

PLANNING HIV/AIDS CARE FOR ADOLESCENTS IN THE WESTERN CAPE PROVINCE

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Background

- > Children growing up on ARVs will need access to adolescent-specific and –friendly services
- > The Western Cape lacks a strategic framework for care delivery to adolescents

Objectives

- > An action-orientated workshop representative of all stakeholders
- > Identification of service and training priorities for an adolescent service in the Western Cape

Method

- The working group
- > HIV/AIDS Directorate of the Western Cape
- > Cape Town Metropolitan Health Care Services
- > Department of Paediatrics of the University of Cape Town
- > 2 funding NGOs: PATA www.teampata.org and Kidzpositive www.kidzpositive.org

The Programme

PLENARY INPUT

- > reproductive health
- > adolescent HIV/AIDS epidemiology
- > health care needs perceived by the youth
- > mental health care needs for adolescents
- > adolescent- friendly care
- > legal matters

WORKSHOPS

Two small group workshops:

1. "Professional" groups – Counselors; Doctors; Nurses; Management and the Youth
 2. Multi-disciplinary teams
- > Trained facilitators
 - > Specific questions to identify and list definable priorities

Workshop Questions in "Professional" groups

1. Through the eyes of your "professional" group, how do you feel about the way health care is delivered to adolescents?
2. What would help to improve the service?
3. List the elements of care you would want to include in the range of services that should be offered to the HIV-positive adolescent?

Responses from "professional" groups

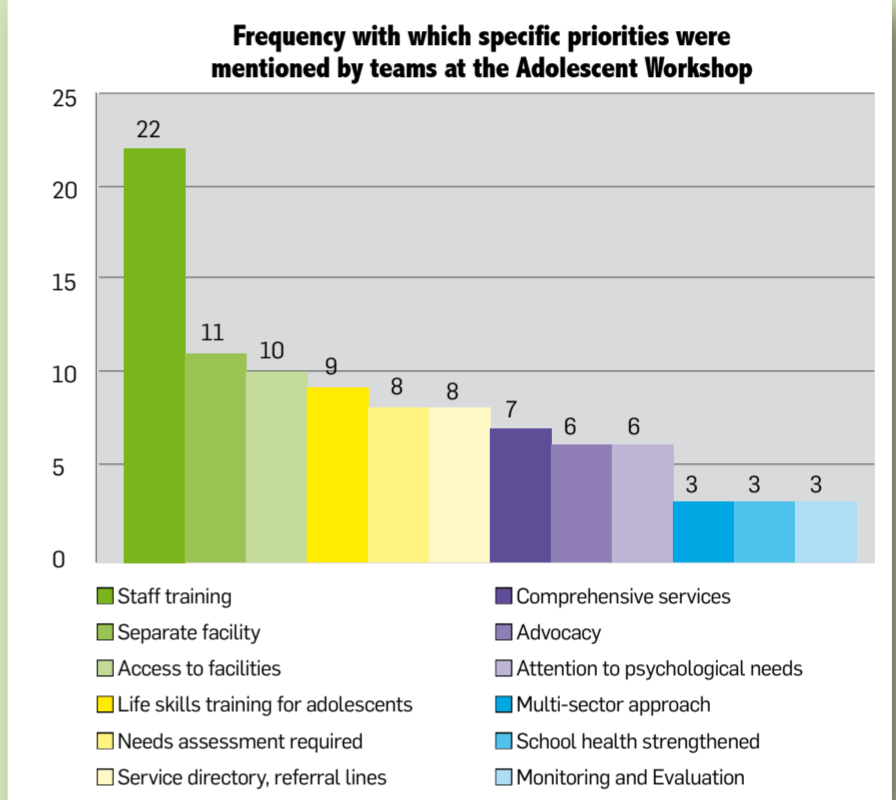
"Profession"	Question 1	Question 2	Question 3
Youth	lack of confidentiality, flexibility in clinic times, lack of professionalism, queues too long, waiting room packed, nurses go to tea, pass through large audience - lack of confidentiality, lack of understanding regarding school times, judgmental, low respect	updated training, flexible hours, separate waiting rooms	adolescents involved in the service, staff training-communication mix with other health care clinics-avoid stigma and improve confidentiality, transparency-disclosure, workshops for parents, adolescent friendly counseling, TV and games
Doctors	who is responsible: paediatrics or adults? integration between adults and paediatrics, transition between them	clarification of values diversify/ multi-disciplinary?	meet holistic needs, information, psychosocial needs: life skills, specific adherence, strategies, services for parents
Nurses	services from different places-need one stop shop, flexible times, venues in unsafe areas, more attention to TB and HIV-more for adolescents	overloaded, training of staff, life skills, involve youth in planning, one stop	support system, holistic care, emphasise goal setting, someone to walk with them
Counselors	behavioural skills, increased stress: burnout, communication, fragmented, accessibility, flexible time, folder system	physical structure: lack of space, unfriendly, training, communication, self reflection, learn from adolescent	multi-disciplinary, peer education, parent and community, open door policy, time slots
Management			recognise that adolescents need their own place, values: training and one stop shop, clear outcomes for monitoring and evaluation, involvement and integration of all services and sources, make sure youth believe in their future



Workshop Question in Multi-disciplinary teams

1. How would your 'team' prioritise adolescent health care needs in the Western Cape Province?'

Responses from multi-disciplinary groups



Overall Outcomes

- > 160 participants grouped as 22 teams attended the workshop
 - > Task teams established from volunteers
 - > The Provincial HIV/AIDS Directorate approached to facilitate task teams
- Workshop proceedings and a DVD of plenary input:**
- published as training aids
 - submitted to the HIV/AIDS Directorate
 - sent to each participant
- > It is hoped that these proceedings will be of assistance in planning future services for the HIV-positive youth and in making representations and submissions for additional resources these services might require.

Participants would like to have the following topics covered in subsequent workshops



Acknowledgments

> G25 Paediatric HIV/AIDS service at Groote Schuur Hospital > Managers of city and district health services > Workshop planning committee: Astrid Dearham, Charles-Dreyer, Diane Gray, Nelis Grobbelaar, Colette Gunst, Karen Jennings, Unati Mahlati, Paul Roux, Gilles van Cutsem and Virginia Zweigenthal.

Adolescent workshop proceedings and DVD available from the PATA / Kidzpositive offices at 14 Bridge Street, Rosebank, Cape Town. Tel: 021 686 9710 or e-mail info@kidzpositive.org

