



**Staying with the
programme - what's
different about children?**

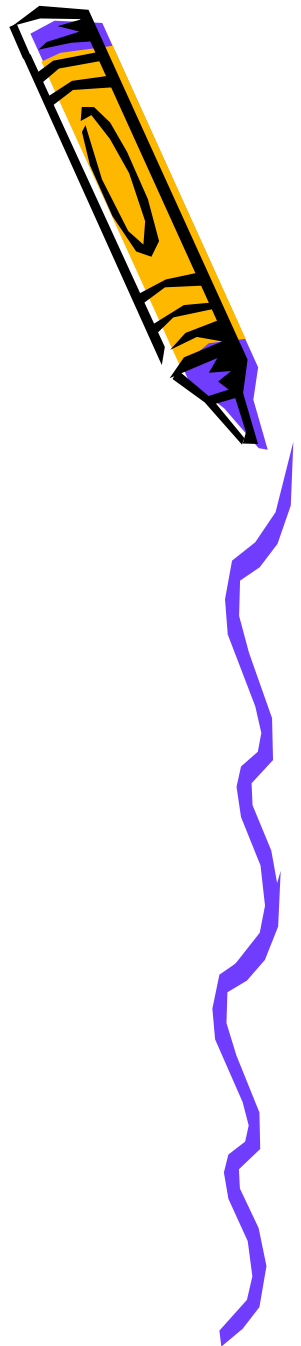
Ray Lazarus, PHRU



HIV affects children differently

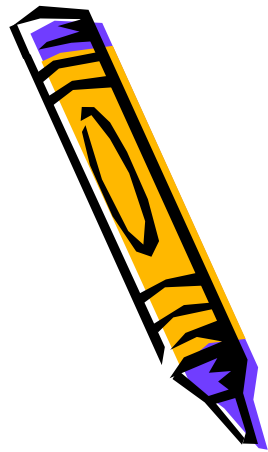
HIV infection, illness experience, ART

- Physical
- Psychological
 - Cognitive
 - Emotional
- Social



Children are developing beings

- Changes with age
- Individual differences
- Supportive or constraining environment
- Vulnerability and resilience
- Dependence vs autonomy



Children are linked to caregivers/"family" group

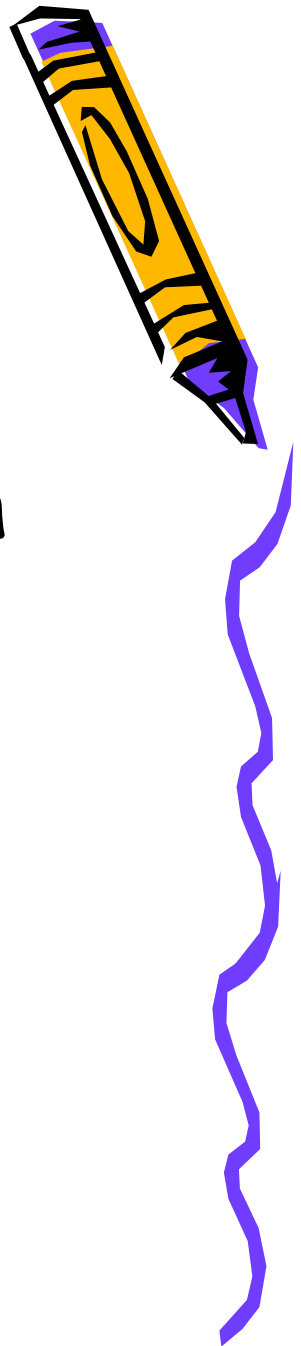


- Brought for health care by caregivers
- Consent for investigation and treatment
- Dependence on others to support care
- Family and caregiver circumstances (incl HIV status) affect care
- Cultural beliefs and practices related to care expressed through family



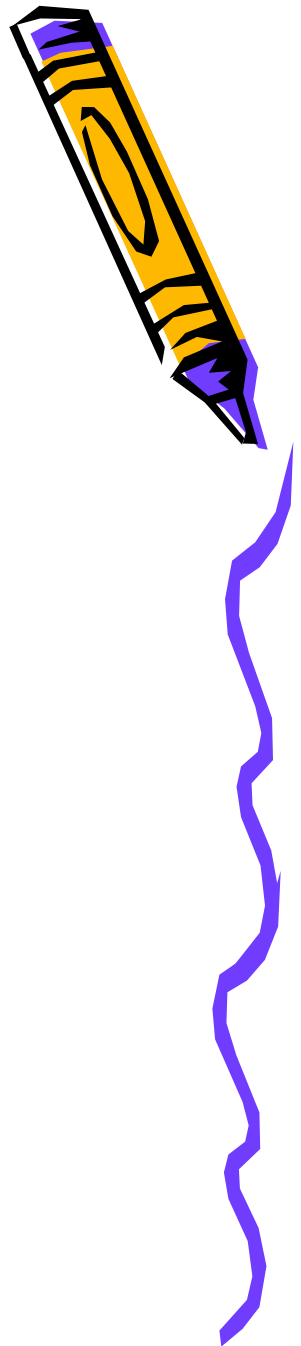
Some specific issues

- Understanding of illness and death
- Grief and loss
- Sexuality



Specific issues (cont)

- Legal requirements
- Informed consent
- Confidentiality
- Disclosure
- Cultural factors



Finding a balance

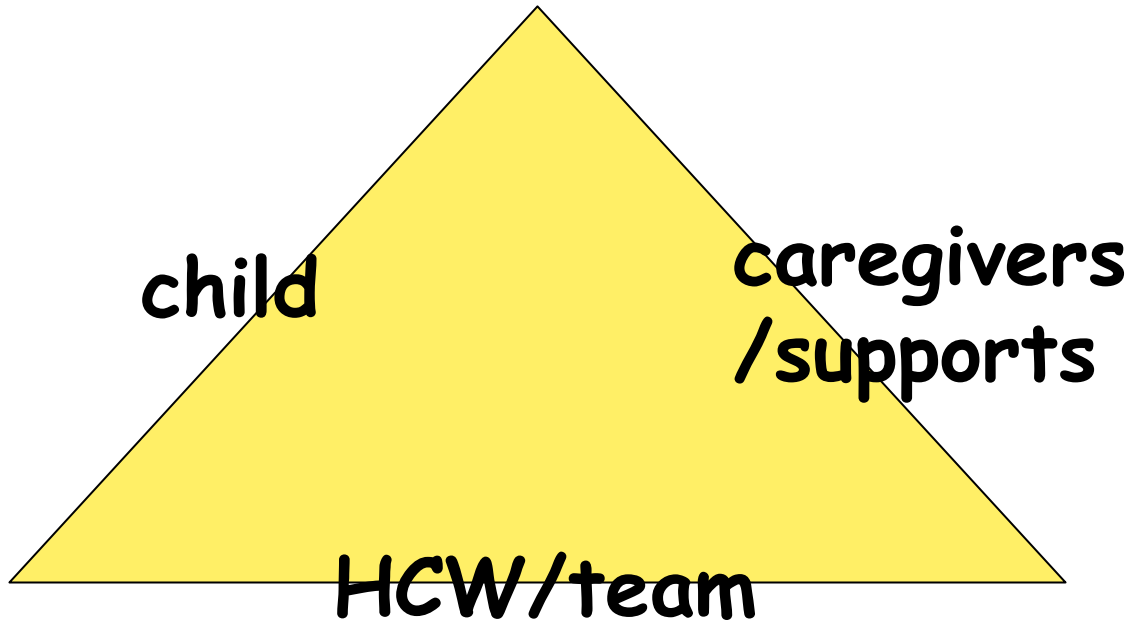


- Ensuring best interests and appropriate involvement of child
- Engaging caregivers as allies



Child-centred and family-focused care





child-centred and family-focused care



Health workers and children



- Competence/confidence
- Working *together* with children, their caregivers and support systems
- Involving children in their own health care (changes with age)
- Support strategies (children and caregivers)



Critical factors in promoting adherence



- HCW relationship with caregiver
- Caregiver mental state, health beliefs, health care practices, understanding/motivation
- Disclosure (household members)
- One primary caregiver responsible for meds, with knowledgeable backup



Critical factors (cont)

- Simple regimen, ease of administration
- Adherence plan
 - built around everyday schedule of CG/child
 - not overly rigid or absolute
 - allow for exceptions
- Follow-up monitoring, support, counselling



Areas for research

- Effects of HIV/ART on growth and development
- Cultural expectations re children and illness/death
- Patterns of disclosure to children
- Patterns of consultation with traditional healers



Areas for research (cont)

- How children understand their illness
- How children experience stigma
- Children's reactions to learning their status (differences related to mode of infection: maternal vs sexual abuse/assault vs consensual sex)
- Effectiveness of support strategies

