

Knowledge, Attitude, and Practice towards HIV and Aids among Nutrition Care Providers in HIV Referral Hospital

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In controlling the epidemic of HIV and AIDS as well as to mitigate its social impact, the government of Indonesia has initiated actions to improve knowledge, attitude, and practice towards HIV and AIDS in the society. As nutrition plays an important role in treating patients with HIV and AIDS, the KAP of nutrition care providers is very critical. The objective of this study is to identify knowledge, attitude, and practice of nutrition care providers towards HIV and AIDS. This study employed a *cross-sectional* descriptive design done in five HIV referral hospitals in Yogyakarta, Indonesia, between September and December 2012. Data was compared between dietitians and nutrition attendants by using *Mann-Whitney test*. This study shows that 65.71% of dietitians and 31.82% of nutrition attendants who had adequate knowledge of HIV and AIDS. There were 65.71% of dietitians and 27.27% of nutrition attendants who had positive attitude towards HIV and AIDS, whereas good practice was shown by 74.29% of dietitians and 54.55% of nutrition attendants. There were statistical significant different in knowledge and attitude between dietitians and nutrition attendants ($p < 0.05$); however there was no difference in practice towards HIV and AIDS between them. The conclusion is KAP towards HIV and AIDS are relatively low among nutrition care providers in hospitals, although dietitians have significantly better knowledge and attitude compared to nutrition attendants. Regarding this, specific trainings in HIV as well as HIV social campaign need to be conducted among nutrition care providers.

Keywords: knowledge, attitude, practice, nutrition care providers, HIV and AIDS



INTISARI

Upaya dalam mengendalikan penyebaran HIV dan AIDS di Indonesia, salah satunya adalah dengan meningkatkan pengetahuan, sikap dan perilaku terkait HIV dan AIDS. Asupan gizi penting bagi pasien HIV dan AIDS karena dapat membantu meningkatkan kondisi pasien. Oleh karena itu, pengetahuan, sikap dan perilaku tenaga gizi penting dalam menunjang keberhasilan terapi pasien. Tujuan dari penelitian ini yaitu untuk mengetahui faktor-faktor yang berhubungan dengan tingkat pengetahuan, sikap, dan perilaku tenaga gizi terkait HIV dan AIDS. Penelitian ini menggunakan desain *cross-sectional* yang dilakukan pada lima rumah sakit rujukan HIV di Yogyakarta dari September hingga Desember 2012. Uji beda pada ahli gizi dan pramusaji dilakukan dengan Mann-Whitney test. Dari 57 responden tenaga gizi, sebanyak 65,71% ahli gizi dan 31,82% pramusaji memiliki pengetahuan yang baik, serta 65,71% ahli gizi dan 27,27% pramusaji memiliki sikap yang baik. Perilaku baik ditunjukkan oleh 74,29% ahli gizi dan 54,55% pramusaji. Ada beda signifikan ($p < 0,05$) antara pengetahuan serta sikap ahli gizi dan pramusaji terkait HIV dan AIDS, tetapi tidak ada beda signifikan dalam sikap ahli gizi dan pramusaji terkait HIV dan AIDS. Kesimpulan dari penelitian ini yaitu pengetahuan, sikap, dan perilaku tenaga gizi terkait HIV dan AIDS sangat kurang, meskipun ahli gizi memiliki pengetahuan dan sikap yang lebih baik daripada pramusaji, sehingga tenaga gizi perlu untuk diberi pelatihan yang spesifik terkait HIV.

Kata kunci: Pengetahuan, sikap, perilaku, tenaga gizi, HIV dan AIDS

INTRODUCTION

The increasing of prevalence of HIV and AIDS has prompted the government to make efforts to control spread of HIV and AIDS in Indonesia by improving the knowledge, attitude, and practice towards HIV and AIDS. The fact is that 80% of Indonesia's population still have incorrect perception about that disease (1). Wrong stigma and discrimination are done not only by community, but also by health care

workers as proposed in several international studies (2,3). In Indonesia, at least 13 thousand of people live with HIV and AIDS, 30% of them complaint about discrimination done by health care workers and paramedics (4).

An adequate health care for patients with HIV and AIDS is needed to reduce morbidity and mortality from infection. The role of nutrition is needed to prevent deterioration of the patient's condition. Antiretroviral drugs and adequate nutrition can help the recovery of patients (5). Researchs based on nutrition for HIV and AIDS is fairly rare. Researchs on HIV and AIDS on health care workers are limited to physicians, nurses, radiographers (2,6,7,8). Whereas nutrition care providers especially dietitians are health care workers in hospital who have a central role in nutrition services and they are part of the health professionals who participate in the team for therapy of HIV and AIDS (9).

The importance of nutrition in the management of patients with HIV and AIDS encourage the researcher to conduct research on the factors which have relation with knowledge, attitude, and practice of nutrition care provider in hospital towards HIV and AIDS. This study aims to prevent the wrong stigma and potentials action of discrimination, so that the service provided can be optimal.

METHODS

This study employed a cross-sectional descriptive design. This design was used to find the factors which were related to knowledge, attitude, and practice of nutrition care providers towards HIV and AIDS. This study was conducted in five hospitals which provide Voluntary Counseling Testing (VCT) and Care Support Treatment (CST) in Yogyakarta Region between September and Desember 2012 with consecutive sampling. Subject of this study was all the nutrition care providers (dietitians and nutrition attendants) who are willing to participate in the study by completing the informed consent.

The independent variable of this study was respondent characteristics which are media exposure, experience related HIV and AIDS, and hospital policy. While the dependent variables were knowledge, attitude, and practice of nutrition care providers towards HIV and AIDS. Data was collected by using a set of questionnaire

modified from the HIV/AIDS/STD Behavioral Surveillance Survey (BSS) from Mo (2006) and FHI 2000.

Data was performed using SPSS (Statistical Program for Social Science) version 17.0. Data was compared between dietitians and nutrition attendants (in-room meal providers) by using *Mann-Whitney test*. Descriptive statistics with mean as cut off were used for analysis. *Chi-square test* was used to determine the relationship between two variables.

RESULTS

Sample characteristic

There were 57 respondents of nutrition care providers which participated in this study. The respondents consist of 35 dietitians and 22 nutrition attendants. Most of them were female (98.92%) and only 7.02% of respondent were male. In addition, respondents of this study came from several different religions or beliefs. Respondents were from five HIV referral hospitals in Yogyakarta Region which were RSUP Dr. Sardjito (17.54%), RSUD Sleman (14.03%), RSUD Panembahan Senopati Bantul (29.82%), RS Panti Rapih (15.79%), and RS PKU Muhammadiyah Yogyakarta (19.30%). All of dietitians respondent had income which was above the minimum wage, while only 54.54% of nutrition attendants had income which was above the minimum wage.

For education, the data shows that most of the respondents were not bachelor's degree (61.40%), especially for nutrition attendants (90.91%). Most respondents had marital status (82.46%). Different test result by using *Mann-Whitney test* stated that economic status (income) and education level of dietitians were better than nutrition attendants.

The average of respondents age was 38 ± 8.988 years and had been employed for $14,04 \pm 9,008$ years. Nutrition attendants had higher average of age ($40,61 \pm 11,642$ years) and had longer period of work ($19,39 \pm 8,084$ years) than dietitians. T-test result stated that there was no significant difference between age and length of employment of nutrition care providers. There were 89.47% of respondents stated that they received information about HIV and AIDS, but only 15.79% of respondents received training on HIV and AIDS. Most of respondents had served patients with

HIV and AIDS (71.93%), but there was a respondent who was not sure whether she had served patients with HIV and AIDS or not.

Respondents who were aware of the policy of nutrition service at the hospital where they worked were only 71.93%. While for Standart Operating Procedure (SOP) of nutrition towards HIV, there were 43.86% of respondents who knew SOP. Nutritional attendants served patients with HIV and AIDS more often than dietitians (using Mann-Whitney test).

Most of the respondents acquired sources information about HIV and AIDS through non-formal or non-academic sources in which the information were still little bit doubtfull in term of validity and completeness, such as magazines (39 people), television (43 people), newspapers (31 people) and friends (23 people). Only a small proportion of respondents who obtained information from scientific sources, such as books (12 people), seminars (1 person), journals (11 people), and training (1 person).

Factors that have relation with knowledge, attitude, and practice of nutrition care providers towards HIV and AIDS

Table 1. Percentage knowledge, attitude, and practice of nutrition care providers towards HIV and AIDS

Aspec	Dietitian (%)		Nutrition attendant (%)	
	Good	Poor	Good	Poor
Knowledge*	65.71	34.29	31.82	68.19
Attitude*	65.71	34.29	27.27	72.73
Practice	74.29	25.71	54.55	45.45

* significant by Mann-Whitney test ($p < 0.05$)

From table 1, good knowledge on HIV and AIDS shown by 65.71% of dietitians and 31.82% of nutrition attendants. Dietitian who had a good attitude was about 65.71% and 27.27% of nutrition attendants had good attitude too. The data showed that dietitians attitude was quite good (10,11). Different result was also shown in other studies (12,13). Good practice shown by 74.29% of dietitians and 54.54% of nutrition attendants. Mann-Whitney test showed that there was significant difference ($p < 0.05$) between knowledge and attitudes of dietitians and nutriton attendants. The knowledge and attitude of dietitians were better than nutrition attendants.

DISCUSSION

This study shows that dietitians have good knowledge due to higher of education and easier access of information rather than nutrition attendants. Respondent with higher education level and training participation shows that have better knowledge of HIV and AIDS. People with low education often indicates a stigma. Participation in courses or training is related to knowledge of HIV and AIDS (14,15). Changing of mindset which is closely related to an increase in nutrition care providers knowledge can be done by combining institutions support and education with seminars or training (16).

Dietitians are known to have a better attitude than the nutrition attendants, but the result of study found that nutrition attendants provide services more often for HIV and AIDS patients than dietitians. It happens because dietitians have high level of knowledge and education, also have better access of information related to HIV and AIDS. The result shows that dietitians have a good attitude because they had a good knowledge related to HIV and AIDS (17).

Improvement of knowledge and attitudes of health care workers can be done through education programs (training) related to HIV and AIDS. It happens because of the education that given to health care workers helps in reducing negative attitude to people with HIV and AIDS (18). With programs of HIV and AIDS training significantly influence in changing preception, attitude and belief about people with HIV and AIDS (19). Poor attitude can happens because of excessive fear to being infected (14).

Mann-Whitney test shown that dietitians and nutrition attendants have no different practice ($p>0.05$), whereas dietitians attitude ware better than nutrition attendants. It happens because nutrition attendants more often give services towards patient with HIV and AIDS. Some studies shown that exposure of information and counseling as well as direct experience of interacting with HIV and AIDS patients can effectively change attitude and practice (19,20).

CONCLUSION

Based on the result of this study, knowledge, attitude, and practice towards HIV and AIDS are relatively low among nutrition care providers, although dietitians have significantly better knowledge and attitude compared to nutrition attendants. Increasing of knowledge of HIV and AIDS can be done through training and education. Moreover, attitude also has relation to knowledge of HIV and AIDS. The better of attitude, the better practice of HIV and AIDS. Regarding this, specific trainings in HIV as well as HIV social campaign need to be conducted among nutrition care providers.

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