

SEXUAL PRACTICES, THEIR INFLUENCERS AND UTILIZATION OF HIV
SERVICES AMONG FEMALE SEX WORKERS IN MOMBASA COUNTY, KENYA

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DECLARATION

This thesis is my original work and has not been presented for a degree award in any other university.

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This thesis has been presented with our approval as university supervisors.

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DEDICATION

I dedicate this study to my daughter Sharon Kerubo Abuga, my mother Yovensia Nyaboke Mokinu and my late father Nahashon Mokinu. Daddy's encouragement "Kari motwe" (keep moving on) has taken me this high, his legacy lives.

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LIST OF ABBREVIATIONS AND ACRONYMS

AI	Anal Intercourse
AIDS	Acquired Immunodeficiency Syndrome
ART	Antiretroviral Therapy
ARV	Antiretroviral
ERC	Ethical Review Committee
FSWs	Female Sex Workers
HIV	Human Immune Deficiency Virus
HPV	Human Papilloma Virus
ICRH	International Center for Reproductive Health
IP	Intimate Partner
KNBS	Kenya National Bureau of Statistics
KNH	Kenyatta National Hospital
KP	Key Population
MARPs	Most at Risk Populations
MPH	Masters in Public Health
MSM	Men who have Sex with Men
NACOSTI	National Commission for Science, Technology and Innovation

NASCOP	National AIDS and STI Control Program
PLHIV	People Living with HIV
PrEP	Pre-Exposure Prophylaxis
PWID	People Who Inject Drugs
REF	Risky Sexual Behaviour
SD	Standard Deviation
SRH	Sexual and Reproductive Health
STIs	Sexually Transmitted Infections
STDs	Sexually Transmitted Diseases
TLD	Tenofovir Lamivudine Dolutegravir
TUM	Technical University of Mombasa
UNAIDS	United Nations Program on HIV/AIDS
VI	Vaginal Intercourse
WHO	World Health Organization

DEFINATION OF TERMS

Early sexual debut Having first incident of sexual under the age of 15 years

Risky sex

The activity that will increase the probability that a person engaging in sexual activity with another person infected with a sexually transmitted infection will be infected

Sex work

The exchange of sexual services, performances, or products for material compensation.

Prostitution

The practice of engaging in relatively indiscriminate sexual activity, in general with someone who is not a spouse or a friend, in exchange for immediate payment in money or other valuables

Female sex workers

Girls and women who regularly or occasionally receive money in exchange for sexual services.

ABSTRACT

Female sex workers (FSWs) are vulnerable to acquiring HIV and other sexually transmitted infections due to risky sexual practices. Risky sexual practices refer to sexual acts and behaviours that increase the chances of contracting and transmitting sexually transmitted infections. Understanding and addressing the gaps in safer sexual practices among FSWs can help to reduce HIV acquisition and transmission. This study focused on the sexual practices, their determinants, HIV knowledge, and use of HIV testing services among FSWs in Mombasa County, Kenya. Cross-sectional research design was adopted in the investigation. Respondents were recruited by systematic random selection at predetermined intervals from bars and clubs until a sample size of 160 was reached. Women who were above 18 years and had in the past exchanged goods or money for sex were referred to as female sex workers. Descriptive statistics and inferential analysis using R was done and $p < 0.05$ was regarded statistically significant. Ethical approval and clearance were obtained from the Kenyatta National Hospital and University of Nairobi Ethics Review Committee. Informed consent was obtained from participants prior to the interviews. Most of the participants (98.74%) were unmarried, 97.48% reported vaginal intercourse, 50.96% reported using alcohol before sex and 10.69% had a tertiary education. Risky sex was practiced by 27.67% of study participants. Slightly more than a half (64.15%) had tested for HIV within three months, 13.84% believed that it is safe to reuse condoms and 10.06% that it is safe engaging in unprotected sex. Risky sexual practices in bi-variate analysis were associated with frequency of sexual intercourse, frequency of vaginal intercourse, alcohol use, violence and poor HIV knowledge. In multivariate analysis, risky sexual practices were associated with frequency of sexual intercourse, alcohol use and poor HIV knowledge. Female sex workers are still engaging in unprotected sex while intoxicated, belief in re-using condoms and high frequency of sexual intercourse. Alcohol use significantly correlates to risky sexual practices. Few FSWs test for HIV within three months and some still has poor knowledge about HIV. Interventions to address these modifiable factors such as promoting partners' conversations about condom use, routine alcohol use risk reduction counselling and creating FSWs social networks are needed.