Youth Care Clubs (YCCs): an adolescent & youth-friendly HIV treatment & care model
“There is no privacy at the clinic everyone sees you and there is too much judgement from the staff.”
–YCC member

“I can wait more than 4 hours at the clinic. I have to remind the nurse sometimes to take my viral load and creatinine, and they don’t even ask me how I’m feeling.”
–YCC member
Why Bongi needs differentiated care

- Changes during adolescence present challenges to ART adherence\(^1\)

- Adolescents need continuity of care and assistance with linking to care, and preventing loss to follow up

\(\rightarrow\) Need for services that address the unique needs that adolescents face regarding HIV treatment and care

1. Hornschuh et al., 2016
YCC members
12-15 year olds  
6-19 year olds  
20-24 year olds
Some YCC members are **new on ART**, some **virally suppressed** on ART and some are **not yet-virally suppressed** on ART.
Youth Care Clubs

- Monthly meetings at the clinic
- Lay counsellor-led & clinician supported
- Pre-packed ART
- Screening: TB, STIs, nutrition, mental health, contraception
- Interactive discussion
- Clinical care & psychosocial support
YCC counsellor:
1. Records members’ height, weight and symptom check in paper register
2. Screens for TB, STIs, nutrition, psychosocial and contraception
3. Confirms members’ phone number
4. Allocates who need to see clinician
5. Documents next YCC date on clinic card

YCC clinician:
- Regular clinic duties

YCC counsellor:
1. Conducts a quick ice breaker
2. Introduces the session topic
3. Runs through the topic according to the session plan
4. Encourages YCC members to participate in discussion

YCC clinician:
- Regular clinic duties

YCC counsellor:
1. Distributes pre-packed ART to VS members in club room
2. Sends members who need to see the nurse to her/him
3. Sees to late comers
4. Counsels members who screen positive for psychosocial problems
5. Adherence counselling to members as needed

YCC clinician:
1. Fast-tracks YCC members
2. Distributes pre-packed ART to NI & NVS during clinical consultation
3. Provides contraception, blood & clinical services as indicated
4. Follows up on members who screen positive for TB, STIs or poor nutrition

STAGES OF A YCC SESSION

09:00 09:15 10:00 10:10

Stage 1: 15-20 mins
Stage 2: 45 mins
Stage 3: 10 mins +

WITS RHI
ART distribution
### YCC counsellor:
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**Stage 1: 15-20mins**

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<th>09:00</th>
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**Stage 2: 45 mins**

**Stage 3: 10 mins+**
Youth Care Clubs Benefits

**Adolescent and Youth perspective**

- Access to relevant information.
- Fewer visits to clinic.
- Smoother transition from adolescent to adult care.
- Reduce waiting time.
- Fun and engaging.

**Healthcare perspective**

- Quick access to ART.
- Integrated clinical care & psychosocial support.
- Dedicated adolescents and youth specific care.
- Peer support.
- Sense of belonging.

**Benefits**

- Adolescents and youth patients separated from adults therefore able to offer them quality, relevant care and support.
- More time to see un-well/unstable patients.
- Integrate SRH and screening services in one visit.
- Improved monitoring of viral loads.
- Streamline the referral process.
- Relieve pressure/de-congest clinic.
- Easy to relate to adolescents and youth patients.
- Improved retention in care.
## Outcomes

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<thead>
<tr>
<th>No. of YCC members</th>
<th>325</th>
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<tr>
<td>Retention in care at 6 months</td>
<td>88%</td>
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<tr>
<td>Retention in YCC care at 6 months</td>
<td>75%</td>
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<tr>
<td>Virally suppressed at last VL</td>
<td>81%</td>
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Challenges

- Refreshments
- Clinic hours
- Staffing
- Space
- Frequency of YCC visits
  - But, the peer support aspect or for newly diagnosed can be very beneficial.
“I want to come to the clinic each month to see my progress, how I am doing, to talk to the nurse.”
—YCC member

“[I like] being there with my peers, talking about fears and expressing how we feel about being HIV positive and helping each other overcome this.”
—YCC member

“I like getting my medication though the YCC. Before I had to wait a long time in a queue just to get my medication.”
—YCC member
Acknowledgements

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- YCC members