



Youth Care Clubs: Optimising clinic time, fostering peer support, improving adherence

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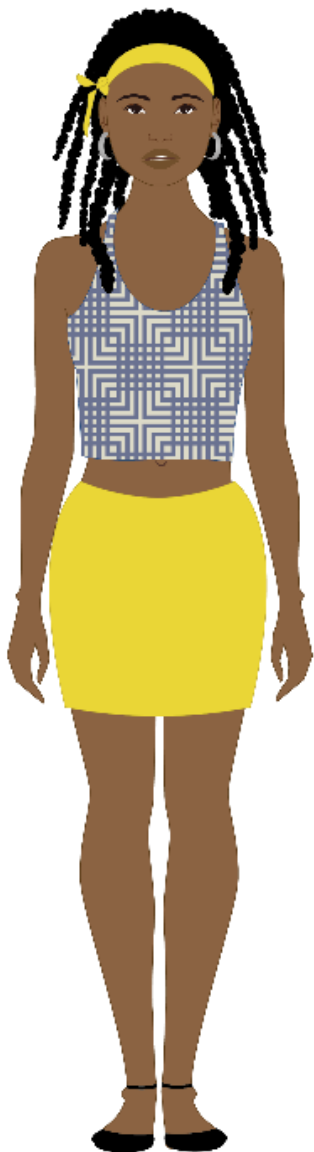
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WITS RHI

Why young people need differentiated care

- Psychological, physical, and social **changes during adolescence present challenges** to ART adherence¹
 - **Adolescents need continuity of care and assistance** with linking to care, and preventing loss to follow up
- Need for services that address the unique needs that adolescents face regarding HIV treatment and care



*"There is no privacy at the clinic everyone sees you and there is too much judgement from the staff."
—youth ART patient*

*"I can wait more than 4 hours at the clinic. I have to remind the nurse sometimes to take my viral load and creatinine, and they don't even ask me how I'm feeling."
—youth ART patient*

What Are Youth Care Clubs (YCCs)?

- Innovative **group-based HIV management approach**
- **A differentiated** Adolescent and Youth Friendly Service (AYFS) **care package** for adolescents and youth living with HIV
- Provides **integrated psychosocial and clinical care**
- To improve **adherence and retention** in care of adolescents and youth living with HIV (ALHIV)



Adult Adherence Clubs

VS

Youth Care Clubs

For 30 stable adult patients only,
with VLs suppressed for at
least 6 months

For 15-20 newly initiated, with
VLs suppressed and with VLs not
suppressed AYLHIV (12-24years)

Held every 2-3 months

Held monthly for the first 12 months,
thereafter YCC members choose to
continue meeting monthly or
every 2 months

Repeat ART supply provided by club
counsellor in the club room to all
members

Repeat ART supply provided by:

YCC counsellor to members with VLs
suppressed on ART for >6 months in
the club room

YCC clinician to members newly
initiated and with VLs not suppressed
during their clinical consultation after
the club

Facilitated by a counsellor,
no planned discussion

Interactive, youth-focused discussion
(integrating the I ACT for Adolescents
curriculum) facilitated by
YCC counsellor

The Building Blocks of YCCs



WHEN

Meet **monthly** for the first 12 months, thereafter YCC members can choose every 2 months



WHERE

HIV clinic/Hospital
Primary Care **clinic**

Safe space near the clinic *e.g. school, church, community hall*



WHO

Facilitated by
Counsellor/Health Promoter/Peer Educator
NIMART trained **nurse** or clinician
Patients: Suppressed VL or not



Client



WHAT

Screening for TB, STIs, HIV symptoms,
Contraception use, poor Nutrition and
Psychosocial well-being
Interactive youth-focussed **discussion**
ART refill
Clinical consultation

What happens during a YCC visit?



1. Screening



2. Interactive discussion

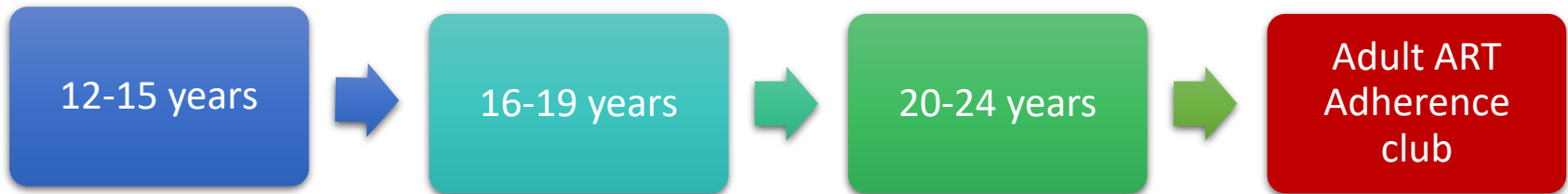


3. Get pre-packed medication



3. Visit the nurse

Transition



- The YCC model offers smooth transition into adult care
- As YCC members age together in one group, they can naturally transition into an adult ART adherence club.

Group-transition minimises the disruption and emotional difficulty that many young people face when having to exit paediatric and youth care to join adult care.

Programme Outcomes



40 YCCs
In 23 facilities



787 patients ever in YCCs
606 (77%) retained in YCCs



33% male, 67% female



Median age



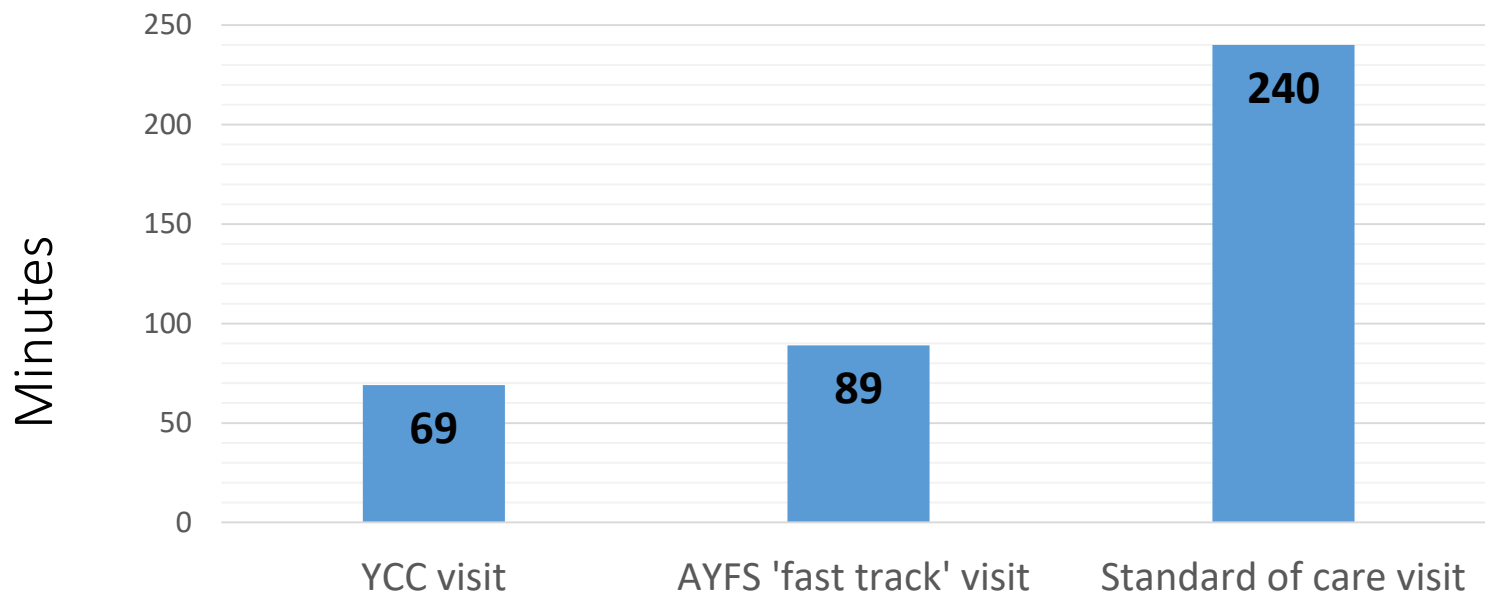
25% Females accessed family
planning through YCC
5% of patients screened
positive for other needs



86% viral load suppression
among patients with available
results in YCC >12 months
30% eligible patients missing a
new VL in past 12 months

Time Analysis

Average total visit time per visit model



Time spent engaged
with peers and staff

75% of time spent in
unengaged waiting

Lessons Learned

- YCCs could be a nationally-mandated **AYFS delivery model/intervention** for HIV positive adolescents and youth.
 - Offers true ‘one-stop shop’
 - Keep clubs in the clinic or in a safe space close to the clinic
- Employ **young people or staff with an interest** in working with young people.
- Incorporate what works well with youth; such as communicating via **WhatsApp and Facebook**, providing a healthy snack and allow for **social contact** outside the club visits.

YCC Tools Available

www.AIPBestPractices.com



YCC Implementation Guide



YCC Workbook



YCC in-service slides

Youth Care Club Register

Club Number:
Club Day & Time:
Club Clinician:
Club Counsellor:

YCC register and audit tool



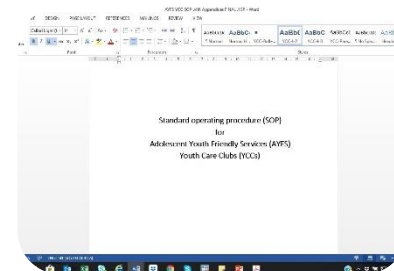
YCC How-to video



Appointment Card



Save-the-Date poster



YCC SOP

In Conclusion

The YCC group model provides efficient, comprehensive, convenient care for AYLHIV:

- Improved adherence and retention in care
- Fosters supportive relationships
- Provides comprehensive care
- Can be applied in different contexts
- Optimise clinic time

www.AIPBestPractices.com