

**Achievements and Milestones Reached by Power of Love Pediatric HIV Care
Program in Zambia
September 2018**



A child being examined by a doctor on our team



A few children enrolled in our pediatric HIV care Program



Executive Summary

A big thank you! The Power of Love team in San Diego would like to say a big thank you for your support for our [pediatric HIV care](#) program. *Your support and caring for vulnerable children and their families, is creating a legacy of healthy, well-informed children and a stronger more self-reliant community in Zambia.*

We can end AIDS: The UN has set a goal of ending AIDS by 2030. This can be achieved if 80%, (current number is 59%) of all people living with HIV are on treatment. Ending AIDS will generate **profound health and economic benefits globally**. The African countries will see a significant increase in GDP and ensuring healthy lives and promoting well-being at all ages will put the world on the path to sustainable development as outlined by [the UN's sustainable development goals for 2030](#).

Our response: To help end AIDS, we added 50 children to our program last May to bring the total to 400 HIV+ children under our care. The focus of our trained health care team is to stabilize and improve the health of these children so that they never develop AIDS. *Our goal* is to provide high quality care to 400 HIV+ children, prevent new HIV infections and make families self-reliant in taking care of their health. With better knowledge about HIV, community residents can take steps to prevent new HIV infections and the spread of HIV. This leads to a *lower incidence of HIV*, reduced stigma, and higher school attendance and performance.

Training in HIV was provided to 53 family members to ensure that the new children are under the care of a trained caregiver 24/7. This is supplemented by ongoing training to both children and their primary caregivers.

Program services: All 400 HIV+ children receive food, medicines and a package of life saving health care services and will continue to do so till they turn 18 years of age. The package of services provided includes regular home visits from community health workers/project nurse, psycho-social counseling, education in HIV prevention, and adherence monitoring and training for older children. In addition, family members are provided with training in basic home nursing, hygiene, HIV care and prevention.

Beneficiaries: Direct and indirect beneficiaries are estimated to be 2400 community residents infected/impacted by HIV and AIDS.

Program Impact: All children under our care show a marked improvement in health, attend school and live close to normal lives. The ripple effects of our comprehensive approach are significant, sustained, and continue to strengthen families in the community.

A Lot Has Happened in 2018

Over the last 14 years, this program has grown, matured, and continues to provide a comprehensive package of lifesaving health care services to 400 HIV+ children and their families in Zambia.



Health care aides recording vitals Children provided with school support are ready

Addition of Children: We added 50 HIV+ children in May 2018. A customized health plan was created, and the new children are stable and/or improving in health.

Training in HIV care: Family members (a total of 53) of the new children were provided with a five-day intensive training in basic home nursing, caring for an HIV+ child, psycho-social counseling, and HIV prevention. This is supplemented by ongoing training during home visits.

Cholera outbreak: Zambia went through a cholera outbreak from October 2017 to January 2018. Even though the impact of this outbreak was severe in Lusaka, we are happy that the cholera outbreak did not impact any child in our program.

Psycho-social assessment: A psycho-social assessment by a trained social worker was completed for 130 children last July. Information about the mental health and well-being will help integrate the children into their school and community.

Ongoing Program Activities in 2018

Program services: All 400 HIV+ children receive food, medicines and a package of life saving health care services and will continue to do so till they turn 18 years of age. The package of services provided includes regular home visits from community health workers/project nurse, psycho-social counseling, education in HIV prevention, and adherence monitoring and training for older children. In addition, family members are provided with training in basic home nursing, hygiene, HIV care and prevention.



Direct beneficiaries are 400 HIV+ children and their families. Indirect beneficiaries are an additional 1950 family members as families trained by our team share their knowledge with others.

Prevention of HIV: Testing and knowing one's status is the first step toward prevention and spread of HIV. Several hundred community residents were encouraged to go in for voluntary counseling and testing for HIV. 324 family members tested for HIV, and 242 tested positive and are now on treatment.

"ABC123": While the entire community of Matero is economically depressed, children from 60 families with very low incomes were provided with funds for school fees and expenses such as uniforms, shoes, and books. Most children are cared for by single moms/aunts with little or no source of income.

Zero new HIV infections: Over the last 10 years, we have been running a focused PMTCT (Prevention-of-Mother-to-Child transmission) of HIV program. Over the last seven years, 100% HIV+ women who received PMTCT education delivered children who are HIV free. For a story of a set of twins born HIV free see below.



Brett and his twin sisters, Mary and Jane

Brett, now 11 years old was enrolled in our pediatric HIV care program in 2013. His parents are living with HIV and are on ARV medication. Brett has six siblings who are HIV free+. When Brett's mom got pregnant last year, she was enrolled in our PMTCT (Prevention from Mother to Child transmission) program. Brett's mom gave birth to twin girls, both HIV free. The twins have been tested two times and on both tests the results were negative for HIV. The twins, now 11 months old, are in good health.

Implementation of EHR: To further improve health outcomes we implemented a simple electronic health record (EHR) system for all children.



To sum: Program activities outlined above, have set off a chain reaction of positive outcomes that strengthen the community. For example, better health and improved knowledge leads to a reduction in stigma associated with HIV which encourages more people to get tested for HIV (critical for HIV prevention and spread). This, in turn, leads to a lower incidence of HIV and fewer deaths due to AIDS. In addition, healthier children lead to fewer missed days at school and higher school performance.

About Power of Love's Pediatric HIV Care program

Need and Location: Power of Love's [pediatric HIV care](#) program is based in Matero, one of the largest and poorest compounds in Lusaka, Zambia. Matero has a population of 250,000 to 275,000 and is characterized with a high incidence of HIV (prevalence rate of 12% among adults aged 15-49), and unemployment rates upward of 60%. Most residents live on less than a \$2 per day – defined as extreme poverty by the UN. Our estimate is that at least 5,000 children in Matero can benefit from a pediatric HIV care program such as ours.

Vision and goals: Our vision is a world where the AIDS epidemic is in continuous retreat, and people living with HIV have access to loving care and treatment in an environment free of stigma and discrimination. Our goal is to equip families with tools *to take better care of their HIV+ children and family members at home, prevent new HIV infections, and the spread of HIV.*

What's different about this program? This program is (i) is comprehensive. It provides support in multiple ways and to multiple family members with the goal of family sustainability, (ii) it teaches self-reliance via multiple trainings and educational sessions, and (iii) is embedded in the community for the last 14 years as we have gained the trust of community members.

Typical beneficiaries: Direct beneficiaries are *children and women* as they have been disproportionately impacted by the HIV and AIDS epidemic in Africa. In Zambia, there are 1.4 million orphans in a population of just 14 million. Most orphans are cared for and live in households headed by an older sibling/aunt/grandaunt/grandmother. These caregivers need support themselves.

Program Impact: Over the last 14 years, survival rates for children have been approximately 98%, opportunistic infections drop to 20-25% of pre-enrollment levels, there is a marked improvement in malnutrition levels, there is a reduction in stigma associated with HIV, school attendance is higher, and families are more self-reliant in taking care of their health.



Next Steps and Plans for 2018/2019

1. Add 50 HIV+ children in April 2019 to bring the total number of children under our care to 450.
2. Monitor the academic progress of 60 children provided with school support.
3. Track graduates and encourage them to volunteer as mentors for younger children.
4. Zero new HIV infections.
5. Expand the skill set of community members.
6. Continue to provide a comprehensive package of life-saving health care services to children.

Conclusion

Our goal is to provide high quality care to HIV+ children, prevent new HIV infections and make families self-reliant in taking care of their health. With better knowledge about HIV, community residents take steps to prevent new HIV infections and the spread of HIV. This leads to a *lower incidence of HIV*, reduced stigma, and higher school attendance and performance.

The comprehensive package of services provided takes care of physical, educational, social, psychological, and income generation, needs of the women and children. Every day we see families, transform themselves from a state of low education and poverty to being better informed and self-reliant. We are confident that all children under our care will continue to show a marked improvement in health, attend school and live close to normal lives.

Thank you! We could not have achieved any of our goals without your support.