The CQUIN Learning Network

Adolescents Living with HIV: Innovations and Experience
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Africaid, Zvandiri
October 24 - 27, 2017
Johannesburg, South Africa
Adolescents: One Size Does Not Fit all

Differentiated Care models for adolescents need to consider:

• The rapid changes in growth, development and life circumstances

• The wide range of often complex psychosocial issues in their lives

• Their emerging independence as well as the need for family support

• Their lives beyond the health facility

• The importance of identifying with peers

• Existing challenges accessing health facilities
Zvandiri and the CATS model

- Started in 2004 as one support group for ALHIV
  - “Zvandiri” – “As I am” in Shona

- **Differentiated care** model for children, adolescents and young people with HIV, 0-24 yrs

- Implemented by **Community Adolescent Treatment Supporters (CATS)**
  - HIV positive 18-23 yr olds
  - Trained and mentored to support children, adolescents and young people across the HIV cascade

- **Adopted** by the Government of Zimbabwe

- Recommended for **scale up** by WHO, UNAIDS, AIDStar One, UNICEF, SADC, Pangea
# Zvandiri – a model of DSD for adolescents

*Integration of CATS within MoHCC DSD models across the HIV cascade*

<table>
<thead>
<tr>
<th></th>
<th>HTS</th>
<th>ART Refills</th>
<th>Clinical Consultations</th>
<th>Adherence Clubs</th>
<th>Psychosocial Support</th>
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</thead>
<tbody>
<tr>
<td><strong>WHEN</strong></td>
<td>On-going</td>
<td>3 monthly</td>
<td>6 monthly</td>
<td>Monthly</td>
<td>Monthly (Standard Support) Weekly (Enhanced Support)</td>
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<tr>
<td><strong>WHERE</strong></td>
<td>Clinic</td>
<td>Clinic</td>
<td>Clinic</td>
<td>Clinic Community</td>
<td>Clinic Home Support Groups</td>
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<td></td>
<td>Home Community</td>
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<tr>
<td><strong>WHO</strong></td>
<td>CATS</td>
<td>Primary Counsellor CATS</td>
<td>Nurse</td>
<td>Nurse CATS</td>
<td>CATS</td>
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<tr>
<td><strong>WHAT</strong></td>
<td>Index case finding</td>
<td>ART and Cotrimoxazole refills</td>
<td>Clinical consultation</td>
<td>Facilitated peer support</td>
<td>Peer information and counselling</td>
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<td></td>
<td></td>
<td>Referral check</td>
<td>SRH services</td>
<td>Structured counselling session</td>
<td>ART Literacy, adherence monitoring and support</td>
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<td>Blood draw</td>
<td>Interactive activities</td>
<td>SRH education and referral</td>
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<td>(annual if VL)</td>
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<td>Identification of ‘red flags’ for referral</td>
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<td>Tracing Loss to follow up</td>
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<td>Disclosure support</td>
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<td>SMS Reminders and Support</td>
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<td>Zvandiri levels of support</td>
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<tr>
<td><strong>Standard Support</strong></td>
<td><strong>Enhanced Support</strong></td>
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<td>• Undetectable viral load in the last six months</td>
<td>• A detectable viral load in the last six months</td>
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<tr>
<td>• Adherent</td>
<td>• Unwell / Opportunistic Infection</td>
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<td>• Attending all scheduled clinic visits in the last 3 months</td>
<td>• Non adherence</td>
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<td>• Psychologically stable</td>
<td>• Failing to attend scheduled clinic visits in the last 3 months</td>
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<td>• Safe</td>
<td>• Psychological distress</td>
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<td>• On ART &gt; 3 months</td>
<td>• Abuse or neglect</td>
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<td>• Commencing ART in the past 3 months</td>
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<td>• Pregnancy</td>
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**MoHCC treatment and care**

**CATS-led:**
- Monthly Home Visit by CATS
- Weekly SMS Reminder from CATS
- Clinic-based counselling with CATS
- Referrals and Linkages for ‘red flags’
- Escalation to enhanced care as necessary

**CATS-Supported:**
- Monthly Support Group
- Caregiver Workshop

**MoHCC treatment and care**

**CATS-led:**
- Weekly Home Visit by CATS
- Daily SMS reminder from CATS
- Clinic-based counselling with CATS
- Referrals and linkages

**CATS-Supported:**
- Monthly Support Group
- Caregiver Workshop
- Adherence Workshop
- Community Outreach with Zvandiri Mentors / CHWs/ CCCWs
Training and Mentorship

• **Level 1**
  
  2 week training (class and clinic)
  
  Certification as Level I
  
  – HIV, HTS, ART, SRH, PSS, Mental Health, Social Protection
  
  – HIV Care Cascade
  
  – Child and Adolescent Development
  
  – Counselling Skills
  
  – Differentiated Care
  
  – CATS roles and responsibilities across the HIV cascade
  
  – Monitoring, Evaluation and Reporting
  
  – Care for CATS
  
  – Integration within the clinics

• **Level 2**
  
  ‘On the job’ mentorship, 12 months
  
  Certification as Level II
  
  – Daily supervision by MoHCC nurse / counsellor in the health facility
  
  – Weekly site visits from the Zvandiri Mentor in the district
  
  – Monthly CATS Coordination meetings
    • Zvandiri Service Delivery SOPs
    • Training, Reporting, Planning
    • Peer Support and Sharing
  
  – Refresher Trainings
M&E requirements

• Zvandiri Database
  – Individual case record for every beneficiary registered in Zvandiri
    • All Contacts (Clinic, Home, SG, SMS, Refill Group)
    • Viral load results
    • LTFU and retention
    • Red flags and Referrals
  – Integration of MoHCC DSD indicators

• Zvamoda
  – CATS-led real time data capture and tracking of individual beneficiaries

• Training and mentorship of CATS to utilise M&E tools
Coverage and scale up

• 1047 trained, mentored CATS in 51 districts of Zimbabwe
• Integrated within 456 health facilities
• DSD for 46,441 HIV positive children, adolescents and young people
• Technical assistance for MoHCC, MoPSLSW and CATS by 40 Zvandiri Mentors and 30 Zvandiri interns
• Chai estimated cost of program
  • 36 dollars/beneficiary
• Funded through:
  • PEPFAR (USAID, CDC/ITECH)
  • EGPAF (CIFF)
  • UNICEF, Child Protection Fund
  • ELMA, CBM

Zvandiri Technical Support Unit
• 85 CATS in Mozambique, Tanzania, Swaziland
5540 were mobilised for HIV testing services through index case finding by CATS

5077 children, adolescents and young tested through CATS-led index case finding; 849 tested HIV positive (17% yield)

The 849 that tested positive were linked to care and are now being supported by the CATS.

Referrals – 13,393 referrals initiated and 7,997 completed
(Services referred for include viral load monitoring, psychosocial support, birth registration)

Improved adherence from 44.2% at baseline to 71.8% at end line (p-value=0.008)

3.9 times more likely to adhere to treatment compared to the control group (OR=3.934) (Willis et al, 2015 ICASA)

Improved linkage to services and retention v. control arm

2 x RCTs underway to measure the impact of Zvandiri on virological suppression, psychological distress and disclosure to partners
Supporting the National Response

• **National guidance development**
  – Technical working groups
  – National operational service delivery manual

• **National training**
  – Child and adolescent counselling and training tools

• **Mentorship**
  – District and facility level mentorship including health workers, social protection, teachers

• **Research**
  – RCTs – Effectiveness of the Zvandiri model
  – Depression, Young mothers, disability, stigma, HTS

• **Advocacy**
  – Funding
  – Service Delivery
  – Differentiated Service Delivery
Lessons Learned to Date

• National viral load data suggests need to focus attention on enhanced support, not just reduced level of support.

• Research data found improved adherence, retention, psychosocial well being and disclosure among adolescents receiving CATS services.

• Peer-led, community based support provides an acceptable, effective ‘safety net’ for:
  • sustained engagement for those doing well
  • Identification and referral of those in need of more support across clinical, psychosocial and protection issues.

• Regular supervision and mentorship is required for CATS and health care workers working with CATS.
Next Steps

• Continued scale up and consolidation in Zimbabwe
  – 1531 CATS by December 2017
  – 756 health facilities

• PEPFAR Indicators and Targets
  – 90% tested
    • Index testing: 46191
  – 90% linked to treatment
    • CAYPLWHIV in care: 107418
    • Retention in care: 96677
    • Completed referrals: 77341
  – 90% suppressed viral load
    • Support group attendance: 89725
    • Suppressed viral load: 96677

• Support to MoHCC in training and mentorship of health care workers and CATS

• Expanding service delivery for mental health, disabilities, EMTCT, ISALs
And finally....

DSD Youth Champions Project

https://www.youtube.com/watch?v=J1PVTwJGYBc
Thank You!