

ART Initiation and Retention in After-hour versus Daily Male Health Clinics



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BETTER TOGETHER

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Introduction

- •In large African programs, disproportionately fewer men initiate ART, and they do so at a more advanced disease stage.
- •Since 2014 MSF, the City of Cape Town and the Western Cape Provincial Department of Health, run two male services in Site B: a day clinic and an after-hours clinic
- Setting: Khayelitsha, a high HIV-prevalence township, Cape Town

Methods

- Data collected from routine records, June 2014 September 2016
- Retention defined as the % remaining in care, excluding those transferring to another clinic
- Transfer-ins initiated elsewhere and transferred to clinic
- Eligibility criteria defined by South African national guidelines
- Ethical approval was obtained from the University of Cape Town.

Description of Services



Male day clinic

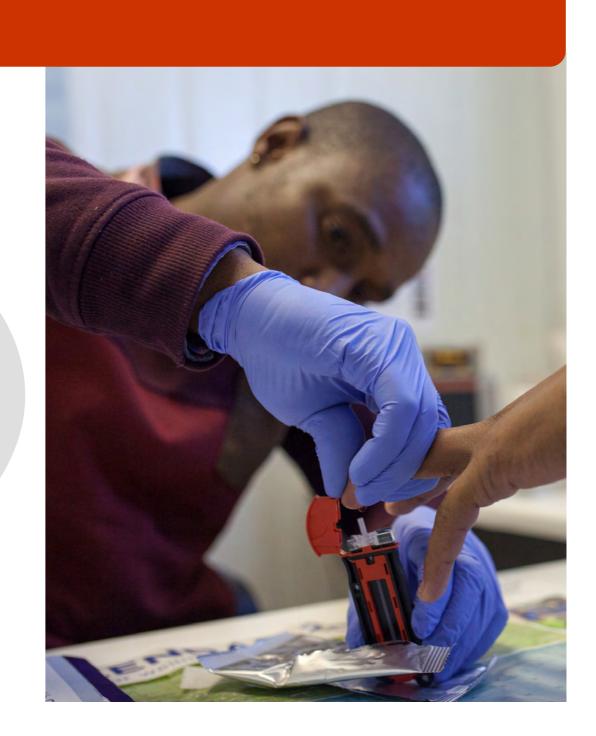
Monday – Friday 8:00-16:30 Stand-alone clinic

Both

All-male staff
STI diagnosis & treatment
HIV testing & counseling
Point-of-care CD4 count
Initiate and dispense ART
ART adherence clubs

Male After-hours

Wednesdays 16:00 – 19:30 On premises of larger facility



Results

Clinic Characteristics	Day Clinic	After-hours
Median visits per month (IQR)	529 (475-579)	75 (21-110)
% of visits addressing STIs	45%	21%
Median HCT/month (IQR)	291 (238-319)	25 (10-35)
% positive	5.9%	8.5%
Median CD4 count at test (IQR)	384 (268-511)	330 (241-453)
ART Initiation		
% of eligible initiating	70%	91%
Median Age at initiation (IQR)	31.8 (27.6-38.2)	34 (29.5-38.5)
Total initiated by end 2015	210	52
% retained at 6 months	88%	98%
Transfer-ins		
% of cohort transferred in	8%	43%
Median years on ART at transfer	1.9	3.5
Transferred in by end 2015	22	61
% retained at 6 months	91%	89%

Summary

Day clinic has higher:

- monthly visits
- % STI-related visits (p<0.001)
- CD4 count at testing (p=0.14)

After-hours clinic has higher:

- HIV positivity (p=0.004)
- rate of ART initiation (p<0.001)
- age at initiation (0.004)
- Retention among initiates (p=0.02)
- % transfer-ins (p<0.001)

Conclusions

- While the day clinic had more, and younger, clients, the after-hours clinic attracted a different population, and had higher initiation and retention rates. STI care is an excellent opportunity to link men to HIV services.
- Given these contrasting successes, further research should investigate whether aspects of both services could be rolled out to
 attract more men to HIV services.