

Adolescent HIV Care and Treatment

Module 1: Introduction and Course Overview



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Module 1 Learning Objectives

After completing this module, participants will:

- Know more about the trainers and other training participants, and will have discussed expectations for the training
- Be able to explain the importance of a training specific to adolescent care and treatment
- Understand the training objectives
- Have set training “ground rules”
- Have completed the training pre-test
- Have explored their own values and attitudes around adolescents and adolescent HIV care and treatment

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Session 1.1

Welcome and Introductory Activity

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Welcome!

- Please sign the registration sheet
- Please make a name tag for yourself
- Please take a notebook, pen, and a copy of the Participant Manual
- Participant Manuals include all key information covered in this training.
 - **Follow along** in your manual and **take notes** during the training.
 - **Keep your manual for future reference** (after the training).



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Session 1.1 Objective

After completing this session, participants will:

- Know more about the trainers and other training participants, and will have discussed expectations for the training

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Exercise 1

Getting to Know Each Other: Large group discussion and individual reflection



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Exercise 1: Introductions

- **Take 1 minute (and only 1 minute, please!) to:**
 - State your name and position
 - Share 1 memorable experience from your own adolescence (good or bad)
- **Introduction of the adolescent co-trainer(s)**

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Exercise 1: Individual Reflection

Think about the following questions and write down your answers. These papers will not be collected, but please put them in a safe place to refer to later.

- **Strengths:** *What is 1 personal strength that helps you — or will help you — work effectively with adolescent clients?*
- **Concerns:** *What concerns or worries do you have about providing care to adolescents living with HIV?*
- **Expectations:** *What do you hope to learn during this training course?*



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Exercise 1: Individual Reflection

- **It is important that you save the piece of paper with your strengths, concerns, and expectations written on them:**
 - You will need to refer to it again during Module 16
 - Put it in-between the pages of your Participant Manual, somewhere in Module 16.

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**Questions or comments on
this session?**

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Session 1.2

Training Objectives and Ground Rules

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Session 1.2 Objectives

After completing this session, participants will:

- Be able to explain the importance of a training specific to adolescent care and treatment
- Understand the training objectives
- Have set training “ground rules”

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Discussion Questions

- Why do you think a training specific to adolescent HIV care and treatment is important?



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Key Facts about Adolescents and HIV

Global epidemiology:

- In 2009, 41% of all new HIV infections (in people aged 15 and over) were among youth 15–24 years of age.
- 2 million adolescents aged 10–19 years are living with HIV (1.5 million of whom reside in sub-Saharan Africa).
- Slightly more than half of all people living with HIV are women or girls. In sub-Saharan Africa, young women aged 15–24 years are 8 times more likely than men to be HIV positive.



Source: UNAIDS. (2010).

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Key Facts about Adolescents and HIV

(Continued)

- Globally, deaths among children under 15 years of age are declining.
 - An estimated 260,000 children died from AIDS-related illnesses in 2009 — this is approximately 19% fewer deaths than occurred in 2004.
 - This trend reflects the expansion of PMTCT and an increase in access to antiretroviral treatment for children.



Source: UNAIDS. (2010).

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Key Facts about Adolescents and HIV

(Continued)

- [Add national epidemiological statistics here]

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Key Facts about Adolescents and HIV

(Continued)

Global knowledge and behavior:

- Among young people in 15 of the most severely affected countries, HIV prevalence has fallen by more than 25% as young people have:
 - Adopted safer sexual practices, including increased condoms use
 - Delayed sexual debut
 - Reduced multiple partnerships



Source: UNAIDS. (2010).

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Key Facts about Adolescents and HIV

(Continued)

- Less than half of young people living in 15 high HIV prevalence countries can correctly answer 5 basic questions about HIV and its transmission.
- Young people living in the 25 countries with the highest HIV prevalence have shown gradually improving knowledge about HIV, but they still fall short of global targets and what is necessary to keep them safe.

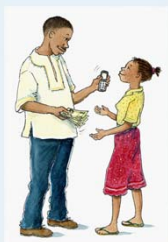


Source: UNAIDS. (2010).

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Why a Training on Adolescent HIV Care and Treatment?

Young people are at the center of the HIV epidemic. They are particularly vulnerable to HIV infection due to social, political, cultural, biological, and economic reasons.



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Why a Training on Adolescent HIV Care and Treatment? (Continued)

- With increased access to pediatric HIV care and treatment, perinatally-infected children are living longer and reaching adolescence and adulthood.
- More young people are being tested for HIV because of increased awareness, reduced stigma, greater access and acceptance of testing, etc. Also, more adolescents who are pregnant are being tested for HIV through PMTCT programs.
- ALHIV face unique health, adherence, and psychosocial issues and challenges.



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Why a Training on Adolescent HIV Care and Treatment? (Continued)

- Programs and clinical services need to be youth-friendly to attract and retain adolescent clients.
- There are successful models of adolescent HIV care and treatment services in many cities across high-, medium-, and low-prevalence countries. These models can be adapted and scaled-up nationally.
- Health workers need the knowledge and skills to meet the specific needs of adolescent clients.
- Young people are our future!



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Adolescent HIV Care and Treatment Training Objectives

By the end of this training, participants will be able to:

1. Describe the stages and characteristics of adolescence and the unique needs and challenges of adolescent clients
2. Implement strategies to make HIV-related services youth-friendly
3. Define and implement the package of HIV-related care and treatment services for adolescents
4. Implement effective communication and counseling skills with adolescent clients
5. Conduct a psychosocial assessment and provide ongoing psychosocial support services to adolescent clients

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Adolescent HIV Care and Treatment Training Objectives (Continued)

6. Describe the importance of mental health services for adolescent clients, recognize when a mental health problem may exist, and provide appropriate referrals and support
7. Recognize the signs of and screen for alcohol and substance use disorders among adolescents, and provide support and referrals
8. Provide developmentally-appropriate disclosure counseling and support to adolescents and, where appropriate, their caregivers
9. Provide developmentally-appropriate adherence preparation and ongoing adherence support to adolescent clients and caregivers

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Adolescent HIV Care and Treatment Training Objectives (Continued)

10. Support adolescents to live positively with HIV
11. Conduct sexual risk screening and provide non-judgmental, comprehensive counseling on sexual and reproductive health to adolescent clients
12. Provide basic, non-judgmental contraceptive counseling and services to adolescent clients
13. Describe the key components of PMTCT services for adolescents and provide referrals and support along the continuum of PMTCT care
14. Describe ways to link adolescents with needed facility and community-based support services

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Adolescent HIV Care and Treatment Training Objectives (Continued)

15. Describe and implement activities to meaningfully involve adolescent clients in clinical services, such as through adolescent peer education programs
16. Prepare and support adolescent clients throughout the transition to adult care
17. Describe how monitoring and evaluation can be used to support adolescent HIV program improvements
18. Demonstrate core competencies in adolescent HIV care and treatment services in a clinical setting
19. Develop a site-specific action plan for implementing adolescent HIV care and treatment services

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Adolescent HIV Care and Treatment Core Competencies

- The core competencies are the skills that participants should have mastered by the end of the training.
- Core competencies focus on specific skills, whereas objectives are sweeping statements that provide a summary of what is to be taught.
 - There are 19 objectives for this course and approximately 60 competencies.
- Now turn to *Appendix 15B: Practicum Checklist* (in Module 15) to review the core competencies for this course.



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Training Syllabus and Agenda

The training includes 16 modules, each is divided into sessions:

- **Module 1:** Introduction and Course Overview
- **Module 2:** The Nature of Adolescence and the Provision of Youth-Friendly Services
- **Module 3:** Clinical Care for Adolescents Living with HIV
- **Module 4:** Communicating with and Counseling Adolescents
- **Module 5:** Providing Psychosocial Support Services for Adolescents
- **Module 6:** Adolescents, HIV, and Mental Illness
- **Module 7:** Providing Disclosure Counseling and Support
- **Module 8:** Supporting Adolescents' Retention in and Adherence to HIV Care and Treatment

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Training Syllabus and Agenda (Continued)

- **Module 9:** Positive Living for Adolescents
- **Module 10:** Sexual and Reproductive Health Services for Adolescents
- **Module 11:** Family Planning and PMTCT Services for Adolescents
- **Module 12:** Community Linkages and Adolescent Involvement
- **Module 13:** Supporting the Transition to Adult Care
- **Module 14:** Monitoring, Evaluation, and Quality Improvement
- **Module 15:** Supervised Clinical Practicum
- **Module 16:** Action Planning, Course Evaluation, and Closure

See *Appendix 1A* or the training agenda handed out by trainers.

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Exercise 2

Setting Ground Rules and Introducing Daily Activities: Large group discussion

1. Ground Rules
2. "Anonymous Question Bowl"
3. "Morning Rounds"
4. Daily Evaluation – "How Did It Go?"

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Exercise 2: Debriefing

- *What did we learn?*
- **Key points:**
 - A comfortable and open environment will facilitate the group learning experience.
 - Participants should feel free to speak to a trainer if they have any questions or concerns.

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Questions or comments on
this session?

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Session 1.3:

Training Pre-Test

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Session 1.3 Objective

After completing this session, participants will:

- Have completed the training pre-test

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Pre-Test

- See *Appendix 1B: Pre-Test*.
- Do not write your name. Think of a 3 or 4 digit number (for example, 011 or 1972) and write it on the top of your pre-test.
 - Remember this number! (Write it on the inside front cover of your Participant Manual).
- **The pre-test is to find out what the group as a whole knows about adolescent HIV care and treatment.** The results will help us plan the training.
- You will take this same test again at the end of the training.
- You have 20 minutes to complete the pre-test.

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Pre-Test Debriefing

- *How did you feel about the pre-test questions?*
- *Were they easy or difficult?*
- We will discuss the answers at the end of the training.

Remember: We are all here to learn and, by the end of the training, you will be able to answer all of these questions and many more!

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Questions or comments on
this session?

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Session 1.4

Values Clarification

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Session 1.4 Objective

After completing this session, participants will:

- Have explored their own values and attitudes around adolescents and adolescent HIV care and treatment

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Exercise 3

Values Clarification: Large group exercise



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Exercise 3: Debriefing

- *What did we learn?*

- **Key points:**

- Learn what you can about the culture, values, and attitudes of the clients with whom you work.
- Be sensitive to the culture, values, and attitudes of your clients, even if these are different from your own.
- Ensure you avoid prejudice and bias.
- Show clients that it is “safe” to receive care and to talk openly and honestly with you.

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Questions or comments on
this session?

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