Improving Adolescent Viral Suppression Through Operation Triple Zero Initiative In Kenya

Lennah Nyabiage Omoto
MBChB, MMed (Paeds)
PEPFAR Annual Meeting
July 21, 2018
Amsterdam
Background: HIV Burden in Kenya

- **Kenya population**: ~40 million
  - 29% adolescents (age 10–19 yrs)
- **PLHIV**: ~1.6 million
  - ~140,000 (9%) among adolescents (10-19 yrs)
- **New Infections**: ~62,000 (2016)
  - ~14,000 (23%) among 10-19 yrs
- **AIDS Related deaths**: 36,000
  - 3,300 (9%) among 10-19 yrs
- **Total on ART**
  - 10–14 yrs: 36,805 (95%)
  - 15-19 yrs: 35,303 (39%)
Kenya’s Response To Adolescent HIV Prevention and Treatment

- Leadership support
- Conducive policies and treatment guidelines
- Training manuals
  - APOC guidelines for HCW
  - Caregiver training manual
- Gap: Active involvement of adolescents.

National Trends in Viral Suppression by Age

- 2 - 9 yrs: 59%
- 10 - 19 yrs: 63%
- 20+ yrs: 67%

NASCOP VL Website
Asset Based Programming for Adolescents Living with HIV

**Deficit Based Approach**
- Respond to a problem
- See adolescents as passive recipients
- Fix problem
- Implement program as an answer

**Asset Based Approach**
- Identify strength
- Adolescents as co producers
- Develop potential
- See adolescents as the answer
Asset Based Programming for Adolescents Living with HIV

Asset Based Approach for 3 key players

**Adolescent**
- Comprehensive HIV treatment literacy
- Connectedness through OTZ clubs and social media (Mentorship and motivation)
- Adolescent participation

**Health Care Worker**
- Training on the adolescent package of care & tool kit
- Motivational counselling
- Training on HIV case management
- Implementing asset based model in with AYP HIV clinics

**Caregiver**
- Leadership and empowerment
- Caregiver treatment literacy training

---

15 YEARS OF SAVING LIVES THROUGH AMERICAN GENEROSITY AND PARTNERSHIPS

#PEPFAR15
Asset based programming where adolescents and young people actively participate in management of own health

Voluntary enrolment to OTZ

Commitment to 3 Zeroes

Motivation of self & others

Motto: Heroes for Zeros and Zeros for Heroes, It takes a Hero to be a Zero and a Zero to be a Hero
OTZ Scale Up in Kenya

2016

1 County

1 facility

2017

20 counties

200 of 557 high volume sites (36%)

AYP's in OTZ: 11,000 of 58,000 (19%)

2018

27 counties

465 of 557 high volume sites (83%)

AYP's in OTZ 47,401 of 58,000 (81%) Mar 2018

2019

27 Counties

527 of 557 high volume (95%) sites

95% of AYP enrolled in OTZ
Results: Clinic Appointments & Adherence

Keeping Clinic Appointments for Adolescents in OTZ, Western Kenya Counties

- ≥93% kept clinic appointments

Self Reported Adherence for Adolescents in OTZ, Western Kenya Counties

- Increase in self-reported adherence from 88% to 96%

Source: CDC Kenya Database, 2018
Results: Viral Suppression

VL Testing Results for Adolescents on ART in Western Kenya Counties (n = 66 site) May 2018

- **Total 6053**
  - **Total in OTZ**: 4672 (77%)
  - **Total non OTZ**: 1381 (23%)
  - **Total with valid VL results**: 4613 (99%)
  - **Total with valid VL results**: 1309 (95%)
  - **VL <1000c/ml**: 4047 (88%)
  - **VL <1000c/ml**: 949 (72%)

VL Testing Outcomes for Clients in OTZ: 10 - 24 yrs (n = 2742)

- Increase in viral suppression for all partners:
  - Baseline - 76%
  - Current (Mar 2018) - 82%

Source: CDC Kenya Database, 2018

VL Testing Results for Adolescents on ART in Western Kenya Counties (n = 66 site) May 2018

- **Total 6053**
  - **Total in OTZ**: 4672 (77%)
  - **Total non OTZ**: 1381 (23%)
  - **Total with valid VL results**: 4613 (99%)
  - **Total with valid VL results**: 1309 (95%)
  - **VL <1000c/ml**: 4047 (88%)
  - **VL <1000c/ml**: 949 (72%)

VL Testing Outcomes for Clients in OTZ: 10 - 24 yrs (n = 2742)

- Increase in viral suppression for all partners:
  - Baseline - 76%
  - Current (Mar 2018) - 82%

Source: CDC Kenya Database, 2018
Case Example- Tabaka Mission Hospital

• Faith-based facility
• 128 adolescents enrolled by July 2018
• Baseline (2016) adolescent viral suppression- 63%

• Interventions
  • OTZ clubs & Adolescent champions/ peers
  • OTZ club activities
    • Support group meetings/ literacy, empowerment
    • Conducting talent show, competition activities
  • Weekend clinics
  • Implement an alternate treatment buddy (Mwangalizi)- where needed
  • DOT where needed

By July 2018- all 128 adolescents were on OTZ

Tabaka Mission Hospital Viral Suppression Trends for Adolescents 10 – 19 years

- 63% in 2016
- 70% in 2017
- 92% in June 2018

Start of OTZ clubs
Results: Re-suppression for Adolescents with High VL

Proportion of Adolescents with VL>1000c/ml Who Re Suppress While in OTZ in Western Kenya Counties

- Review of outcomes for adolescents with VL>1000c/ml 6 months prior
  - Active enrolment started in October 2017
    - Progressive increase in number who re suppress
    - Range 40%-74%
OTZ Testimonials

“When I joined secondary school, I experienced a lot of stigma. I stopped taking my medications and this led to deterioration in my health. Due to the busy school schedule I used to skip my clinic appointments. It happened that when I came to the clinic there was an OTZ club which I joined and was able to interact with my peers ……… My VL trends:

- 491000 cp/ml (05/6/17),
- 27200 cp/ml (16/11/17),
- 107 cp/ml (15/1/18).

I have taken charge of my health and I pledge to adhere to Triple Zero. (18 yr old, form 2 student).”

UCSF Program, Kisumu

“Am the only child in the family who is HIV positive and this caused me a lot of self-stigma. After joining OTZ, I overcame self-stigma and am living positively. My performance in school has improved too. I had a VL 16284 cp/ml before joining OTZ and my latest VL is LDL. Am a HERO of my health. 15 yr Old, OTZ Champion”

KCCB – KARP Program
OTZ Related Activities

CDC Kenya Country Director, Dr. Kevin De Cock, proudly displays his enthusiasm and support of the adolescents in OTZ.

Official Launch of OTZ activities; Jaramogi Oginga Odinga Teaching and Referral hospital, Kisumu

Most Improved Site in Adolescent viral suppression: 46% to 76%

Health Education session in progress

OTZ members participate in World AIDS Day 2017

Pictures courtesy of ICAP, KCCB – KARP Programs
Attribution of Support

This work has been supported by the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the US Centers for Disease Control and Prevention (CDC).

Disclaimer

The findings and conclusions in this paper are those of the author(s) and do not necessarily represent the official position of the funding agencies.
Acknowledgements

• Kenya Ministry of Health
• National AIDS Control Council
• Implementing partners
• CDC Kenya
• PEPFAR