

Thailand's Annual International Training Course (AITC) 2017

Management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART

I. **Proposal Title:** Management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART

II. **Duration:** 15 – 26 May 2017 (2 weeks)

III. **Closing date for application:** 27 March 2017

IV. **Background and rationale:**

HIV, the virus that causes AIDS, “acquired immune deficiency syndrome,” has become one of the world’s most serious health and development challenges. The first cases were reported in 1981 and now there are approximately 36.7 million people currently living with HIV and tens of millions of people have died of AIDS-related causes since the beginning of the epidemic. While new cases have been reported in all regions of the world, approximately two-thirds are in sub-Saharan Africa, with 46% of new cases in Eastern and Southern Africa. Most people living with HIV or at risk for HIV do not have access to prevention, care, and treatment, and there is still no cure. HIV primarily affects those in their most productive years; about 35% of new infections are among young people (ages 15-24). HIV not only affects the health of individuals, it impacts households, communities, and the development and economic growth of nations. Many of the countries hardest hit by HIV also suffer from other infectious diseases, food insecurity, and other serious problems.

Despite these challenges, new global efforts have been mounted to address the epidemic and there has been significant progress. The number of people newly infected with HIV, especially children, and the number of AIDS-related deaths have declined over the years, and the number of people with HIV receiving treatment increased to 17 million in 2015. However, recent data shows that the declines in new infections among adults observed earlier in the epidemic have stalled and incidence is now rising in some areas of the world.

Currently, The World Health Organization (WHO) and UNAIDS are now promoting the use of ART in order to improve health status of AIDS patients and to prevent deaths. Many countries are expanding their ART program and numbers of AIDS patients accessing ARV are rapidly increasing.

Thailand is a leading country to scale up of the national ART program. Since its inception in 1992 and a gradual learning period for several years, the ART program developed rapidly and Highly Active Antiretroviral Treatment (HAART) was adopted in early 2000s. In 2001, a few thousand AIDS patients were accessible to ART. Because of, the development of generic production of Antiretroviral agents and fixed-dose combination regimen of ARV by the Government Pharmaceutical Organization, and other key factors, the Government decided to scale up ART program with an aim toward universal coverage. Numbers of cases under ART have increased from 13,000 in 2003 to 363,444 cases in 2015, respectively.

Additionally, HAART is the most common therapy using an antiretroviral drug which can reduce viral load and mortality rate of AIDS cases. For the efficient treatment of reducing viral load, HIV-RNA $< 50/\text{mm}^3$ level, the patient has to continue taking prescribed medication punctually and regularly, to control reducing the viral load in the body at lowest level to give better immunity and decelerate HIV/AIDS resistance for good health, and to avoid drug resistance. If the patient can take the ARV regularly more than 95 % of drug regimen ARV will have more efficiently to reduce viral load. On the other hand patient who takes ARV less than 95% of regimen, ARV will not reduce viral load in blood efficiently. Therefore, medication adherence is the vitally necessary in the long-term treatment to reduce HIV and increase immunity in order to help patient improve life quality. For better efficient treatment and care services and counseling to promote good adherence, the service provider should have a basic knowledge involving to HIV, the infectious mechanism, basic knowledge of antiretroviral ARV regimen, diagnosis, adherence and counseling guideline to encourage patient to have a good adherence, technology and equipment to efficiently monitor on treatment. Therefore, policy maker should have knowledge of service systems and management antiretroviral system treatment and care to conduct appropriate services plans for efficiency. Also, the most important factor is to follow up the good long-term adherence to achieve of ARV therapy, reduce budget to solve the drug resistance problems in the future. Plus, setting up access to service system, the referral treatment system, ARV of standard resistance, having local manufactured ARVs, to follow up on complications of drug and drug resistance are the necessary factor.

During the course of ART program development for more than 10 years, Thailand has developed its HIV and AIDS Care Program in a comprehensive manner to make the ART program sustainable and Long-Term Adherence to ART. There are several issues that one must consider in the process of ART program management. It is important that both national and

international level, the program management should understand fully how to execute ART Program to ensure accessibility to ART for those in need, and its sustainability.

The Annual International Training Course on Management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART will offer an opportunity understand more on the ART Program Management, to get a full understanding of a comprehensive management in implementing ART program and Long-Term Adherence to ART. For this reason, the International Training Center on AIDS, TB and STIs (ITC), Bureau of AIDS, TB and STIs, Department of Disease Control, Ministry of Public Health, Thailand, has developed the international training course curriculum entitled “**The International Training Course on Management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART**” in order to serve for those demands. Many experts from international agencies, academic institute, regional and provincial hospital and Department of Disease Control transferred their experiences to assist ITC in developing this curriculum.

V. Course objectives:

1. To build up capacity on ART program and Long-Term Adherence management
2. To provide knowledge and understanding about the principles and concepts of Long-Term Adherence and to set up strategies, methodology including monitoring and evaluation of Long – Term Adherence
3. To provide knowledge and understanding on the essential components of ART program management
4. To share Thailand’s experiences and information on the ART program Long-Term Adherence management among participants from different countries
5. To observe comprehensive ART services package in Universal Health Coverage
6. To initiate networking among ART program manager from various countries.

VII Course Contents

Module 1: Overview of Global ART Program and National Program

Module 2: Updated Knowledge on HIV Infection and Antiretroviral Treatment

Module 3: Components of Service Delivery in Ending AIDS Program and ART Program

Sub-module 1 Principle of adherence

Sub-module 2 Strategies and tool to promote adherence and tools to measure adherence

Sub-module 3 Adherence in Children and adolescent

Sub-module 4 Treatment literacy

Module 4: National HIV/AIDS Program Management and Service Packages

Module 5: HIV Counseling and Testing Services

Module 6: Drug Resistance

Module 7: Adherence to ART

Module 8: Financing to ART Program

Module 9: ART Program Monitoring and Evaluation

Module 10: Sustainability of ART Program

Module 11 : Stigma and Discrimination

Module 12: Study visit at

- Bamrasnaradura Infectious Diseases Institute for management of ART program for HIV/AIDS services (adult ARV clinic, ANC clinic, adult adherence, counseling service include case study, PLHA club,etc.
- Provincial and Community hospital for ART program and ART adherence and learning tools used for ART adherence
- National Health Security Office for ARV medicine, procurement and supplies, IT system for ART
- Government Pharmaceutical Organization Factory at Pathumthani province for ART production, procurement of ARV and condom and Vendor Managed Inventory system (VMI)
- Ramathibodi hospital for Laboratory screening and diagnostic for CD4, viral load, drug resistance, quality assurance, quality control (QA/QC)

Advance assignments: Participants are required to prepare their country report on HIV/AIDS and ART program consisting of

- Demographic data
- Situation of National Antiretroviral Treatment Program and adherence to ART
- Epidemiology/ Policy/ HIV/AIDS
- Health services system including Universal Health Coverage focus on HIV/AIDS program
- HIV counseling and testing services
- Care service for People Living with HIV
- M&E System related to HIV/AIDS program
- Community participation in health care systems

Training methods conveyed in this course are based on interactive lectures, discussion, case based discussion, experience sharing, brain storming, group work, after action review (AAR), demonstration, and site visit.

VIII Number of Participants 20 persons

IX Qualifications

Candidates must possess qualifications as specified in “Guideline for Thailand’s Annual International Training Course Programme” No. 2 “Qualifications” as well as following qualifications;-

- Be a health official of medical, nursing or public health background with at least 2 (two) years experience in the treatment and care for PLHA and well conversant on the HIV/AIDS program of own country.
- Age between 27 to 50 years old.
- Expecting to continue working in the current services where knowledge acquired from the training will be used.

X Venue: Bangkok

XI Expected Results:

- Participants have increased knowledge in management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART, the mean of post-test scores is significantly higher than that of the pre-test.
- Participants can develop action plan for Antiretroviral Treatment (ART) and Long-Term Adherence to ART in their settings using lesson learned from the training.

Expected outcomes:

Participants can set up multidisciplinary HIV/AIDS care team and/or develop a network for management of Antiretroviral Treatment (ART) and Long-Term Adherence to ART. The knowledge/skills gained from the course could be applied to the work responsibility.

XII Evaluation

- Knowledge/skills evaluation

Knowledge and skills on Intensive International Training Course for ART and Adherence to ART at National and Local Program Managers of participants will be evaluated by using pre-test and post-test questionnaire. Pre-test will be applied before the initiation of the training course and a post-test will be conducted at

the end of the course. The results will be made known to each individual with the average score of the class.

- **Administrative evaluation**

After the post-test questionnaire, participants will be required to evaluate the overall training course as well as administrative evaluation.

XIII Training Institution:

International Training Center on AIDS, TB and STIs (ITC),
Bureau of AIDS, TB and STIs,
Department of Disease Control,
Ministry of Public Health,
Thailand

XIII Contact

For more information, please contact;

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