



PROMOTING
ADHERENCE
IN CHILDREN
RAY LAZARUS,
PHRU

Why a Resource Pack on ART for children?



- Kids count

- HIV affects children differently



Biomedical differences



- Primary modes of transmission



- Diagnosis



- Immune system maturity



- Effects on growth/development



- Treatment options



Psychosocial differences



- capacity to understand and cope with illness is still developing
- more dependent on others for their well-being and care





Developmental considerations



- Cognitive and emotional changes with age



- Individual differences



- Development enhanced/constrained by circumstances affecting child



- Vulnerability and resilience



Dependence on caregivers/family group



- Brought for health care by caregivers
- Caregivers play key role in treatment and care
- Family and caregiver circumstances (incl HIV status) affect care
- Cultural beliefs and practices related to care are expressed through family



Some specific issues

Legal framework

- Best interests of the child
- Consent
- Confidentiality



Specific issues (cont)



- Disclosure
- Grief and loss



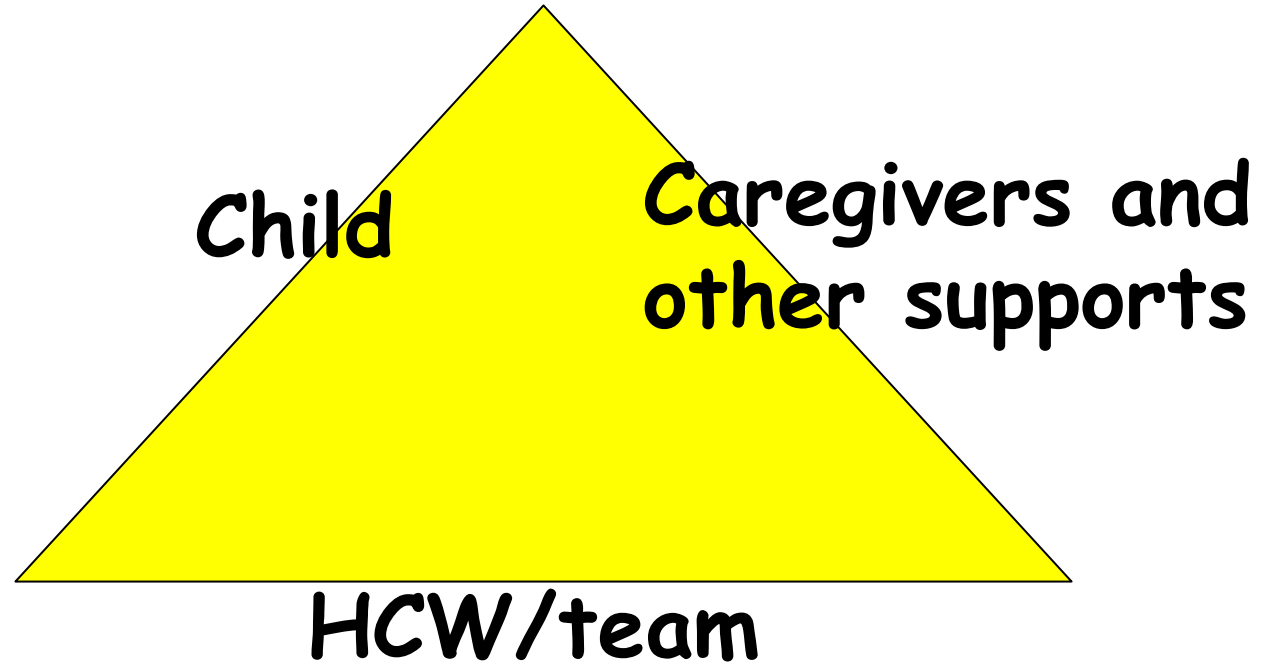
- Sexuality



- Cultural practice and beliefs



Effective care: Finding a balance



child-centred and family-focused care











Critical factors in promoting adherence



- HCW relationship with caregiver
- Caregiver mental state, health beliefs, health care practices, understanding/motivation
- Disclosure (to some household members at least)
- One primary caregiver responsible for meds, with backup








Critical factors (cont)

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- Simple regimen, ease of administration
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- Adherence plan
- 
- built around everyday schedule of CG and child
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- not overly rigid or absolute
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- allow for exceptions
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- Follow-up monitoring, support
 - Anticipating future challenges



Health workers and children

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- Competence/confidence
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- Working *together* with children, their caregivers and support systems
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- Involving children in their own health care (changes with age)
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- Support strategies (children and caregivers)
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For more on promoting adherence in children



From Adherence Networking Group:



- Children's ART Adherence Resource Pack



- Guide for Trainers



Available from:



www.phru.co.za or www.csa.org.za