Adolescent Care: a level 2 service model

GSH Adolescent HIV Service

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Why refer from level 1?

- Poor adherence
- Medical investigation
- Poor adherence leading to medical problems that require investigation
Reasons for poor adherence

- Medication factors
- Psychological factors
- Social factors
- Routine factors
Medication factors

Routine factors
Daily dose

- Trial of EFV for FLR
- Atazanavir/ Ritonavir for SLR
- TB: Aluvia/ Rifampicin vs Atazanavir/ Rifabutin
Psychological factors

- Depression
- Anxiety
- Stigma/isolation
- Grief
- Anger/blame

Social factors

- Financial insecurity
- Chaos, neglect
- Inconsistent caregivers
- Substances in the home
Adolescent Clinic

- Age approx. 10 years
- Full disclosure of HIV status

**Disclosure Plan: A Step by Step Guide**

- Must be ongoing, progressive: a journey rather than an event
- Must be developmentally appropriate for the individual child
- Set aims and targets for the individual child: "Let's think it'll be your guide"

**Very Young 0-4 years**

- No disclosure yet

**Young Child 5-12 years**

- Early disclosure
  - Core aspects: develop a sense of being a child
  - Slowly disclose as the child matures

**School going child 10 years**

- Partial disclosure
  - Core aspects: develop a sense of belonging
  - Gradually disclose as the child matures

**Teenager 15 years**

- Full disclosure
  - Core aspects: develop a sense of well-being
  - Gradually disclose as the child matures

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**Road to Disclosure Chart**

<table>
<thead>
<tr>
<th>Date</th>
<th>Age</th>
<th>Comments</th>
<th>Name of Clinician</th>
</tr>
</thead>
<tbody>
<tr>
<td>11/12/12</td>
<td>7</td>
<td>No disclosure. Attended clinic for HIV.</td>
<td>STHN</td>
</tr>
<tr>
<td>5/12/12</td>
<td>8</td>
<td>Medicine keeps him well. Even though he is sick.</td>
<td>STHN</td>
</tr>
<tr>
<td>4/12/13</td>
<td>9</td>
<td>Ceramic work. Medicine put up to keep.</td>
<td>STHN</td>
</tr>
<tr>
<td>8/14/14</td>
<td>10</td>
<td>Fully disclosed, twin HIV - T/F Anderson Clinic.</td>
<td>STHN</td>
</tr>
</tbody>
</table>
Create an adolescent friendly space and time

- Dedicated Adolescent day
- “Chill room”
Continuity of care

- Specific doctor
- Specific counsellor
Support group

• Teens
• Caregivers
Financial support

• Transport money
• Income generation: Positive Beadwork Project
Counsellors

- Advanced counsellor training
- Home visits
Targeted additional psychosocial support

- Social Worker
- Psychologist
- Adolescent Psychiatry
Adolescent ward

• Last resort for adherence problems
Room to grow

• Sexual and Reproductive Health Services
• Peer support
• Transition to Adult Services
• Career/ Life Skills
Questions?