Acquired Immune Deficiency Syndrome and Human Immunodeficiency Virus: Taiwanese Medical Laboratory Technologists and Students’ Attitudes, Concerns and Knowledge

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The World Health Organization (WHO) estimated that in 2003 that almost 38 million people worldwide were living with human immunodeficiency virus (HIV) infection. Medical laboratory workers are the second largest healthcare science professional group with potential exposure to HIV through the handling of biological specimens.

Previous studies from the USA, New Zealand, South Pacific and Finland have shown consistently that medical laboratory workers have many unfound-ed fears about HIV and acquired immune deficiency syndrome (AIDS) that impact on their work practices and in their attitudes towards AIDS patients. However, it would appear that no such studies have been undertaken in Asian countries where, according to WHO, prevalence of HIV is increasing more rapidly than in the Western world.

Here, the attitudes and concerns and their relationship to AIDS/HIV knowledge of medical laboratory staff and students from central Taiwan are reported. A questionnaire was circulated to all medical laboratory staff and medical laboratory technology students from four hospitals (Pingdon Christian Hospital, Show Chwan Memorial Hospital, Changhua Christian Hospital and Changwa Show Chwan Hospital) and three medical laboratory technology schools (Chunghwa Medical Technology College, Chungtai Medical Technology College and Chung Shan Medical University) in central Taiwan. Questionnaires were distributed in January 2004 and collected in March 2004. The purpose of the study was explained to the laboratory staff and students and ethical permission was obtained from the appropriate ethical committees.

The questionnaire had been used previously in studies of laboratory staff and nurses, and was based on a statistically validated questionnaire used to determine AIDS knowledge and attitudes in UK nurses. The questionnaire consisted of four sections. In section one, demographic data, such as age, gender, gloving practices and previous attendance at AIDS/HIV lectures, was requested. In section two, the person’s responses to a variety of concerns about handling biological specimens was requested. Section three presented four statements with five possible responses, ranging from ‘strongly agree’ to ‘strongly disagree.’ Section four tested the person’s knowledge of methods for destroying HIV and in which biological specimens HIV could be detected.

The questionnaire was translated into Chinese and was answered by self-administration. Participation was voluntary and no personal information was collected, nor were the researchers aware of a respondent’s identity. Data from the completed questionnaires were entered on to a database and analyzed by Pearson’s $\chi^2$ test or by Fisher’s exact test where appropriate, with statistical significance set at $P = 0.05$.

Of a potential pool of 530 persons, 380 (144 students and 236 medical laboratory technologists) returned questionnaires (71.7% response rate). There was no significant difference in response rates between students and medical laboratory technologists. Respondents were predominantly female (77.1%) and 196 (51.6%) had previously attended workshops or lectures on AIDS/HIV.

Over 90% always wore gloves when handling a variety of biological specimens and 62.6% treated all specimens as potentially positive for HIV. There was a significant association between use of gloves and concern about acquiring HIV/AIDS or hepatitis at work ($P < 0.001$).

Respondents showed concern about acquiring HIV or hepatitis B in their work place (84.2% and 77.1%, respectively) and 200 responded in the affirmative as to whether or not anyone in their immediate family expressed concerns about their work in relation to AIDS/HIV. Forty-four (18.6%) medical laboratory technologists were seriously considering leaving the profession because of possible contact with AIDS or HIV-positive patients and biological samples, while 67 (28.4%) expressed uncertainty about the matter. Of the 44 seriously considering leaving the profession, 3.5% had a junior college education, 6.4% had a
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Virtually all respondents (97.4%) agreed or strongly agreed with the statement that they had the right to be informed when AIDS or HIV-positive patients are in the hospital. Furthermore, about two-thirds (66.8%) agreed or strongly agreed with the statement that HIV testing should be mandatory for all patients. There was no association between any of the above concerns and length of work experience. Students showed a lower mean AIDS/HIV knowledge score, while those with a postgraduate qualification showed the highest mean score. Thus, students had a mean score of 74.7% (range: 15.4-100), those with an undergraduate degree had a mean score of 83.7% (range: 38.5-100) and those with a postgraduate qualification had a mean score of 85.9% (range: 69.2-100).

There were some interesting answers to various AIDS/HIV knowledge questions. For example, 69 and 39 respondents thought that HIV could be, or has been, detected in tap water and air, respectively. Also, 11 respondents thought that HIV could not be detected in blood products, or indicated that they were unsure of the answer.

The results of this study showed that medical laboratory students and technologists have a range of concerns about AIDS/HIV and that their practical knowledge is deficient in several areas. These issues could impact on their attitudes. Thus, 44 medical laboratory technologists were seriously considering leaving the workforce because of potential contact with AIDS patients or HIV-positive biological samples.

These findings are similar to those of a previous USA study, but not of a previous New Zealand study. However, in New Zealand at that time there was massive restructuring of the health sector and this may have had an impact on the number of New Zealand medical laboratory scientists who were considering leaving the profession. A similar study among Taiwanese nurses in the same district showed that 19.3% were seriously considering leaving the profession.

Practical AIDS/HIV knowledge among medical laboratory students and technologists from Taiwan compared favorably with identical studies in New Zealand and Fiji, where mean AIDS/HIV knowledge scores were 65.9%, 73.0% and 62.7%, respectively. A previous study among Taiwanese nurses showed a mean score of 71.6%.

In previous studies, lack of practical AIDS/HIV knowledge has been a factor in health practitioners’ unfounded fears and attitudes towards those with AIDS and HIV, and it has been suggested that better knowledge of workplace risks and protection measures will result in more positive attitudes. Another concern is that 52.6% of respondents in the present study had relatives who express serious concerns about their work in relation to AIDS/HIV. This has been noted in other studies and 55.4% of Taiwanese nurses showed similar concerns.

In the present study, virtually all respondents thought that their employers had an obligation to inform them of the presence of AIDS and HIV patients in the hospitals, and two-thirds wanted mandatory HIV testing of all patients. This has been noted in other studies. It must be borne in mind, however, that this completely overrides patients’ rights. Also, health professionals should treat all biological specimens as potentially hazardous and observe universal precautions accordingly.

There are some limitations to the present study. For example, the characteristics of non-responders could not be determined, due to the anonymous nature of the questionnaire, and this may have introduced bias — always a concern in cross-sectional studies. However, a response rate of 71.7% was obtained, which is similar to other published studies, and thus it is reasonable to assume that the results reflect the views of the majority of medical laboratory students and technologists in central Taiwan.

In addition, questionnaires can generate biased and preconceived answers. However, in a New Zealand followup study using a qualitative focus group designed to overcome these problems, it was shown that nurses’ perceived lack of AIDS/HIV knowledge and lack of work experience impacted on their attitudes towards AIDS and HIV patients.

In conclusion, the present study showed that medical laboratory students and technologists from central Taiwan have many concerns about, and unrealistic attitudes towards, AIDS/HIV; findings that are similar to those from studies of medical laboratory workers in the Western world.

These unfounded concerns and attitudes are likely to be related to deficiencies in practical AIDS/HIV knowledge.

Thus, there is a strong indication for effective and ongoing educational programs targeted at specific health professional focus groups to alleviate many of those concerns and to modify attitudes. Previous studies of health professionals have shown that such programs provide positive benefits. It is the task of the medical laboratory profession to reduce the unfounded fear of AIDS/HIV among members of the profession, their immediate families and, most importantly, those with AIDS or HIV.

References
2. Gauch RR, Feeney KB, Brown JW. Fear of AIDS and attrition


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Questions for STEP Participants

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In addition to marking your answers, be sure to include all the required information on the answer sheet and a processing fee of $3.00 per article.

In the following, choose the one best answer for each question.

1. Medical laboratory workers are the third largest group of healthcare workers with potential exposure to HIV. (True or False)

2. According to WHO, the prevalence of HIV is declining more rapidly in Asian countries than in other parts of the world. (True or False)

3. Studies from around the world have shown consistently that there are many unfounded fears about HIV and AIDS among healthcare workers. (True or False)

4. In the study in this article, almost 20% of the respondents considered leaving the profession because of the possible contact with HIV positive patients. (True or False)

5. The respondents in this study nearly all agreed they should be informed when HIV positive or AIDS patients are in the hospital. (True or False)

6. One interesting fact of the study was that 92% of those questioned thought HIV testing should be mandatory for all patients. (True or False)

7. Findings of this study suggest that medical lab students and med techs from central Taiwan have unrealistic attitudes toward AIDS/HIV. (True or False)

8. The results of this study indicate a need for more effective and on-going educational programs. (True or False)

9. The authors feel it is up to the profession to educate the medical laboratory personnel and their families. (True or False)

10. A similar study among Taiwanese nurses indicated that almost 39% were considering leaving the profession because of the fear of HIV/AIDS. (True or False)

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