



## Research on HIV among Injection Drug Users in Pakistan

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Unsafe injection practices are widely considered a risk factor for the spread of transfusion transmissible diseases such as HIV. Practices such as the sharing or reuse of needles aren't uncommon among those who use injection drugs. This PDF contains a list of research articles describing the impact of HIV among injection drug users in Pakistan.

### **Prevalence of HIV/AIDS among Injection Drug Users (IDUS) in Pakistan**

Maqsood, M. Haisum, et al. "Prevalence of HIV/AIDS Among Injection Drug Users (IDUS) in Pakistan." *Pak. J. Public Health* 5(3), 12-17 (2015). ([Link to Full Article](#))

#### **Abstract**

Once Pakistan was regarded as an AIDS free country but with time the prevalence of HIV/AIDS has increased to a significant extent. One of the major cause for increased prevalence of this disease is due to unsafe injection drug use practices. To highlight injection drug use as one of the major cause for increased prevalence of HIV/AIDS in Pakistan. After extracting data from the selected articles, we divided the data (i.e. prevalence of HIV/AIDS among IDUs) in three categories as under. (a) Prevalence of HIV/AIDS among IDUs in "major cities of Pakistan". (b) "Provinces". (c) "Pakistan". Results showed a consecutive increase in prevalence of HIV/AIDS among IDUs in most parts of Pakistan from 2006 onwards. The results proved that injection drug use or injection drug users are a significant cause/risk factor for the increased prevalence of HIV/AIDS in Pakistan. Apart from that there should be free behavior change therapy, detoxication of drugs, rehabilitation centers, social and medical services, anti-retroviral therapy etc. Government should make HIV/AIDS control centers in each district and register HIV/AIDS patients and give free treatment, and these patients should be fully assured about the privacy of their disease.

## **High prevalence of HIV infection among injection drug users (IDUs) in Hyderabad and Sukkur, Pakistan**

Altaf, Arshad, et al. "High prevalence of HIV infection among injection drug users (IDUs) in Hyderabad and Sukkur, Pakistan." *J. Pak. Med. Assoc.* 59(3), 136-40 (2009). ([Link to Full Article](#))

### **Abstract**

**Objective:** To estimate size of injection drug users (IDU), determine their high risk behaviours and assess the prevalence of HIV.

**Method:** As part of second generation surveillance (SGS), we investigated specific demographic and behavioural characteristics of IDUs in Hyderabad and Sukkur in 2005. It was a cross sectional study. The survey was preceded by geographic mapping to determine size estimation and to define sampling procedures prior to integrated behavioural and biological survey (IBBS). A sample size of at least 400 was calculated for each city. Besides calculating frequencies, chi square was used for comparing variables among HIV positive and negative IDUs like time elapsed as IDU, number of injections, sharing needles and self perception of acquiring HIV infection.

**Results:** A total of 800 (Hyderabad 398; Sukkur 402) questionnaires and DBS samples were collected. The estimated number of IDUs in both cities was 3,225 (Hyderabad 975 and Sukkur 2250 respectively). Average age of IDUs in Hyderabad was 36.5 years and 34.6 years in Sukkur. Sharing of injection equipment for last injection was reported by 34 (8.5%) in Hyderabad and 135 (33.6%) in Sukkur. In both cities behaviours such as injecting drugs for more than 10 years ( $p=0.00$ ) and injecting four or more times in a day ( $p=0.11$ ) were significantly associated with seropositivity of HIV infection. In Hyderabad the seroprevalence of HIV was 25.4% (101/398) and in Sukkur it was 19.2% (77/402).

**Conclusion:** The burden of HIV among IDUs in Hyderabad and Sukkur is extremely high and can play a significant role in transmitting the infection to other vulnerable groups.