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A phenomenological inquiry of the challenges faced by people with HIV and TB co-morbidity in a resource limited setting of Swaziland

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Objective: The objective of this study is to delve into the daily challenges being faced by clients with HIV and TB co-morbidity through their daily experience with the aim of mitigating those challenges and limiting the progression of such clients to critical stage.

Method: This is a qualitative phenomenological study that purposively recruited clients with HIV/TB for in-depth interviews. The clients were those attending a rural health centre for daily treatment.

Results: Stigmatization, association of TB with HIV, lack of nutritious food, lack of social support and burden associated with MDR-TB emerged as key issues that affect the life of respondents; Thus leading to high default of treatment, cessation of treatment and emotional breakdown.

Conclusion: Government should scale up awareness programme on HIV and AIDS, should provide social security and provide support systems that will make life easy of people living with HIV and TB.

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