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Increasing Uptake and Continuity of Couple Counseling and Testing through PITC in Eastern and Western Kenya

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**Abstract to be presented at
11th Counseling Conference**

7th – 9th September 2010

Safari Park hotel

Nairobi, Kenya

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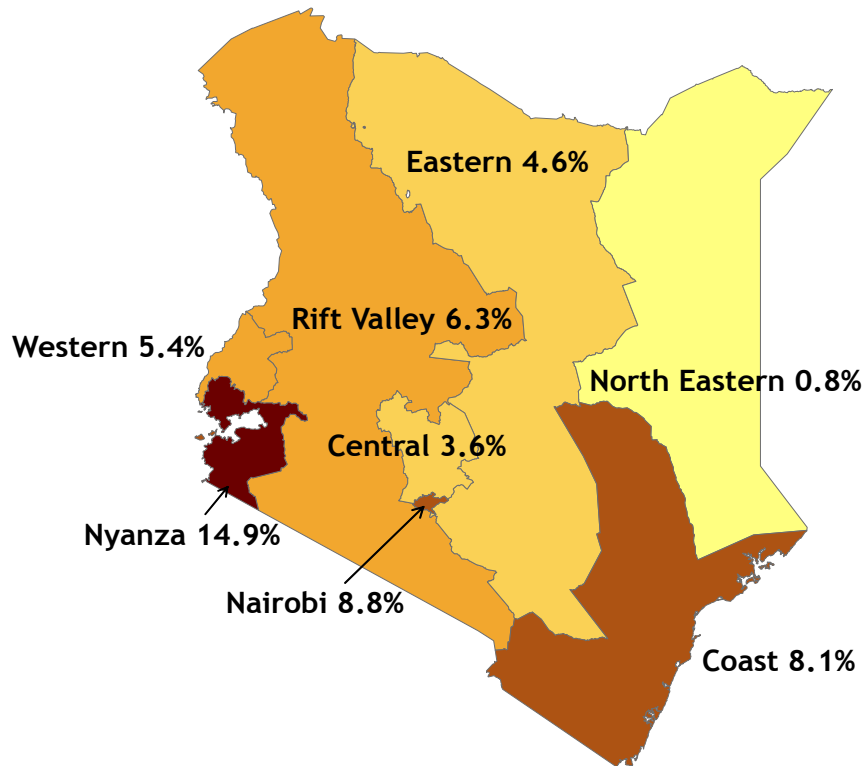
**** Jhpiego/APHIA II Eastern**

***** Jhpiego/ APHIA II Western**

****** MoH/Embu PGH**

National HIV Prevalence

HIV prevalence among adults aged 15-64 years by Province, Kenya 2007



National prevalence: 7.1% : approximately 1.4 M people

Wide regional variation in HIV prevalence among adults aged 15-64 years, ranging from 14.9% in Nyanza province to 0.8% in North Eastern province

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Source: KAIS 2007

Background

- In 9.7% of married/cohabiting couples, one or both partners are infected with HIV(KAIS, 2007)
- 6 out of 10 of these couples are discordant translating to nearly 350,000 married or cohabiting couples who need targeted HIV Testing and prevention in Kenya
- Overall, 57.5% of women and 56.4% of men reported having had unprotected sex with at least one partner of HIV-discordant or unknown HIV status in the 12 months prior to the survey
- Most new cases of HIV are occurring in the long-term stable relationships

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Background

- **During supportive supervision to various provinces:
7 out of 10 Health care workers ill prepared to handle
couple counseling and did not encourage HIV
positive clients to disclose their status to partners**

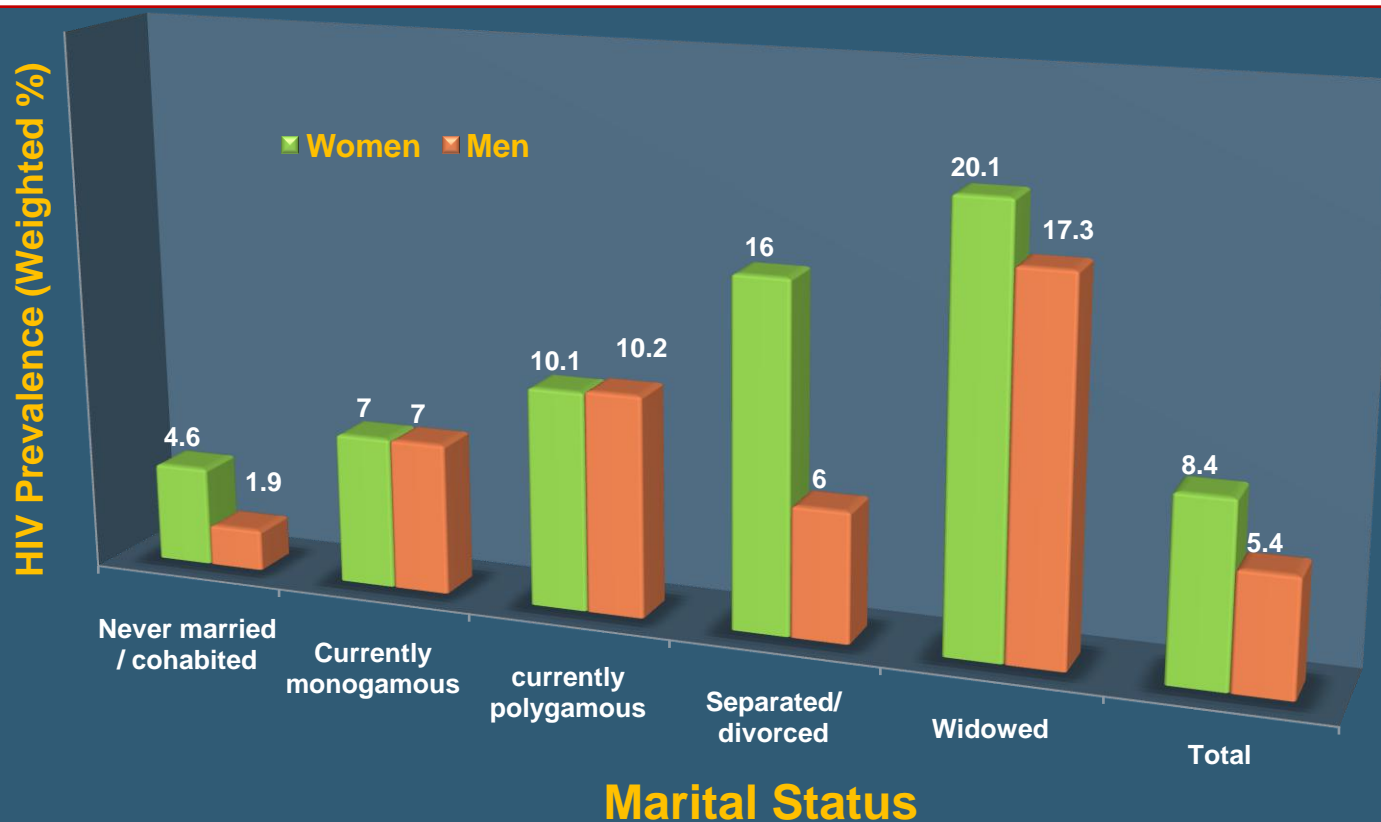
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HIV prevalence by marital status

Prevalence among women and men aged 15 -64 years by current marital status, Kenya 2007



HIV prevalence was significantly greater among widowed women and men and separated/divorced women compared to other adults

objective

- **To increase the capacity of the health care workers to handle issues affecting couples and especially those in discordant relationships**
- **To increase the uptake of couples/partner enrolled at the comprehensive care centre(C.C.C)**

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Intervention

- To improve coverage at EPGH, Jhpiego supported the integration of couple counseling into PITC on-the-job (OJT) training program
- Team composition: overall HTC coordinator, support supervisors, Comprehensive care staff and clinical mentors at each department
- Prompt client referral to care through escort system within the facility

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Intervention.....

- **Client follow-up through mobile phone and home visits**
- **APHIA II Western, where Jhpiego implements the HTC activities, conducted a home based HIV testing and counseling program (HBTC) in 2009, where couple testing was also of emphasis.**

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Couple counselling issues



M/S. Lydia Njihia - PITC Mentor compiling data on couple counselling - EPGH ,2009



PITC Counsellors during an experience sharing meeting on couple counselling at EPGH Boardroom,2009

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Achievements

- Following integration of couple counseling into “OJT” at the Embu PGH, the number of couples offered PITC increased from 594 (27% of 2,213 total tested) in 2007 to 7,183 (48% of 14965) in 2009.
- Number of service providers trained through ‘OJT’ increased from 20% to 95 % of approx.350 staff
- In addition, through HBTC in Western province in 2009, 3,199 couples were tested. Of these, 182(5.7%) were concordant positive and 259 (8.3%) discordant

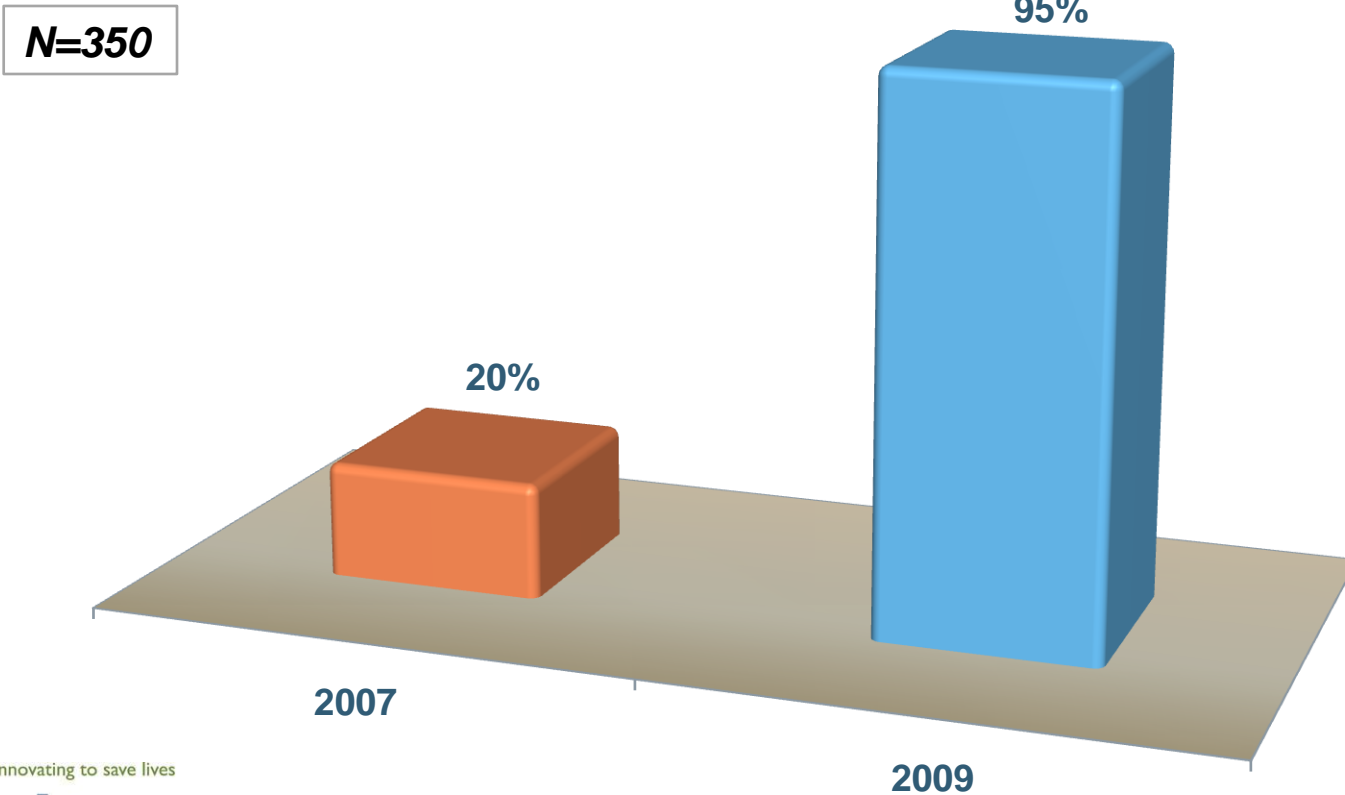
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Result

No. of trained service providers



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Achievements...

- The number of HIV-infected clients identified through PITC at Embu PGH increased from 187(8.5% of 2,213) in 2007 to 912(6% of 14,965) in 2009.
- At EPGH, the number of Couple/partner who tested HIV positive and were referred to Comprehensive care through PITC increased from 78 (13% of 594) 2007 to 379 (5.3 % of 7,183) in 2009

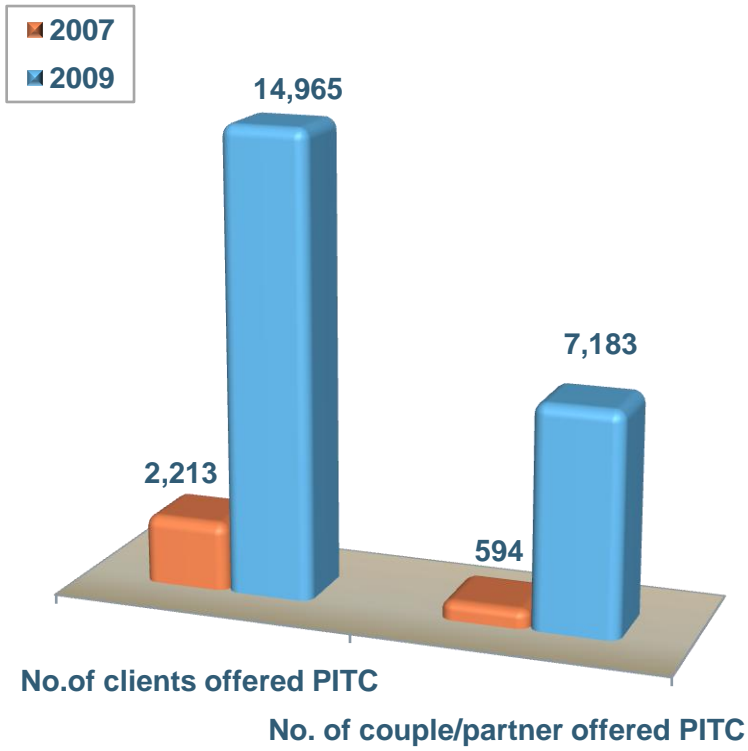
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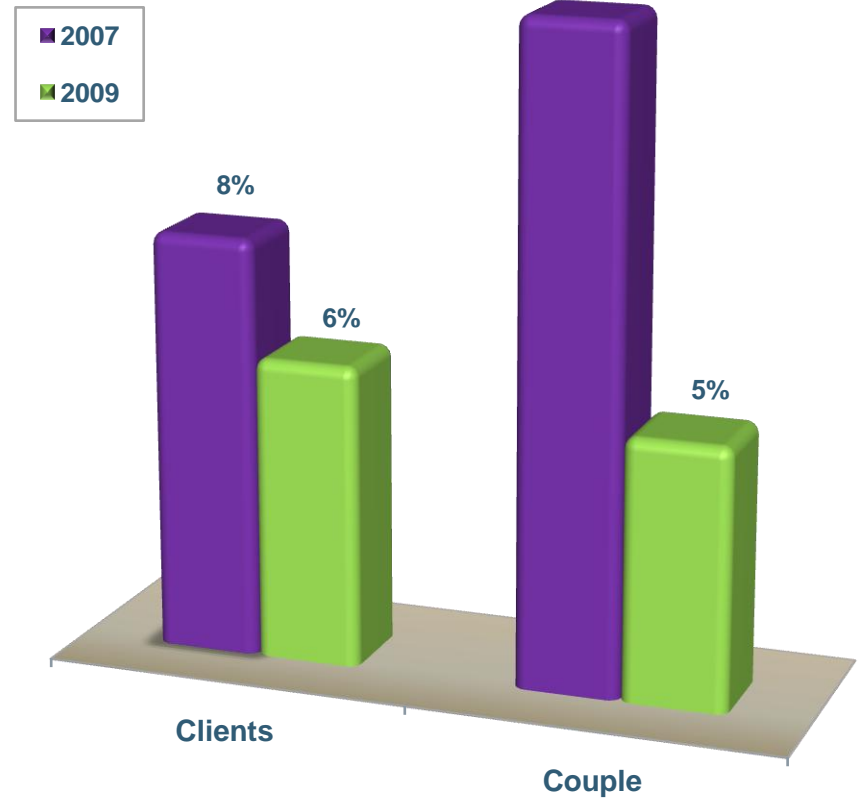
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PITC Services

PITC Uptake



HIV Prevalence



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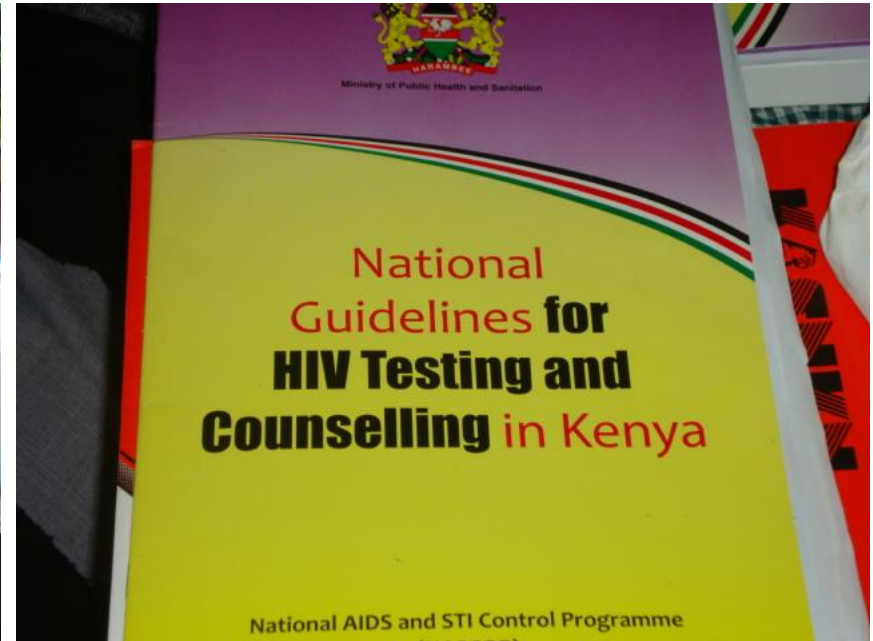


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Sharing best practices on Quality HTC service delivery



PITC Jhpiego Regional meeting participants on a learning visit to EPGH, January 2009



Using Nationally recommended documents for 'OJT'

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Lessons learned

- **Developing PITC training capacity at hospital and community level increased the number of providers trained and number of couples reached with counseling and testing for HIV**
- **Taking services to the community, as done through HBTC, is a practical means of reducing the testing gap in the general population and among couples/partners**
- **Increased testing and disclosure of HIV status is useful as a preventive measure among couples/partners**
- **The OJT approach reduced the need for staff to use off-site training venues, which are relatively expensive and disrupt effective delivery of day-to-day clinical services**

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Next steps

- The Ministries of Health plan to structure and roll out ‘OJT’ for PITC at all provincial and district hospitals countrywide
- Jhpiego/ACCESS Uzima will support NASCOP/MOH to explore opportunities to improving CHTC and partner disclosure of HIV status in Kenya
- NASCOP and partners to put more emphasis on CHTC in all HTC approaches
- Jhpiego will support NASCOP to integrate Couple counselling into all HTC trainings among other partners

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Acknowledgements

Jhpiego's HIV & AIDS team Kenya office wishes to acknowledge the following:

- **USAID ACCESS Uzima program**
- **NASCOP/Ministry of Health**
- **Embu Provincial General hospital**
- **USAID/APHIA II Eastern**
- **USAID/APHIA II Western**

Thank you

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