

HIV TREATMENT

AND

DIAGNOSTICS

Essentials Package

A GUIDE THROUGH
TREATMENT AND
DIAGNOSTICS LITERACY FOR
ADOLESCENTS AND YOUNG
PEOPLE

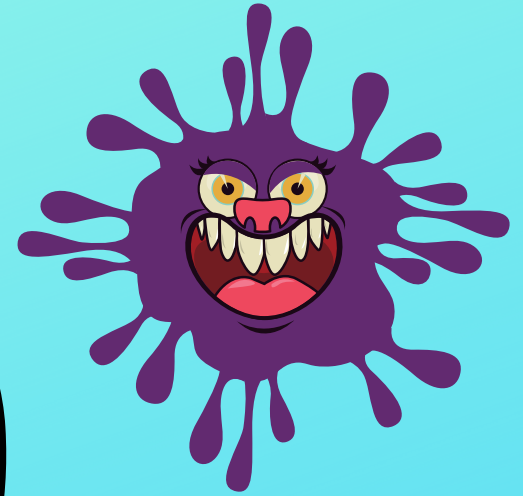


THE ORGANIZATION OF YOUNG
PEOPLE LIVING WITH HIV IN
KENYA (Y+ KENYA)



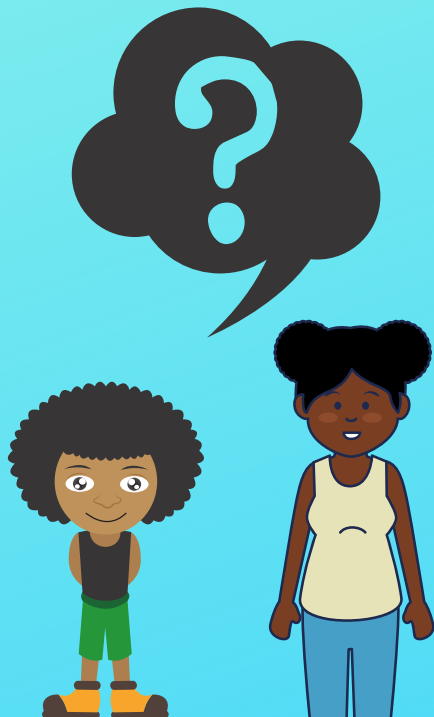
What is HIV (Human Immunodeficiency Virus)?

HIV is a virus that attacks the white blood cells and weakens your immunity.



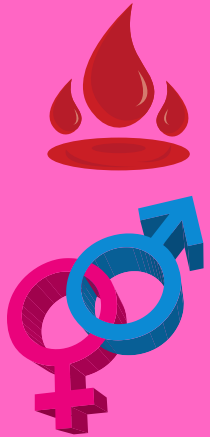
What is AIDS (Acquired Immunodeficiency Syndrome)?

This is the advanced/last stage of HIV where one shows extreme body weakness and immunity is completely compromised.



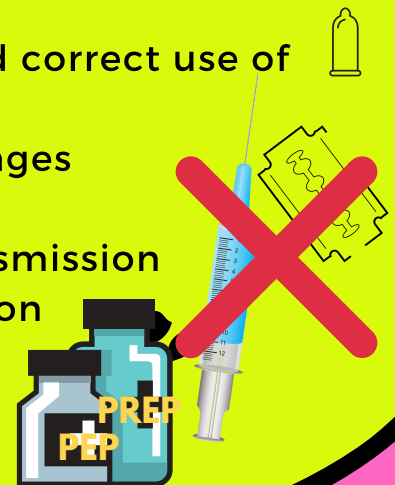
How is HIV transmitted?

- a. When one has unprotected sex with a person living with HIV
- b. When one is transfused/given blood from a person living with HIV
- c. From a mother living with HIV to a child during pregnancy, at birth or breastfeeding.
- d. Sharing of Sharp objects containing blood from HIV infected persons.



How can I prevent myself from getting/acquiring HIV?

- a. Practicing safer sex (consistent and correct use of condoms)
- b. Not sharing needles, razors or syringes
- c. PrEP/PEP administration
- d. Prevention of mother to child transmission
- e. Voluntary Medical Male Circumcision
- f. Abstinence
- g. Being faithful to your partner



What is PrEP and PEP?

PrEP (Pre-Exposure Prophylaxis)
This is a drug taken by HIV negative people before one is exposed to HIV and is used to prevent infection.

PEP (Post Exposure Prophylaxis)

This is a drug taken by HIV negative people after exposure to HIV and is used to prevent HIV infection.



Where can I get PrEP and PEP?

- You can get PrEP and PEP at all government supported health facilities near you.
- If you suspect to have exposed yourself to HIV, Please call 1190 (Toll-free) to get guidance on the next steps to take.
- Alternatively, visit the nearest government supported health facility



Myths surrounding HIV

There are no HIV CARRIERS. You are either HIV positive or negative.

Do ARVs (HIV Treatment) Really Work?



How do Antiretrovirals (ARVs) work?

ARV's prevent the HIV virus from multiplying in the body.

Is there a Cure for HIV?

As at now, there is no known cure for HIV. HIV is managed with the use of Anti-Retroviral drugs (ARV's). When taken as per the doctors instructions, ARV's enable one to live a long healthy life

We have different treatment options ...

1st line treatment options are mostly administered to first time clients. In case of poor adherence one may acquire opportunistic infections or treatment failure.



Drug Resistance and Treatment Failure



- In case of treatment failure, one is changed to an alternative treatment, 2nd/3rd line regimen. Consult your doctor on drug resistance tests before you are changed to another regimen. If you are on 1st line, it is important to maintain 1st line treatment as it is a simpler regimen with less pills and has more options compared to other regimens.

- Skipping ARVS allows the HIV virus to multiply, which increases the risk that the virus will change form (mutate) and produce drug-resistant HIV. This is called Drug resistance.
- When this happens taking the same treatment will not work. This is called Treatment Failure.



Available Treatment Regimens

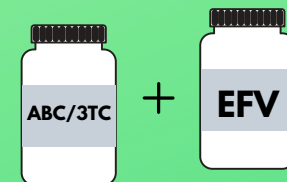
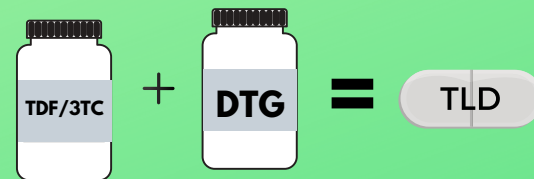
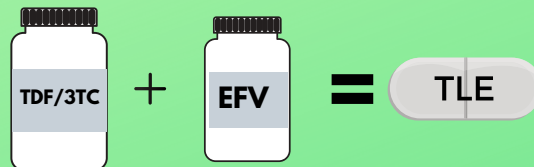
First Line

TDF+3TC+EFV (TLE)
TDF+3TC+DTG (TLD)
ABC+3TC+EFV for
those less than 35kgs

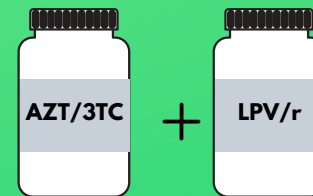
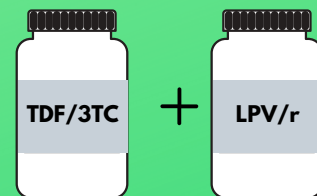
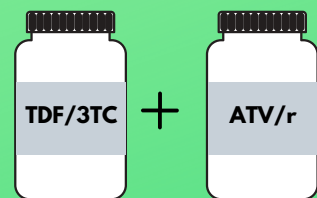
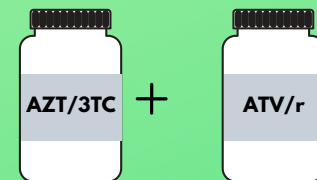
Second Line

TDF/AZT+3TC+ATV/r
TDF+3TC+LPV/r
TDF/AZT+ 3TC+DTG

First Line



Second Line



Treatment literacy tips

- Check your ARVs bottles and ensure that you know the names and abbreviations of your drugs
- Check your prescription to ensure that your treatment has not been changed or adjusted
- Always check the expiry date on the left side of the container before leaving the health center
- When picking your medication, ask your clinician in case you notice any changes on your medication

Side effects

Just like any other drugs, ARVs have side effects that vary from one person to another. Some of the common side effects occurring when one starts treatment are:

- Nausea
- Headache
- Diarrhea

NB: Your body adjusts to the treatment with time and the side effects fade away with consistent use.

Drug interaction

Some ARVs such as Dolutegravir may interact with other medicines eg: TB Medication, laxatives, anti-acids, multi-vitamins, herbal medication.

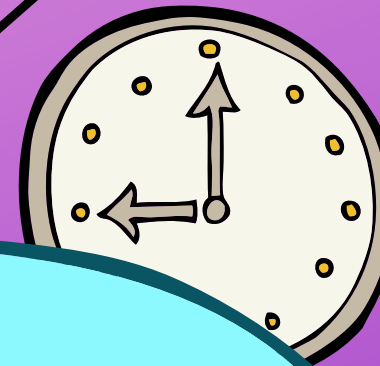
Consult the clinician if you are diabetic, using TB Medication and before using any other treatment

I'm healthy coz
I'm adherent to
my ARV's



What is adherence?

It is taking your ARV's consistently, on time and keeping clinic appointments as prescribed by the doctor



Importance of adherence

- Helps you attain/achieve viral suppression
- Leads to a healthy life
- Reduces the chances of drug resistance and treatment failure
- Prevents you from getting Opportunistic Infections

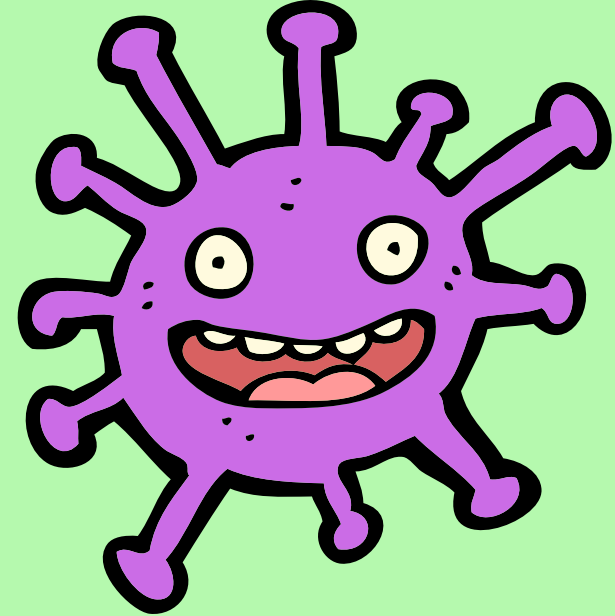
Tips to help adhere better

- Set an alarm for your time to take your ARVs
- You can get a pill buddy to support and remind you to take your drugs at the same time
- Carry your drugs with you in a pill box when you're travelling, short term or long term
- Talk to your caregiver of any side effects you are experiencing
- Carry water to take your pills at your set time in case you'll be away from home at the time for your medicine
- Keep a positive attitude! Helps with understanding why you need your ARVs
- You can join a support group for young people living with HIV.



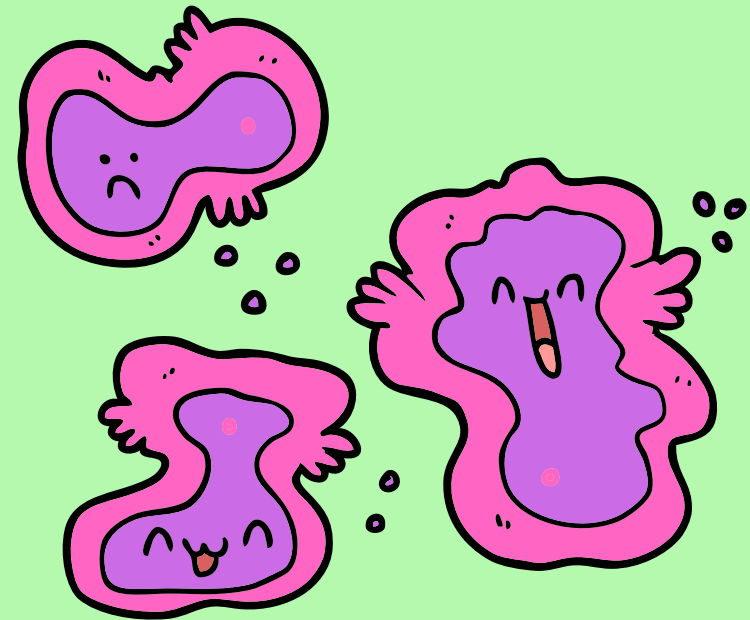
What are Opportunistic Infections (OI's)?

These are illnesses that take advantage of the weakened immune system of the HIV infected person and also may occur in case of poor adherence.



Examples of OI's

- Tuberculosis
- Meningitis
- Kaposi Sarcoma
- Pneumonia
- Herpes Zoster
- Genital Herpes



Tuberculosis (TB)

- TB is a communicable disease caused by an airborne bacterium that mainly affects the lungs.

NB: TB affects everyone and every part of the body except the hair, teeth and nails.

Types of TB

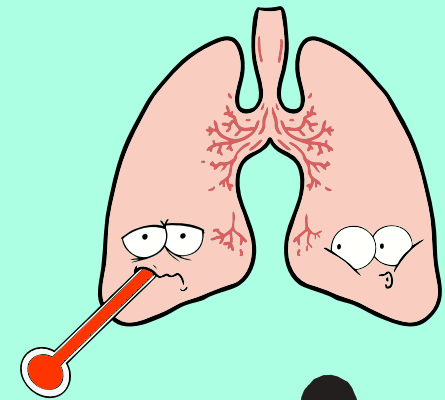
- Pulmonary - Primarily affects the lungs (kifua Kikuu)
- Extra Pulmonary - Affects other parts of the body.

Common symptoms

- Coughing
- Nights sweats
- Fever
- Loss of weight (by 8%percent)
- Loss of appetite

TB diagnosis

- X- ray- pulmonary
- Sputum test (kohozi)- pulmonary
- Urine - all types of TB
- Biopsy

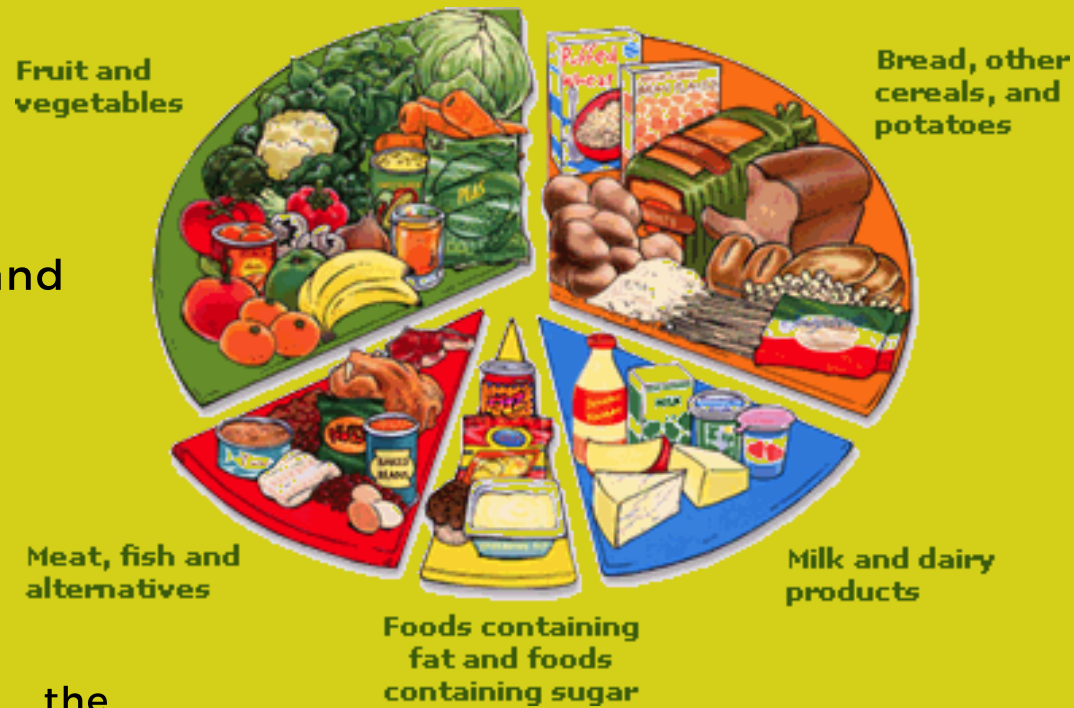


What is nutrition?

This is the intake of food for growth and maintenance of the human body.

Importance of nutrition

- Proper nutrition gives the body all the required nutrients to function normally
- Consult your doctor on importance of taking a balanced diet when on treatment.
- Remember to drink water on a regular basis

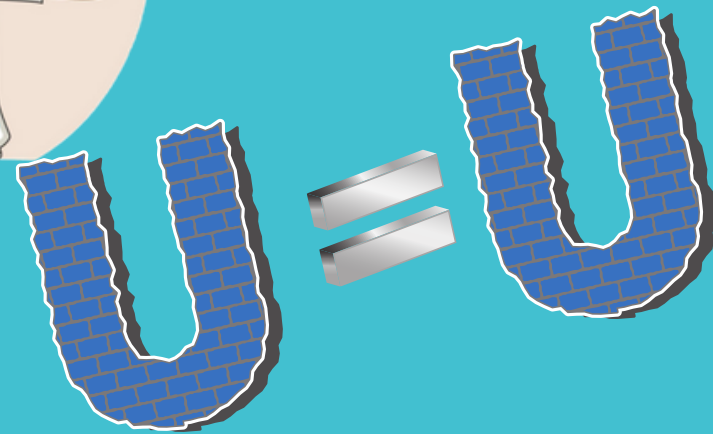


U=U (Undetectable equals Untransmittable)

With strict adherence to treatment and keeping appointment dates, one is able to attain undetectable HIV virus levels, which means one is unable to transmit the HIV virus sexually to another person.

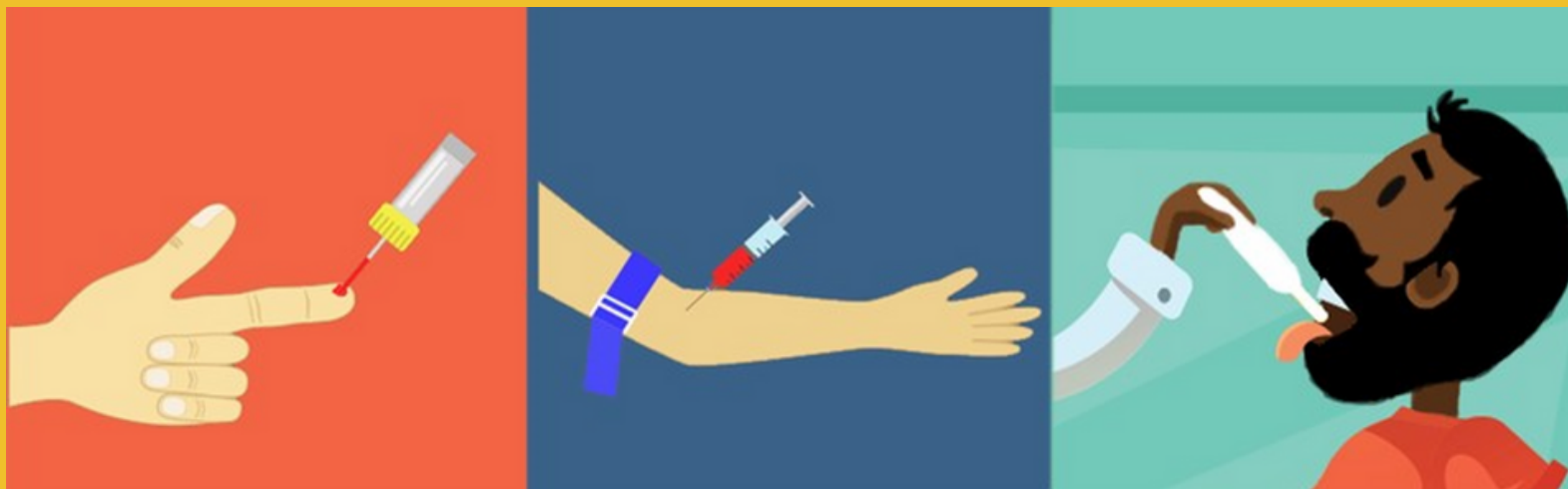
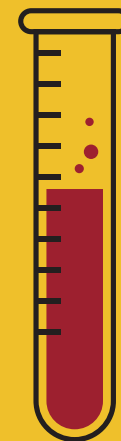
Being undetectable means ARV treatment brings the level of the virus in the body to such low levels that blood tests cannot detect it.

N/B: U=U does not prevent STI and pregnancy, therefore there is need of correct and consistent use of condoms as a dual measure of prevention.



Diagnostics

Diagnosis is the identification of an illness by a qualified health practitioner



An HIV test is done by taking blood from the finger or arm, or by an oral swab.



Self-testing: Done by oneself. For any result, visit health facility for a confirmatory test. Examples: OraQuick- (Saliva); Insti-(blood)

Assisted HIV testing: Done by a qualified practitioner

After the 1st test, a confirmatory test needs to be done every 3 months.

NB: Though common, self-Diagnosis (where one diagnoses themselves) is discouraged

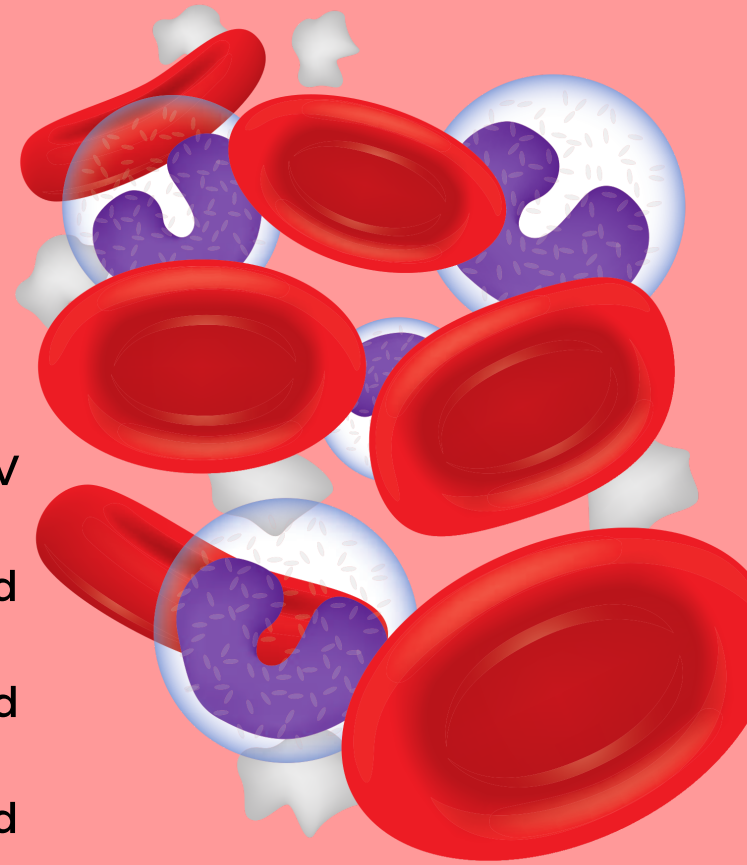
CD4 Cell Count

It is a blood test done to check the amount of white blood cells (known as CD4 cells) in your blood. It is mainly for newly diagnosed HIV positive clients before they are initiated on ARV's.

Viral Load Test (VL)

It is a blood test that measures the amount of HIV virus in the blood (per ml of blood)

- High Viral Load- the amount of virus in the blood that is above 1000 copies/ml of the blood.
- Low Viral Load- the amount of virus in the blood that is below 1000 copies/ml of the blood.
- Undetectable- amount of virus count in the blood below 400copies/ml of blood.

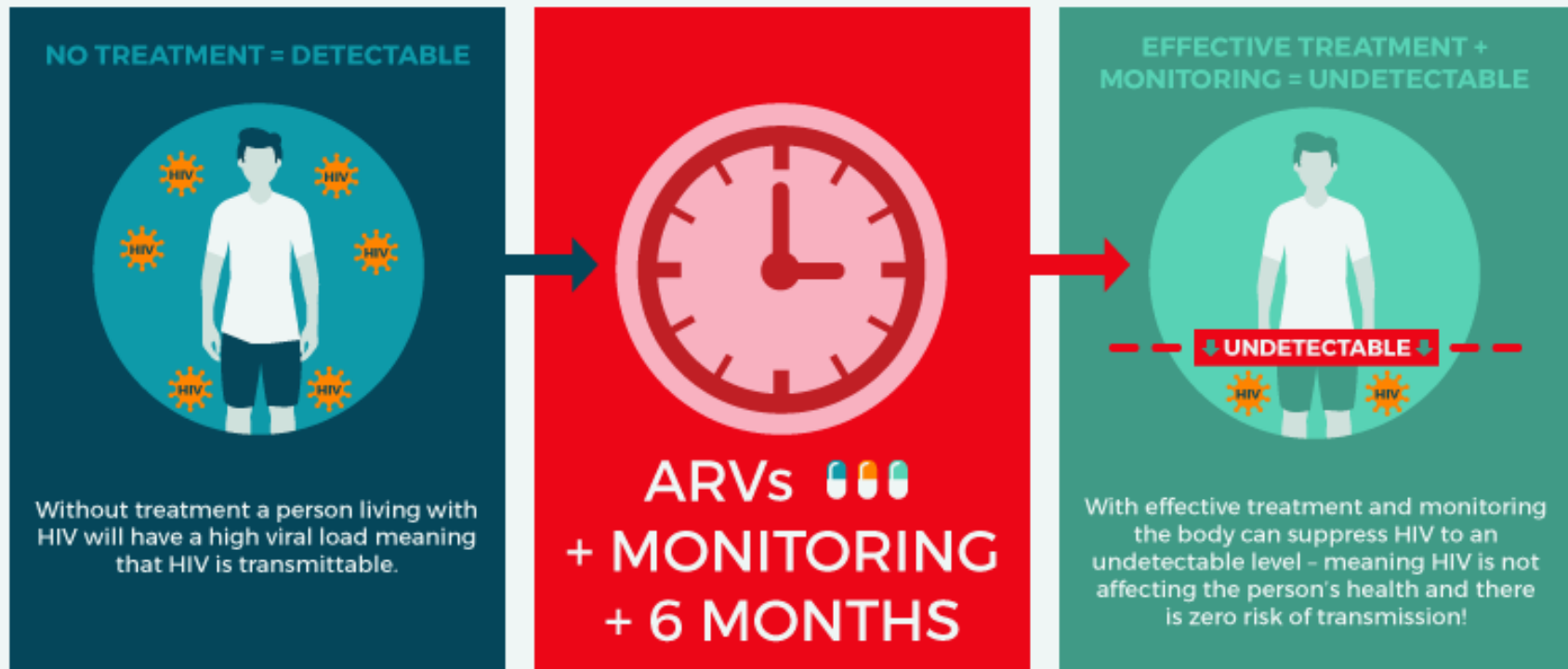


Importance of a VL Test

- Monitors effectiveness of ARV's
- Gives the health care providers guidance on your treatment
- It is done twice a year for adolescents and young people and once a year for adults above 24 years



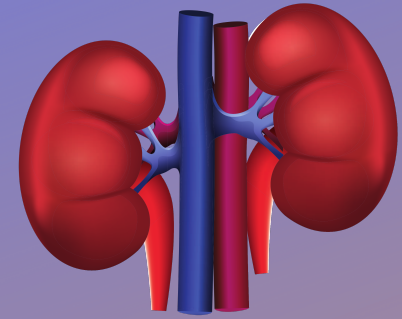
WHAT DOES AN UNDETECTABLE VIRAL LOAD LOOK LIKE?



Remember to keep visiting your healthcare professional to check that your viral load remains undetectable!

With continuous use of ARVs, your liver and kidney are most affected as they are the organs responsible for processing (Liver) and filtering (Kidneys) ARVs in the body. Thus, they need to be monitored frequently to ensure that they are functioning as required. These tests are outlined in this section.

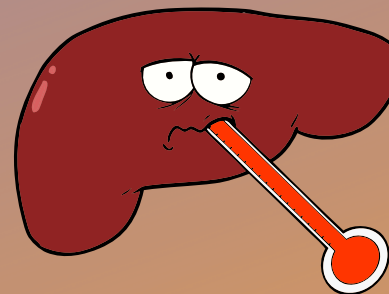
Kidney Functioning Test



- This is a urine test that shows how well your kidneys are working because waste products of ARVs are filtered through the Kidney

Liver Function Test

- It is a blood test that helps determine the health of the liver since some ARV's are processed in the liver.



This guide was developed by Adolescents and Young People from Y+ Kenya, Alfajiri, AYARHEP, BLAST, Sauti Skika, PYWV, SRHR Alliance and NEPHAK

For More Information/ Questions visit

<http://ypluskenya.nephak.or.ke/>

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