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### SOP for screening and management of NCDs among PLHIV

**CLIFF MOSE - EGPAF** 

CQUIN Integrating non-HIV Services into HIV Programs Meeting April 15-18, 2024 | Nairobi, Kenya



#### INTRODUCTION

- To improve screening and management of NCDs among PLHIV, we developed an SOP that acts as a reference and clinical decision support tool for nurses and clinicians. This was necessitated by the low screening rates in supported facilities
- This SOP;
  - Guides screening and management of NCD in HIV clinics including medical equipment and supplies needed
  - It gives considerations to be made in organizing patient flow and integration models at the facility and community levels
  - It borrows from existing national guidelines for cardiovascular disease management and provides reference values and decision points in patient care management
- The purpose of the SOP: To provide guidance on screening, diagnosis and management of diabetes and hypertension among PLHIV



### NCD Screening and Management Requirements

- Weighing scales
- Height meter
- BP machines
- BMI charts
- Glucometer and strips
- DM/HTN screening register
- DM/HTN management register
- DM/HTN DAR
- Kenya EMR
- Pulse oximeter
- Appointment management system
- DM/HTN monthly reporting tool



# Screening, Diagnosis and Management of Prediabetes & Diabetes among PLHIV

New enrolled or existing ART patients with documented or undocumented blood sugar in the last 12 months RBS or fasting blood sugar for all. Pre – Diabetes (RBS ≥ 7.8mmol/L < 11.1 mmol/L Normal (RBS < 7.8mmol/L or FBS or FBS 5.6-6.9 mmol/L or HbA1c 5.7-6.4%) <5.6 mmol/L or HbA1c < 5.7%) Advice on lifestyle modification Monitor FBS or Annual Glucose check HbA1C every 3 months Life style modification Diabetes (RBS > 11.1 mmol/L or FBS > 7.0mmol/L or HbA1c > 6.5%) Enroll into NCD /HIV Clinic and start on diabetic medication as per guidelines Lifestyle modification for 3-6 months, HbAIC monitoring three monthly

If treatment target not met, add drugs as per National Guidelines

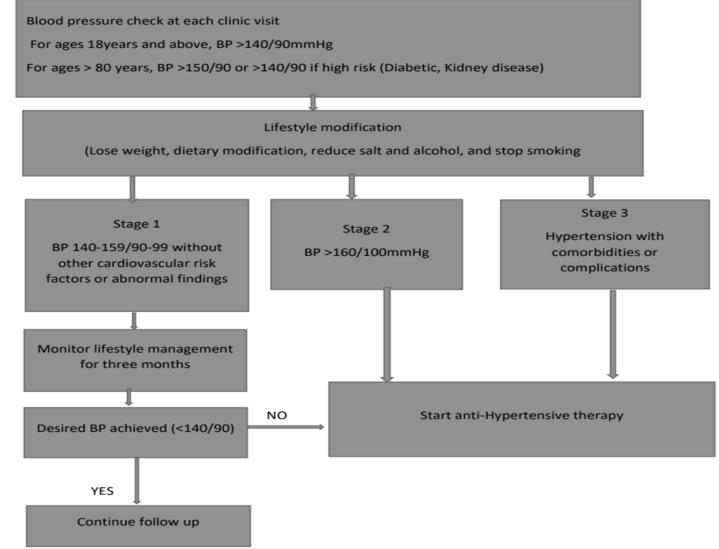
Continue with lifestyle modification Check for DM complications on each visit Annual Creatinine Clearance and fundoscopy

#### Source: Kenya ART guideline 2022

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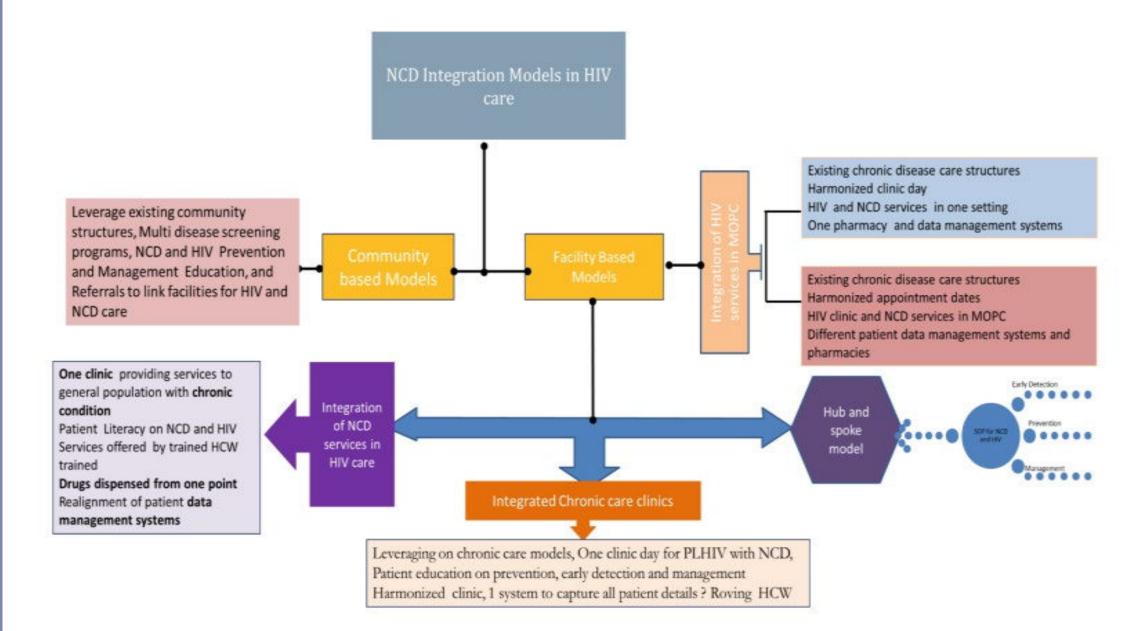


## Screening, Diagnosis and Management of hypertension among PLHIV





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Source: Kenya National Guidelines for Cardiovascular disease Management – 2018

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#### Process

#### 1. Registration desk and /or waiting bay

- Patient education on NCD prevention, early detection and management
- Health talks on Lifestyle modification
- Smoking and alcohol cessation
- Dietary changes, weight loss and physical activity.
- Self-Care and NHIF information.
- 2. Triage and /or nutrition desk
  - Vital signs -Blood pressure, temperature, pulse and blood Oxygen level
  - Anthropometric Measurements- Height, Weight, BMI and Waist circumference
  - Nutrition assessment, categorization, counselling and management.
  - Insurance/NHIF Inquiry.



#### Cont...

#### **3. Adherence Desk**

- Treatment Preparation- HIV
- Treatment Literacy NCD and HIV
- Social and economic evaluation.
- Behavior assessment smoking, drinking and other substance use evaluation
- Education on;
  - Medication adherence
  - $\circ~$  Cost of investigations and medication
  - Appointment management. Dietary changes, weight loss and physical activity.



#### Cont...

#### 4. Clinical Services

- Clinical History and Examination.
- Standard Package of Care for PLHIV taking control of the HIV/AIDS epidemic 4
- Patient literacy on HIV, NCDs, self-care and cost of treatment.
- Mental health assessment
- Cancer screening
- Treatment and follow up for DM/Hypertension, and/ or referral for further management accordingly. .



#### Cont...

#### **5. Laboratory Investigations**

- Blood Glucose (RBS, FBS, HbA1c)
- Renal Urinalysis, Creatinine Levels
- Plasma lipid profiles
- FHG
- CD4 and Viral load
- Radiology: Chest Xray, ECG, Echocardiogram and Mammograms.
- PSA levels
- PAP smear





**Elizabeth Glaser Pediatric AIDS Foundation** Fighting for an AIDS-free generation

## Thank You!

