

COMBINATION SOCIAL PROTECTION IMPROVES ADOLESCENT ART-ADHERENCE

Citation: Cluver, L.D., Toska, E., Orkin, M., Meinck, F., Hodes, R., Yakubovich, A., Sherr, L., (2016) Achieving equity in HIV-treatment outcomes: can social protection improve adolescent ART-adherence in South Africa? *AIDS Care*, 28(52):73-82, doi: 10.1080/09540121.2016.1179008.

RESEARCH QUESTIONS

Can social protection programs improve adolescent ART-adherence in South Africa?

If so, do combinations of social protection programs increase adherence rates?

! WHY IS THIS IMPORTANT?

- Low adolescent ART-adherence is highly associated with morbidity, mortality, and HIV transmission.
- There are many types of social protection programs, and some may be more effective than others for adolescents living with HIV.
- Low reported rates of adherence are a critical factor leading to morbidity, mortality, viral resistance and onward HIV transmission (Nachega et al., 2009).

🔍 FINDINGS

SELF-REPORTED ADOLESCENT ART NON-ADHERENCE IS ASSOCIATED WITH POOR CLINICAL OUTCOMES

- Past-week non-adherence was associated with increased rates of opportunistic infections, such as shingles, TB symptoms, and sores on the body and face.
- In a subsample (n = 266), past-week non-adherence was associated with increased rates of detectable viral load (>75 copies/ ml).

KEY MESSAGES

HIV-positive adolescents are at high risk of ART non-adherence and related poor health outcomes.

Social protection provisions are associated with significantly reduced non-adherence in adolescents.

Combinations of social protection provisions are associated with greater reductions in non-adherence than single provisions alone.

⚙️ METHODOLOGY

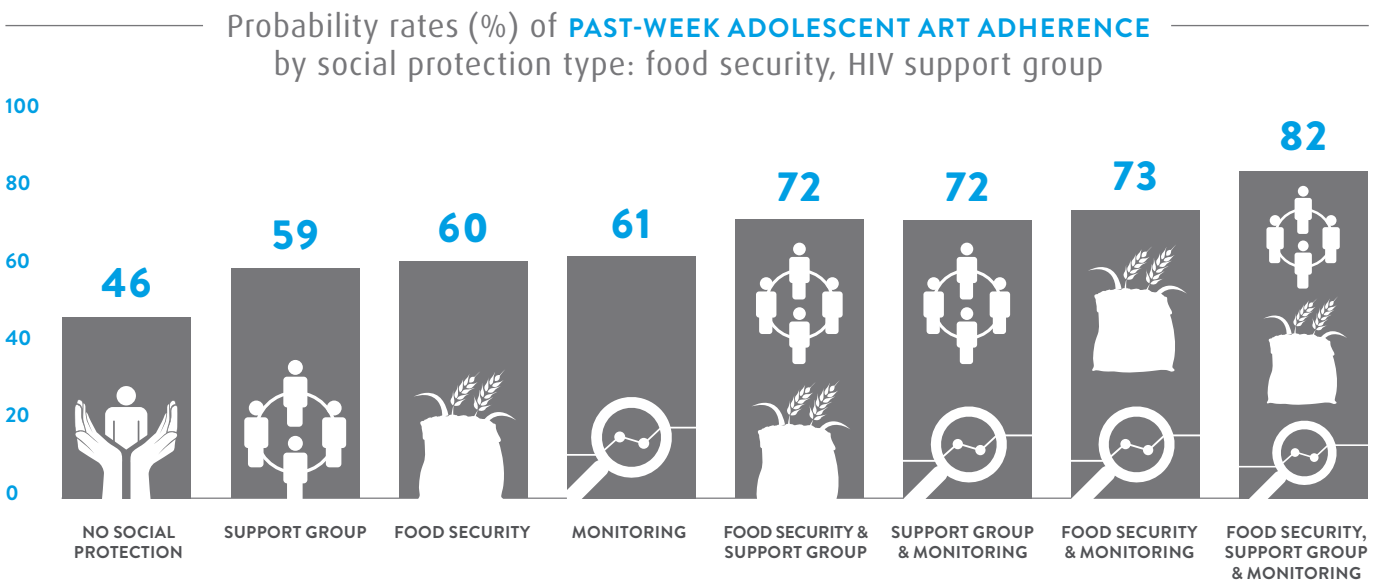
- The largest known community-traced sample of HIV-positive adolescents: 90.1% of all ART-initiated 10-19-years-olds in 53 government healthcare facilities in Eastern Cape (n=1059).
- Association of 10 social protection provisions to adherence was studied.
- Analyses controlled for socio-demographic, HIV, and health-care-related covariates.

FINDINGS

THREE SPECIFIC SOCIAL PROTECTION PROVISIONS WERE ASSOCIATED WITH REDUCED NON-ADHERENCE

Food security, attending an HIV support group, and high parental/caregiver supervision were independently associated with reduced past-week non-adherence.

COMBINATIONS OF SOCIAL PROTECTION SHOW ADDITIVE BENEFITS FOR REDUCING NON-ADHERENCE



Special thanks to the Republic of South Africa’s Ministries of Social Development, Health, Basic Education and Agriculture, Forestry & Fisheries