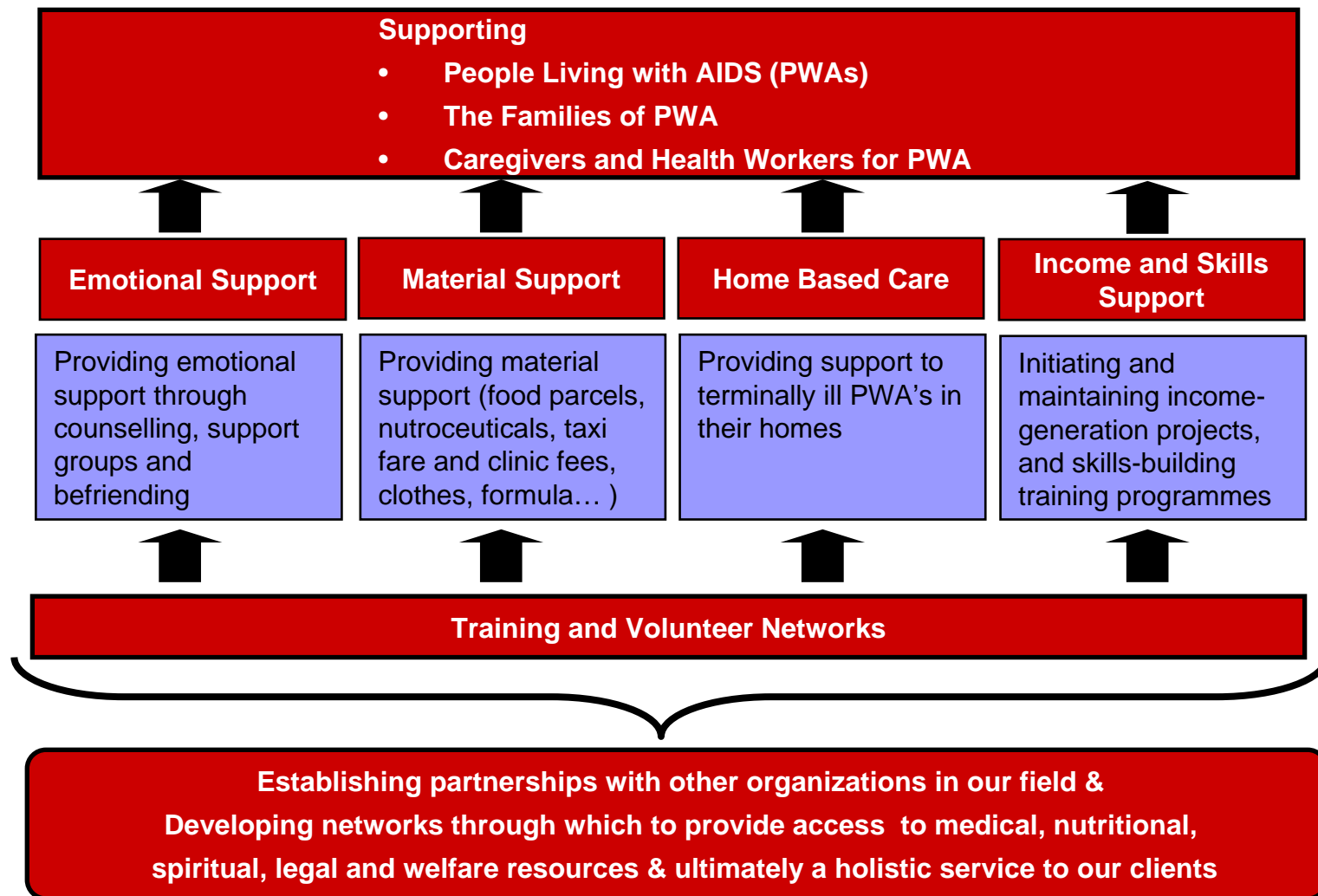


“Staying with the Programme” A Symposium to Explore Adherence to ARVs

November 23rd 2005

THE CARE APPROACH



ADHERENCE: What is it?

The degree to which a client follows a prescribed treatment regimen. Poor adherence may impact negatively on a drug's effectiveness.

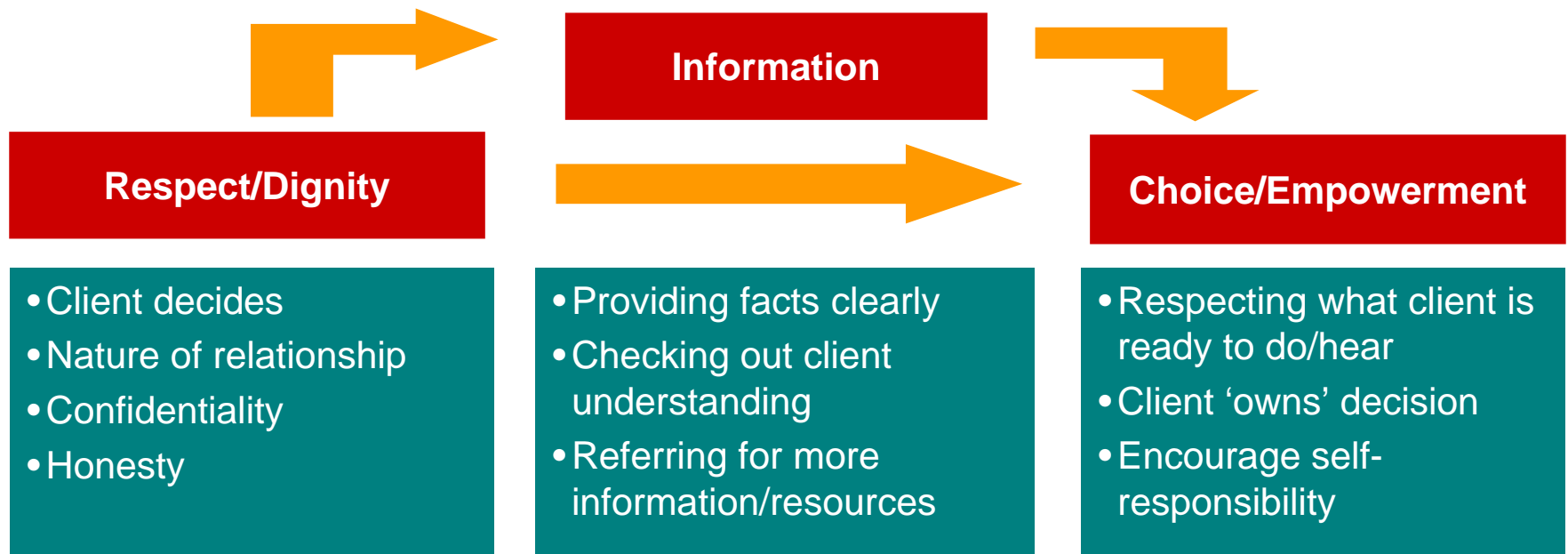


ADHERENCE: Why is it important?

Non-adherence can result in a reduction in HIV's sensitivity to a particular drug. The result is that a particular drug/combo is unable to block replication of HIV, and significantly reduces treatment options.



Managing Adherence



PRACTICE

Source: CARE

Adherence Counselling

Assists clients to make choices that support their treatment and enable them to adhere to the medication. Includes information, discussion, encouragement, motivation and counselling support.



Stages for Antiretroviral Adherence

- 1) Pre-ART Initiation
 - Education on HIV
 - Risks/benefits of ART
 - Readiness assessment
 - Counselling
 - Commitment
- 2) ART Initiation
 - Adjustment
 - Tailoring the regimen
 - Follow-up

3) Treatment Maintenance

- Simplify regimen
- Avoid drug interactions & minimise side effects
- Address associated conditions & emotional states

ADHERENCE COUNSELLING:

- HIV/AIDS; disclosure & treatment support
- Understanding ART & goals of ART; lifestyle; values
- Drug categories in SA; side effects; drug resistance
- Starting ART (when, how, why, indicators)
- Understanding non and adherence

ADHERENCE

Partnership between client and healthcare worker/team.

Examination of: characteristics of regimen, provider behaviours, social factors, environmental factors



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QUESTIONS?

THANK YOU!