1	Original Research Article
2 3	SEROPREVALENCE OF HIV, HBV and HCV AMONG PRISONERS IN SOKOTO, NIGERIA
4	ABSTRACT
5	Prisoners are at exceptional risk of viral infection because of the numerous high risk activities
6	associated with incarceration. Prisons are incubators for infectious disease, yet are not readily
7	accessible for screening and intervention. They provide a high-yield opportunity for early prison
8	employees, but also family members and the general population.
9	Aim: The aim of this study was to determine the prevalence of HIV, HBV and HCV among
10	prisoners in Sokoto State central prison, Sokoto State, Nigeria.
11	Study Design: This was a cross sectional study involving male prisoners because of certain
12	religious reasons we were not allowed access to female prisoners
13	Duration: The study lasted for three months between April to June
14	Methodology: A total of 99 male prisoners from Sokoto State central prison had their blood
15	samples collected and screened for antibodies against Human Immunodeficiency Virus (HIV),
16	hepatitis B Virus (HBV) and Hepatits C Virus (HCV) using the principle of lateral flow
17	chromatographic immunoassay. HBV screening test carried out using Onsite HBs Ag rapid test
18	Dip-strip (plasma) by Nantong Economy and Technology Development Zone, China. While HCV
19	screening was done using HCV Ab plus rapid test strip (plasma) by Nantong Economy and
20	Technology Development Zone, China. And HIV screening carried out using onsite HIV 1/2 Ab
21	plus Combo Rapid Test by CTK Biotech, Inc. United State of America.

**Results:** The sero-prevalence of HIV, HBV and HCV was 1.0%, 11.1%, and 4.0% respectively of
the 99 prisoners screened. None of the prisoners practice homosexuality. The age 18-35 years
were mostly affected. Seroprevalence of HBV among the prisoners (11.1%) was high.

Conclusion: This study indicates a high prevalence of seroprevalence of HIV, HBV, and HCV among prisoners. There is need for prison-focused intervention initiatives in Nigeria including awareness programmes about these infections. Resources for testing and treatment of prisoners should be provided. Care providers for prisoners should be empowered to protect the privacy and confidential health care information about prisoners to prevent stigmatization.

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31 Keywords: Seroprevalence, HIV, HBV, HCV, Prisoners, Sokoto, Nigeria

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### 33 Introduction

34 Prisons are incubators for infectious diseases, yet are readily accessible for screening and intervention (1). They provide a high-yield opportunity for early disease detection, intervention, 35 and treatment, which would benefit not only prisoners and prison employees, but also family 36 members and the general population due to the high turnover of prisoners (1, 2). About 9.25 37 million people are held in prisons worldwide, with 30 million inmates moving from prison to the 38 39 community and/or back again each year (3). Prisons are typically overcrowded, offer limited 40 access to health care, and harbor high rates of airborne and blood-borne diseases (1, 4). Inmates often come from marginalized populations, such as injecting drug users (IDUs) and 41 42 persons with high-risk sexual behaviors (including sex workers), who are already at an increased risk for these infections (4). 43

44 Available global data suggest a high prevalence and transmission of infectious diseases, such as

45 human immunodeficiency virus (HIV), hepatitis B virus (HBV), and hepatitis C virus (HCV) in

46 prisons (5, 6, 7, 8, 9, 10, 11, 12)

HIV is a lentivirus (slowly replicating retrovirus) that causes Acquired Immune Deficiency 47 Syndrome (AIDS)(13), a condition in humans in which there is progressive failure of the immune 48 system allowing life threatening opportunistic infection and cancers to thrive. Infection with 49 HIV occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate, or breast milk. Within 50 51 these bodily fluids, HIV is present as both free virus particles and virus within infected immune 52 cells. In prison infection with this virus can occur as a result of homosexual practice by some prisoners and sharing of drug injection needle and shaving blade (14). HIV infected vital cells in 53 54 the human immune system such as helper T cells (specifically CD4+ T cells), Macrophages and dendritic cells(15), HIV infection leads to low levels of CD4+ T cells through a number of 55 56 mechanism including; apoptosis of uninfected bystander cells (16), direct viral killing of infected cells and killing of infected CD4+ T cells by CD8 cytotoxic lymphocyte that recognize infected 57 cells. When CD4+ T cell numbers decline below a critical level, cell-mediated immunity is lost, 58 and the body becomes progressively more susceptible to opportunistic infections (17). 59

Hepatitis B is an inflammatory illness of the liver caused by hepatitis B virus (HBV) that affect hominoid, including humans. Originally known as "serum hepatitis (18). The disease has caused epidemics in parts of Asia and Africa, and it is endemic status in china (19). About a third of the world population has been infected at one point in their life (20).

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Numerous activities known to occur among prisoners pose a risk for hepatitis B infection. Use of contaminated cutting or piercing instruments has been shown to be a high behavior for transmitting HBV in prisons particularly in the case of sharing needles for IV drug use (21)

The prison population is at high risk of HIV, HBV and HCV infections though they are most often 67 neglected risk group in the area of prevention and management. Since a prisoner can transmit 68 these infections during and after his or her stay in the prison, transmission can contribute to 69 over-wide pool of infections in the population. The economic costs of the failure to control the 70 transmission of these infections include increased requirement for medical care, high level of 71 72 dependency and loss of productive labor force, placing heavy burdens on already overstretched health and social services and on the natural economy. Factors contributing to a high rate of 73 74 transmission of these infections in the prison include overcrowding, poor nutrition, poor hygiene, inadequate medical care and long prison sentences (22). It should therefore be 75 76 mandatory that a prisoner is screened for these infections before and after prison sentence. The socio-demographic characteristics of prisoners associated with HIV, HBV and HCV in central 77 prison is not known. A research of this nature has never been reported. Data generated from 78 this study may spur or stimulate planning, management, prevention and control strategies in 79 Nigerian prisons. The aim of this study is to investigate the seroprevalence of HIV, HBV and HCV 80 81 among prisoners in Sokoto, North Western, Nigeria

82 Methodology

83 Study area

The study area for this research is Sokoto State. The state is located on longitude 11 30°" to 13 to 50°" east and latitude 4° to 6° north. It has a land area of about 28,232.37SQ kilometers and

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stand at an altitude of 272 m above sea level near to the confluence of the Sokoto River and
Rima River.

88 Sokoto state is at the extremely northwest of Nigeria forming boarder with Niger republic. The state is in dry Sahel surrounded by sandy terrain and isolated hills with an average annual 89 90 temperature of 28.3°C (82.9°). The weather is characterized by two seasons the wet and dry 91 season. Rainfall (wet season) start late around June and end in September but May sometimes extend to October. The average annual rainfall is 550mm with a peak rainfall usually recoded in 92 93 the month of august. The highest temperature of 45°C during the hot season is experienced in the month of March and April. Harmattan, a dry cold and dusty condition is experienced 94 between the month of November and February (23). 95

96 Sokoto state has a population of 4.2 million as at 2006 census, the metropolis is estimated to have a population of 427,760 made of up Hausa and Fulani majority and minority of 97 98 Zabarmawa and other non-indigenous settlers. There are two major languages in this state are 99 Hausa and fulfulde spoken among the Fulani. The main occupation of the people is grain production and animal husbandry. Majority of the indigenous people practice agriculture. 100 Crops produced include commercial crops like millet, sorghum, beans, rice and maize. Other 101 102 occupations commonly practice are dying, blacksmithing, weaving, carving, trading, cobbling, 103 and working private and public sector, socio cultural characteristics is homogenous as majority 104 of its indigenes and inhabitants are Muslims, therefore the doctrine of Islam provides the singular code of conduct and behavioral characteristics generally accepted across the state, 105 106 common practices art marriage, polygamy, consanguity and multiple birth (24).

107 Study Setting.

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108	The study was conducted in the Faculty of Medical Laboratory Science of Usmanu Danfodiyo
109	University in collaboration with the Medical unit of Sokoto State Central Prison.
110	Study Subjects
111	The test subjects are male prisoners of Sokoto state central prison. The prisoners within the age
112	range of 18-75 years.
113	Inclusion Criteria
114	All the male inmates of Sokoto state central prison within the age range of 18-75 years that are
115	serving their jail term in Sokoto state central prison for the presence of possible prison acquired
116	infections
117	Exclusion Criteria
118	All individual < 18 or > 75 who are not prisoners in Sokoto state central prison and the female
119	prisoners
120	Sample Size
121	Included one hundred (100) male prisoners of Sokoto state central prison within age range of
122	18-75 range years
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124	Sample Collection
125	About 3 millimeters of whole blood were collected using syringe and needle into EDTA anti-
126	coagulated tube to be used for HBsAg rapid screening test, for HCV Ab plus rapid test and for
127	HIV 1/2 rapid test.
128	Method for screening

HBV screening test carried out using Onsite HBs Ag rapid test Dip-strip (plasma) by Nantong
Economy and Technology Development Zone, China. While HCV screening was done using HCV
Ab plus rapid test strip (plasma) by Nantong Economy and Technology Development Zone,
China. And HIV screening carried out using onsite HIV 1/2 Ab plus Combo Rapid Test by CTK
Biotech, Inc. United State of America.

#### 134 Data Analysis

The data collected was recorded on an Excel spreadsheet and later subjected to Statistical analysis using Computer data-based software SPSS version 21 to generate frequency distribution and percentage prevalence of the various parameters, Comparison was made using chi-square test. A P-value of ≤0.05 was considered statistically significant in all comparison.

139 Results

Out of the 99 study population with age ranges from 18-75, one inmate (1.0) of the study population was HIV positive and it was found among those aged 18-35. 11 (11.0) were hepatitis B positive and the highest prevalence of HBV (7.0) was found among those aged 18-35, while the lowest prevalence was found within the age group 56-75. Four inmates (4.0) of the study population are hepatitis C positive and are found among the age group of 18-35 equally.

Table 1 shows the prevalence of HIV, HBV and HCV as follows; 11 (11.1), 4 (4.0) and 1 (1.0) respectively:

Table 2 shows Seroprevalence of HIV, HBV and HCV Infections by Risk Factors and sociodemogrphic factors among Prison inmates of Sokoto State Central Prison. And illicit drug injection showed association with P=0.033 while all others are not statistically significant

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	HIV	HBV	HCV
POSITIVE (%)	1 (1.0)	11 (11.1)	4 (4.0)
NEGATIVE (%)	98 (98.9)	88 (88.9)	95 (95.9)
TOTAL	99 (100)	99 (100)	99 (100)

### 150 **Table 1 Prevalence of HIV, HBV and HCV among Male Prisoners in Sokoto State.**

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KEY: (%)= Percentage

### 152 Table 2: Seroprevalence of HIV, HBV and HCV Infections by Risk Factors and socio-demogrphic

### 153 factors among Prison inmates of Sokoto State Central Prison

Risk factor	No	HIV	P value	HBV	P value	HCV	P value
	tested	Pos.		Pos.		Pos.	
Marital status							
Married	32	0	0.487	3	0.704	3	
Single	67	1		8		1	0.062
Illicit drug use							
Yes	18	1	0.033	3	0.407	0	
No	81	0		8		4	0.336
Needle sharing							
Yes	6	0	0.798	2	0.074	0	
No	93	1		9		4	0.604
Age group							
18-35 years	72	1		7		2	
36-55 years	21	0	0.827	3	0.074	2	0.337
55-75 years	6	0		1		0	
Length of stay							
1-5 years	79	1		10		4	
6-10 years	12	0	1.000	0	0.971	0	0.958

11-15 years 16-25 years	2 6	0 0		0 1		0 0	
10-25 years	0	0		T		0	
Education level							
Formal	20	0		1		1	
Informal	51	1	0.622	8	0.319	2	0.968
Tertiary	28	0		2		1	
Sexual intercourse							
Yes	60	1	0.418	7	0.827	1	0.137
No	39	0		4		3	
Condom use							
Yes	29	0	0.518	2	0.390	0	0.189
No	70	1		9		4	

155 KEY: Pos= Positive

#### 156 **DISCUSSION**

This study investigated the seroprevalence and risk factors for HIV, HBV and HCV infections among prison inmates in Nigerian Sokoto State. Such studies have been undertaken in a good number of countries, especially in Europe and America, yet reports on these infections among Nigerian prison inmates are scarce(25).The impact of HIV pandemic is enormous, robbing many countries of the world of both human and natural resources. A previous report of HIV among prison inmates in Nigeria has not yet provoked the expected government policies on care, management and prevention strategies on Nigerian prison inmate (26).

The 1.0% prevalence rate of HIV observed in this study does not supports previously reported cases (27). In that report a prevalence rate of 12% was obtained in Kaduna prison. The HIV antibody seroprevalence in this study was however less than the 9% seroprevalence found among prisoners in Lagos by Idigbe and colleagues (14), it is less than the prevalence of 7% found in male prison inmates in Jos prison (28), it is also less than the National prevalence of 5%

estimated by the sentinel Survey of the Federal Ministry of Health in 2003 and an estimated HIV 169 170 prevalence by UNAIDS In 2006 which was 3.9% (29). In this study we observed that there may be relationship between HIV infection and illicit drug injection (p=0.033). The seroprevalence of 171 (1.0) observed in this study were found in the 18-35 age group who made up majority of the 172 173 prisoners. This finding compared well with the National Sentinel Survey results showed these groups to be the most affected probably because of their high sexual activity. However for this 174 175 age brackets in the National Survey, the prevalence was 5.6% (30) Compared to 1.0% in this 176 study. The less prevalence observed in this study may be as a result of decreased or absence of some high risk behaviors in Sokoto State central prison such as homosexuality in those with 177 178 longer sentences where the older party provides the younger with resources such as protection and food in exchange for sex (31). None of the respondent admitted to homosexual. 179 180 This is in contrast to the western world where homosexuality is an important risk factor as well 181 as a common occurrence, which is not voluntarily admitted by those who practice it in Nigeria 182 (31).

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According to Hodges and colleaques the classification of high endemicity for HBV infection has been defined as HBsAg greater than 7% in adult population (32). But from this study the prevalence of hepatitis B virus infection among prisoners of Sokoto State central prison is 11 (11.1%). This therefore confirms that prisoners of Sokoto state central prison are chronic carriers of HBV. The result of this study is in conformity with 9 (18%) among 50 inmates of Bali prison in Taraba state reported previously by Monday and colleagues (33) the infection seen in Sokoto state central prison may be attributed to the large population of prisoners which result

to overcrowding, the non-availability of clean/sterilized shaving instruments, probably sexual activity among male within the prison, reuse of contaminated razor blades, and possibly sharing of cups, spoons and toothbrush (34). The 11.1% sero-positivity reported in this study is higher than 5.2% reported by Babalola and colleagues among selected tertiary institution student in Ogun state, Nigeria (53). But in conformity with the 12.0% reported among pregnant women attending ant-natal clinic at central hospital, Warri, Delta State (36). This is also in consistent with previous report by Niematullah and colleagues in Quetta Pakistan (37).

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The age of inmates may have also contributed especially young men between the ages of 18-35 199 200 years with factors such as high sexual behavior before and during incarceration, intravenous 201 drug use with sharing of syringes and tattooing among inmates. Also poor condition prevailing 202 in the prison could contribute to the higher prevalence of hepatitis B virus among the prisoners. 203 The presence of hepatitis B virus among inmates is a cause for continuing public health concern because the incarcerated represent an extremely important segment of the community, 204 especially with regard to the communicable disease. We also observed that inadequate medical 205 facilities, staff and access to good health care delivery within and outside the prison could also 206 contribute to the prevalence of hepatitis B virus among prisoners of Sokoto State central prison. 207 This corroborates the findings of Muhammad and colleagues where he observed that 208 209 inadequate medical facilities and staff in the Lahore Jail and access to appropriate health care outside the prison system was very difficult for inmates (38). 210

211 In this study, we observed HCV prevalence of 4.0% among prisoners of Sokoto state central 212 prison, North Western Nigeria. The seroprevalence of HCV observed in this study is in

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agreement with a prevalence of 6.7% among male prisoners in Lagos reported by Dada and 213 214 colleagues, this prevalence rate is startling because it is not higher than that of the general population of Lagos, even though the prisoners population is known to be a high risk one; 215 however, it is possible that the Lagos inmates have low or absence of high risk behavior similar 216 217 to our subject (39). The HCV prevalence observed in this study is less than 12.3% previously reported by Moses et al., (2009) in Nasarawa State of Nigeria it is also inconsistent with 19.2% 218 219 previously reported among prison inmates in Ghana (5). However, the HCV sero-prevalence 220 rates from both studies are higher than what our study reveals, and this may be attributed to a 221 possible practice of high rate of injected drug use by those inmates and a high risk behavior 222 absent among our subject. It should be noted, however, that although majority of our subjects did not confirm the practice of injected drug use, it is possible this probability happens among 223 224 Nigerian prisoners but at a very minimal level, not enough to influence the outcome.

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### 226 CONCLUSION

In this study we observed a high sero-prevalence of blood borne infections among our subjects in Sokoto State central prison, Nigeria and reaffirm the need to routinely screen all prisoners before and after incarceration for HBV, HIV and HCV. As a safety measure because active and untreated HBV, HCV, and HIV infections among prison inmates can lead to transmission in both civilian and incarcerated populations. The insecure manner of acting such as illicit drug injection, tattooing, piercing, use of unsterilized blades and extramarital sex with very low condom use were the most important factors related to the infections.

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235	RECO	MENDATION
236	ln vie	ew of the observed presence of the viruses among prison inmates, we therefore
237	recom	mend the regular testing for hepatitis B, hepatitis C and HIV antibodies in prisons is
238	neces	sary to identify those already infected and those in need of specific health care to help
239	limit	further transmission of the disease within and outside the prison. Furthermore,
240	introd	luction of effective preventive measures is recommended and uninfected inmates should
241	be va	ccinated with the available vaccines as this will reduce the spread of the diseases.
242	LIMIT	ATION OF THE STUDY
243	Rapid	test kit was used for testing of the subjects. It may be necessary to carry out a larger
244	study	and include the use of more advanced and sensitive methods like ELISA and PCR
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