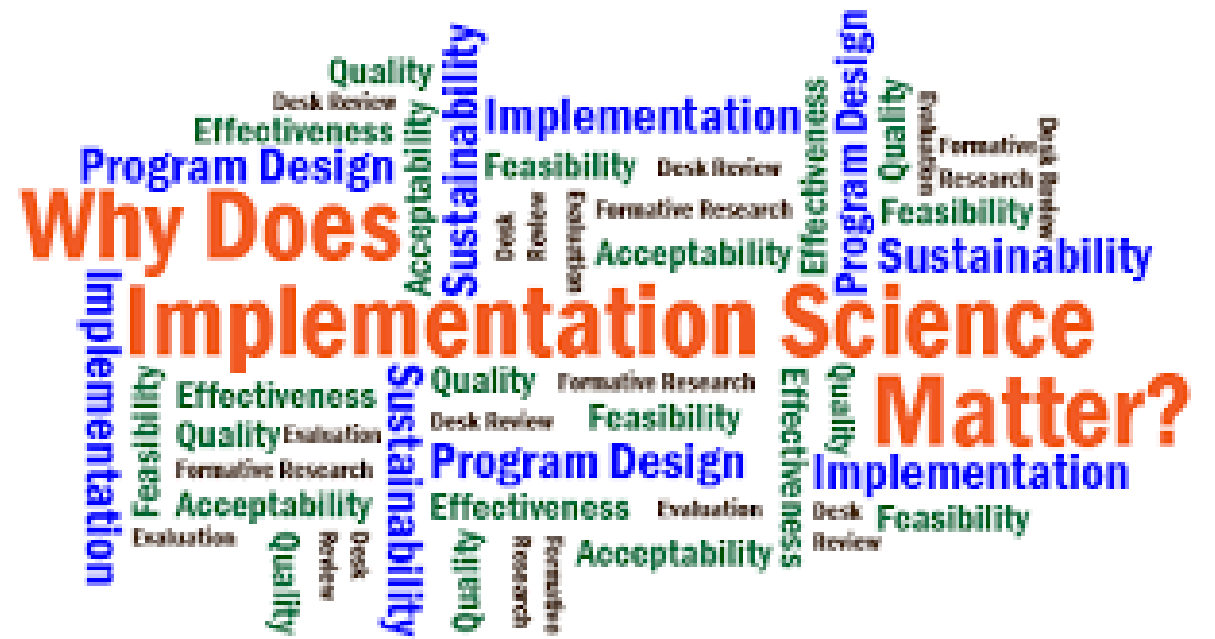


Prioritized Research Questions for Addressing Nutritional deficiencies and NCD's in PLHIV in Tanzania

Africa Academy for Public Health





Role of implementation science in HIV and NCDs

1. Identifying barriers to implementation

Implementation science research can help identify the barriers to implementing effective HIV prevention, treatment, and care programs in Tanzania.

This includes understanding factors such as resource availability, health system infrastructure, and community engagement.

2. Adapting evidence-based interventions

Evidence-based interventions exist for HIV prevention, treatment, and care, but they may need to be adapted to be effective for the Tanzanian context.

Implementation science research can help identify how to adapt these interventions to better fit the local context.

3. Scale-up of interventions

Implementation science research can help identify strategies to scale up these interventions to reach a larger number of beneficiaries in Tanzania.

This includes identifying the most effective delivery methods, such as through schools, health clinics, or community-based organizations.

4. Monitoring and evaluation

Implementation science research can also help develop effective monitoring and evaluation strategies to measure the effectiveness of HIV prevention, treatment, and care programs in Tanzania.

This includes identifying appropriate metrics, data collection tools, and data analysis methods.

5. Sustainability

Implementation science research can help identify strategies to ensure the sustainability of HIV prevention, treatment, and care programs in Tanzania.

This includes understanding how to build capacity within local communities and health systems to continue providing effective services even after external funding or support ends.

Overall, addressing NCDs among PLHIV in Tanzania requires a comprehensive approach that considers the **social, economic, and cultural contexts** in which HIV is transmitted and managed.

PICOT format of a research question

Population

What specific patient population is of interest?

Intervention

What intervention or policy is being studied?

Comparison

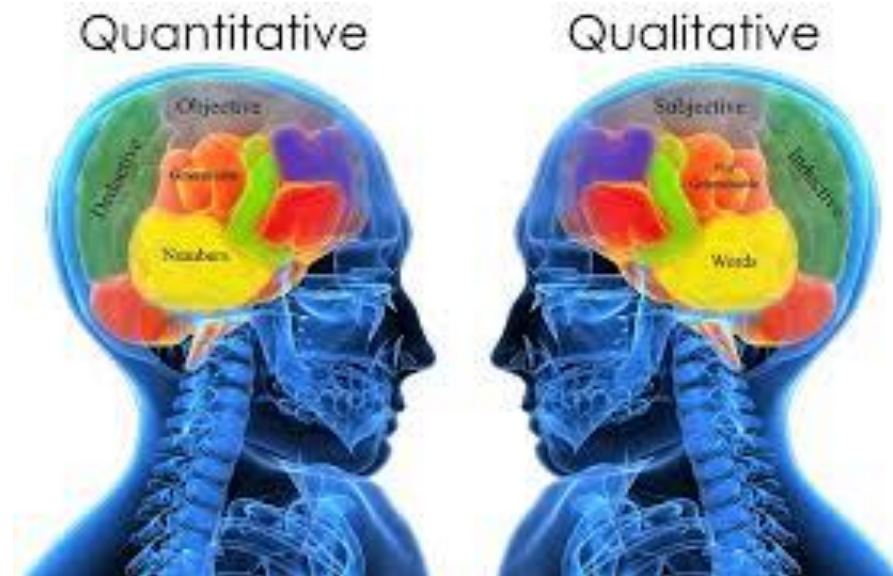
What is the main alternative?

Outcome

What should be measured?

Time frame

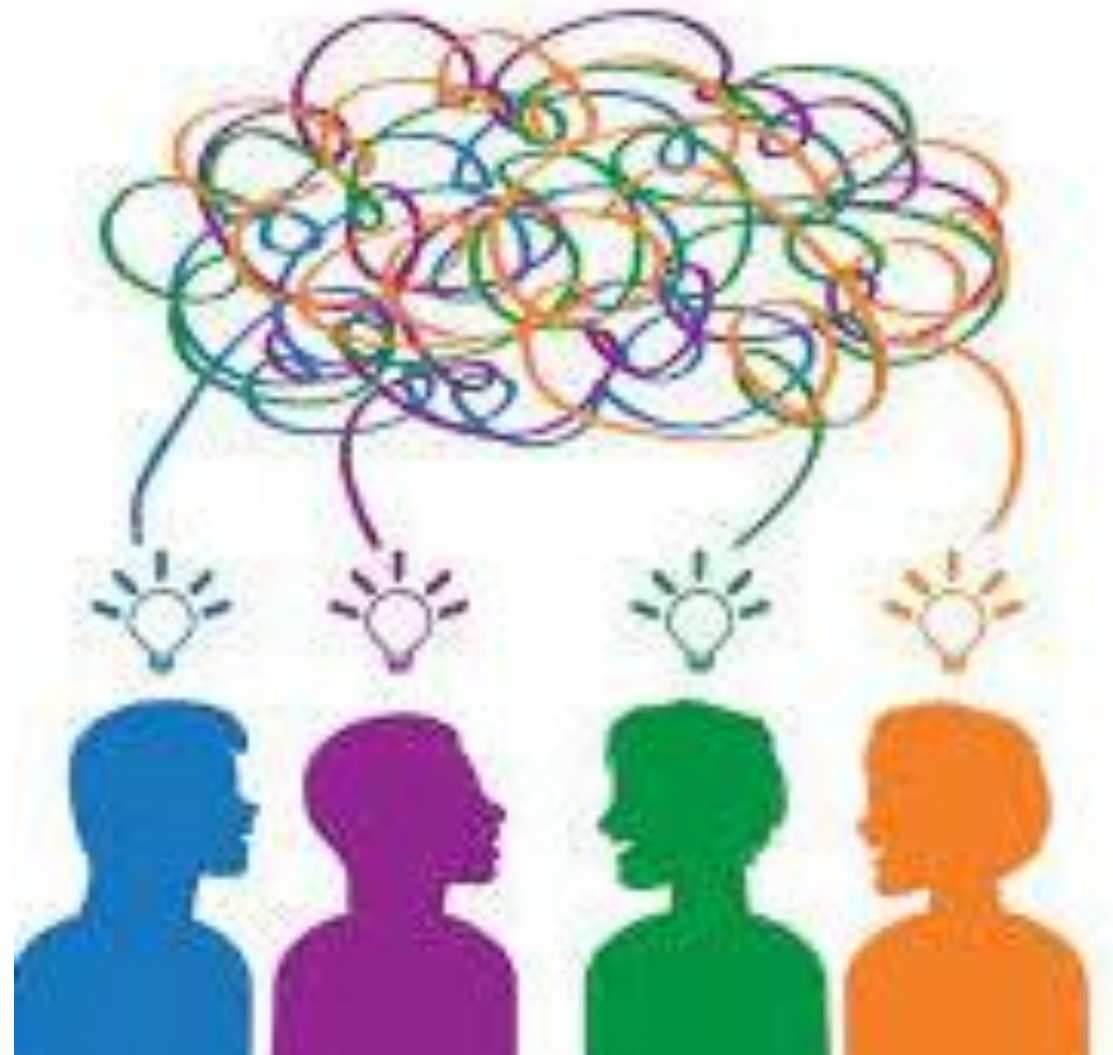
What is the appropriate time period to assess outcomes?



Introduction to research methodologies

Qualitative Research

- Used to understand participants perceptions, contexts and understanding. Answers “**WHY**”
- Uses open ended questions answered in a narrative manner.
- Does not have questionnaires but rather qualitative “guides” to guide discussions between interviewer and interviewee.
- Examples include:
 - Key informant interviews - KII
 - Focus group discussions - FGD
 - In-depth interviews - IDI



Quantitative Research

- Used to QUANTIFY a specific phenomenon under study e.g prevalence of hypertension among PLHIV.
- Answers the “How much”.
- Interviews are conducted using a closed ended questionnaire with closed questions.
- Results can be analysed using statistical methods.



Prevalence and risk factors

- What is the prevalence of nutritional deficiencies among PLHIV in Tanzania?
- What are the key risk factors associated with nutritional deficiencies in this population?
- How do socio-economic factors contribute to the prevalence of nutritional deficiencies among PLHIV in Tanzania?
- What inequalities exist?





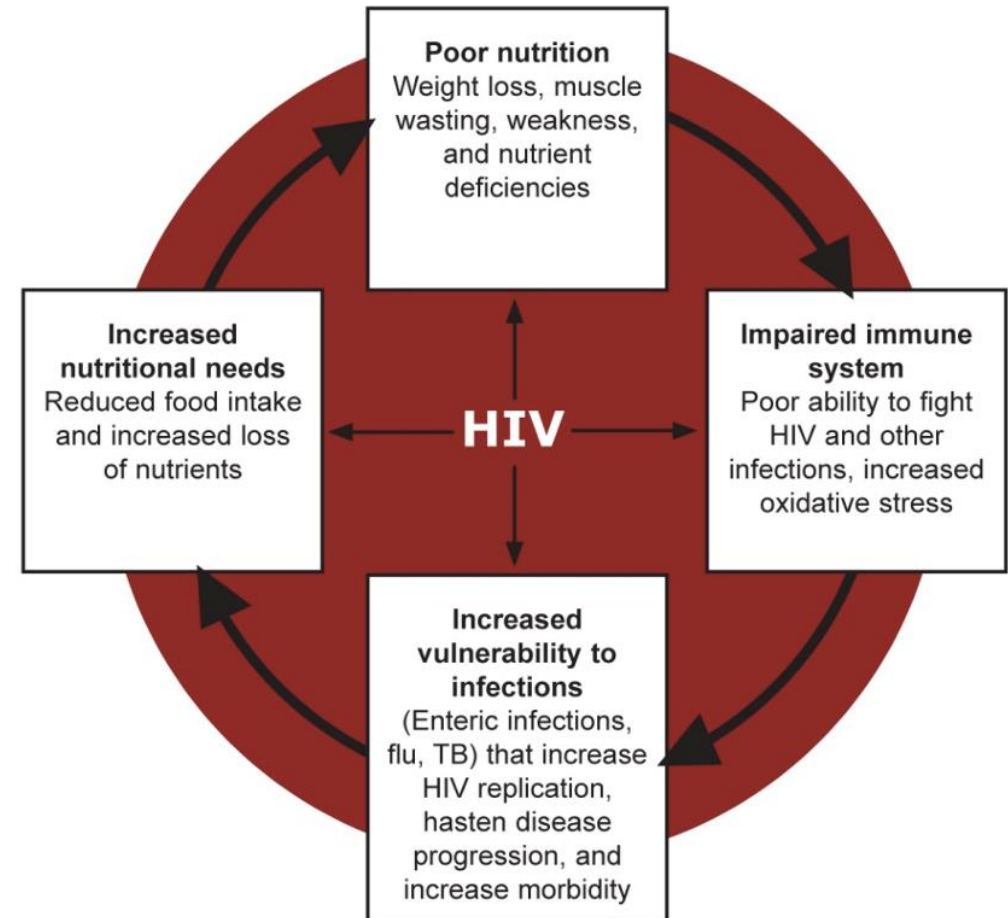
Exploring Nutritional Interventions

- What nutritional interventions are currently being implemented for PLHIV in Tanzania?
- How effective are these interventions in addressing nutritional deficiencies in the PLHIV population?
- What are the barriers and facilitators to the successful implementation of nutritional interventions among PLHIV?



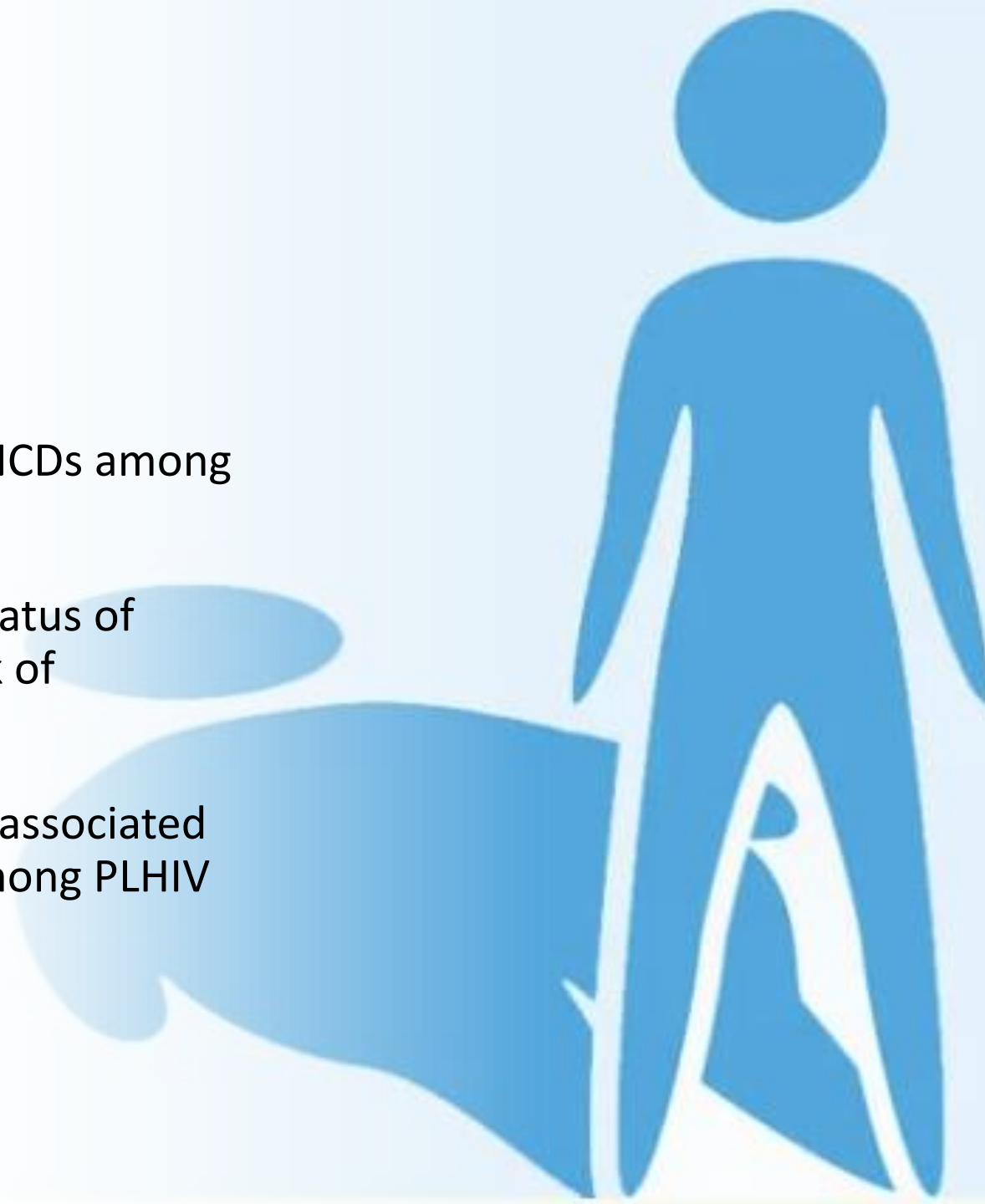
Impact of nutrition on HIV Management

- How does nutritional status affect the progression of HIV/AIDS in Tanzania?
- What is the relationship between nutritional status and ART adherence among PLHIV?
- Which nutritional strategies enhance the effectiveness of HIV treatment in Tanzania?



NCDs and HIV

- What is the prevalence of NCDs among PLHIV in Tanzania?
- How does the nutritional status of PLHIV contribute to the risk of developing NCDs?
- Which dietary patterns are associated with higher risk of NCDs among PLHIV





Nutrition education and awareness

- How can nutritional education programs be tailored to address specific needs of PLHIV?
- What role does community-based awareness play in improving nutritional practices among PLHIV?
- What is the level of nutritional knowledge and awareness among PLHIV in Tanzania?

Health System Integration

- How is nutritional care integrated into the healthcare system for PLHIV in Tanzania?
- What are the challenges and opportunities for integrating nutritional services with HIV care?
- How can health systems be strengthened to better address both nutritional deficiencies and NCDs among PLHIV?





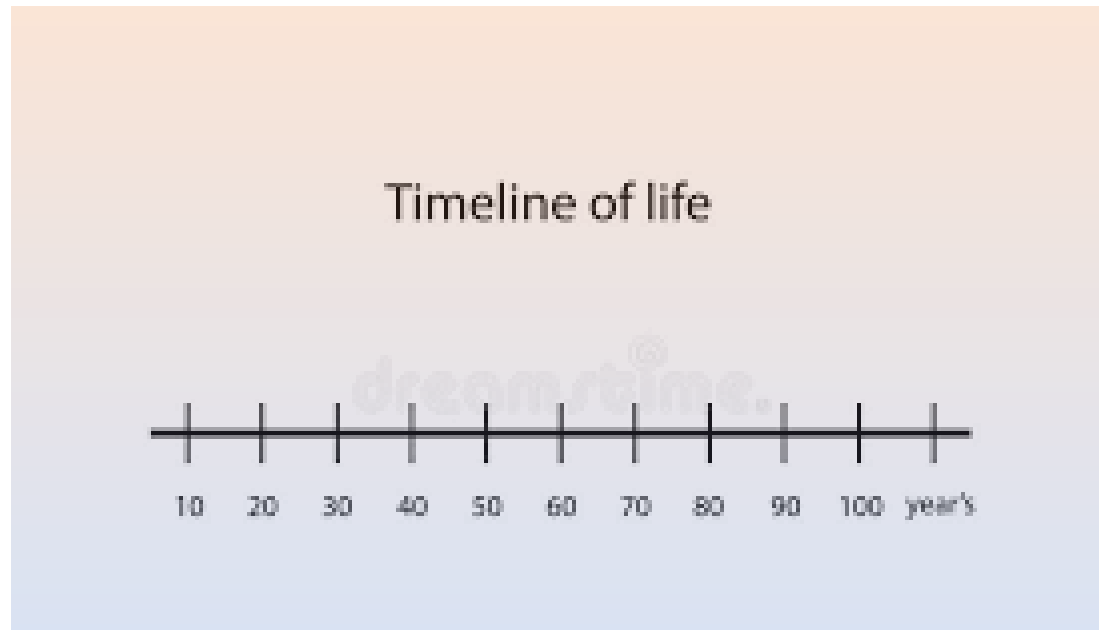
Gender and vulnerable groups

- Are there gender specific differences in the prevalence of nutritional deficiencies and NCDs among PLHIV?
- How do vulnerable groups such as children and the elderly experience nutritional challenges within the context of HIV in Tanzania?

Long-term outcomes



- What are the long-term health outcomes for PLHIV who receive comprehensive nutritional support?
- How do nutritinoal interventions impact the overall well-being and quality of life for PLHIV in the long term?



Group Activity

Group Activity

- In groups of 3 – 5, develop at 3 research questions for addressing Nutritional deficiencies and NCDs among PLHIV in Tanzania.
- Select 1 of the questions and describe why you think it is a priority challenge among PLHIV in Tanzania.
- Mention how you will conduct this study in 2-3 sentences.
- 15 Minutes!

- Research question
- Why it is a priority challenge among PLHIV?
- Proposed approach of conducting the proposed study.

Thank you!



Results from the groups!

Group 1

- What is the prevalence and severity of nutritional deficiencies and NCD for PLHIV in Temeke
- What are the risk factors associated with nutritional deficiencies and NCDs for PLHIV in Temeke
- What are the effectiveness and cost effectiveness of the interventions to address nutritional deficiencies and NCDs among PLHIV in Temeke

Group 2

- What are the factors that contribute to the late identification of NCDs among PLHIV in Sinza CTCs 2023
- What is the prevalence of weight gain among PLHIV on TLD from 2019 to 2022 in Sinza CTCs
- How do social economic status contribute to the prevalence of malnutrition among adolescents with HIV

Group 3

- How much fast food contribute to nutritional deficiency and NCDs among adolescents with HIV aged 10-19 years at Mnazi mmoja hospital from 1st November to 30th November 2023
 - To what extent does junk food contribute to nutritional deficiency and NCDs among adolescents with HIV aged 10-19 years at Mnazi mmoja hospital from 1st November to 30th November 2023
- What is the level of nutrition knowledge and awareness on obesity and hypertension in PLHIV aged 25-60 years at Mnazi mmoja hospital from 1st November to 30th November 2023
- What is the prevalence of NCDs among adolescents aged 10-19 years from 1st November to 30th November 2023 AT Mnazi moja Hospital