

ORIGINAL RESEARCH

Effect of Covi-soup on Hematological Parameters of People Living with HIV, Kenya

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Abstract

Globally, 2 billion people suffer from anemia, with 1 million annual deaths in Sub-Saharan Africa (SSA) and South-East Asia. Anemia is more common among people living with HIV (PLWH). Alleviating anemia among PLWH is challenging because of multifaceted attacks on the bone marrow. The objective of the study was to assess the effect of Covi soup on hematological parameters of PLWH. A sample of 60 respondents was derived from an RCT formula, randomizing 30 for each group. The control group received standard care, while the treatment group received Covi soup alongside standard care. SPSS was used for data analysis. Paired t-test was used to assess the effect of Covi soup on Hb, MCV, MCH and MCHC. A total of 21 (70%) respondents in the control group and 20 (67%) in the treatment group were included for data analysis. No significant effect of Covi soup on Hb ($p=0.116$) was observed in the control group. A significant effect of Covi soup on Hb ($p=0.010$) was observed in the treatment group. No significant effect was observed in MCV ($p=0.635$, $p=0.122$), MCH ($p=0.870$, $p=0.352$) and MCHC ($p=0.800$, $p=0.528$) in both control and treatment groups, up respectively. The study concluded that Covi soup had an effect on Hb of PLWH and can be used to alleviate low Hb that presents among PLWH.

Keywords: Hiv/Aids; Hb; MCV; MCH; MCHC