The CQUIN Learning Network

Adolescents Living with HIV:
Innovations and Experience

Shenaaz Pahad
Wits Reproductive Health and HIV Institute

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HIV LEARNING NETWORK
The CQUIN Project for Differentiated Care

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Why adolescents and youth need differentiated care?

- **Changes during adolescence** present challenges to ART adherence (Hornschuh et al., 2016)

- Despite adherence challenges, there are **insufficient adolescent-targeted approaches** to HIV care in sub-Saharan Africa (Mark et al., 2017)

- Adolescents **need continuity of care** and **assistance** with linking to care, and **preventing** loss to follow up

CHALLENGES:

Adolescent & youth perspective

- Clinic operating hours conflict with work or school.
- No transport money.
- No adolescent/ youth specific care.
- Struggle to identify with the clinic space.
- No confidentiality or privacy for young people.
- Different appointment dates for different services.
- Lack of policies and knowledge to support young patients.
- Far distance of clinic location.
- No waiting area and long waiting times.
- Lack of support.
- Staff attitude towards young people unfriendly/ judgemental/ questioning.
- Stigma: Nosy community members see them access the facility.
- Communication and language barriers.

VS.

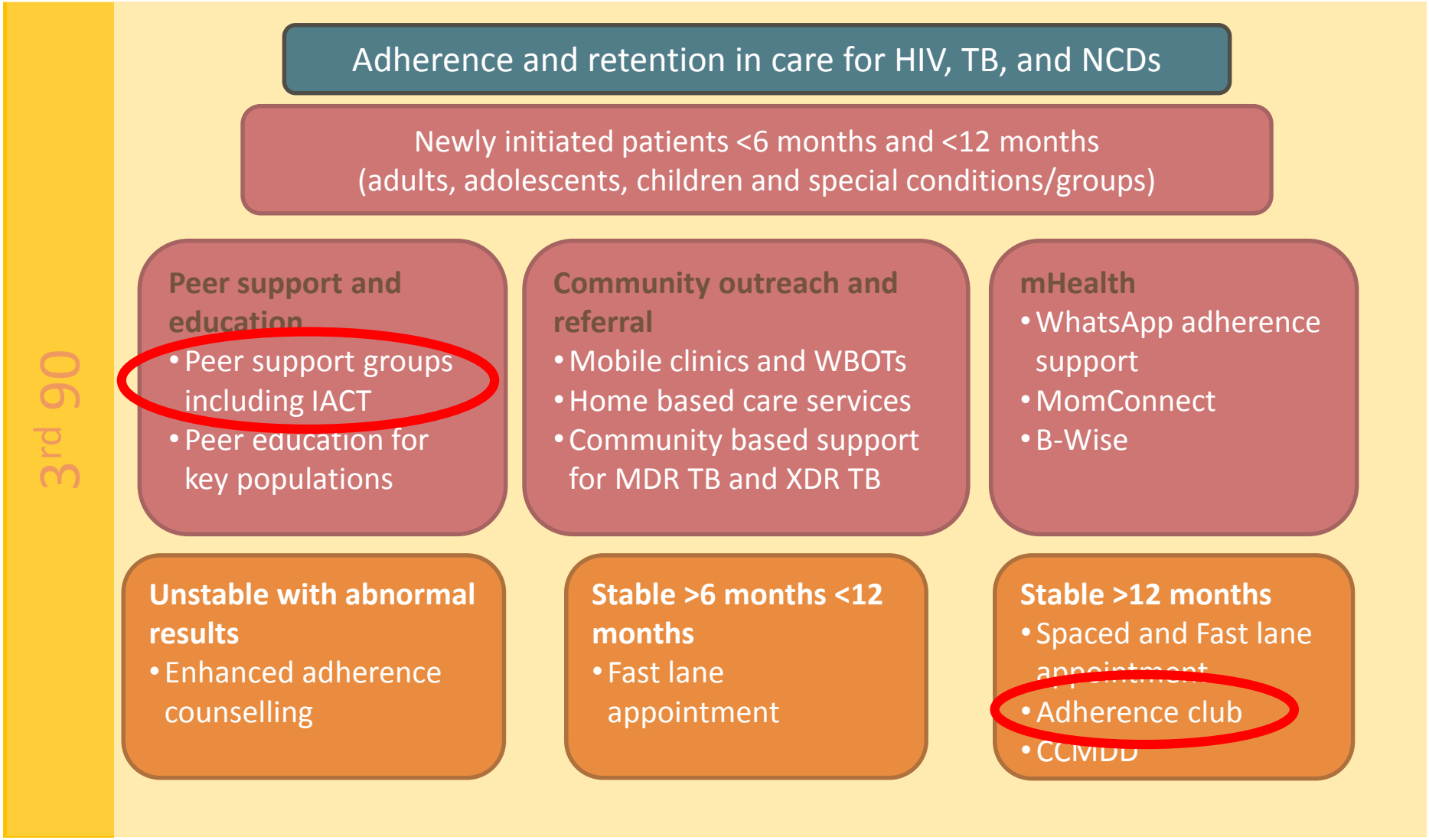
Healthcare perspective

- Adolescents and youth patients mixed in with adults so difficult to changemind-set/ approach from one patient to the other.
- Adolescent and youth health needs differ to adults.
- Staff find it difficult to relate to adolescent and youth patients.
- Expected poor retention in care rates with young people (they skip appointments and generally have poor adherence).
- Young people don't offer full medical history/all the facts.
- Adolescents and youth may not always tell the truth about their behaviours and needs because they get embarrassed.
- Lack of knowledge, training or support.
- No time to manage young patients.
- Lack of referral systems.
- Communication and language barriers.

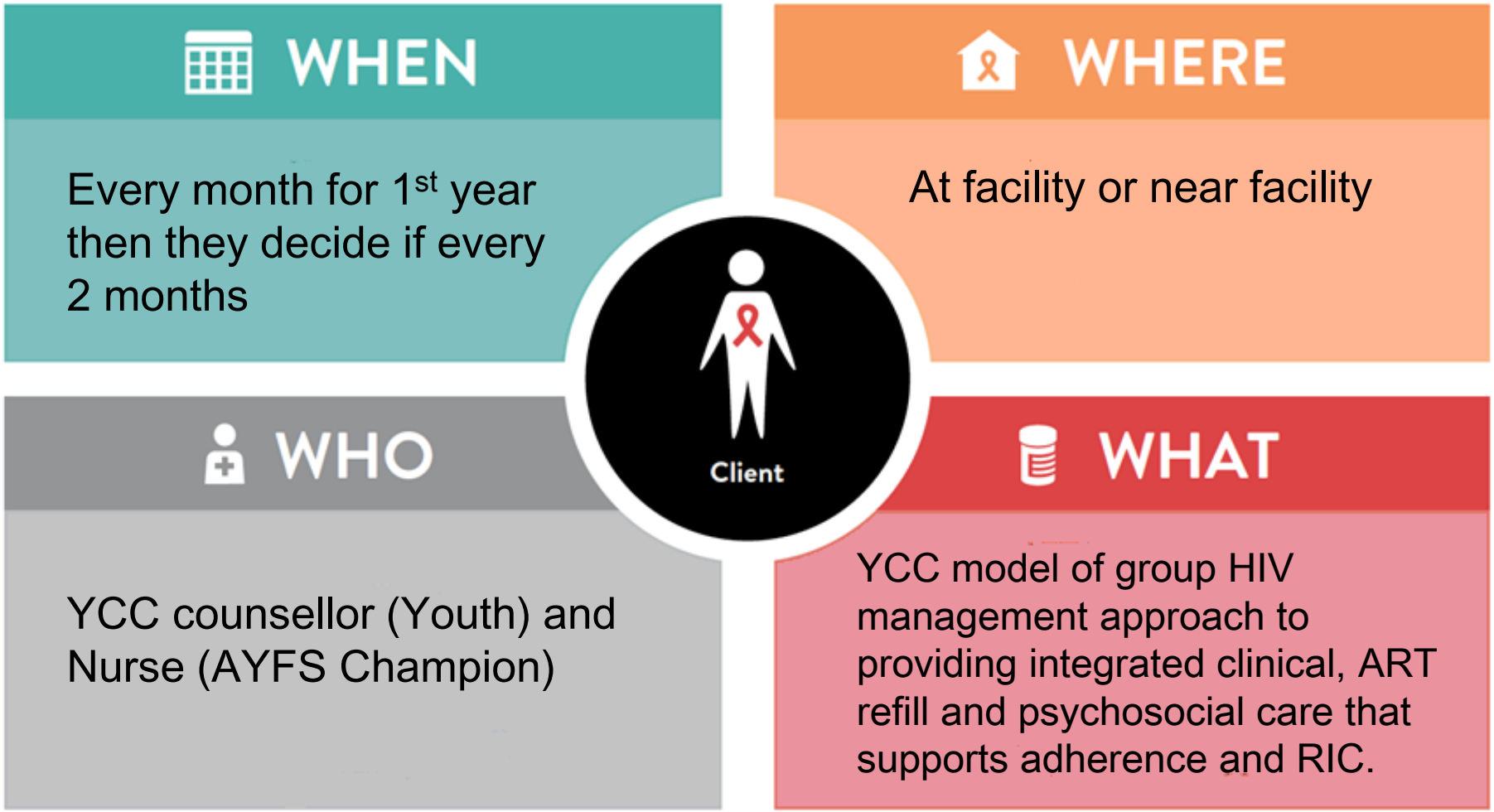
→ Need for services that address the **unique needs** that adolescents face regarding HIV treatment and care

National Department of Health

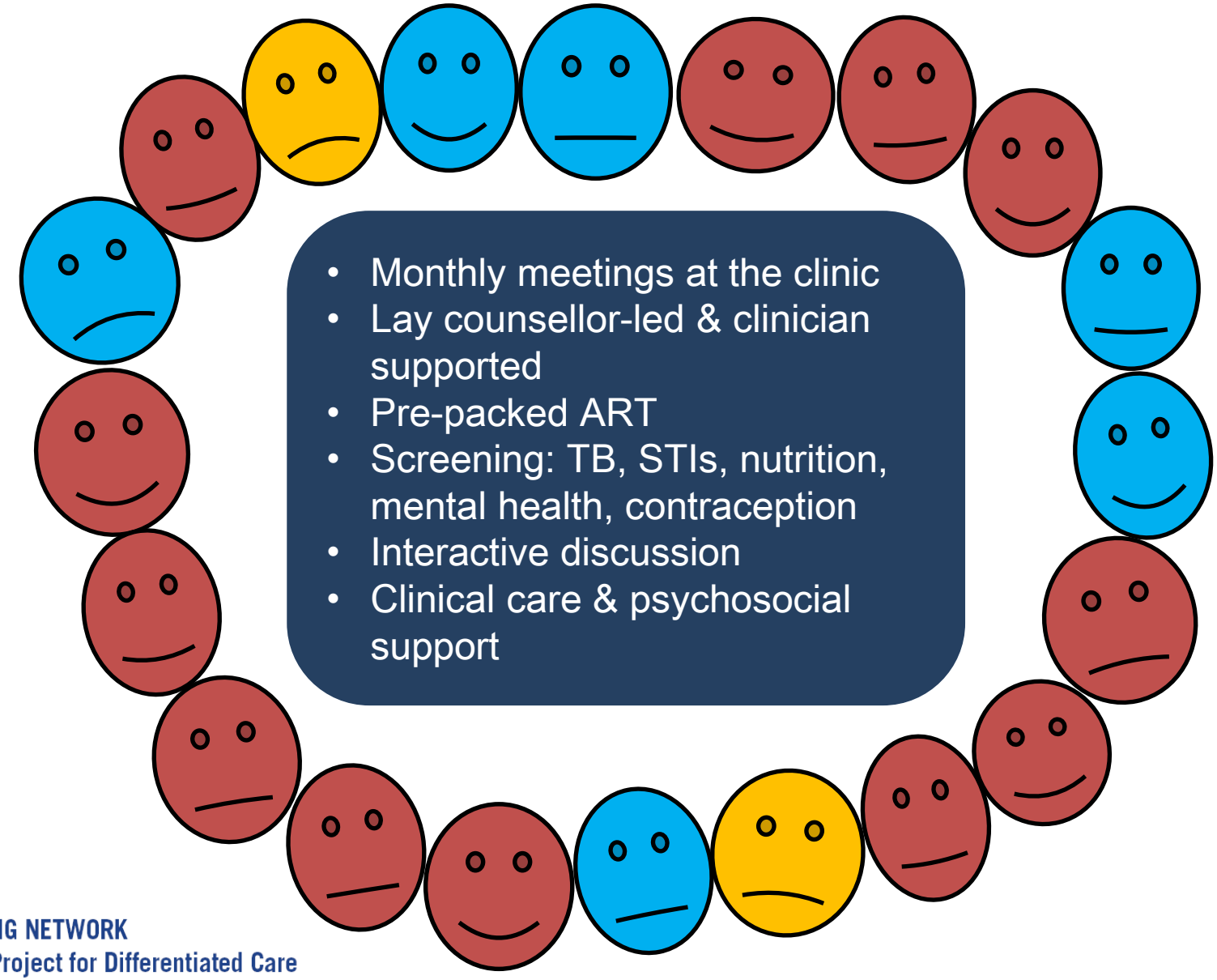
Adherence guidelines interventions along the care cascade



The Building Blocks

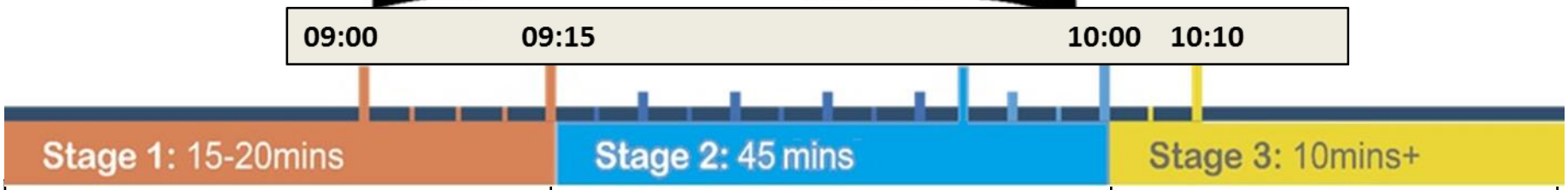


Youth Care Clubs



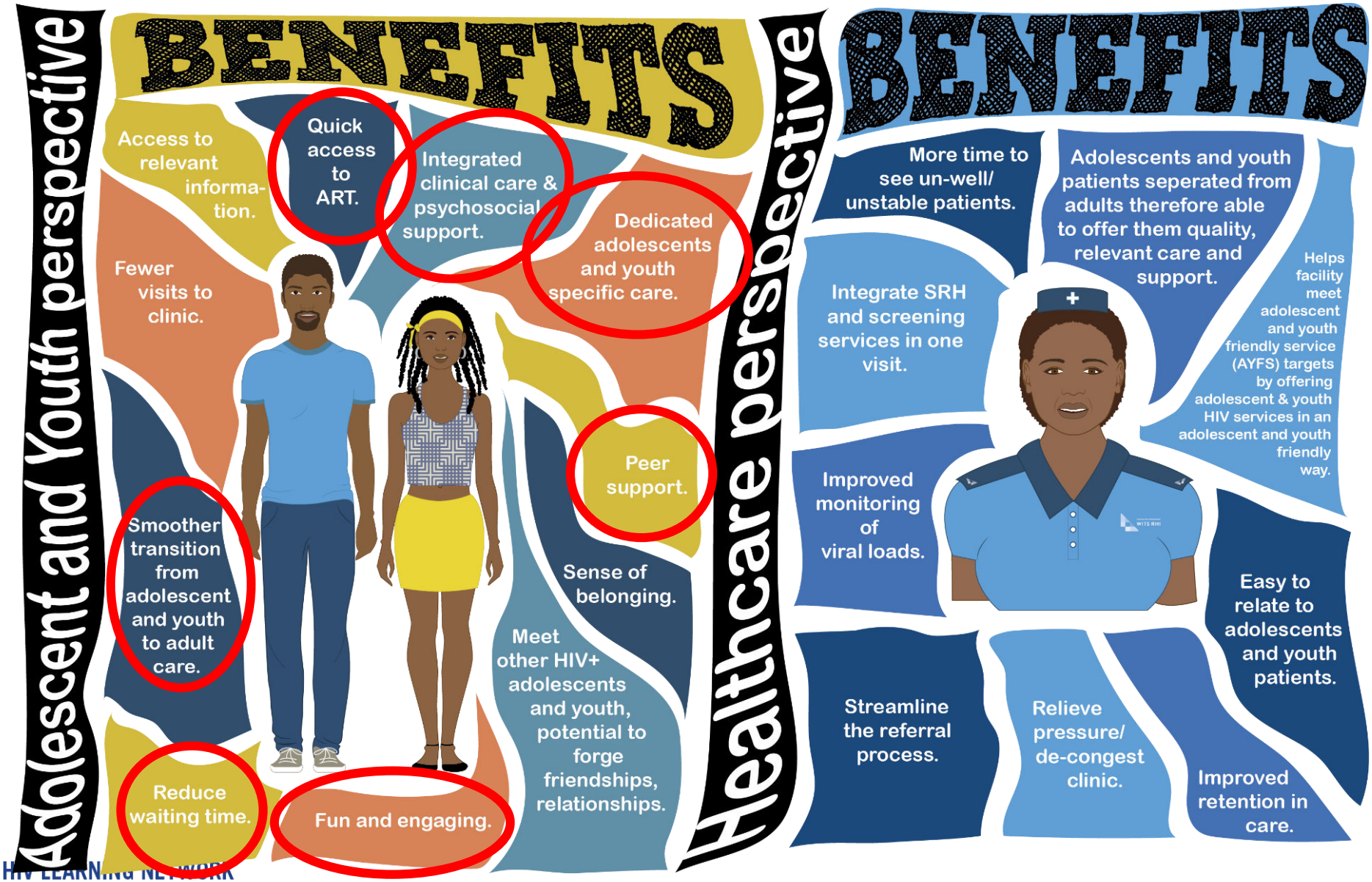
- Monthly meetings at the clinic
- Lay counsellor-led & clinician supported
- Pre-packed ART
- Screening: TB, STIs, nutrition, mental health, contraception
- Interactive discussion
- Clinical care & psychosocial support

STAGES OF A YCC SESSION



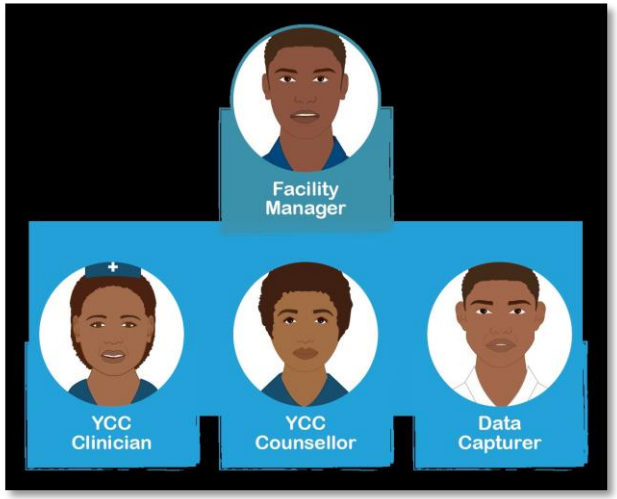
Stage 1: 15-20mins	Stage 2: 45 mins	Stage 3: 10mins+
• Demographics • Individual screening for TB, STIs, nutrition, psychosocial and contraception	Psychosocial group session on: Me, myself and I Health Quiz: STIs, HIV and TB Adherence, fitting ART into your everyday life Substance use, abuse and addiction Disclosure: Do I, don't I? Stress and coping skills Sex, sexuality and gender: What's what?! Puberty: My changing body (12-15 years) / Negotiating safe sex and other sexual play (16-24 years) My future: Dreams & Ambitions Healthy, unhealthy and abusive relationships Depression and Suicide Loss (grief) Communication; it's a 2-way street Contraception and parenthood: you have choices! Teenage pregnancy Trauma and Anxiety Nutrition and Exercise	• Distributes pre-packed ART to VS members in club room • Sends all other members for fast-tracked clinical consultation with nurse • Provides contraception, blood and clinical services as and when indicated

Youth Care Clubs Benefits



Training

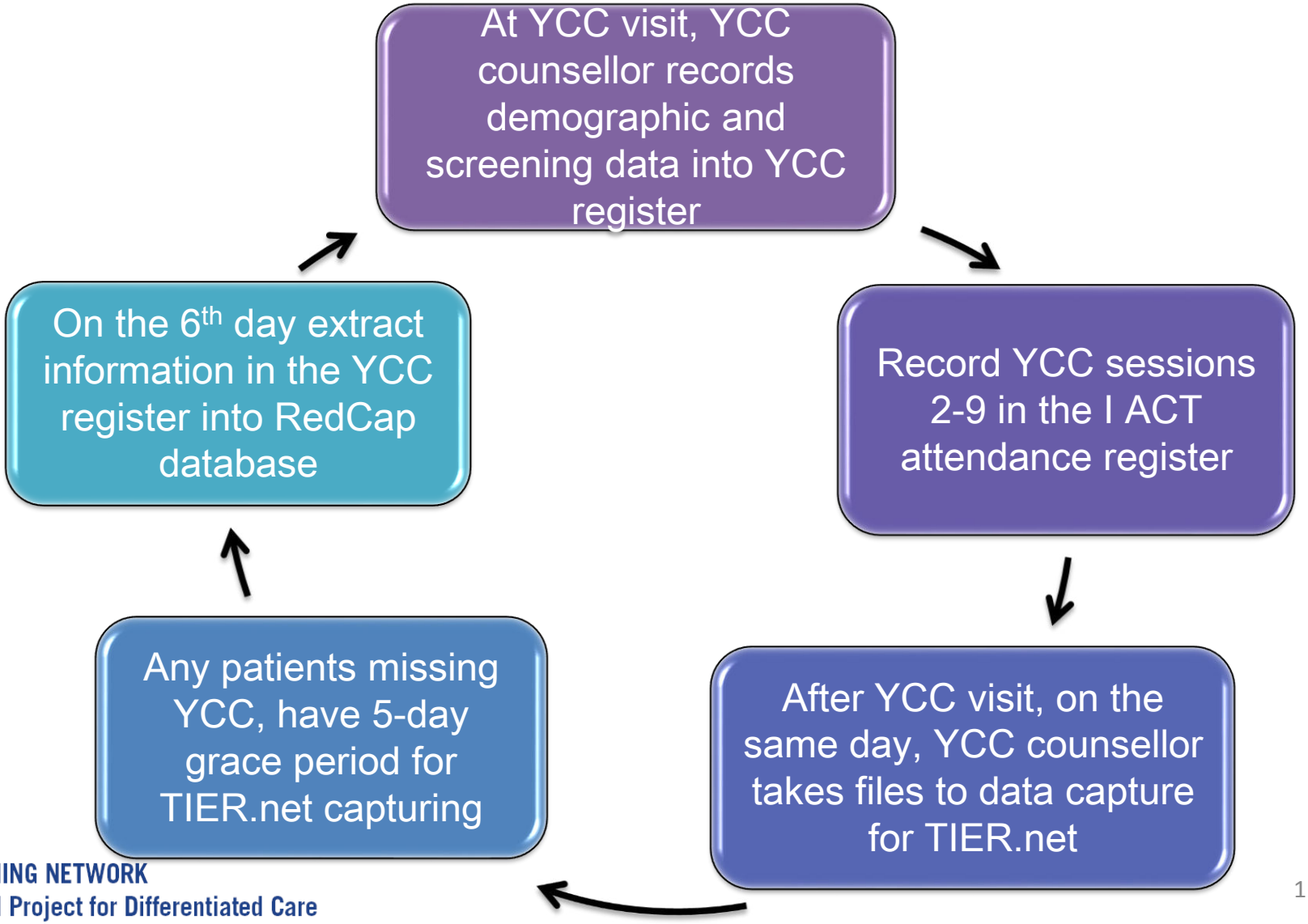
- 4 session on-site in-service YCC training
  - Identify the YCC team, venue, time and date, age category of AYLHIV
  - 1 AYFS/YCC Champion volunteer per facility
- Review the YCC Implementation Guide and SOP
  - How to talk to adolescents
  - Forming a YCC
  - Plan 4 YCC visits: routine, blood, clinical and scripting
  - YCC Register completion
  - Facilitating a YCC session
- Practice YCC-I ACT Session Guide
- Regular on-site mentoring of YCCs



YCC Resources provided

- ✓ YCC In-service Slides
- ✓ YCC Implementation Guide
- ✓ YCC Standard Operating Procedures (SOP)
- ✓ YCC-I ACT Session Guide
- ✓ YCC 'Save the Date' posters
- ✓ YCC Appointment Cards
- ✓ YCC Register
- ✓ YCC Audit Tool

Monitoring and Evaluation



Indicators measured

- Patient file number
- Personal details
- Date of birth
- Age
- Gender
- Region
- Facility
- Date of ART initiation
- Date joined YCC
- Club name
- Contraception method
- Last CD4 result
- Date of last CD4
- Last Viral load result
- Date of last viral load
- Current ART drug regimen

Done at YCC registration

- Attendance
- Session type
- Date of when bloods were taken
- Virological status (NI, NVS, VS)
- Yearly Viral load results
- CD4 results
- Creatinine results
- Height
- Weight
- Symptoms
- TB Screen
- Contraception
- STI screen
- BMI
- Nutrition screen
- PSS screen
- Patient status

Age disaggregated data

Outcomes

Patients ever enrolled in YCC care	325
Number of YCCs	23
Number of PHCs with YCCs	13
Median age of YCC participants	19 years
Female:Male	69:31
Patients retained in care at 6 months	88%
Patient retained in YCC at 6 months	75%
Virally suppressed at last measurement	81%

Costs

- Refreshments (initially R20 per person cut-down to R50 per group)
- Tools
- Training (cost-to-company)
- Human resources

Challenges

- Translation from theory to practice.
- Staff buy-in internally and DoH staff (at all levels).
- Lack of resources at the start: Implementation Guide, SOP, posters, appointment cards
- Lack of space at the facilities to facilitate the YCCs.
- Adolescents coming late to YCC due to school closing time.
- Misplacement of YCC files at the facilities due to facility filing system.
- Snacks –expensive and different preferences.
- Data capturing by facility staff is inconsistent.

Next Steps

- Finalising all YCC tools for scale-up
- Implementing YCCs into all clinics in Region F and Matlosana
- Hiring more YCC facilitators
- Dissemination of YCC model to PEPFAR partners
- Publications
- Handover to NDOH

Scale-up requires accreditation by NDOH, training of staff and support by partners.

Acknowledgments

YCC facilitators

- Prosper Ndlovu; Eric Dondolo; Marvellous Ngobeni; Pauline Onneile; Thabo Vuyani
- Ruth Henwood
- YCC Adolescents and Youth

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