

# NEWSLETTER

Adolescents living with HIV in Epworth have recently started trickling into Epworth Poly Clinic seeking Opportunistic Infection (OI) services. This follows the introduction of an innovative Adolescent one-stop initiative at the clinic. The Adolescent one-stop initiative entails that Adolescents get their Viral load samples collected, ART refills, Counseling, and SRHR education under one roof and on a single visit. They no longer have to join long queues at the clinic and wait for long to get services. This initiative was introduced after the clinic had been recording high defaulter rates among adolescents.

Adolescents now visit the clinic every first Saturday of each month and this has seen a positive change as the number of those who are not coming for services is decreasing,

*"We realized that Adolescents were the largest defaulter group at our clinic and noted that they were not comfortable coming and queuing at the clinic openly as everyone else. The facility then decided to give the Adolescents focal person resupplies to dispense from the adolescent department," said Phillipa Chibondo, Program nurse and also the Adolescent focal person at Epworth Poly-Clinic.*



*Sister Phillipa Chibondo*

The provision of ART resupplies, collection of viral load samples, consulting and counseling under one roof in the adolescent department has yielded positive results for the facility,

*'Since July 2022 when we started this model we have seen encouraging results. In June before the initiative, we had 268 adolescents booked and out of that number as many as 64 clients missed their appointments, once we started in July we booked 277 clients and 20 missed their appointments and in August 306 clients were booked and only 11 missed their appointments,'* highlighted sister Sonia Chikanya, the Seke District Program Mentor.



*Sister Sonia Chikanya (In Pink) and her team at Epworth Poly Clinic*

*"We are looking forward to a continuous decrease in the number of Adolescents that are not coming for services as this model has proved to be favorable to them. As a facility, this initiative allows for privacy and allows for adolescents to get counseling especially now when Mental health and HIV is a topical issue. The support groups also award them the opportunity to mingle, share and learn from each other,"* said sister Chikanya.

# NEWSLETTER



**From October 2021 -September 2022 (COP21)**

469 886 People were Tested for HIV

25 805 (5.5%) Tested Positive

25 089 (97%) Adults and children were newly enrolled on ART

## The Adolescent one-stop initiative yields results at Epworth Poly Clinic





This Adolescent one-stop initiative has seen an increase in the number of adolescents coming through to the facility for OI services who are mobilized by Zvandiri-supported Community Adolescent Treatment Supporters (CATS). Patience Moyo (19) years, a CATS at the facility highlights that she is always on the lookout for younger people whenever she visits the facility,

***“Whenever I see a young person seeking for OI services I quickly approach them and try to befriend them and assist them. Once I do that, I notify him or her of the Adolescent program which in most cases they are willing to be part of,” said bright-eyed Patience.***

***“We have WhatsApp groups where we share information and support each other because we only meet once, every first Saturday of the month. Many of us no longer have to miss out on school as we are now getting our services at once on a Saturday, we no longer have to wait in a long queue and we have our privacy,” she said.***

Now an average of 10 clients come through during the week for resupplies and they are then sensitized on joining the support groups if interested,

“During the week I can then focus on back-capturing the care booklets that would have been supplied over the weekend into the Electronic Health Records system. I then have time to identify defaulters and track them and update registers and more,” said Phillipa.

Zim-TTECH also collaborates with Zvandiri who also support the CATS and adolescents through the provision of refreshments during the support group gathering each Saturday. However, lately, Zvandiri has not been able to provide the refreshments for the past month.

Epworth, is a dormitory town that was initially developed into four sub-areas. As the population increased, the settlement expanded to nine sub-areas. The settlement, which started off as an informal settlement lies southeast of Harare, Zimbabwe. Zim-TTECH, working hand in glove with the Ministry of Health and Child Care is supporting young children and adolescents living with HIV at Epworth polyclinic through the provision of services through Adolescents support groups.



Patience Moyo

## Zim-TTECH supports Mental health, Suicide Awareness in Seke District.

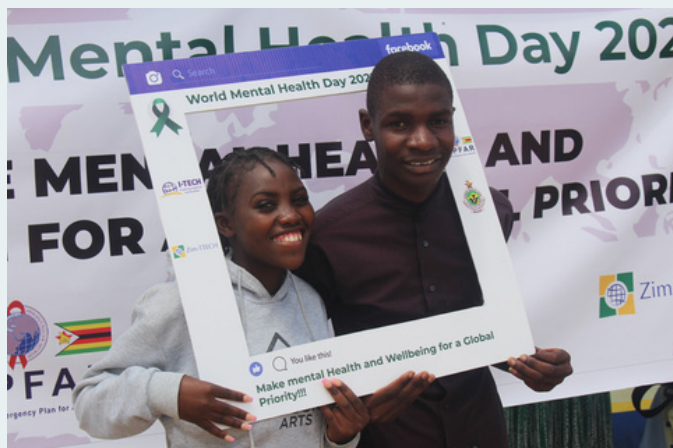
Zim-TTECH supported the Mental health, Suicide Awareness campaign event held on the 16th of November 2022 at Dema council grounds in Seke. The event sought to raise awareness of the urgent need to pay attention to Mental health issues and comes at a time when there is a worrying increase in deaths by suicide.

Running under the theme, 'SHARE YOUR PROBLEM, CHOOSE TO LIVE,' the event was graced by government departments and development partners operating in the district. The Deputy Director of Mental health in the Ministry of Health and Child Care, who was represented by the Harare Provincial Mental health officer, Sister Betty Zephaniah, encouraged people to create relationships and strong support systems in families and the community to prevent suicide, "There is a need to create strong support systems in the families we come from and the communities we live in so that we prevent the occurrence of suicide due to Mental health issues,

According to the World Health Organization, and Ministry of Health and Child Care, Mental Health GAP, 75-90% of people with Mental Health conditions do not get the treatment they require globally. 45% of the world's population live in countries with one psychiatrist per 100 000 people. The burden of Mental health and the gap in screening Mental health among people living with HIV in Zimbabwe is now a public health concern.

In an effort to complement government endeavors in curbing Mental health, Zim-TTECH is capacitating Community health care workers to screen common mental health problems in People living with HIV and provide first-line response using LIVES or the Problem-Solving therapy. Health Care workers are being capacitated to screen and manage common mental health conditions using the Mental health GAP/PST approach and facilitate oversight of the community healthcare workers.

The Government has adopted various legislation and regulations to organize the delivery of mental health care in Zimbabwe, including the Mental Health Act and Mental Health Strategy, as well as the Mental Health and Psychosocial Support guidelines recently developed by the Ministry of Health and Child Care. Moreover, the Government of Zimbabwe with the support of its partners has also rolled out a Special Initiative on Mental Health, thereby recognizing the importance of mental health.





# Impilo EHR Agile Training



## Impilo EHR National review and planning meeting



# Know your colleagues!!!



This month of November our Know your colleagues feature is **Happiness Chaputsira**.

Happiness is the Demand Creation and Community linkages officer. He joined Zim-TTECH in February 2017. In his spare time, Happiness spends time with his family and friends.

A staunch Chelsea supporter, he also plays pool. He is motivated by his family, as a father and husband he strives to do the best he can by them,

Happiness is a passionate farmer and he is grandson to the late Reverend Chaputsira of the Reformed Church in Zimbabwe.

