREF</td>
<td>South African Shell and BP Petroleum Refineries</td>
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<tr>
<td>STI's</td>
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<td>Tuberculosis</td>
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<td>VCT</td>
<td>Voluntary Counseling and Testing</td>
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<td>WHO</td>
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Abstract

Background: Studies have shown under-utilization of HIV counseling and testing (HCT) services by South African communities. Despite the high prevalence of Human immune deficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) as well as high level of awareness on HIV and AIDS only few people get tested for HIV. In 2009 it is reported that only 24.7% of adults aged 15 to 48 had tested for HIV (Pillay, 2011).

Study aim: To investigate factors influencing the uptake of HIV counseling and testing services by employees at Pietermaritzburg Correctional Services, KZN, South Africa.

Research Design: The design that was used in this study was cross sectional descriptive study design Osterman et al., (2011), because this study seeks to describe factors influencing the uptake of HCT programmes by employees of the three correctional centers and the Area Commissioner’s office at Pietermaritzburg Correctional Services.

Results: About 82.2% of employees never used the workplace HCT services and only 27.8% utilized these services. Different reasons were cited for this low utilization but the main reason that was mentioned was lack of confidentiality by health care workers. However the respondents were well informed about HIV and AIDS at (92.8%) and only (7.2%) didn’t get information on HIV and AIDS.

Conclusion: The study observed that despite the high level of HIV and AIDS in South Africa as well as high level of awareness on this epidemic utilization of the workplace and outside workplace HCT services remain low.