Managing HIV and the role of the primary health care team

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Used snowman for sale. Needs attention!
South Africa is going through 4 pandemics (NDoH, Impilo Dialogue, June 2011)

Quadruple burden of disease...

- 4 Pandemics
  - HIV/AIDS and TB
  - Violence and injury
  - Maternal and child mortality
  - Non-Communicable Disease

• high blood pressure and other cardiovascular diseases;
• diabetes mellitus;
• chronic respiratory disease;
• various cancers
• mental health
“Health for all……”
In South Africa:
- 52 health districts
- 54 regional hospitals
- 260 district hospitals
Eastern Province - 2nd largest in size, 2nd poorest, 63% rural population
BB
- CD4 count 21
- Renal impairment eGFR 27
- Started on TB treatment, but persistent vomiting
- Taken to the clinic and given 4 litres of IVI fluid over the day
- Seen the following week and started on ARVs
Baby B was brought to clinic by his granny. Cleft lip and palate
Teamwork
Why do we need to invest in primary health care?

• PHC improves health outcomes
• Currently SA has high investment in health (hospi-centred care) with poor health outcomes.
• NHI needs strong district health system driving effective PHC
• Health system needs to re-find its focus
  • To be service and outcome orientated
  • To have a motivated, enthusiastic committed workforce
  • To maximise all available resources
• PHC addresses issues including health promotion, food security, water and sanitation, prevention and control of endemic diseases, agriculture, animal husbandry, housing, communication......demands the co-ordinated efforts of all these sectors.  (Declaration of Alma Ata September 1978)
Fundamental differences to current PHC approach

1) strengthen current district health system
   - The basic systems need to be better implemented
   - The district management team needs to be given the responsibility for managing the district and being responsible for the health of the population

2) strengthen interaction between health services and the users of the health service
   - Health services pro-actively reach out to families with the emphasis on health promotion and preventative activities
   - Outreach into communities and homes of families
   - Early identification of individuals within families at high risk
   - Greater interaction with communities to get their support for participation in maintaining and improving their own health
   - Team approach to health care
Challenges facing CHWs

• Currently there are between 65,000 and 72,000 community-based health workers. The ratio between of CHW to population remains too low and their scope of practice too limited.

• CHWs in rural areas face geographical challenges to reach their 270 households.

• Training (length and type) of CHWs varies.

• Major differences in the academic background of CHWs.

• No standardised employment mechanisms.
Investment case for CHWs

• If the number of CHWs increased to 96 000 and each were paid a stipend of R2500/m, and training costs, equipment and supervision were included – this would amount to 15% of the current public sector PHC expenditure.

• Over 10 years this would lead to cost savings owing to deaths averted, and would contribute to economic growth due to employment of women as CHWs.

• Daviaud E, Besada D, Budlender D, Sanders D, Kerber K. Saving lives, saving costs: Investment case for community health care workers in SA, Cape Town: South African Medical Research Council, 2018
Challenges facing PHC teams

• Shortages of health care workers at all levels of care.
• Logistics of advertising and filling crucial posts.
• High turnover of health care workers and CHWs, resulting in the need for ongoing training and mentoring of staff.
• Reliable transport for the PHC teams.
• Poor supervision of WBOT teams in many areas resulting in poor accountability.
• Fragmented health care system.
“Few will have the greatness to bend history itself, but each of us can work to change a small portion of events. It is from numberless diverse acts of courage and belief that human history is shaped. Each time a man stands up for an ideal, or acts to improve the lot of others, or strikes out against injustice, he sends forth a tiny ripple of hope, and crossing each other from a million different centers of energy and daring those ripples build a current which can sweep down the mightiest walls of oppression and resistance.”
— Robert F. Kennedy
If you think you are too small to make a difference, you haven’t spent the night with a mosquito.

-African proverb
“Do all you can with what you have in the time you have in the place you are.”

• Nkosi Johnson, AIDS activist