

Title: Trends and Causes of Mortality in PLHIV at Makawanpur ART Center, Hetauda Hospital

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Background and Objective

- Mortality among People Living with HIV (PLHIV) remains a concern despite advances in treatment.
- Despite improvements in HIV care, mortality among People Living with HIV (PLHIV) remains a concern.
- Understanding mortality trends helps in improving interventions and care plans.
- Effective ART adherence and counseling have shifted mortality patterns.
- The study examines mortality trends and causes among PLHIV at Makawanpur ART Center.

Methodology

- **Study Design:** Retrospective analysis of mortality data from 2013 to 2024.
- **Sample Size:** 59 documented deaths among PLHIV.
- **Data Collection:** Review of client files from Makawanpur ART Center.
- **Analysis:** Categorization into HIV-related and non-HIV-related causes of death and trend analysis over time.

Results

- **Total Deaths:** 59
- **HIV-Related Deaths:** 41 (69.5%)
 - Causes: Advanced HIV illness, pneumonia, tuberculosis (TB).
- **Non-HIV Related Deaths:** 18 (30.5%)
 - Causes: Alcohol-related issues, heart failure, suicide

Key Trend:

- In 2024, all five recorded deaths were non-HIV-related, reflecting the success of ART and improved healthcare, yet many deaths, including suicides, still occur due to preventable causes, and persistent stigma and discrimination surrounding HIV/AIDS must be addressed through comprehensive policies and regulations by policymakers.

Conclusion

- HIV remains a **priority program (P1)** in Nepal.
- **Critical Strategies:**
 - Early ART initiation.
 - Adherence support and counseling.
 - Integrated care models.
- **Call to Action:** Healthcare workers must ensure HIV-friendly services and sustained adherence.

Keywords

- PLHIV, HIV, ART, HIV/AIDS, adherence support, advanced HIV disease, tuberculosis, pneumonia, alcohol-related mortality, suicide, cardiac failure.

Acknowledgments

- Makawanpur ART Center, Hetauda Hospital.
- AIDS Healthcare Foundation Nepal.
- Clients and healthcare workers.

Professional Photo and Brief Bio



Amrit Lamichhane is an ART Counselor at AIDS Healthcare Foundation Nepal's Makawanpur ART Center in Hetauda Hospital, where he provides counseling, treatment adherence support, and community outreach for people living with HIV. With a background in public health and experience in HIV care, he is dedicated to improving health outcomes through psychosocial support and awareness programs.

THANK YOU