Site C Youth clinic HIV care pathway

1. **Test HIV +**
2. **PIMA point of care CD4 count**
3. **ART eligible**
   - ART eligible counselling session 1
   - ART initiation + ART eligible counselling session 2
   - ART eligible counselling session 3
   - ART eligible counselling session 4
4. **ART ineligible**
   - ART ineligible counselling session 1
   - ART ineligible counselling session 2

- **Day 1**
  - 3-5 days later
  - 2 weeks later
  - 2 weeks later
  - 1 month later

- **Youth Club**
Site C Youth clinic HIV care pathway

1. Test HIV +
2. PIMA point of care CD4 count
3. ART eligible counseling session 1
4. ART ineligible counseling session 1
5. ART ineligible counseling session 2
6. ART eligible counseling session 2
7. ART eligible counseling session 3
8. ART eligible counseling session 4
9. 3-7 days later
10. ART initiation + ART eligible counseling session 2
11. 2 weeks later
12. ART eligible counseling session 3
13. 2 weeks later
14. ART eligible counseling session 4
15. 1 month later
16. Youth Club
PIMA point-of-care CD4

• Introduced same-day CD4 testing in 2011
• A before-after observational study was conducted a year later:
  – 90% left the clinic knowing their ART eligibility
  – Reduced time to ART initiation by 6 days.
Youth: PIMA
Site C Youth clinic HIV care pathway

Day 1
- Test HIV +
- PIMA point of care CD4 count
- ART eligible
- ART eligible counselling session 1
  - ART initiation + ART eligible counselling session 2
    - ART eligible counselling session 3
      - ART eligible counselling session 4

3-7 days later
- ART eligible

2 weeks later
- ART ineligible
  - ART ineligible counselling session 1
    - ART ineligible counselling session 2

2 weeks later
- Youth Club

ONGOING
- Youth Club
Fast track ART initiation & counselling model

• Implemented in 2013
• ART initiation fast-tracked from average of 28 days to 1 week
• Adherence plan to address common adherence barriers
<table>
<thead>
<tr>
<th>SESSION</th>
<th>OBJECTIVE</th>
<th>CONTENT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Session 1</strong>&lt;br&gt;1A (group/individual)</td>
<td>For Session 1A&lt;br&gt;- Understand basic principles of HIV and ART</td>
<td>For Session 1A&lt;br&gt;- HIV/ART education</td>
</tr>
<tr>
<td>1B (individual)</td>
<td>For Session 1B&lt;br&gt;- Start preparing patient’s individual adherence plan (2 copies - 1 copy to go home with patient, the other to stay in the patient’s clinic file)</td>
<td>For Session 1B&lt;br&gt;- Reasons to lead long healthy life&lt;br&gt;- Identify support system&lt;br&gt;- Planning future appointments&lt;br&gt;- Combining TB Treatment and ART (only if co-infected)&lt;br&gt;- Readiness to start treatment&lt;br&gt;- Agreement with the patient on an adherence plan</td>
</tr>
<tr>
<td>1C (group/individual - patients not ready to start ART)</td>
<td>For Session 1C&lt;br&gt;- Define life goals and motivation for treatment</td>
<td>For Session 1C&lt;br&gt;- Investigation of the reasons of non-readiness to start ART, testimony of expert patients, identification of barriers to start treatment and strategies to overcome these</td>
</tr>
<tr>
<td><strong>Session 2</strong> (individual)</td>
<td>• Prepare patients eligible for ART on day of initiation&lt;br&gt;• Continue preparing patient’s adherence plan</td>
<td>• Creation of a medication schedule&lt;br&gt;• Managing missed doses&lt;br&gt;• Reminder strategies&lt;br&gt;• Storing medication and extra doses&lt;br&gt;• Dealing with side-effects&lt;br&gt;• Adapt patients adherence plan</td>
</tr>
<tr>
<td><strong>Session 3</strong> (individual)</td>
<td>• Support patients on ART at first clinic visit after initiation&lt;br&gt;• Continue preparing patient’s adherence plan</td>
<td>• Review adherence plan&lt;br&gt;• Planning trips&lt;br&gt;• Dealing with substance use&lt;br&gt;• Communication with treatment team&lt;br&gt;• Adapt patients adherence plan</td>
</tr>
<tr>
<td><strong>Session 4</strong> (individual)</td>
<td>• Support patients on ART at second clinic visit after initiation&lt;br&gt;• Review adherence plan&lt;br&gt;• Troubleshoot any adherence obstacles thus far</td>
<td>• Review adherence plan&lt;br&gt;• Learning from mistakes&lt;br&gt;• Education on viral load monitoring&lt;br&gt;• Discuss further support&lt;br&gt;• Adapt patient’s adherence plan</td>
</tr>
</tbody>
</table>
ART eligible & initiation

**2014 data does not include Q4 2014**
Site C Youth clinic HIV care pathway

Day 1:
- Test HIV +
- PIMA point of care CD4 count
- ART eligible
  - ART eligible counselling session 1
  - ART initiation + ART eligible counselling session 2
  - ART eligible counselling session 3
  - ART eligible counselling session 4
- ART ineligible
  - ART ineligible counselling session 1
  - ART ineligible counselling session 2
- Youth Club

3-7 days later:
- 2 weeks later
- 2 weeks later

ONGOING:
- Site C Youth clinic HIV care pathway
Ineligible counselling

• Option of attending 1 or 2 counselling sessions that cover:
  – acceptance of HIV status
  – HIV education
  – disclosure & support options
  – caring for themselves & potential sexual partners
  – importance of repeat CD4 at 6 months
  – Invited to join a Youth Club
Site C Youth clinic HIV care pathway

- **Day 1**: Test HIV +, PIMA point of care CD4 count, ART eligible, ART eligible counselling session 1, ART ineligible, ART ineligible counselling session 1

- **3-7 days later**: ART ineligible counselling session 2

- **2 weeks later**: ART initiation + ART eligible counselling session 2

- **2 weeks later**: ART eligible counselling session 3

- **2 weeks later**: ART eligible counselling session 4

- **ONGOING**: Youth Club
Youth Clubs

• Closing HIV cascade gaps in the long-term care of HIV+ youth
• Group of 20 horizontally infected youth
• Mixed group of non-eligible, newly initiated on ART & stable on ART
• Meet monthly for first year, thereafter once every 2 months
• Integrated clinical care & psychosocial support
Youth Clubs

• Counsellors recruit ineligible & newly initiated youth during counselling sessions
• Nurses recruit ART stable youth
• Virtual mentor programme
• Waiting room talks
• Each club has own club facilitator (MSF) & own club PN (City)
• Club facilitator records weight & symptom in paper register
  • 45-60min interactive, youth-specific discussion
• New on ART receive pre-packed ART from club PN after discussion
• Stable ART receive pre-packed ART from club facilitator in club room
• FP, blood and clinical visit with club PN directly after discussion
Youth Clubs

- 304 ever enrolled
- Age out at 25 years, moved as a group to form own ‘adult’ ART club
- Current 168 youth across 10 youth clubs at SCY
- 3/10 youth clubs are for school-going youth
- 2 youth clubs at non-youth specific clinic, 1 for vertically infected adolescents
HIV cascade – closing the gaps

- Test HIV+
- ART eligibility
- ART initiation
- 6mts RIC
- Long term RIC

- PIMA
  - Fast track ART initiation & counselling
  - Ineligible counselling

- Youth Club

- Adult ART Club