AYFHS Modular Training

MODULE 5:
Aging with HIV: Transitioning Care from Childhood to Adulthood
Thanks

• Participants
• Facility leadership
• Ministry of Health
• PEPFAR (PUSH and Star-L Districts)

All material developed for the training are based on Lesotho national health policy and guidelines.
Training Progress Discussion

• Attendance
• Pre and post test scores
• Between training, site support and data review.
• Reflect on the application and use of training content in the facility;
  – **Module 1:** Friendly services for adolescents and young people
  – **Module 2:** TnT for Adolescents in Lesotho
  – **Module 3:** Undetectable Viral Load: Adherence for AYPLHIV Treatment Success
  – **Module 4:** Treatment Support: Disclosure in the family, school and in relationships

What has been accomplished? Why?
## Module 5 Overview: 3 hours

<table>
<thead>
<tr>
<th>TIME</th>
<th>TOPIC</th>
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<tbody>
<tr>
<td>15 min</td>
<td>Welcome &amp; Opening</td>
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<tr>
<td>10 min</td>
<td>Pre Test</td>
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<tr>
<td>30 min</td>
<td>Introduction to Aging with HIV</td>
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<tr>
<td>30 min</td>
<td>Brainstorming of AYP Life Stages and impact of HIV</td>
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<tr>
<td>5 min</td>
<td>Break</td>
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<tr>
<td>15 min</td>
<td>Facility Analysis – Transition, LTFU and transfers</td>
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<tr>
<td>60 min</td>
<td>Reviewing SOPs for Transitioning ALHIV to adult ART Clinic</td>
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<tr>
<td>15 min</td>
<td>Planning for our Facility’s Clients Living with HIV</td>
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<tr>
<td>5 min</td>
<td>Closing &amp; Next Training Topic</td>
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Welcome

REVIEW GROUND RULES

– Participate
– Ask for clarification if unclear
– Provide constructive comments and share professional experience
– Cell phones on silent for 3 hours
– Prepare for success and certification
  • Participate in all trainings & pass test
  • Demonstrate use in the facility
Pre Test

- 10 minutes given to answer a multiple choice test on the topic area.
- At the end of the training, you’ll be given a post-test to check your learning
Learning Objectives

• Review life expectancy of PLHIV and aging with HIV
• Understand the context for transitions in care for ALHIV
• Explain the differences between child & adult HIV care to reflect on transitional needs of ALHIV
• Look at a checklist for transition used in another setting
• Identify roles of facility staff in support transition and treatment success over life
Aging with HIV Infection

• Universal access to ART will result with more patients living longer with HIV infection; essentially ‘aging with HIV.’

• Health care systems are evolving to accommodate more HIV-infected patients that will transition through age-appropriate care.

• Life expectancy rates in Lesotho are rising again.
  – For example for females; once as low as 40 years old to over 50 years old.
Life Expectancy Rates Lesotho

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<th>Expected</th>
<th>Observed</th>
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<tr>
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<td>1990</td>
<td>2015</td>
</tr>
<tr>
<td></td>
<td>1990</td>
<td>2015</td>
</tr>
<tr>
<td>Males</td>
<td>59.0</td>
<td>65.0</td>
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<tr>
<td></td>
<td>56.5</td>
<td>44.1</td>
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<tr>
<td>Females</td>
<td>61.5</td>
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<td>50.4</td>
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Josephine Nabukenya: EGPAF Ambassador from Uganda
Birth → Adolescence→ Adulthood with HIV

• EGPAF is very aware of this success in treatment. Our programs see many prenatally infected children surviving through adolescence and successfully into adulthood.

• An undetectable viral load can lead to a long and prosperous life like any other young adult; educated and starting his/her own family.

Are there examples of this here in Lesotho?
Transition

Defined as: The purposeful, planned movement of adolescents and young adults with chronic medical conditions from child-centered to adult oriented care systems.

Transition can happen:
• Within a facility with defined pediatric, adolescent and adult clinics
• Between facilities with age defined clinics; ex. home to work setting
• Through care process; moving from caregiver/provider-led to patient-led disease management
Reflect on Differences in Care

Child-centered care (pediatric) is:

Adult-centered care is:
Review Differences in Care

Child-centered care (pediatric) is:
• Family involved; parent/caregiver at appointments
• Provider gives instructions for patient through consenting parent/caregiver
• HIV integrated into primary care; immunizations, growth charts, ART dosage changes with weight
• Partial-disclosure from ages 5-9 years old
• Simple language used to explain adherence to patient
• PSS is through play and fun

Adult-centered care is:
• Patient-led; patient must understand appointment schedules, way around facility to complete ART refills, complete viral load monitoring and track results.
• Patient listens to provider on ‘advice’ and usually follows.
• Patient must be pro-active to explain changes or emerging health needs to provider.
• Patient may ask for referrals; FP
Reflect on Our Facility

• Where are transition points in HIV care? Consider life stages of ALHIV.

• Map out the flow between clinics and care packages.
What are ALHIV Team transition support roles?

- Doctor
- Adolescent Nurse
- Social Worker
- Treatment Support at home or school
- Psychologist
- Counsellors
- Youth Ambassador / expert clients / peer educators

Adolescent Nurse
Social Worker

Doctor
Counsellors

Treatment Support at home or school

Youth Ambassador / expert clients / peer educators
Challenges of Transition

What challenges might arise for teen clients during transition?

How can we overcome this?
Management of Transition

• Handout example checklist from Kenya for review
• Make comments about whether or not this could work in Lesotho and this facility.
Next Steps for Achieving Transition in Our Facility

• How many pediatric clients are entering adolescent care?
• How many adolescent patients can prepare for transition to adult care?
• What are the next steps?
• Who will assist with this? How?

Make notes on the Module Report.
Learning Objectives; Did we?

• Review life expectancy of PLHIV and aging with HIV
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• Look at checklists for transition used in other settings
• Identify roles of facility staff in support transition and treatment success over life
Closing

• Thanks
• Attendance
• Next module topic and date