

# Frequency of HIV-AIDS Cases in the City of Vlora, in the Period September 2012 To 2013

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**Abstract:** HIV ( Human Immuno - deficiency Virus ),the virus of the human immunodeficiency virus that is destroying the immune system, AIDS ( Acquired Immune Deficiency Syndrome ),syndrome of acquired immunodeficiency - is following the situation when the body is infected with HIV, the carrier moves from stage to stage of the disease virus. Purpose: Evaluation of the frequency of HIV-AIDS cases in the city of Vlora, and assessment of their distribution for the period September 2012-2013.The objective of this study was to assess the frequency of cases of HIV-AIDS and their distribution from 2012 to 2013, the distribution by year of reporting, gender, age and route of transmission. Materials and methods. Type of study: Descriptive – Retrospective .The study population :(n = 9223).To achieve this study used data records of Hygiene and Epidemiology Service at the Regional Directorate of Health Regional Hospital in Vlora. Results: The data for HIV-AIDS cases pertaining Vlora by the reporting year resulting in total 28 persons infected for the period 1994 -2013,of which higher frequencies with 7 people in 2012 resulting from the which 6 persons were male and only one a female. From these people five( 5) were infected on heterosexual route, and two (2) others on the vertical route. Conclusions: HIV infection rates in most Balkan countries have increase. These facts states that have continuously strengthened and Surveillance System should promote Voluntary and Counselling Centers especially for vulnerable groups.

**Keywords:** HIV-AIDS, the Balkan, transmission, prevalence

## 1. Introduction

Have passed 21 years since the diagnosis of the first case of HIV infection in Albania, then in 1993 and based on statistical data of the Institute of Public Health, Albania remains a country with low prevalence of HIV infection . The total number of people infected with HIV in Albania, until November 2013, was 671, with 70% of them, so 469 cases were male and 30%, so 202 cases were female. On the other hand, although the prevalence, HIV infection in Albania is low, there is a growing trend in the number of new cases diagnosed in 2013. This year marks the highest number of new cases diagnosed in years. Number of people who have proven HIV infections in 2013 was 96, of whom 66 were males and 30 females. As for the fact of appearance of Albania in relation to other countries in the region, compared with countries like Macedonia, Montenegro or Kosovo, Albania registers a high number of cases of HIV infection, but most lower than other regional countries such as Serbia and Greece. Based in cumulative data, which cover the period from 1993 to 2013, from the moment of discovery of the first case of HIV status of the person, sexual transmission route HIV continues to be prevalent in our country and is responsible for 93% of cases, of which 84% are heterosexual and homo-bisexual are 9%. Regarding age, the infection occurs most often in the sexually active 25-45 years, constituting 62.1% of total cases of HIV / AIDS. The above data show that in most cases caused transmission of HIV from unprotected sex. Although organized campaigns, behavior change programs, and in particular young people, still use protective measures like condoms remains low. Although today operate centers Voluntary Confidential Counseling and Testing (VCT), which enable the provision of counseling and testing services for HIV and other infections transmitted sexually, and the annual growth in the number of tests, the number again. The test person remains

low. It is no accident that more than 55% of cases are diagnosed in 2013 in the stage AIDS, indicating that these persons appear after a long time from infection with HIV. So is necessary to work towards more awareness of the population about testing for infection HIV. Drafting and implementation of appropriate preventive programs is done in accordance with the National Strategy for Prevention and Control of HIV / AIDS in Albania. Since 1998 program is set up and operates the National HIV / AIDS, located at the Institute of Public Health with a view to coordinate the national response to HIV / AIDS. Response to HIV / AIDS has focused on the prevention and care, support and treatment of people living with HIV / AIDS. With the support of the Global Fund against AIDS, Tuberculosis and Malaria (GFATM) has made possible the implementation of interventions aimed at preventing HIV infection to vulnerable groups; Injecting drug users; homosexual men; roma population and strengthening the interventions to protect the interests of people living with HIV / AIDS and their fight against discrimination. A special attention is paid to the treatment of persons infected with HIV infection. Since 2004, treatment with ARV drugs were provided free persons living with HIV / AIDS in Albania, and by November of 2013, the number of persons treated with this therapy is 312, of whom 20 are children and 292 are adults. Are made the effort and for the protection of the rights of persons living with HIV / AIDS in Albania. Law on HIV / AIDS adopted since 2008, addresses the most important legal aspects of HIV / AIDS, including discrimination, the right to hold a job, consent to obtain information, storing classified information, free treatment , as well as a mechanism for complaints. Although terms of aspects of the legal framework and treatment of these persons, yet the phenomena of stigma and discrimination constitute a stress problem. Regarding AIDS and people living with HIV / AIDS there is at least the perception of a lack of confidentiality, and availability of stigma, discrimination

and rejection at all levels of society. Such a situation means that individuals and families tend not to talk about HIV / AIDS. Lack of knowledge and feelings of mistrust or apathy surrounding HIV / AIDS are phenomena that inhibit problems. Estimated discussion of this very important and successful cooperation and support given to the Association of People Living with HIV / AIDS, as a voice very strong and a very important role in protecting the rights of these persons.

## 2. Presentation of Study

### 1) Purpose of the study

Evaluation of the frequency of HIV-AIDS cases in the city of Vlore, and assessment of their distribution for the period September 2012-2013.

### 2) General objective

The general objective of this study was to assess the frequency of cases of HIV-AIDS and their distribution from 2012 to 2013, the distribution by year of reporting, gender, age and route of transmission.

## 3. Specific Objectives

3.1. Evaluation of patients with HIV distribution by year of reporting.

3.2. Evaluation of patients with HIV distribution by socio-demographic factors (gender and age).

3.3. Evaluation the distribution of patients with HIV by route of transmission.

## 4. Methodology of study

### 4.1 Type of study and place of performance

This is a Descriptive – Retrospective study. For the realization of this study, used data records of Hygiene and Epidemiology Service at the Regional Directorate of Health in Vlore Regional Hospital. Also received data from annual reports published by the Institute of Public Health in Tirana about statistics, the number of people affected by this disease in Albania, the main reasons that favor the spread of HIV in Albania, awareness of contraceptive measures particularly to the young people, as well as the existence of a specific program for the prevention of HIV-AIDS.

### 4.2 Period time of study and sample selection

As champion served 28 persons infected with HIV-AIDS for the period 1994 -2013, of which the higher frequency results with 7 people in 2012. Study was carried out in the period September 2012 to 2013.

### 4.3 Process of data collection

Was held to review all elements of research to evaluate only the data with scientific or legal evidence. Information classification was made by general concepts and specific ones from international and national data. I saw some studies

on the incidence of HIV cases and referring to one of them, from 30 April to 15 June, the data were collected records of Hygiene and Epidemiology Service at the Regional Directorate of Health in Vlore Regional Hospital.

### 4.4 Description of the information collection instrument

According to primary sources, data were collected from records of Hygiene and Epidemiology Service at the Regional Directorate of Health Regional Hospital in Vlore in total, that helped us to obtain the information under study to assess the frequency of HIV cases AIDS and their distribution from 2012 to 2013, by year of reporting, gender, age and route of transmission.

### 4.5 Ethical considerations

For the realization of this study, permission was taken to Regional Hospital Department of Vlore, which is currently the highest governing body and management of SRV, chief of Hygiene and Epidemiology at the Regional Directorate of Health, as within the structure of these services is performed data collection for identification of cases of HIV-Aids and assessment of the distribution of cases.

### 4.6 Difficulty and limitations encountered during the study.

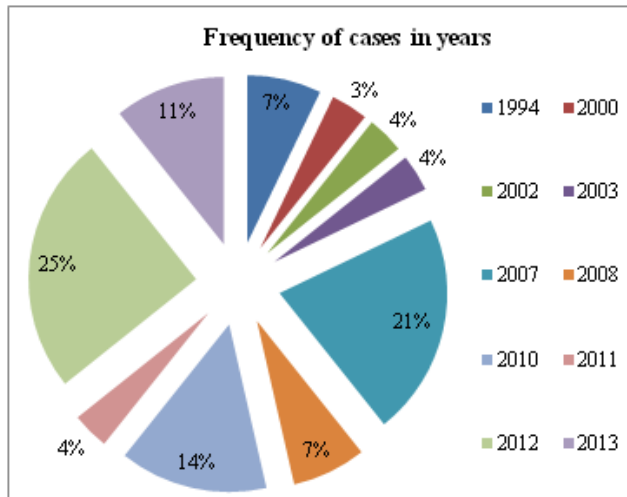
- a) Short time-period study 3- month,
- B) Small sample, and the limited number of infected persons is 28 people,
- C) Hours of work, gathering information to break because of work.

## 5. Results and Discussion

### Vlore city

**Objective 1:** Data on HIV-AIDS cases pertaining Vlore, by the reporting year.

Reporting Year	Frequency	Percent	Cum Percent
1994	2	7.1%	7.1%
2000	1	3.6%	10.7%
2002	1	3.6%	14.3%
2003	1	3.6%	17.9%
2007	6	21.4%	39.3%
2008	2	7.1%	46.3%
2010	4	14.3%	60.7%
2011	1	3.6%	64.3%
2012	7	25.0%	89.3%
2013	3	10.7%	100.0%
Total	28	100.0%	100.0%



**Graph 5.1.** Referring to the results presented in tables and graphs can say that: According to data pertaining Vlore by the reporting year, 2007 results in a higher frequency of HIV-infected persons, respectively 7 persons or (25%) cases.

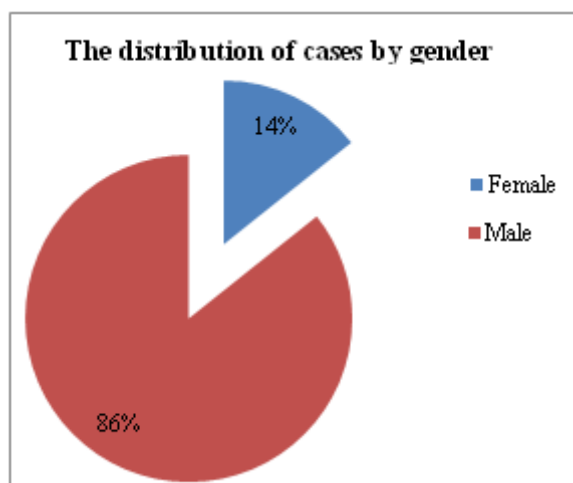
#### Data for the city of Vlore, 2012

In the city of Vlore in 2012 reported 7 cases of which 2 cases were diagnosed with stage AIDS. One case belongs to the group of children who take this route vertical. Three infection cases (which include child mentioned above) belong to the same family and live in the countryside, the last day and live in the city.

**Objective 2:** Distribution of cases according to socio-demographic factors

**Table 1:** The distribution of cases by gender in Vlore reported in 2012.

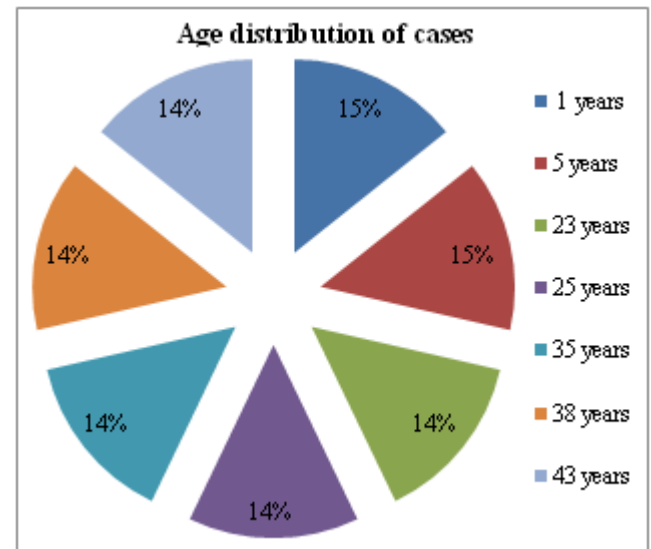
Gender	Frequency	Percent	Cum Percent
Female	1	14.3%	14.3
Male	6	85.7%	100.0%
Total	7	100.0%	100.0%



**Graph 5.2.** Referring to the results presented in tables and graphs can say that: According to data pertaining Vlore for 2012 based on the distribution by gender, resulting in a higher frequency of HIV-infected persons, men in 86% of cases compared with 14% of women.

**Table 2:** The distribution of cases by age in Vlore reported in 2012

Age	Frequency	Percent	Cum percent
0 years	1	14.3%	14.3%
5 years	1	14.3%	28.6%
23 years	1	14.3%	42.9%
25 years	1	14.3%	57.1%
35 years	1	14.3%	71.4%
38 years	1	14.3%	85.7%
43 years	1	14.3%	100.0%

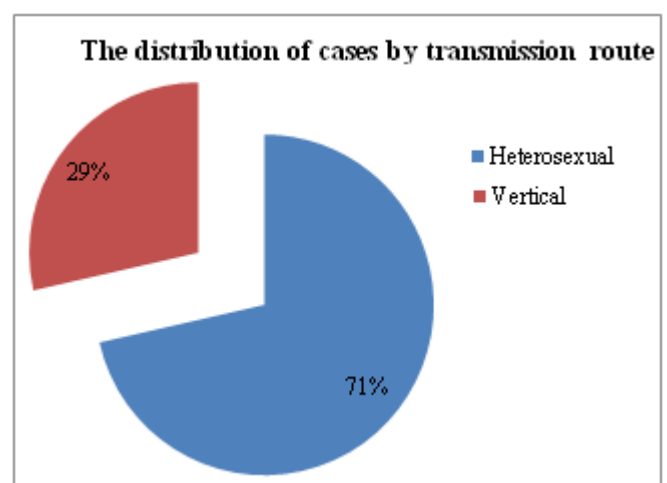


**Graph 5.3.** Referring to the results presented in tables and graphs can say that: According to data pertaining in Vlore for 2012 based on the distribution by age, resulting in the same frequency of HIV-infected persons, respectively ages 0, 5, 23, 25, 35, 38, 43 years.

#### Objective 3. Distribution of cases by transmission route

**Table 3:** The distribution of cases by transmission route of Vlore cases reported in 2012.

Transmission route	Frequency	Percent	Cum Percent
Heterosexual	5	71.4%	71.4%
Vertical	2	28.6%	100.0%
Total	7	100.0%	100.0%



**Graph 5.4.** Referring to the results presented in tables and graphs can say that: According to data pertaining Vlore for 2012 based on distribution according to route of transmission, resulting in high frequency transmission by

heterosexual route, 71 % of HIV cases, while the transmission of vertical route results in 29% of cases.

### Information for 2013

In 2013 (until September 2013) reported three new cases of HIV, one of whom is diagnosed in stage three cases belong AIDS. These three cases are M-24 years, F-32, and its child 3 years old. In these three cases, the F-32 year old died from AIDS.

## 6. Conclusions

While reports indicate the problem, it is difficult to know the extent of its spread without other studies or evaluations. "Currently missing estimates of HIV prevalence in Albania", adding that in 2013, 53 persons were diagnosed at earlier AIDS in Albania. Late diagnosis, according to specialists remains worrying in the country, which is related to death cases. "44% of cases in adults are detected in stage AIDS, while the number of those who are in this stage is bigger, because this includes cases that are diagnosed with HIV years ago", while 18% of cases reported with HIV / AIDS were killed, among them children. "Today antiretroviral therapy is one of the most successful strategies of prevention, which prolongs life and its quality; turn AIDS into a chronic disease. The number of cases of people infected in Vlore region by year of reporting, results since 2007 with the highest frequency of HIV-infected persons, or 7 persons respectively (25%) of cases Regarding the distribution of cases according to socio-demographic, in Vlore during September 2012-2013 resulting distributed by gender 7 cases of which 6 males or 86% of cases and 1 female or 14% of cases. Referring to cases by age distribution, resulting in Vlore with the same frequency in HIV-infected persons, by age 0.5, 23, 25,35,38,43 years old, respectively 7 persons. Based in distribution according to route of transmission, resulting in high frequency transmission by heterosexual route, 71% of HIV cases, while the transmission of vertical route resulting in 29% of cases.

## 7. Recommendation

### 7.1 Education Health and Prevention

Health system and epidemiological situation (the spread of HIV / AIDS in the world and the number of infected in Albania) are reasons to make more effort to inform the youth about the dangers they face, so that do not become victims of information on reproductive health. Diffusion of drug anywhere in the world and in other countries in Europe requires more information on the dangers of drugs. These education programs for health and prevention are in accordance with identified needs Albanian youth, with Albanian institutions and policies in line with European youth policies.

### 7.2 Prevention

Unprotected sex (without a condom) or blood is the main reasons the transmission of HIV from one person to another. "Sharing syringes and contaminated instruments manipulation is an important route for the transmission of

infection. Instruments used for drilling the skin (acupuncture, tattoos, ear drilling etc.), Instruments of personal use (shavers, brushes teeth etc..) and sterilized medical instruments are the source of HIV transmission through this route, "explains specialists. However, they emphasize prevention as the only way to escape infection, which so far has not found a drug for treatment. The experts of the Institute of Public Health advices: "Some of the measures to be taken to prevent infection which include:

- Abstinence to sex,
- Use of a condom during any form of sexual relations,
- Not sharing needles, razors or other instruments used for piercing,
- Tattoos
- Treatment of sexually transmitted infections,
- Making hiv test if it is thought that there was risk behavior etc.

### 7.3. Detection

Another problem expert of Institute of Public Health note relates to the late diagnosis of the disease. For this reason they recommend voluntary tests, which can be carried out in 12 districts of the country. "HIV infection is usually diagnosed through blood tests, which indicate the presence or absence of HIV antibodies. Albania, HIV testing is conducted in 12 districts of the country in centers Voluntary Counseling and Testing (QKTV), which provide counseling and testing voluntary ".

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