

HIV and AIDS: Its Implication for Physiotherapy Practice and Exercise Prescription

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ABSTRACT This paper was a narrative review of evidence-based physiotherapy and its implication for practice. This review reveals that there is a dearth of evidence of the efficacy of physiotherapy in the management of persons living with HIV and AIDS. Exercise prescription in cardiopulmonary therapy was found to be seldom utilised in the care of people with HIV and AIDS in out-patient physiotherapy. The emphasis of care was found to be more on routine chest physiotherapy which included (occasional) suctioning, counseling and health education. Evidence of the efficacy of physiotherapy in the management of people with HIV and AIDS is therefore not conclusive. Physiotherapy for people living with AIDS should be based on evidences which should include medical, physical and psychosocial benefits. It is recommended that the efficacy of physiotherapy intervention be qualitatively and quantitatively evaluated and inclusion of physiotherapy- specific AIDS care was also suggested in the under graduate curriculum.