

EFFECTS OF HIV DISCLOSURE AMONG CHILDREN AND ADOLESCENTS AGED 4-19 YEARS ON VIRAL SUPPRESSION: KITUI COUNY EXPERIENCE

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Background:

Ensuring disclosure and viral suppression among children and adolescents plays an imperative role in enhancing ART adherence to reaching the ambitious UNAIDS 90-90-90 goals.

In meeting desired prevention goals effectively, there is need for adequate investment in adherence and viral suppression. CHS has contributed to 90% and above suppression rates between 2015 and 2017 among adolescents in various characterisation of different cohorts of its clients on ART.

OBJECTIVE

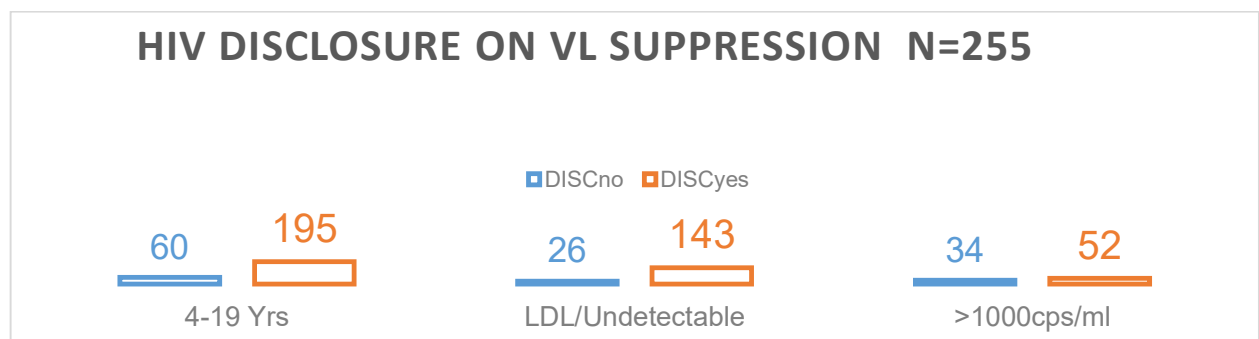
This study aimed to determine impact of disclosure of HIV status among children and adolescents aged 4-19 years on viral suppression in Kitui County.

Methodology:

In an effort to increase rates of viral suppression, Kitui West and Mwingi West Sub Counties adapted the use of a simple pediatric disclosure checklist in its CCC clinics. The tool was adapted from the national guidelines for management of disclosure in children and adolescent. The core interventions included; caregiver supportive disclosure, enrollment to adolescent PSSG, and adolescent centered medication adherence counselling. Hospital management and clinic staffs were sensitized and mentored in various departments and all the children (4-19 years) seen at the clinic were screened and counselled on disclosure.

Results:

Of 255 children counselled on disclosure between October 2016 and December 2017 195 (76 %) had full disclosure. This was to ensure through disclosure they are empowered to take lead of their own health.



Conclusion/ Recommendations

From the results, disclosure among children and adolescent led to a significant increase in viral suppression. This is a simple and cost effective approach that is psychological and strategic towards epidemic control among children and adolescents. Engagement of all departments on disclosure among children will result in increased rates of viral suppression in resource limited settings.