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

1. HIV Testing
2. Registration into HIV care
3. Becoming Eligible for ART
4. Initiation into ART
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?

- HIV Testing
  - Retention challenges

- Registration into HIV care
  - Retention challenges

- Becoming Eligible for ART
  - Retention challenges

- Initiation into ART
  - Retention challenges
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
- Preparing a client for the first CD4 test
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