

Use of Men Only Clinics and Community ART groups as Differentiated Service Delivery Models to enhance adherence in Ober Subcounty Hospital, Kenya.

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BACKGROUND

There is compelling evidence of men's disinclination to engage in health services. Differentiated service delivery models (DSDM) have demonstrated the potential to improve men's engagement in HIV care. Men living with HIV (MLHIV) attending the Ober clinic had a high number of missed appointments, affecting treatment adherence. To address their challenges, the facility-based support group DSDM was introduced, focusing on serving men separately from women and children. The study objective was to assess the effect of men-only clinics (MOC) and men-only community antiretroviral therapy groups (CAGS) in enhancing treatment adherence.

LESSONS LEARNED

The overall viral suppression (VS) improved from 78.2% at baseline to 96.3%. By December 2023, 94% of the men in MOC and 99% in CAGS were virally suppressed with 99% retention in the clinic.

DESCRIPTION

355 adult men were enrolled in either MOC facility-based ART or community-based CAGS between January and December 2023. Men with missed appointments were assigned to MOC, and those with no missed appointments were assigned to CAGS. The MOC model offered the ART package as per national guidelines, including monthly psychosocial support, ART literacy, risk and harm reduction counseling, socioeconomic empowerment awareness, and the provision of a safe space within Ober Hospital. The CAGS groups held monthly sessions, chaired by the peer educator, with the support of healthcare providers, where the MOC package was offered outside the hospital. 195 were enrolled in MOC and 160 in CAGS. The CAGS groups were further assigned into four sub-groups according to their social networks: 40 brickmakers, 40 motorcycle riders, 40 widowers, and 40 psychoeducation groups. To assess adherence, we compared the viral loads at baseline with those one-year post-study implementation.

CONCLUSIONS/NEXT STEPS

The MOC and CAGS models were successful strategies in improving treatment adherence while minimizing the burden on the healthcare system and can be adapted in similar settings.