

Adherence

- A major concern for Western politician and funding agency (analogy with MDR-TB)
- Clinical trials show equivalent if not superior achievement compare to the West (Somerset Hospital)
- Doctors are not the best to evaluate adherence
- Most clients will have only one chance
- Instead of a ‘watch’, it is our responsibility to give them a real chance

Components of Adherence Program

PRE-THERAPY PROGRAMME

- Pre-therapy Scheduled IDC visits
- Informed Consent Process
- Preliminary home visit

ON-THERAPY PROGRAMME

- Ongoing counseling during HIV clinic visits
- Antiretroviral Support Group
- Pillbox
- Patient ID Card
- Daily Routine Schedule
- Drug ID and Pillbox Packing Chart
- Self-reporting Sheet
- Follow-up home visits

General awareness

- Treatment Assistant
- Treatment Action Campaign

Self monitoring and self-efficacy,

- Drug ID Chart

Visual identification of individual drug

Written and visual description of drug doses

Potential common and life-threatening drug adverse events

Self monitoring and self-efficacy,

- Pillbox
Used with drug ID chart to reinforce twice-daily dosing of drugs
Each day has a separate box which fits into the main holder
Each day can be detached from the larger holder

Self monitoring and self-efficacy,

- Self-reporting form
Patient or treatment
assistant self-reports
on daily doses taken
and any adverse
events experienced
in 2 day period
Clinic team reviews
comments made by
patient at scheduled
visits

Self monitoring and self-efficacy,

- Daily Routine Schedule
Clinic team reviews patient's daily routine every hour on starting therapy and periodically thereafter
Two events that occur daily approximately 12 hours apart are linked to taking morning and evening doses

Self monitoring and self-efficacy,

- Patient ID Card
Records patient name and current medications including antiretroviral therapy
For medical management of patient outside of IDC setting

Peer Support, Antiretroviral Support Group, i

- Meet bimonthly
- Group Counselling by IDC Counsellor
- Held at home IDC

Social Security, i

- Disability Grant – R540
CD4 Count < 200 cells/ml
HIV and TB co-diagnosis
- Child Maintenance Grant – R110
Single parent families
Predominantly women
- Food Supplementation
Discounted meals offered as part of W.A.R.M.T.H. program