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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<tbody>
<tr>
<td>Males</td>
<td>59.0</td>
<td>65.0</td>
<td>56.5</td>
<td>44.1</td>
</tr>
<tr>
<td>Females</td>
<td>61.5</td>
<td>70.2</td>
<td>64.5</td>
<td>50.4</td>
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Life expectancy, 1990-2015
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

adolescents?
## Patient flow and logistics in our facility

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<thead>
<tr>
<th></th>
<th>Child-centred services</th>
<th>Adult-centered service</th>
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<tbody>
<tr>
<td><strong>Times services offered</strong></td>
<td></td>
<td></td>
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<tr>
<td><strong>Space available</strong></td>
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<td></td>
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<tr>
<td><strong>Rooms available</strong></td>
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<tr>
<td><strong>Patient flow – from arrival to leaving the facility</strong></td>
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<td><strong>Staff who offer services</strong></td>
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<tr>
<td><strong>Services offered</strong></td>
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<tr>
<td><strong>Clinics available</strong></td>
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<td><strong>Cost to the client</strong></td>
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<tr>
<td><strong>Age limit for clients served</strong></td>
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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
- Psychologist
- Youth Ambassador / expert clients / peer educators
- Counsellors
- Treatment Support at home or school
- Social Worker

Adolescent Nurse
Youth Ambassador /
expert clients /
peer educators
Counsellors
Doctor
Treatment Support
at home or school
Social Worker
Psychologist
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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• Identify roles of facility staff in support transition and treatment success over life
Closing

• Thanks
• Attendance
• Next module topic and date