［課程－２］

審査の結果の要旨

氏名 ラケシュ アエアル Rakesh Ayer

A high number of HIV-positive individuals in resource-limited settings cannot collect their antiretroviral (ARV) pills on-time. This thesis aimed to investigate the efficacy of a nurse-led mobile phone-based intervention on improving clinic attendance for on-time ARV pills collection in Nepal.

I conducted this randomized controlled trial in which the eligible HIV-positive individuals were randomly assigned (1:1) to the nurse-led mobile phone voice call reminder intervention or the voice call for health promotion messaging control condition. The primary outcome was assessed using the World Health Organization's definition of on-time ARV pick up (regular clinic attendance [100% on-time pick up], inconsistent clinic attendance [missing one or more on-time pick up] at baseline and six-month follow-up. I performed the primary analysis by intention to treat. I assessed the trial efficacy by generalized estimating equation models to determine intervention x time interactions.

An independent researcher randomly assigned 468 HIV-positive individuals to the intervention (n=234) or control group (n=234). Forty-three individuals were lost to follow-up. After adjusting for covariates, HIV-positive individuals in the intervention group were more likely to attend their clinics regularly compared with the control group (intervention x time; adjusted odds ratio 2.02, 95% CI:1.15-3.55). Similarly, they were more likely to be adherent to ARV medication compared with the control group (intervention x time, AOR: 2.51, 95% CI: 1.12-5.59) (p=0.024).

This nurse-led mobile phone voice call reminder intervention is efficacious to improve on-time ARV collection and ARV medication adherence in resource-limited settings.