Intestinal parasitic infections in HIV-positive individuals on HAART and HAART naïve accessing healthcare in a Federal Medical Centre in Nigeria

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In this study, a baseline survey of the prevalence of intestinal parasites among HIV positive individuals in Central Nigeria was conducted. A total of 200 consenting HIV positive individuals were recruited for the study. Of these, 100 were on Highly Active Antiretroviral Therapy (HAART) and 100 were HAART naïve. Stool specimens collected were analyzed for the presence of enteric parasites. The overall prevalence of infection was 88.5% with 11 types of parasites detected. IPIs that occurred with a prevalence of ≥ 20% include: Entamoebahistolytica, Ascarislumbricoides, Ancylostomaduodenales, Taeniaspp and Strongylidesstercoralis. Helminth infections were more common (51.5%) than protozoan infections (37%) and there were more mixed (64.5%) than single (23%) infections. The prevalence of IPIs was not associated with HAART. This study reports the high burden of IPIs among HIV infected individuals in Central Nigeria. It is recommended that routine screening for intestinal parasites be included in the healthcare management of HIV patients.

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