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### Vitamin D Level in Patients Receiving Highly Active Antiretroviral Therapy in LAUTECH Teaching Hospital, Ogbomosho

*Taux de Vitamine D chez les Patients Recevant une Thérapie Antirétrovirale Hautement Active à l'Hôpital Universitaire LAUTECH, Ogbomosho*

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#### ABSTRACT

**BACKGROUND AND OBJECTIVE:** Hypovitaminosis D is a worldwide disorder, with a high prevalence in the general population. This study aims to assess the serum vitamin D level and its relationship with cluster for differentiation; CD4+ T cells among HIV infected individuals on HAART.

**METHODS:** This is a cross-sectional study conducted among 150 subjects attending the infectious disease Clinic of LAUTECH Teaching Hospital, Ogbomosho and presently on antiretroviral treatment. Serum from blood samples collected was analyzed and diagnostic cut-off of (<30ng/ml) and (≥ 30ng/ml) were used as Deficient and Sufficient vitamin D respectively. Variables such as duration on ART, CD4 count and viral load were extracted from case notes of subjects.

**RESULTS:** There was disproportionately more female than male subjects with a male to female ratio of 1:3. Subjects were aged between 16 and 73 years with a mean age of 41.57 ± 10.62. Few subjects (5.3%) were underweight, 23.3% were overweight, and 26% were obese. The median CD4 count was 241.5 cells/mm<sup>3</sup> and 72% of subjects were immunosuppressed. The prevalence of vitamin D deficiency was 45.3% (n=68). CD4 count was associated with the level of serum vitamin D, p-value < 0.05.

**CONCLUSION:** Vitamin D deficiency was prevalent among the studied HIV population. Our study found a significant correlation between serum vitamin D level and CD4 counts. It may be concluded that highly antiretroviral therapy HAART, improves CD4 level when there is sufficient vitamin D level, however, this merits further extensive exploration. **WAJM 2022; 39(1): 70–75.**

**Keywords:** Vitamin D, Hypovitaminosis D, HIV/AIDS, HAART.

#### RÉSUMÉ

**CONTEXTE ET OBJECTIF:** L'hypovitaminose D est un trouble mondial dont la prévalence est élevée dans la population générale. Cette étude vise à évaluer le taux sérique de vitamine D et sa relation avec le groupe de différenciation des cellules T CD4+ chez les personnes infectées par le VIH sous traitement antirétroviral.

**MÉTHODES:** Il s'agit d'une étude transversale menée parmi 150 sujets qui fréquentent la clinique des maladies infectieuses du LAUTECH Teaching Hospital d'Ogbomosho et actuellement sous traitement antirétroviral. Le sérum des échantillons de sang prélevés a été analysé et les seuils de diagnostic de (<30ng/ml) et (≥ 30ng/ml) ont été utilisés comme carence et suffisance en vitamine D respectivement. Les variables telles que la durée du traitement antirétroviral, le nombre de CD4 et la charge virale ont été extraites des notes de cas des sujets ont été extraites des notes de cas des sujets.

**RÉSULTATS:** Il y avait un nombre disproportionné de femmes par rapport aux hommes hommes, avec un rapport hommes/femmes de 1:3. Les sujets étaient âgés de entre 16 et 73 ans, avec un âge moyen de 41,57 ± 10,62 ans. Peu de sujets (5,3 %) étaient en sous-poids, 23,3 % étaient en surpoids et 26 % étaient obèses. 26 % étaient obèses. Le nombre médian de CD4 était de 241,5 cellules/mm<sup>3</sup> et 72 % des sujets étaient immunodéprimés. La prévalence de la carence en vitamine D était de 45,3 % (n=68). Le taux de CD4 était associé au niveau de vitamine D sérique, valeur p < 0,05.

**CONCLUSION:** La carence en vitamine D était prévalente parmi la population la population VIH étudiée. Notre étude a trouvé une corrélation significative entre le taux de vitamine D sérique et le nombre de CD4. Il peut être conclu que le traitement hautement antirétroviral HAART améliore le taux de CD4 lorsque le taux de vitamine D est suffisant, cependant, cela mérite une étude plus approfondie. **WAJM 2022; 39(1): 70–75.**

**Mots-clés:** Vitamine D, Hypovitaminose D, VIH/SIDA, HAART.

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**Abbreviations:**