



# Pre-ART Care

National AIDS Control Organisation

# Session Objectives

- Define Pre-ART Care and Retention
- List the issues that are critical to Pre-ART Care
- Describe counselling strategies to enhance retention during the pre-ART phase

# What is Pre-ART Care

- a package of services for clients who are infected with HIV but whose physical condition is not yet so bad that they require to be immediately initiated into ART

# Based on ART cutoffs



**Who will be  
in Pre-ART  
Care**

Patient with  
CD 174

Patient with  
CD 267

Patient with  
CD 388



# Based on ART cutoffs



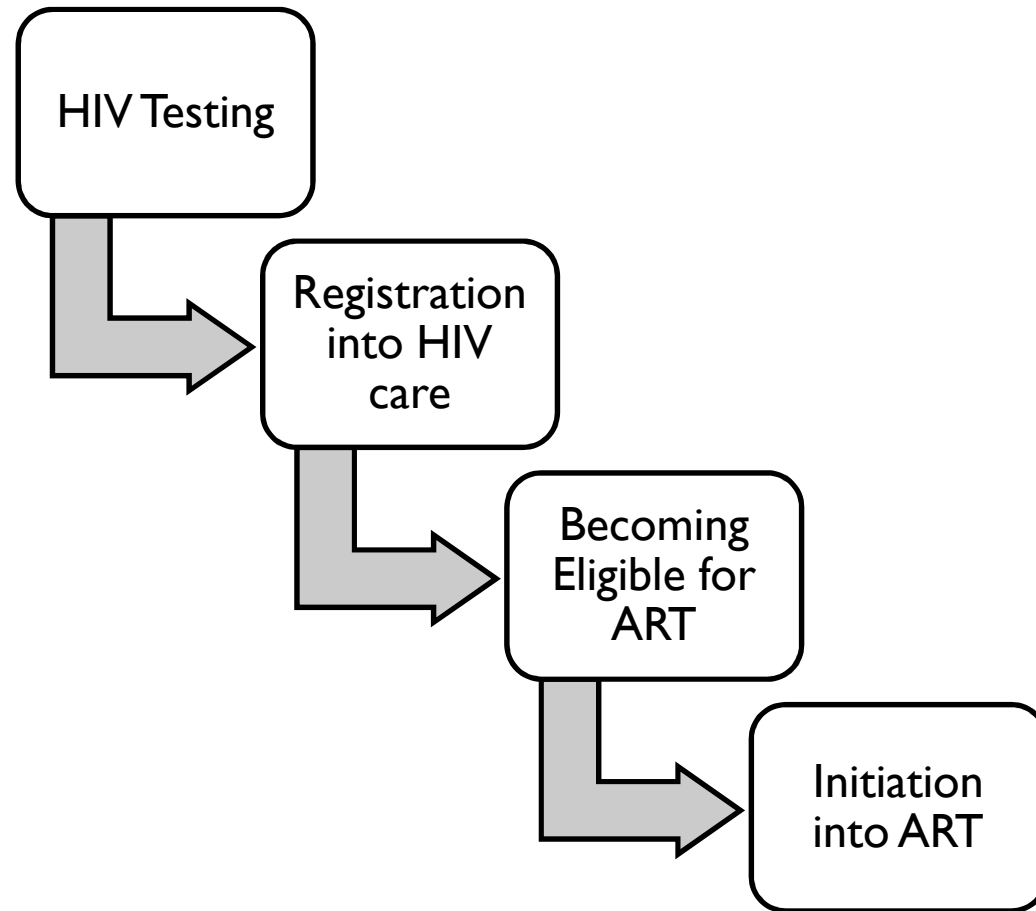
**Who will be  
in Pre-ART  
Care**

Patient with  
CD 388



Patient with  
CD 388 with  
TB

# Stages in the HIV Continuum of Care



## Period of Pre-ART Care

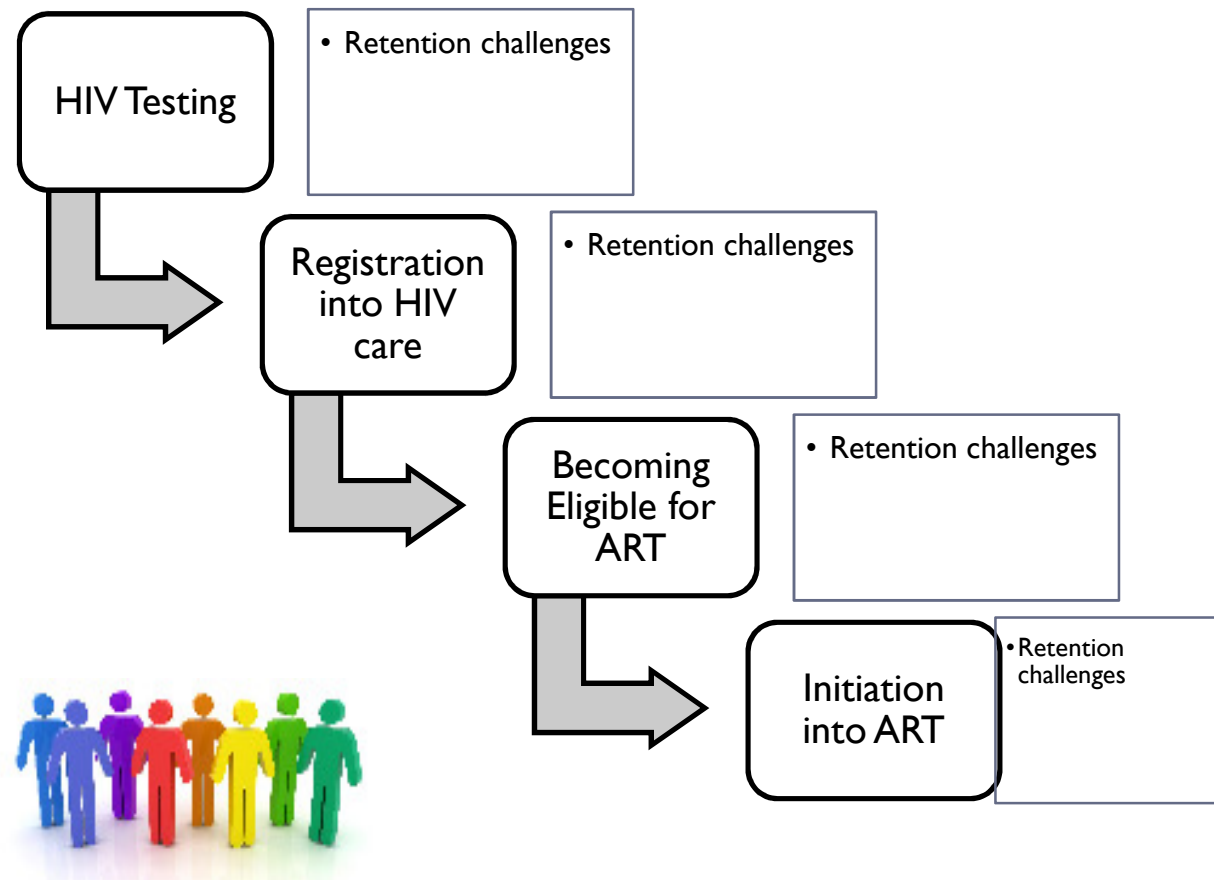
- **Period of pre-ART care is from HIV testing to becoming eligible for ART.**
- For people whose immunity is already very low, this period is a short one. For people whose health and immunity is still strong, this period may stretch over months, even years.

# Retention

- At each stage in the continuum PLHIVs are lost - drop out or die
- Retention in HIV care is a challenge at every step of the way
- WHO (2012) defines it as “continuous engagement from diagnosis in a package of prevention, treatment, support and care services”



# Exercise: What are the challenges to Retention at each stage?



# Pre ART Care includes

- basic health investigations
- management of health related issues
- regular CD4 testing at the time of registration into pre-ART care & then every six months subsequently
- referral to required services: these could be medical, psychological or social

# Counselling in Pre-ART care

- An opportunity for supporting positive living
- Includes:
  - Disclosure counselling
  - Treatment Preparedness counselling
  - Counselling about routine medical procedures
  - Preventing MIS or LFU for CD4 testing

# CD 4 testing

- **Preparing a client for the first CD4 test**
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# Why clients need to undergo repeat CD4 test every 6 months

- The CD4 count of a PLHIV changes from day to day
- If a PLHIV is not on ART, the HIV infection progresses to kill more and more CD4 cells. Thus the CD4 count will decrease
- The pattern of CD4 count will show the effect of HIV on the PLHIV's immune system
- With regular CD testing, the doctors can
  - Monitor effect of HIV on the person
  - Diagnose whether he/she has reached AIDS stage
  - Decide when to start ART
  - Evaluate the person's risk for contracting OIs
  - Deciding when to start CPT

# Referral to ART centre

- A successful referral requires you to
  - Explain the need of referral and where you are referring
  - Provide details of the centre/facility to where you refer, if possible in writing
  - Explain the services and procedures available at the ART centre
  - Plan the date of visit to the ART centre
  - Inform what are the documents they need to carry to the ART centre
  - Discuss concerns related with visiting the ART centre
  - Follow-up with the client and ART centre to ensure that the client reached there