ADHERENCE SUPPORT PRIOR TO TREATMENT

It is important to prepare both the adolescent and the family/caregiver for ART adherence prior to beginning treatment. This should consist of education and counseling that takes place over, at minimum, three sessions with the adolescent. At least one session should also occur with the adolescent and the family/caregiver.

CHECKLIST OF EDUCATION AND COUNSELING TOPICS:

- Disclosure status
- Daily habits, adolescent’s thoughts toward health and medicine use
- Thoughts of family/caregiver toward medicine use
- Family/caregiver preparation in supporting the adolescent with adherence
- Potential barriers to treatment adherence
- Risk of others discovering HIV status, handling stigma associated with treatment
- Purpose of medicine and how it works
- Importance of treatment adherence and risks associated with poor adherence
- Medication names, what each looks like, routes, possible side effects, and management of side effects
- Plan for medication schedule once treatment begins
- What to do if forget to take a pill or have run out of medicine

ADHERENCE TIPS:

- Prior to beginning treatment, allow the adolescent to practice adherence by using practice “pills” such as vitamins or candies using a pill box.
- Identify a family member/caregiver with the adolescent who can provide medication reminders.
- Identify a medication schedule through using cues such as meals or tooth brushing, and encourage placing of medications where the adolescent will see them during regular activities.
- Plan for use of adherence reminders including alarm clock, cell phone alarm, etc.
- Explain use of adherence diary in Tool 8.3.10.
- Assist the adolescent to fill out My Medication Worksheet in Tool 8.3.11 once education has been provided.