

Abstract

Background; Antiretroviral treatment requires high-level ($> 95\%$) adherence for optimal viral suppression. Published data on adherence to antiretroviral (ARVs) in Kenyan adolescents is very limited. The purpose of this study was to establish the prevalence of ARVS adherence among HIV positive adolescents at Comprehensive Care Centre, Gertrudes' Children Hospital. Methods; This was a facility-based descriptive cross-sectional study, where 185 patients aged 10-18 years who had been on ARVs for at least two years were systematically and randomly selected. Among them, 129 respondents who were HIV fully disclosed were interviewed using a structured questionnaire about their experience taking ARVs. Adherence was measured based on a composite score derived from a three questions adherence tool developed by Center for Adherence Support Evaluation (CASE). Data was also collected from records retrieval. Data analysis was done using Epi data software 3.1 with statistical significance set at $p < 0.05$. Conclusion and recommendations; The 67.34% adherence level to ART reported in this study is below optimum adherence of 95%. This study gives the following recommendations; (a) Policy review on HIV disclosure procedures with training of health workers on it (b) Put fitting strategies to improve patients' ability to impact on forgetfulness (c) Clinic staff to adopt the use of CASE Tool in assessing adolescent's adherence to ARVs.