

Introduction: Self Medication is widely used in Uganda and Sub Saharan Africa in general. There are proven consequences resulting from continued and long-time use of medicines to manage self-identified ailments among HIV positive clients who have continued the practise of self-medication and could lead to poor health of HIV positive clients. The factors influencing self-medication among hiv positive clients attending st. balikudembbe market clinic in kisenyi are largely unknown.

Objectives: The objectives of this study is to identify factors influencing self-medication among HIV positive Clients identify the health system factors, ascertain the knowledge factors that influence self-medication and also assess the socio-economic factors that influence self-medication among the HIV positive clients at ST. Balikudembbe Market Clinic. This descriptive cross-sectional study involved 352 respondents and was carried out at St. Balikudembbe Market using qualitative and quantitative techniques of data collection. Clients were interviewed using structured questionnaires for quantitative data. Qualitative techniques including Focus Group Discussions and Key Informant Interviews were also conducted. Quantitative Data was entered in a Microsoft office database and then exported to SPSS Version 21 for analysis.

Results: The prevalence of self-medication among HIV positive clients was 95.2% and current use was 85.4%. Self-medication was commonly used against Fever (45.2%), Cough (24.1%) and pain control (12.2%). Common reasons for self-medication included Cost saving, convenience and a few cited lack of trust in prescribing doctor. The significant factors associated with self-medication in this study were respondents' age (P-Value 0.006), level of education (P-value 0.000), Marital status (P-value 0.000), place of residence (P-value 0.028) distance from the clinic (P-value 0.043), time taken to reach the clinic (P-value 0.000), time it takes to be attended to (P-value 0.000), the prescribed drugs received at the dispensing window (P-value 0.000),How much is known about drug effects (P-value 0.000), what medication to purchase (P-value 0.016), religion (P-value 0.016) and occupation (P-value 0.000).

Recommendations: Client education with focus on avoidance of concurrent use of self-medication should be emphasized by both counsellors and health personnel in health facilities attending to these patients. The District Health Team should integrate interventions to improve economic status into HIV/AIDS programs and Ministry of Health should put in place guidelines on small privately owned pharmacies that address aspects of self-medication in the community.

Conclusions: Self-medication is widely used by HIV positive clients in HIV/AIDS care. Belief that self-medication saves time and is convenient and low incomes among HIV positive clients were associated with use of self-medication. The age and marital status were more associated with self-medication and compared to other variables.