



# PARIS

**FAST-TRACK CITIES 2024**

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## Intersectionality between Mental Health, Adherence and Treatment Failure in HIV Care – A Case study of Nairobi City

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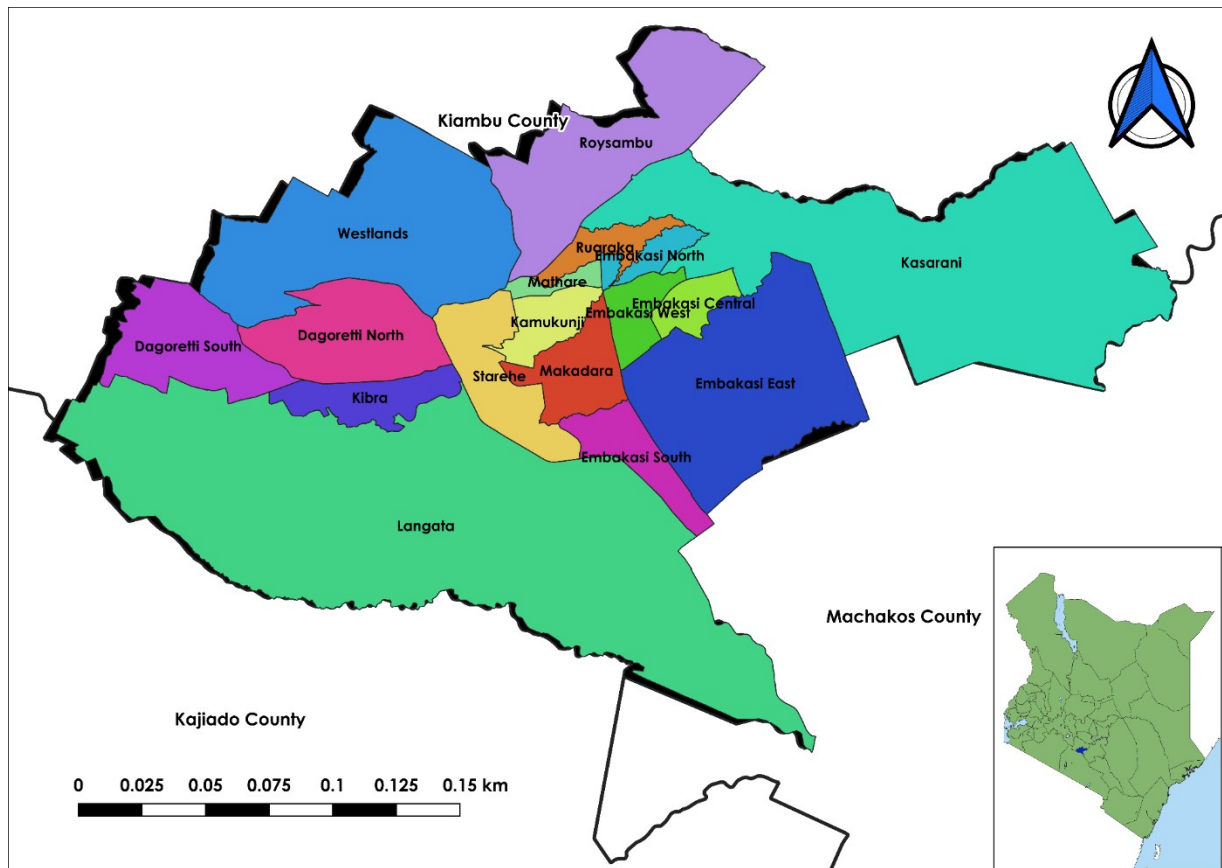
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# OVERVIEW OF NAIROBI CITY COUNTY

# Nairobi City County Epidemic Context

Nairobi City County Map



Epidemic Context	2024
Population	4,397,073*
HIV Prevalence	3.2%***
No. of PLHIV (June 2024)	179,579**
No. on Treatment (June 2024)	179,512**
New infections per year	1,999***
PMTCT need	5,070***
No. Receiving PMTCT	6,382***
PMTCT coverage (No. on ART and PMTCT need)	126%***
1st ANC coverage ( 1 <sup>st</sup> ANC attendance/expected pregnancies)	97% (Dec 2023)
MTCT transmission rate	6.0%***
Neighboring Counties/states	3

# Nairobi City HIV Program Structure

## Coordination

## Facilities

- HIV Program Lead (Unit Head/CASCO)
- **Program**
  - Key & Vulnerable Population – KP FP
  - PMTCT – PMTCT FP
  - Paeds – Paeds FP
  - VMMC – VMMC FP
  - Clinical support and Mentorship – HIV lead Mentor
- 10 Administrative Sub Counties – SCASCOS
- **Support Program:**
  - Medical Lab services
  - HPT
  - AYP
  - RH
  - Community Health Services
  - GBV and Medical social work
  - TB
  - Nutrition
  - School Health
  - PHC
  - Others

**No. of Sub counties 17**

10 Health administrative sub-counties

**Total facilities 987**

Public **125**

**HIV services offering facilities**

HTS sites **408**

PMTCT **252**

Care and Treatment **244**

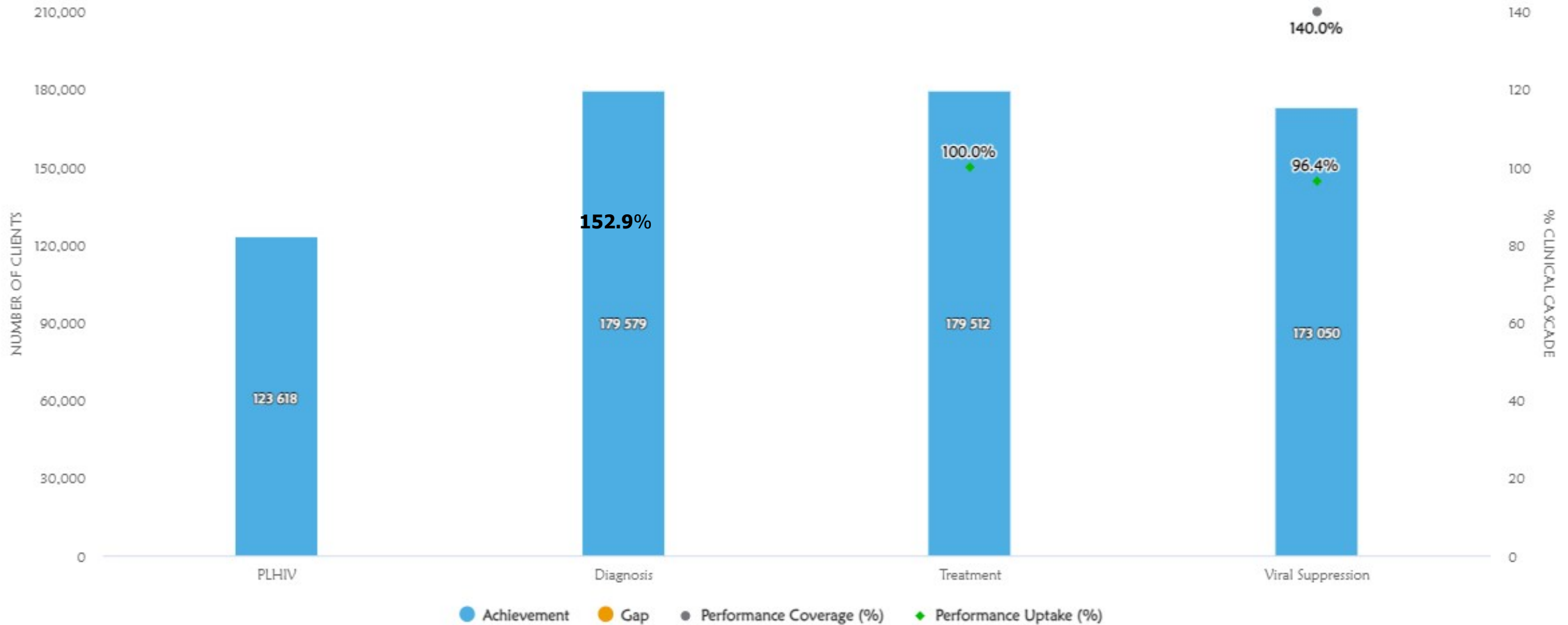
Key Pop DICs **21**

MAT clinics **2**

Integrated Mental Health Services-**28**



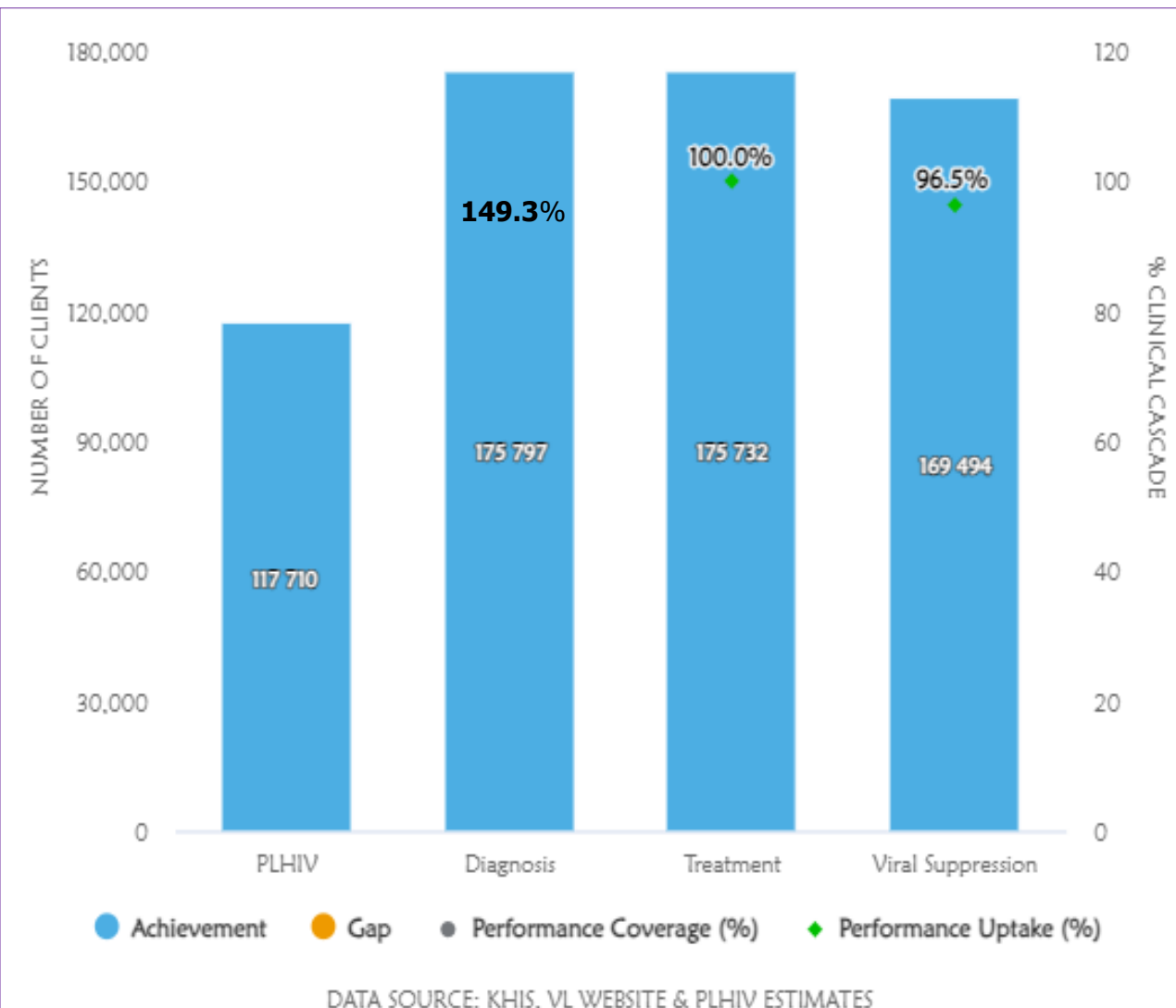
## Overall 95:95:95 Cascade As at June 2024



DATA SOURCE: KHIS, VL WEBSITE & PLHIV ESTIMATES

## Age Specific 95:95:95 Cascade As at June 2024

### Adult 15+ 95:95:95 Cascade



### Paeds 95:95:95 Cascade



## Study Background

- This study explored the connection between mental health, treatment adherence, and treatment outcomes in HIV management.
- Factors like
  - Depression
  - Anxiety
  - Stigma
- Have been identified as barriers to patients adhering to their antiretroviral therapy
- Thus increasing the risks of treatment failure and drug resistance

## Study Objectives

- To determine how mental health issues such as depression, anxiety, and stigma hinder medication adherence
- To determine the impact of multisectoral joint dialogues involving health care workers, teachers, student counselors, and youth ministries to address stigma on adherence and outcomes for patients with failing regimens



## Study Methods

- **Desk Review** of retrospective data was conducted
- **Time Period:** January to December 2023
- **Data Sets**
  - Case files from the Nairobi city healthcare centers were examined through the HIV technical working group secretariat, focusing on the following:
    - ❖ HIV adherence counseling
    - ❖ Home visits
    - ❖ Support groups
    - ❖ Comorbidities
    - ❖ Mental health evaluations using PHQ-9, GAD-7, CAGE tools with mental health referrals

## Findings(1/2)

A total of 20 case files were reviewed that had treatment failure & unsuppressed viral load after enhanced adherence interventions

### Demographic Data:

- Females -11 ,Male 9 with Median age - 39 years and 3 AYPs aged 14-24years

### Treatment Duration:

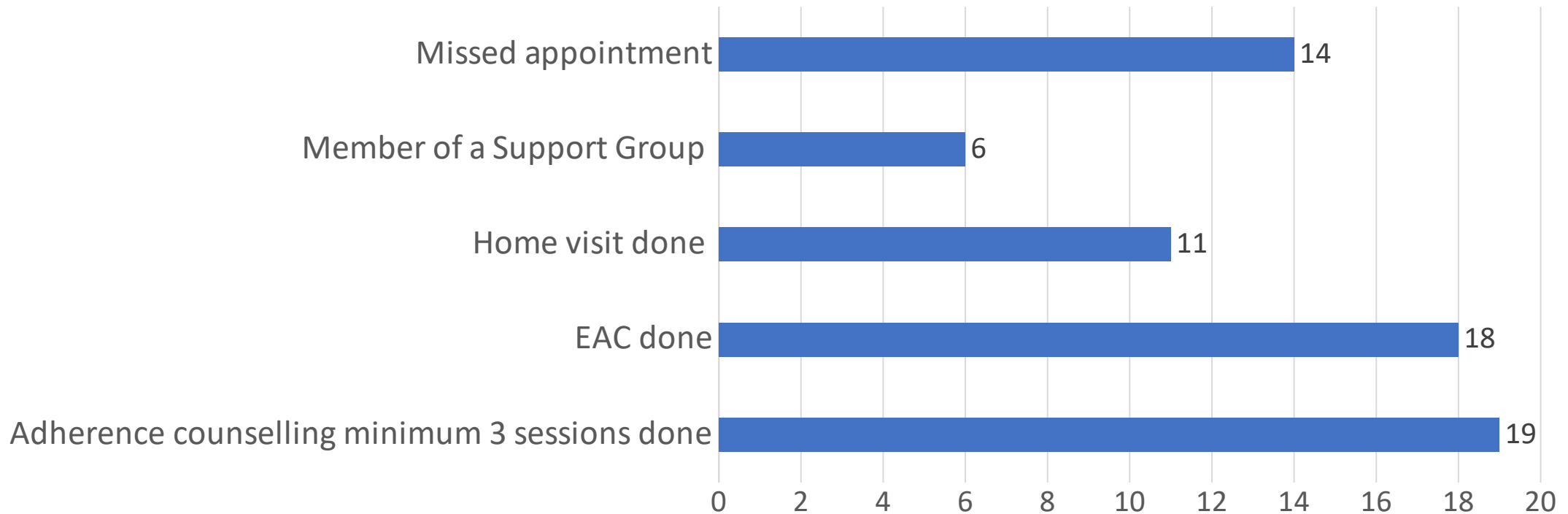
- Seventy(70)% had lived with HIV for over 10 years
- All AYPs had HIV for less than 10 years, with the youngest (14 year old) living with it for 3 years
- Seventy (70% )missed clinic appointments and didn't have personalized adherence plans

### Adherence Interventions:

- Ninety five (95)% received standard HIV counseling
- Ninety (90)% received enhanced counseling for treatment change
- Fifty Five (55)% received home visits
- Thirty (30)% were put in support groups

# Adherence Interventions-Graphical Representation

Adherence

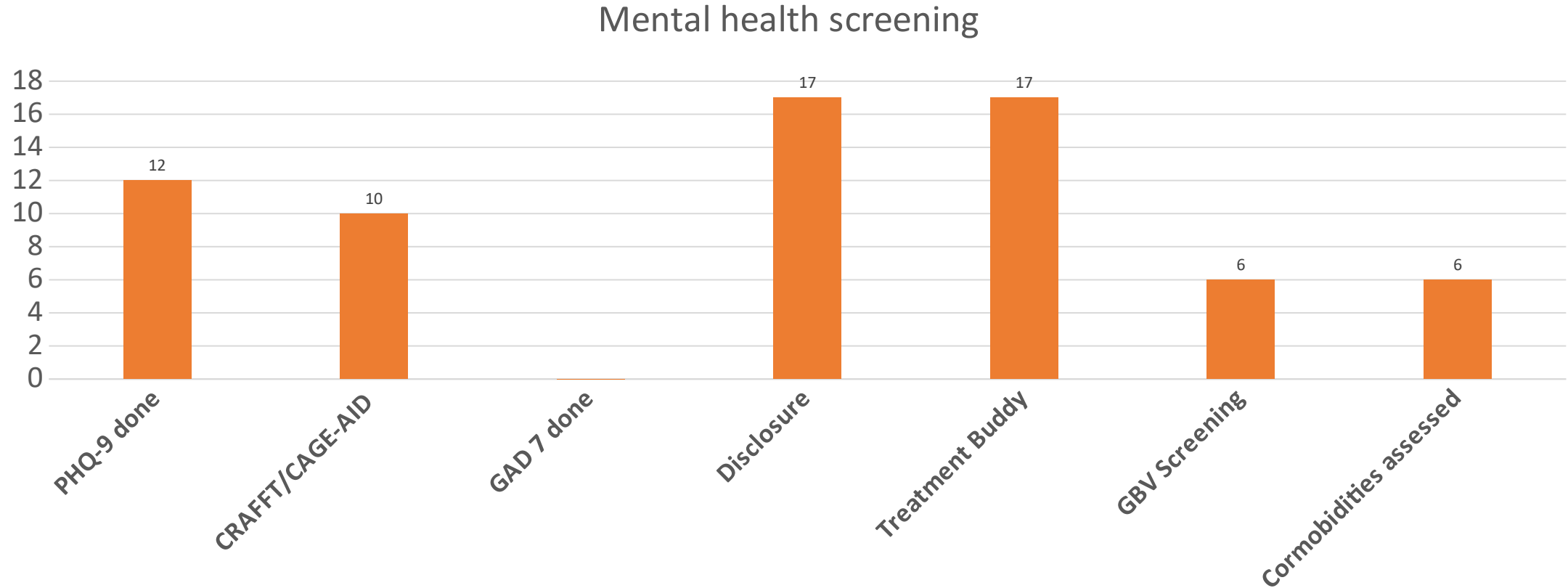


# Findings(2/2)

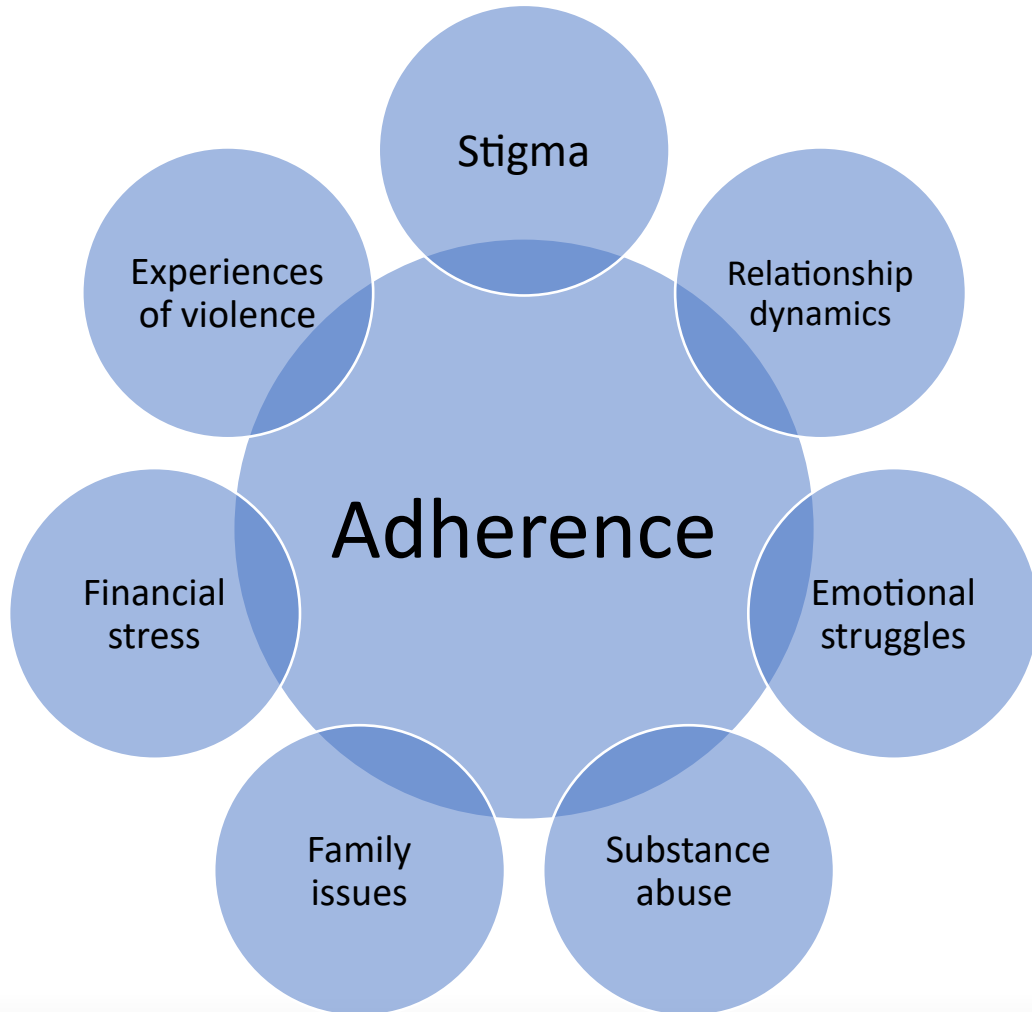
## Mental health screening:

- Sixty(60)% assessed with PHQ-9,
- Screening with GAD-7 and CRAFFT/CAGE was minimal
- Thirty(30)% screened for GBV
- Disclosure to partner/treatment buddy was at 85%
- Most of the PLHIVs reported undergoing;
  - Stigma
  - Relationship challenges
  - Mental health struggles

# Mental Health Screening - Graphical Representation



## Conclusion and Recommendations



- The study highlights the need for a comprehensive, patient-focused strategy in managing HIV, emphasizing the interconnectedness of mental health, adherence to treatment, and overall treatment success.
- Personalized solutions that cater to individual needs can boost adherence rates, improve quality of life, and result in better health outcomes for those living with HIV.



NAIROBI CITY  
COUNTY

**Thank You!**

LET'S MAKE NAIROBI WORK