

**VOLUNTARY COUNSELLING AND TESTING NURSES' PERCEPTIONS OF  
EDUCATING HIV-POSITIVE PEOPLE ABOUT ARVs IN SWAZILAND**

by

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submitted in part fulfilment of the requirements for  
the degree of

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**SUPERVISOR: PROF TR MAVUNDLA**

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## DECLARATION

I declare that **VOLUNTARY COUNSELLING AND TESTING NURSES' PERCEPTIONS OF EDUCATING HIV-POSITIVE PEOPLE ABOUT ARVs IN SWAZILAND** is my own work and that all the sources that I have used or quoted have been indicated and acknowledged by means of complete references and that this work is my own work and has not previously been submitted at any university for a degree.

.....

**Theresa Thembi Ntshakala**  
**(SIGNATURE)**

.....

**Date**

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## ABSTRACT

A qualitative study following a phenomenological approach was undertaken to explore voluntary counselling and testing nurses' perception of educating HIV+ people about ARVs. Non-probability convenience sampling was used and in-depth semi-structured face-to-face interviews were conducted to collect data from 12 participants.

The most important results were:

- The need for extensive education on ARVs since it is a new technology used to curb the infection therefore clients need the information in order to use them effectively.
- Stumbling blocks encountered when educating HIV+ people about the drugs. The problems are mainly due to the nurses lack of current knowledge about the drugs; patients' low economic status; severe side effects; difficulties in behaviour change; poor quality of life on ARVs and medical terminology.
- Inability of clients to comply to the regimen because of severe side effects, complex regimen, lack of support from family and friends, lack of motivation, depression, cultural beliefs, lack of knowledge on how to use them and financial constraints.
- Challenges for continuous education because of current nursing shortage, negative attitudes of some nurses, demotivation and inadequate funding for such activity.

Recommendations include provision of continuing education and the incorporation of ARV therapy knowledge in the basic nursing curriculum in nursing education.

### Key words:

Antiretroviral drugs, HIV/AIDS, perceptions, qualitative research, voluntary counselling and testing.

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# Dedication

*This study is dedicated to all AIDS  
sufferers in the world,  
past, present and future, in the hope that  
it may contribute  
in some way to the relief of their  
suffering*

**and**

To all the nurses in the world who have  
constituted the  
frontline health professionals in the  
common struggle  
against HIV/AIDS infection.

