

Prevalence and Factors Associated with Viral Load Non-Suppression at Six Months Among Hiv-Positive Clients at Lira Regional Referral Hospital, Northern Uganda

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ABSTRACT

Background: Global efforts to achieve the UNAIDS 95-95-95 targets by 2030 remain challenging with viral load (VL) non-suppression persisting as a significant public health issue. Effective management of VL is critical for adherence and successful treatment outcomes.

Objectives: This study aimed to determine the prevalence and factors associated with VL Non-Suppression at six months among HIV-positive clients at Lira Regional Referral Hospital

Methods: A cross-sectional study with 353 randomly selected respondents was conducted. Data was collected from patient records and administered questionnaires. Univariate, bivariate, and multivariate analyses were performed using Stata version 17. Logistic regression was applied to identify factors associated with VL non-suppression, with statistical significance set at a 95% confidence level, and a p-value less than 0.05.

Results: Among the 353 respondents, the majority were aged 18-30 (44.2%, n=156) with a mean age of 32. The prevalence of VL non-suppression at six months was 24.9%. Factors significantly associated with VL non-suppression included missed medication (AOR 2.19, 95% CI: 1.23-3.88, P-value: 0.008) and experiencing medical stock out (AOR: 1.94, 95% CI: 1.07-3.54, P-value: 0.030).

Conclusion: The six-month VL non-suppression rate at LRRH in Lira District at 24.9% is significantly higher than the national average. Key factors contributing to non-suppression included missing medication and medical stockouts. These findings suggest that there is a need for more support to help PLHIV stick to their treatment within the first six months to improve health outcomes.

Keywords: *Prevalence, Factors Associated, Viral Load, Non-Suppression, Six Months Among Hiv-Positive Clients, Lira Regional Referral Hospital, Northern Uganda.*