

Antiretroviral therapy (ART) ADHERENCE in Children



The Integrated Management of Paediatric AIDS/ HIV Care and Treatment and PMTCT (IMPACT)

Good nutrition and food safety for children on ART

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under the auspices of the USAID funded Children First Project.

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Antiretroviral therapy (ART) Adherence in children

Section 1: English

Antiretroviral therapy (ART) ADHERENCE in Children

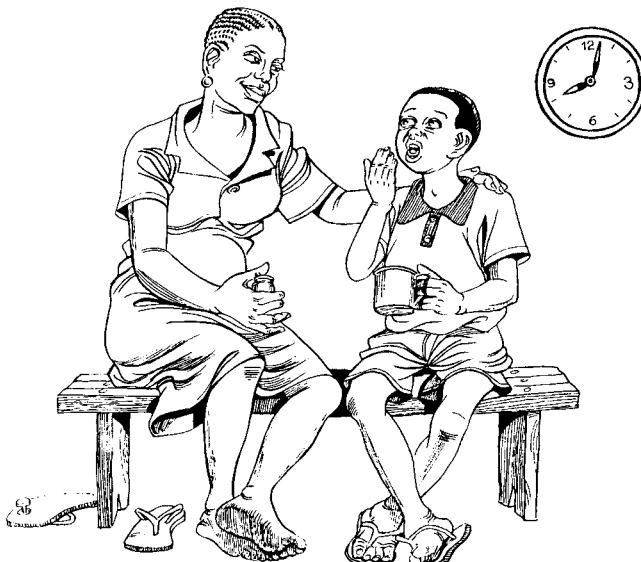
Adherence refers to the situation where a patient takes medicines as instructed by their health service provider:

- in the right dose
- at the right frequency and
- at the correct time.

Poor adherence will affect the success of the medicine in treating disease.

To support adherence, both the child and the parent or caregiver need to be given enough information about ART before the child starts taking the medication. Adherence in children can be a special challenge because of:

- Lack of child-specific formulations
- dietary restrictions (how the medicine is taken with or without food; foods that may disagree with the medicine)



- side effects
- high pill burden or liquid volume and
- poor palatability (not tasting good)

All of these can affect adherence.

Older children may find it easier to accept a routine of taking medication every day at the same time but they still need encouragement. A younger child should be monitored and observed while taking tablets.

Useful TIPS:

- Get as much information about ART as possible to ensure the caregiver and the child to understand the need for and importance of adherence
- Explain - even to young children - that the medication is to help the child. Use simple language the child can understand and always be reassuring
- If the child does not want to take the medicine, make up a game to encourage the child to take the medicine and reward him or her for taking it
- If the medicine tastes bad, prepare the child in advance so that so that he or she knows what to expect, and give something sweet or salty afterwards to take the taste away
- If the child vomits within 30 minutes reassure him or her and give them more medicine
- Match taking medicine to the child's routine such as; schooling time; time for teeth brushing; specific TV or radio programmes - so that they don't forget to take them
- Find a treatment buddy to remind the child to take the tablets correctly and at the right time
- Use an ART adherence calendar
- Make a timetable or chart with a list of the pills and time.
- Use an alarm clock or cell phone alarm to alert you when

it is time to take the medicines.

- Draw a picture of something that will remind the child to take their medicine when he or she sees it.
- Do pill counts and monitor the level of pills from box or pack of pills
- Always keep appointments for clinic visits for further help. Plan to visit the clinic for medication refill a week before the pills run out
- Continuously encourage the child to take the medication on time by rewarding efforts
- Always store the medication in a safe but easily accessible area for the child



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Section 2: Shona

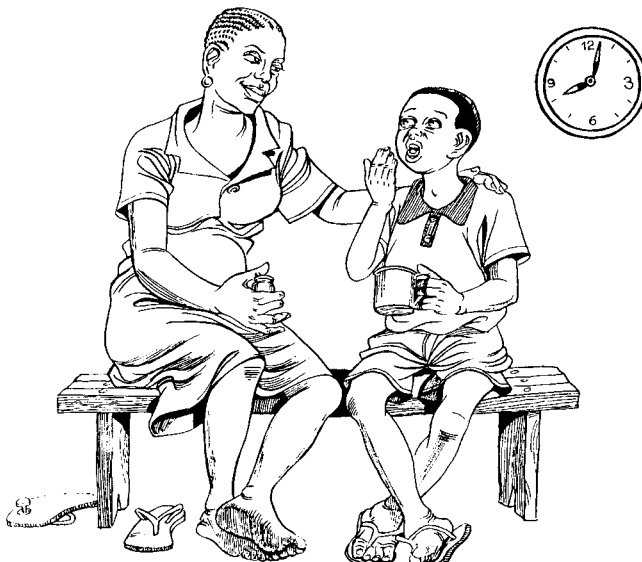
KUTEVEDZERA CHIRONGWA cheART muvana vadiki

Kutevedzera kunoreva ekuti murwere anenge achinwa mishonga sekurongerwa kwaanenge aitwa nachiremba kana mukoti. Anomwa

- Mushonga wakatarwa,
- neuwandu hwakakodzera,
- nenguva dzakaparadzana zvakafanira, uye
- nenguva dzakatarwa

Kusatevedzera zvakatarwa nachiremba zvinoita kuti mushonga usashande zvakanaka

Nechinangwa chekupa rutsigiro uye chekuona kuti kutevedzera kwaramba kuchienderera mberi, mwana nemunhu anomuchengeta vanofanira kuwaniswa ruzivo rwakakwana maererano neART mwana asati atanga kunwa mishonga. Kuvana vadiki, kutevedzera idambudziko guru nekuda kwezvikonzero zvakanangana nevana vadiki, vabatsiri mune zveutano nemishonga. Kusasanganiswa zvakanaka,



kusaenzanirana kwechikafu chinovaka muviri (matambudziko ezvekudya), matambudziko anokonzerwa nemishonga, kuremerwa nekunwa mapiritsi kana uwandu hwezvinwiwa uye kushata mumuromo kwemishonga zvinokanganisa chido chekutevedzera.

Vana vati kurei vanogona kugamuchira zviri nyore manwirwo emushonga zuva nezuva panguva imwe chete. Zvisinei, vanogona kuramba vachida kukurudzirwa . Mwana achiri mudiki anofanira kubatsirwa uye kuongororwa paanenge achinwa mapiritsi.

MAZANO anobatsira:

- Wanirai mwana nemubatsiri wezveutano ruzivo rwakawanda rwezvechironga cheART kuitira kuti vanzwisise kukosha kwekutevedzera.
- Tsanangurirai mwana, chero mwana mudiki, kuti mishonga yaari kupiwa ndeyekumubatsira. Shandisai mutauro uri nyore unonzwisika kumwana mudiki uye taurai muchimusimbisa nguva dzose.
- Kanamwanaasingadikunwamishonga, tsvakaikamutambo kamunoita kanomukurudzira kunwa mushonga.
- Kana mushonga usinganaki, gadzirirai mwana nguva ichiripo kuitira kuti azive zvinotarisirwa.
- Kana mwana akarutsa mukati memaminitsi makumi matatu okunwa mushonga, musimbisei mobva momupa mumwe mushonga.
- Nguva yekunwa mishonga ngaidondekedzane nezvimwe zvakaite se

Nguva yekuchikoro,

Nguva yekukwesha mazino, zvirongwa zvinozivikanwa zvepaTV nedazangaradzimu kuitira kuti musakanganwa kunwa mishonga.

Zvirongwa zvinozikanwa zvepaTV neparedhiyo kuitira kuti musakanganwa kunwa mishonga.

- Tsvakai shamwari mune zvekurapwa (munhu anomubatsira kunwa mishonga kuchikoro kana kumba) anomucyeuchidza kuti anwe mapiritsi nenguva kwayo uye zvakanaka.
- Shandisai gwaro remazuva nenguva (calendar) pakutevedzera chirongwa cheART.
- Gadzirai chinyoroa kana gwaro rinoratidza mishonga inofanira kunwiwa nenguva dzakafanira.
- Shandisai chiringazuva cheyeuchidzo kuti muzive nguva chaiyo yekunwa mishonga.
- Nyorai mufananidzo wechinhu chero chipi zvacho kana runharembosha mwana kunwa mushonga pose paanoona mufananidzo uyu.
- Verengai mapiritsi uye ongororai uwandu hwemapiritsi kubva mubhokisi kana muchipepa mawo
- Nguva dzose, chengetedzai zuva nenguva yamakanzi muende kuchipatara kundopiwa rumwe rubatsiro pachine vhiki mapiritsi asati apera
- Tsvakai ruzivo kubva mumagwaro ezvekunotengeswa mishonga
- Kana mapiritsi kana mushonga zvichinetsa kumedza mamwe mapiritsi anogona kupwanyiswa kana kunyungudiswa mumumvura, kuitira kuti amedzeke nyore (izvi zvinofanira kuva chinhu chekupedzisira kuita sezvo kunyungudisa kana kupwanya mapiritsi kuchigona kukanganisa uwandu hwemushonga). Anogona kudya zvinhu zvinotapira zvakaita seuchi mushure mekunwa mapiritsi.
- Rambai muchikurudzira mwana kuti anwe mishonga nenguva yakafanira kuburikidza nekumupa mubairo kana aita zvakanaka.
- Nguva dzose, chengeterani mishonga panzvimbo yakachengeteka asi inosvikirika nyore kumwana.



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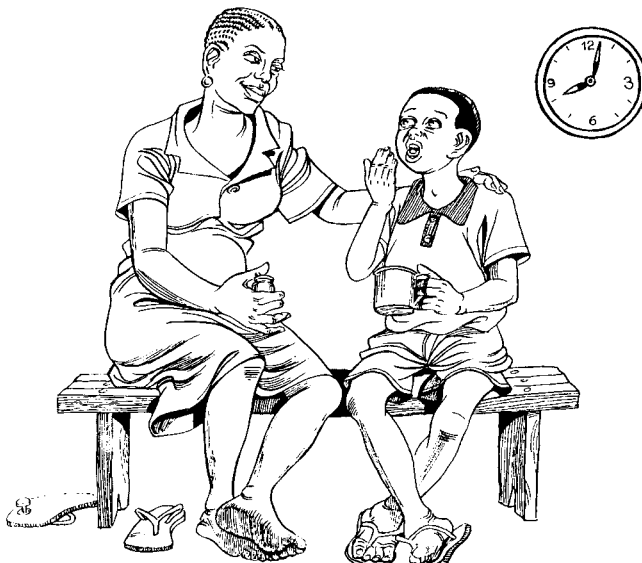
Section 3: Ndebele

Ukulandela okumisiweyo ehlelweni lwe-ART ebantwaneni

Ukulandela okumisiweyo kuchaza ukunatha kwesigulane amaphilisi

- Ngendlela eqondileyo
- Ngesilinganiso esiqondileyo
- Ngezikhathi ezifaneleyo ngelanga kanye
- Langesikhathi esifaneleyo

Ukusekela kanye lokuqiniseka ukuthi ukulandela okumisiweyo kuyaqhubeka, umntwana kanye lalowo omnakelelayo badinga ukuthi baphiwe ulwazi olwaneleyo mayelana le-ART andubana umntwana aqalise ukunatha imithi. Ukulandela okumisiweyo ebantwanenikulobunzimaobuthilengenxayezintoeziphathelane labantwana, ababanakelelayo imithi. Ukuswelakala kwendibaniso efaneleyo yemithi, ukwenqatshelwa ukudla ukudla okuthile, ukuphambaniseka kokusebenza komzimba okwenziwa yimithi, umthwalo wokunatha amaphilisi kumbe imithi eminengi kanye lokunganambitheki konke kuyaphambanisa ukulandela okumisiweyo.



Abantwana asebekhulile bangakuthola kulula ukwamukela indlela ejwayelekileyo yokunatha imithi nsukuzonke ngesikhathi sinye. Loba kunjalo bangabe bedinga ukuthi bakhuthazwe. Umntwana omncane kumele aphathiswe njalo akhangelwe ngesikhathi enatha amaphilisi.

Amasu aluncedo:

- Dingela umntwana lalowo omnakelelayo ulwazi olunengi mayelana le-ART ukuze bazwisisise ukudingakala lokuqakatheka kokulandela okumisiweyo.
- Chasisela umntwana kunye lalowo omncane ukuthi imithi ayiphiwayo ngeyokuthi imphathise. Sebenzisa ulimi olulula olungazwisiswa ngumntwana njalo uhlale unika umntwana ithemba.
- Nxa umntwana engafuni ukunatha umuthi yenza umdlalo ozakhuthaza umntwana ukuthi anathe umuthi.
- Nxa umuthi ungamnandi lungiselela umntwana kusesesikhathi ukuze abekwazi okokukhangelela.
- Nxa umntwana angahlanza kungakadluli imizuzuz engamatshumi amathathu mkhuthaze ubuye umupe omunye umuthi.

Qondanisa isikhathi sokunatha imithi

- Lesokuya esikolo,
- Lesikhathi sokuxubha amazinyo,
- Lenhlelo ezithize ze-TV kumbe irediyo ukuze ungakhohlwa ukunatha imithi.
- Dinga umngane wokwelapha (lowo okusizayo ukuthi unathe imithi, kungaba sesikolo kumbe ekhaya) ukukhumbuza umntwana ukuthi anathe amaphilisi ngesikhathi njalo ngendlela eqondileyo.

Sebenzisa ikhalenda yokulandela okumisiweyo ngaphansi kohlelo lwe-ART.

Yenza uhlelo lwesikhathi kumbe itshathi eloluhlu lwamaphilisi kanye lesikhathi.

Sebenzisa iwatshi ele-alamu ukuze wazi nta isikhathi esiqondileyo sokunatha imithi.

Dweba umfanekiso waloba yini ukukhumbuza umntwana ukuthi anathe imithi sikhathi sonke nxa ewubona.

Bala amaphilisi njalo uhlole ubunengi bamaphilisi ebhokisini kunye lasephakethini.

Hamba eklinika ngezikhathi zonke ezimisiweyo ukuze uthole olunye usizo.

Khangela ingwalo zefamasi

Nxa amaphilisi kumbe umuthi unganambitheki kamnandi, amanye amaphilissi alakho ukuthi acholwe kumbe ancibilikiswe emanzini, emhluzini wezithelo kumbe echagweni ukuze aginyeke kalula (lokhu kwenziwa seliphelelwe ngamasu onke njengoba ukuncibilikisa kumbe ukuchola amaphilisi kungaphambanisa amandla awo). Ungadla okunye okumnandi njengoluju nxa uqeda ukunatha amaphilisi.

Hlala ukhuthaza umntwana ukuthi anathe imithi ngesikhathi ngokumnika imvizo.

Gcina imithi endaweni evikelekileyo ngesithathi sonke kodwa kube yindawo efinyeleleka kalula ngumntwana.





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