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### Safe sexual practice in people living with HIV/AIDS

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#### ABSTRACT

**Introduction:**The human immunodeficiency virus (HIV) epidemic in Brazil was modified with access to antiretroviral therapy (ART) and prevention actions, reducing morbidity and mortality in people living with HIV / AIDS (PLHA). The promotion of safe sex practices is an effective method of controlling HIV transmission and superinfection. **Objective:** To evaluate the use of condoms in sexual practices in PLWHA. **Objective:** To evaluate the use of condoms in sexual practices in PLWHA. **Methodology:** This is a descriptive cross-sectional study with a quantitative approach developed in the city of Recife, Brazil, in 2016, with 184 users of a Specialized Assistance Service (SAE). The study obeyed Resolution No. 466/2012 of the National Health Council, approved by the Research Ethics Committee of the Hospital Complex of the University of Pernambuco under CAEE: 17510113.8.0000.5192. **Results / Discussion:** There was a predominance of males (58.2%, n = 107). The age range ranged from 18 to 70 years, with a prevalence of 40 to 60 years expressed by 53.3% (n = 98) of the participants. The low level of schooling represented by the incomplete elementary school (44%, n = 81) and the unmarried (45.9%, n = 84) had a predominance of marital status. Regarding the knowledge about the path of HIV infection, 70.1% (n = 129) reported knowing the route by which they contracted HIV, with sexual intercourse being the most prevalent (95.3% - n = 123) . Regarding the use of condoms in sexual intercourse, an irregular use was observed for 17.4% (n = 32) of the interviewees. It is noteworthy that 17.9% (n = 33) stated that they did not maintain active sexual practice after diagnosis. In this sense, it is imperative to reinforce that unprotected sexual activity is a preponderant factor for the maintenance of the HIV transmission chain. **Conclusion:** The nurse stands out in the elaboration of strategies that allow the patient's understanding of the importance of maintaining an active sexual practice with safety, contributing to the control of the HIV epidemic.

#### Keywords:

Nursing Care; HIV; Health promotion; Safe sex; Acquired immunodeficiency syndrome

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