

Youth Care Clubs (YCCs): an adolescent & youth-friendly HIV treatment & care model

Ruth Henwood

23 October 2017

PATA conference

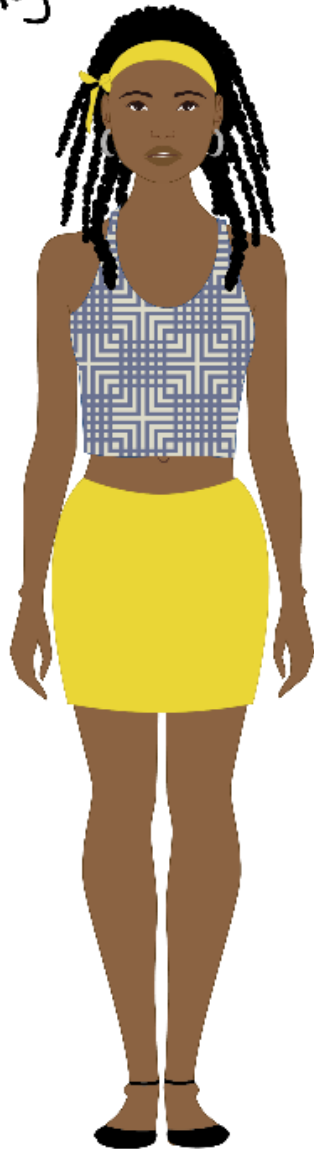


USAID
FROM THE AMERICAN PEOPLE



University of the Witwatersrand
WITS RHI

Bongji



“There is no privacy at the clinic everyone sees you and there is too much judgement from the staff.”
–YCC member

“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.”
–YCC member

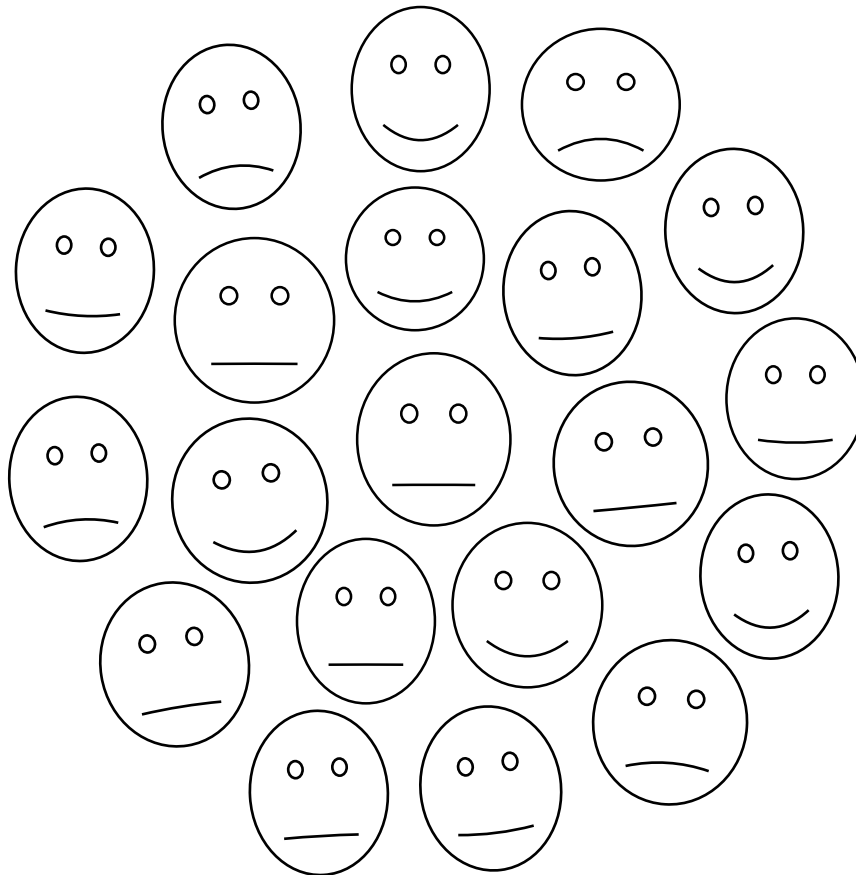


Why Bongi needs differentiated care

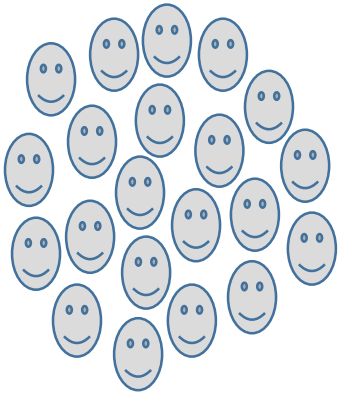
- **Changes during adolescence** present challenges to ART adherence¹
 - Adolescents **need continuity of care** and **assistance** with linking to care, and **preventing** loss to follow up
- Need for services that address the **unique needs** that adolescents face regarding HIV treatment and care

1. Hornschuh et al., 2016

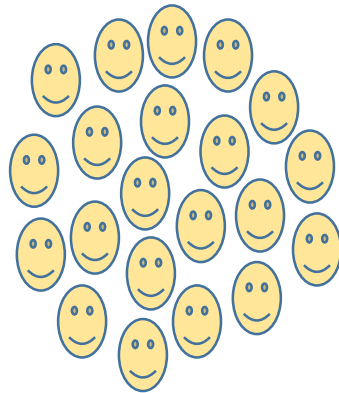
YCC members



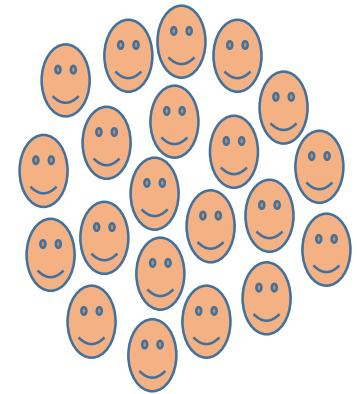
YCC members



12-15 year olds

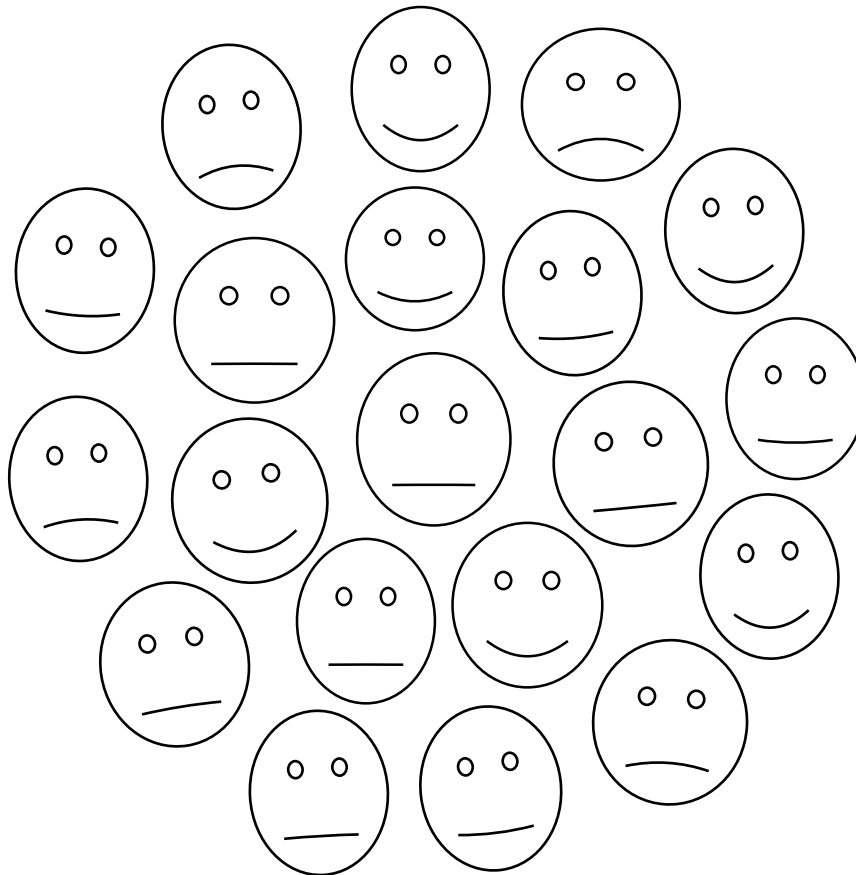


6-19 year olds



20-24 year olds

YCC members

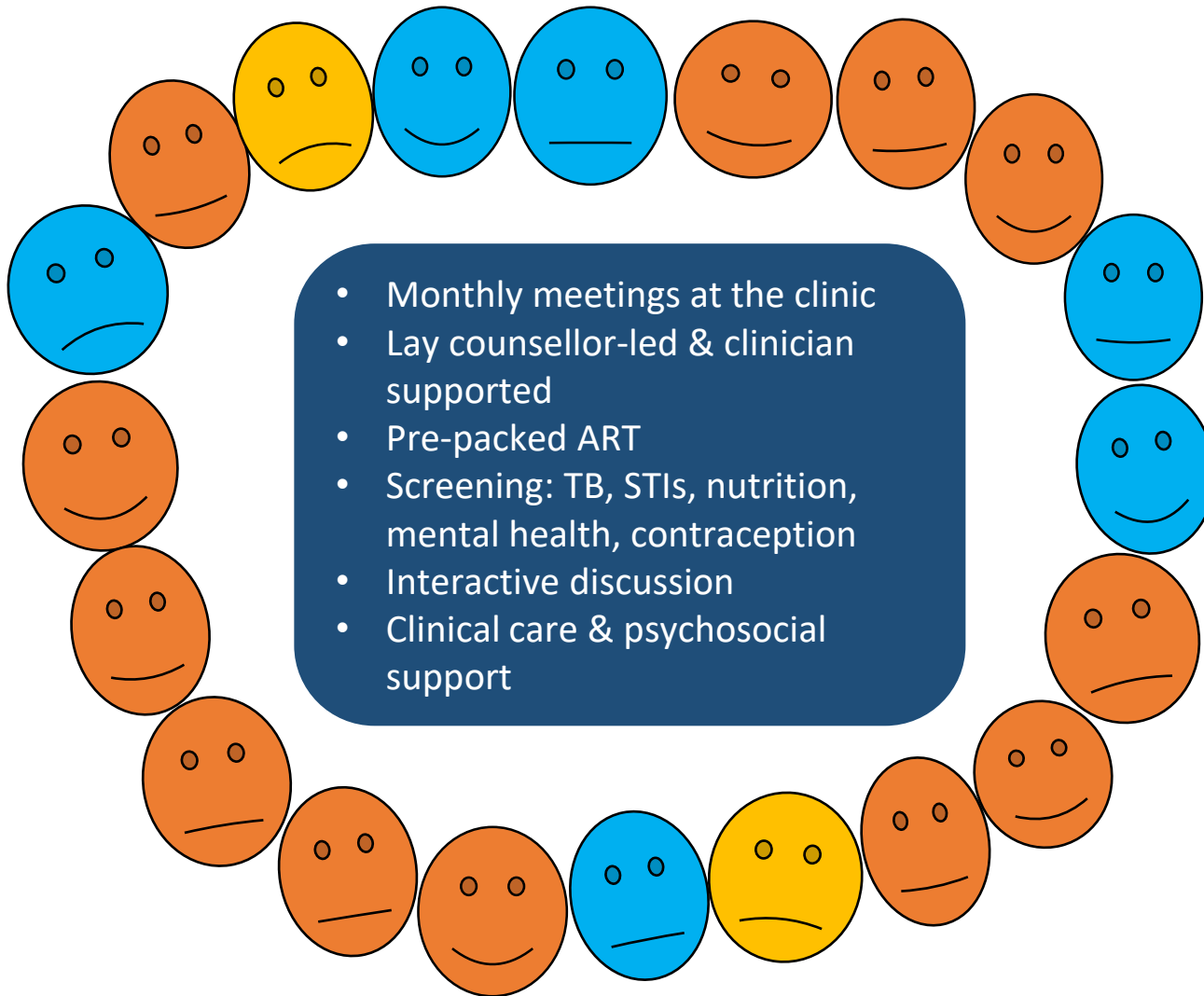


Some YCC members are **new on ART**,

some **virally suppressed** on ART

and some are **not yet-virally suppressed** on ART

Youth Care Clubs



- Monthly meetings at the clinic
- Lay counsellor-led & clinician supported
- Pre-packed ART
- Screening: TB, STIs, nutrition, mental health, contraception
- Interactive discussion
- Clinical care & psychosocial support

STAGES OF A YCC SESSION

09:00

09:15

10:00

10:10

Stage 1: 15-20mins



Stage 2: 45 mins



Stage 3: 10mins+



YCC counsellor:

1. Records members' height, weight and symptom check in paper register
2. Screens for TB, STIs, nutrition, psychosocial and contraception
3. Confirms members' phone number
4. Allocates who need to see clinician
5. Documents next YCC date on clinic card

YCC clinician:

Regular clinic duties

YCC counsellor:

1. Conducts a quick ice breaker
2. Introduces the session topic
3. Runs through the topic according to the session plan
4. Encourages YCC members to participate in discussion

YCC clinician:

Regular clinic duties

YCC counsellor:

1. Distributes pre-packed ART to VS members in club room
2. Sends members who need to see the nurse to her/him
3. Sees to late comers
4. Counsels members who screen positive for psychosocial problems
5. Adherence counselling to members as needed

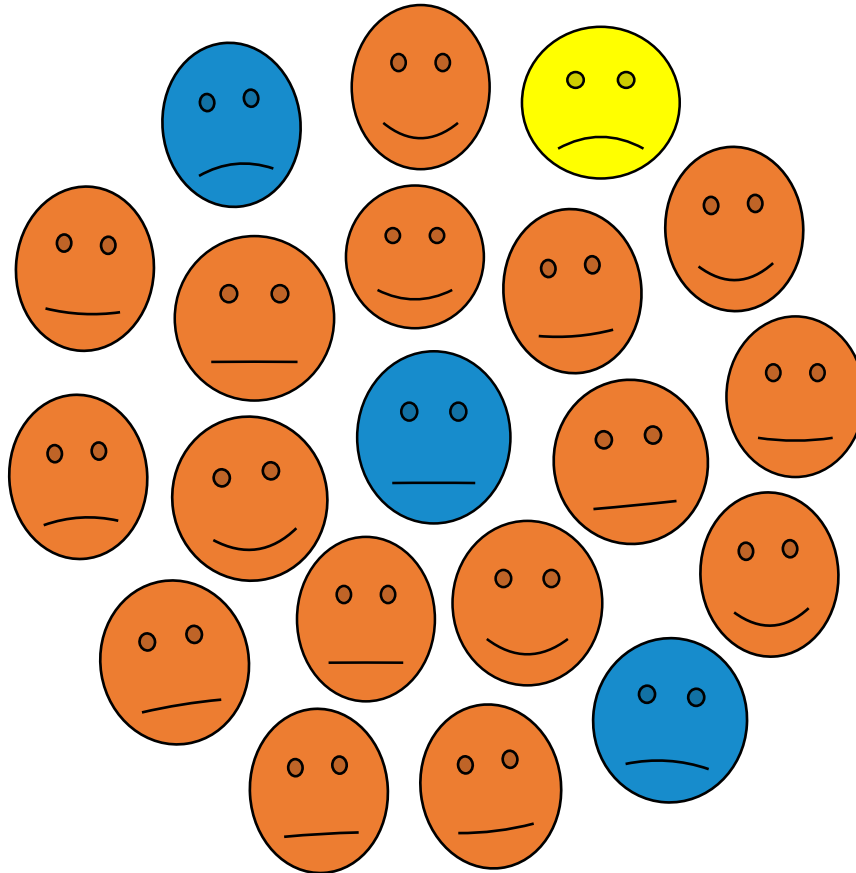
YCC clinician:

1. Fast-tracks YCC members
2. Distributes pre-packed ART to NI & NVS during clinical consultation
3. Provides contraception, blood & clinical services as indicated
4. Follows up on members who screens positive for TB, STIs or poor nutrition



WITS RHI

ART distribution



YCC CLINICIAN

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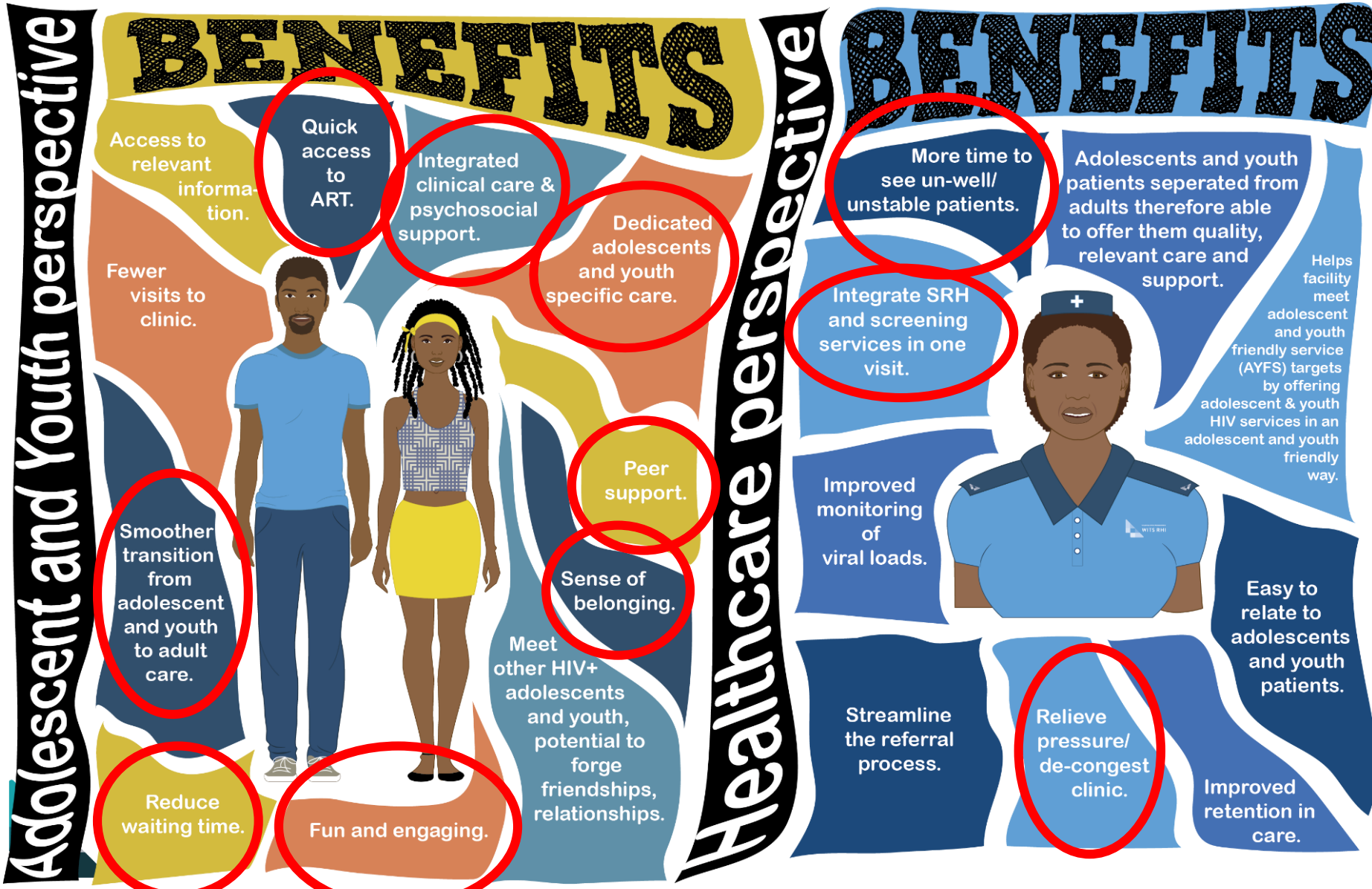
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Youth Care Clubs Benefits



Outcomes

No. of YCC members	325
Retention in care at 6 months	88%
Retention in YCC care at 6 months	75%
Virally suppressed at last VL	81%

Challenges

- Refreshments
- Clinic hours
- Staffing
- Space
- Frequency of YCC visits
 - But, the peer support aspect or for newly diagnosed can be very beneficial.



YOUTH CARE CLUBS

*"I want to come to the clinic each month to see my progress, how I am doing, to talk to the nurse."
–YCC member*

*"[I like] being there with my peers, talking about fears and expressing how we feel about being HIV positive and helping each other overcome this."
–YCC member*

*"I like getting my medication through the YCC. Before I had to wait a long time in a queue just to get my medication."
–YCC member*

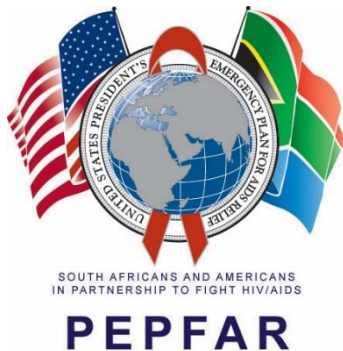


Acknowledgements

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🕒 *Programme Manger of Adolescent Innovations Project:* **Shenaaz Pahad**

🕒 **YCC members**



health

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