Appendix 1: Demography and Health History Questionnaire

1. OI Clinic number

2. Age (makore) ☐ ☐

3. Sex Female(mukadzi) ☐
 Male(murume) ☐

4. Number of years on ARV’s
   (1) Nil ☐
   (makore mangani muri Pamushonga) (2) 0-1 year ☐
   (3) 2 -3 years ☐
   (4) 3 years and above ☐

5. On which regiment are you? (muri pamushonga upi)

6. Do you smoke cigarettes?
   (1) Never (kwete) ☐
   (Munoputa fodya here) (2) Current smoker ☐

7. Have you ever been told by a doctor or health professional that you have diabetes?
   (makamboudzwa here kuti mune chirwere chesugar)
   (1) yes (hongu) ☐
   (2) no (kwete) ☐

8. Are you taking any TB drugs?
   (muri kunwa mapiritsi eTB here)
   (i) yes (hongu) ☐
   (2) no (kwete) ☐
9 Have you ever been told by a doctor that you have any of the following

(makamboudzwa nachiremba kuti mune chirwere chezvinotevera here)

(1) stroke □

(2) heart attack □

CLINICAL MEASUREMENTS □ □ □

Blood pressure

Systolic

Diastolic □ □ □
Appendix 2 : Informed Consent Form

Protocol title: Evaluation of Apolipoprotein B100 against LDL cholesterol in predicting cardiovascular disease in HIV patients

Name of the Researcher: Belinda M. Sado
Phone: 263-4-621100 ext 235

Project description

Many factors suggest that HIV – infected individuals are at great risk for developing heart disease as a result of the infection itself or side effects of some antiretroviral drugs. This study seeks to assess the role of a protein called apolipoprotein B in determining risk of developing heart disease in HIV infected individuals visiting opportunistic infection clinic at Harare Central Hospital. This protein is going to be evaluated against other lipid profiles.

Your rights

Before you decide whether or not to volunteer for this study, you must understand its purpose, how it may help you, the risk to you, and what is expected of you. This process is called informed.

Purpose of the study

This study seeks to find a better way for predicting risk of developing heart disease. The study also seeks to find the proportions of HIV infected patients who are at risk for developing heart disease. Identification of individuals at increased risk of heart disease must receive preventative therapy.
Procedures
You will be invited to participate in the study after you understand its purpose and nature. Your participation is voluntary and free. 5ml of blood will be drawn. The same blood which will be taken for your routine measurements will be the same blood which will be used in the study if you consent. All collected samples will be incinerated after testing.

Potential benefits
You will benefit from knowing whether you have risk of developing CVD. There will be no financial benefits.

Reimbursement
Transport money will be reimbursed for those who will have to come back for a redraw of blood.

Study withdrawal
You may choose not to enter the study withdraw from the study at any time without loss of benefits entitled to you.

Confidentiality of records
Only the researcher and the supervisor will have access to results. Each sample will be given a code which will appear on the work sheet where the results are going to be recorded. Consent forms will be kept in the office of Biochemistry department at Harare Central Hospital laboratory for 3 years and then destroyed.

Person responsible: B. Sado 263-4-621100 ext 235
**Problems / Questions**

Please ask questions about this research or consent now. If you have any questions in the future please feel free to ask the researcher on the telephone provided.

**Authorization**

I have read this paper about the study or it was read to me. I understand the possible risks and its benefits of this study. I know being in this study is voluntary. I choose to be in this study. I know I can stop being in the study and I will not lose any benefits entitled to me. I will get a copy of this consent form. (Initial all the previous pages of the consent form).

Client Signature……………………………

Date…………………………………………

Name (Printed)…………………

Date…………………………………………

Researcher Signature………………

Date…………………………………………
Appendix 3: Chibvumirano Nechirongwa

Musoro wenhorooondo: TSVAGIRIDZO YEKUONA CHINGARAKIDZE KUTI MUNHU ANE NJODZI DZOKUVA NECHIRWERE CHE MWOYO

Zita remutsvagi Belinda M. Sado
Runhare 621100 ext 235

Tsanangudzo yechirongwa

Zvakaongororwa kuti vanhu vane utachiona hwe HIV vangangove nenjodzi yekubatwa nechirwere chemwoyo. Izvi zvinokonzerwa nemapiritsi avanomwa kana utachiona pachezvawo. Tsvagiridzo ino ndeye kutsvaga chinhu chinogona kurakidza kuti munhu angangove nenjodzi yekubatwa chirwere chemwoyo. Vanhu vachapinda muchirongwa ndeavo vanoshanyira chipatara che Harare Central Hospital Opportunistic Infectious Clinic (OIC).

Chinangwa

Chinangwa chechirongwa ndechekuongorora kuti chii chirinani, LDL- cholesterol kana kuti apolipoprotein B, pakurakidza njodzi yekubatwa chirwere chemwoyo. Chimwezve chinangwa ndechekuona huwandu hwevanhu vangangogona kuve nenjodzi yekubatwa chirwere chemwoyo.

Nzira dzekuongorora

Ropa richatorwa kune vanhu vanenge vabvuma kupinda muchirongwa vasingamanikidzwe. Ropa richaongororwa uwandu hwe LDL- cholesterol, HDL- cholesterol, total cholesterol neapolipoprotein B. Ropa raunotorwa apo unorapwa nguva dzose ndirozve richashandiswa muchirongwa chino.

Zvamunowana

Uchawana batsiro noruzivo pamusoro peutano hwako. Hakuna mari yaunopihwa kubva muchirongwa ichi. Kana wadzokororwa kutorwa ropa uchapihwa mari ye bhazi.

Njodzi

Pangangove nekusagadzikana apo unenge uchitorwa ropa.

Chitsidzo chemagwaro enyu

Vaunotaura navo muchirongwa chino uyezve nevadzidzisi veku Department of Chemical Pathology ku University of Zimbabwe ndivo chete vanogona kuziva zvichabuda muongororo ino. Magwaro ane chibvumirano chako achachengetedzwa muhofisi ye Biochemistry pano
paHarare Hospital Laboratory. Achazoparadzwa kwapfuura makore matatu. Munhu ane basa rekuchengeta izvi ndiBelinda Sado parunhare inoti 621100 ext 235.

Matambvudziko/Mibvunzo
Tapota bvunza maererano neongororo iyi kana kubvumirana kwako nayo iye zvino. Kana uine mubvunzo munguva inotevera tapota bvunza mutsvagi parunhare rwakapihwa.

Bvumidzo yako
(Nyora mavara anotanga namazita ako maviri pamapeji ese pachibvuimirano chino)

Runyoro: --------------------------------------------- Zuva: ----------------------
Zita: -----------------------------------------------
Runyoro rwemuongorori: ----------------------------- Zuva: ----------------------
Appendix 4: Approval letter from Harare Hospital

20 October 2010

Mrs Sado B

RE: PERMISSION TO CARRY OUT A STUDY: EVALUATION OF Apolipoprotein B AGAINST LDL-CHOLESTROL IN PREDICTING CARDIOVASCULAR DISEASE IN HIV POSITIVE PATIENTS

Permission is hereby granted to carry out your study titled: "EVALUATION OF Apolipoprotein B AGAINST LDL-CHOLESTROL IN PREDICTING CARDIOVASCULAR DISEASE IN HIV POSITIVE PATIENTS".

Harare hospital will give you the necessary assistance you need.

Yours faithfully,

G A N Vera (Mr)
Clinical Director