

ZAMBIA

**IMPROVING THE RETENTION OF PREGNANT WOMEN,
BREAST FEEDING MOTHERS AND INFANT ON ART THROUGH
MENTORSHIP OF NURSES, MIDWIVES AND OTHERS.**

Summative Congress:

Final Project Results

BEATRICE M. ZULU

EDUCATION AND TRAINING MANAGER

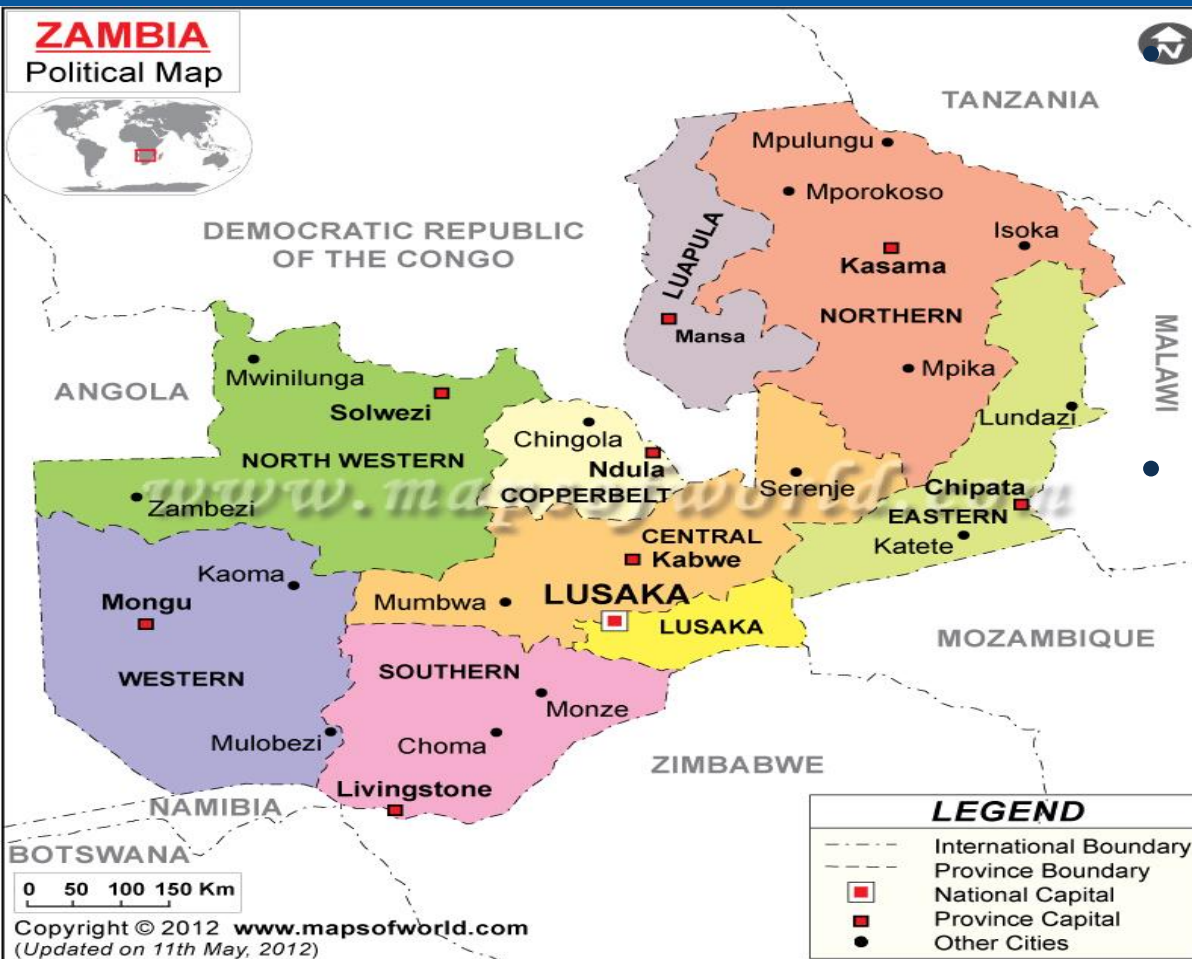
GENERAL NURSING OF COUNCIL ZAMBIA

Lusaka, Zambia

ARC PROJECT TEAM



MAP OF ZAMBIA SHOWING THE TOWNS FOR THE PROJECT FACILITIES



1. Matero first level Hospital located in Lusaka District in Lusaka Province
2. Maramba Urban Health Centre located in Livingstone District in Southern Province

ARC Project Context

National HIV prevalence rate

- 13.3 (among adults)
- 1.3 (among children)

(Zambia Consolidated guidelines for treatment and prevention of HIV infection- 2016)

National ART coverage

- 850,000 on ARC (65%) (HMIS)
- **No. of paid up active nurses and midwives (GNC data base may 2017) - 16,990**

ARC Project Context

Implementing partners active in the project site

- ICAP – Assisting in linking infants to treatment
- CIDRZ – Index testing in the Matero community
 - Provide logistic for DBS in Maramba community
(Materials and Man power e.g. training counselors)
- ZAMBART – Test expectant mothers in the Maramba community. When found positive they refer to Maramba Health Centre.
- POPART- Promote test and treat at Maramba Health Centre.
- MARCH – Zambia- Index testing in the Maramba community.
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ARC Project Summary

Overarching Goal	AIM Statement	Project Intervention
<p>Implement and monitor a system that allows continuing mentoring of nurses and midwives in improving the retention of pregnant women, breast feeding mothers and infant on ART by May 2017.</p>	<p>AIM (goal): Improve the retention rate of Pregnant and breast feeding mothers on ART from: 37% to 85% by May 2017 at Matero. 64% to 85% by May 2017 at Maramba & Improve the retention rate of infants on ART from: 50% to 90% by May 2017 at Matero and Maramba.</p> <p>ACHIEVEMENT (actual): total # retained /Total # of mothers commenced on ART Matero- 163/171= 95% retention rate – increased (above the target of 85%) Maramba – 18/24= 72% Retention rate increased (did not reach the target of 85%)</p>	<p>- Mentoring nurses and midwives on the following:</p> <ul style="list-style-type: none"> • Counseling • Testing • Initiation of ART <p>• Monitoring and follow up of client on ART</p> <p>• Recognizing treatment failure</p> <p>• documentation and interpretation of data</p>

ARC Project Summary

Overarching Goal	AIM Statement	Project Intervention
<p>Implement and monitor a system that allows continuing mentoring of nurses and midwives in improving the retention of pregnant women, breast feeding mothers and infant on ART by May, 2017.</p>	<p>ACHIEVEMENT (actual): Total # retained /Total # of infants commenced on ART 1/1= 100% retention rate for Matero and Maramba</p>	<p>- Mentoring nurses and midwives on the following:</p> <ul style="list-style-type: none"> • Counseling • Testing • Initiation of ART • Monitoring and follow up of client on ART • Recognizing treatment failure <ul style="list-style-type: none"> • documentation and interpretation of data

Key Activities/Intervention

LIST OF THE 5 MAJOR ACTIVITIES OF OUR QUALITY IMPROVEMENT PROJECT.

1. Trained 13 nurses and midwives in Mentorship
2. Trained 13 mentors in ART and option B+
3. Implemented the clinical mentorship project in the two facilities
4. Provided technical support to the two facilities
5. Formed a project Technical Working Group

Output Indicator Matrix

Output Indicator	Frequency of monitoring	Comments – How was the experience?
# of nurses and midwives trained in mentorship	Once in December, 2016	- 13 nurses and midwives trained in mentorship- the trainees appreciated the training and pledged to make a difference at their facilities
# of mentors trained in option B+	Once in December, 2016	- The mentors appreciated the knowledge acquired during training. They oriented the mentees on the updated information on the management of mothers and infants receiving ART.
# of nurses and midwives trained by the mentors	On going	<ul style="list-style-type: none"> - Mentors oriented 16 mentees (nurses, midwives, clinical officers, counsellors and community volunteers) at their facilities to promote retention of Mothers and infants on ART - Mentors monitored community volunteers to follow up any client who delayed to collect the drug refill - Mentors monitored the nurses and midwives to ensure that the clients information is recorded, updated and kept well.
# of monitoring and evaluation visits conducted per facility	Thrice at Matero Twice at Maramba	<ul style="list-style-type: none"> - Completed monthly data reviews with each facility, and made adjustments to address identified barriers e.g. delayed DBS results for infants - Gave technical support on how to help clients who were refusing to start the treatment e.g. male involvement, visiting

Outcome Indicator Matrices

Outcome Indicator	Impact – What is the significance of the change?
# of mothers commenced and retained on ART	Reduced risk of transmitting the HIV virus to the infants and developing resistance to the drug. The significance would be that few children would be born with HIV thereby reducing the disease burden in children and there mothers will live to take care of them.
# of infants commenced and retained on ART	Reduced risk of developing opportunistic infections and developing resistance to the drug. The significance would be that there would be growth promotion and wellbeing of the child

Intervention Graphic

ACTIVITIES	RESULTING CHANGE
<p>Mentors oriented nurses, midwives, clinical officers, counsellors and community volunteers (mentees) at their facilities to promote retention of Mothers and infants on ART</p>	<p>Updated knowledge on initiation of ART to mothers and children Improved follow up skills Improved Counselling skills</p>
<p>Conducted initial and subsequence counselling sessions to mothers by nurses, midwives, clinical officers, counsellors and community volunteers</p>	<p>Mothers accepted their condition and this promoted adherence to treatment</p>
<p>Followed up mothers and other care takers monthly</p>	<p>Mothers were reminded to collect their drug refill. This contributed to the increased retention rate. The increased retention rate had contributed to the reduced maternal transmission of HIV virus to their children.</p>

Results table

	FROM JANUARY TO MAY 2017	MATERO	MARAMBA
1	Mothers commenced on ART	171	24
2	Mothers retained on ART	163 (95%)	18 (72%)
3	Infants commenced on ART	1	1
4	Infants retained on ART	1 (100%)	1 (100%)
5	Infants who had DBS test done at 6 weeks	169	14 (Results for 2 months only)
6	Infants who tested positive	1 (0.6%)	1 (0.7%)

Lessons Learned

What 1 thing are you most proud of?

- We are proud of the increased retention rate

What were the top 2 lessons learned in implementing your QI project?

- Importance of follow ups
- Importance of accurate documentation
- importance of male involvement

Lessons Learned

What 1 thing do you think you should have done differently?

- Adequate follow up of mothers that tested negative during pregnancy but sero convert during breast feeding. We would need to develop a protocol on how to follow up breastfeeding mothers who tested negative during antenatal

Lessons Learned

What 2 capacities does your team feel it has developed this year?

1. Developed mentorship skills
2. Improved follow up skills
3. Improved counselling skills – involving the male partners

Way Forward

How will you build on what you've learned this year? New partners?

We need to rollout the mentorship program to other facilities in order to promote retention of mothers and Infants on ART. The rollout can be in phases.

Share 2 dissemination targets to present your results.

- Disseminate the results to adult and pediatric HIV center of excellency at UTH- Lusaka
- Disseminate the project results to stakeholders – partners involved in HIV related projects.

Way Forward

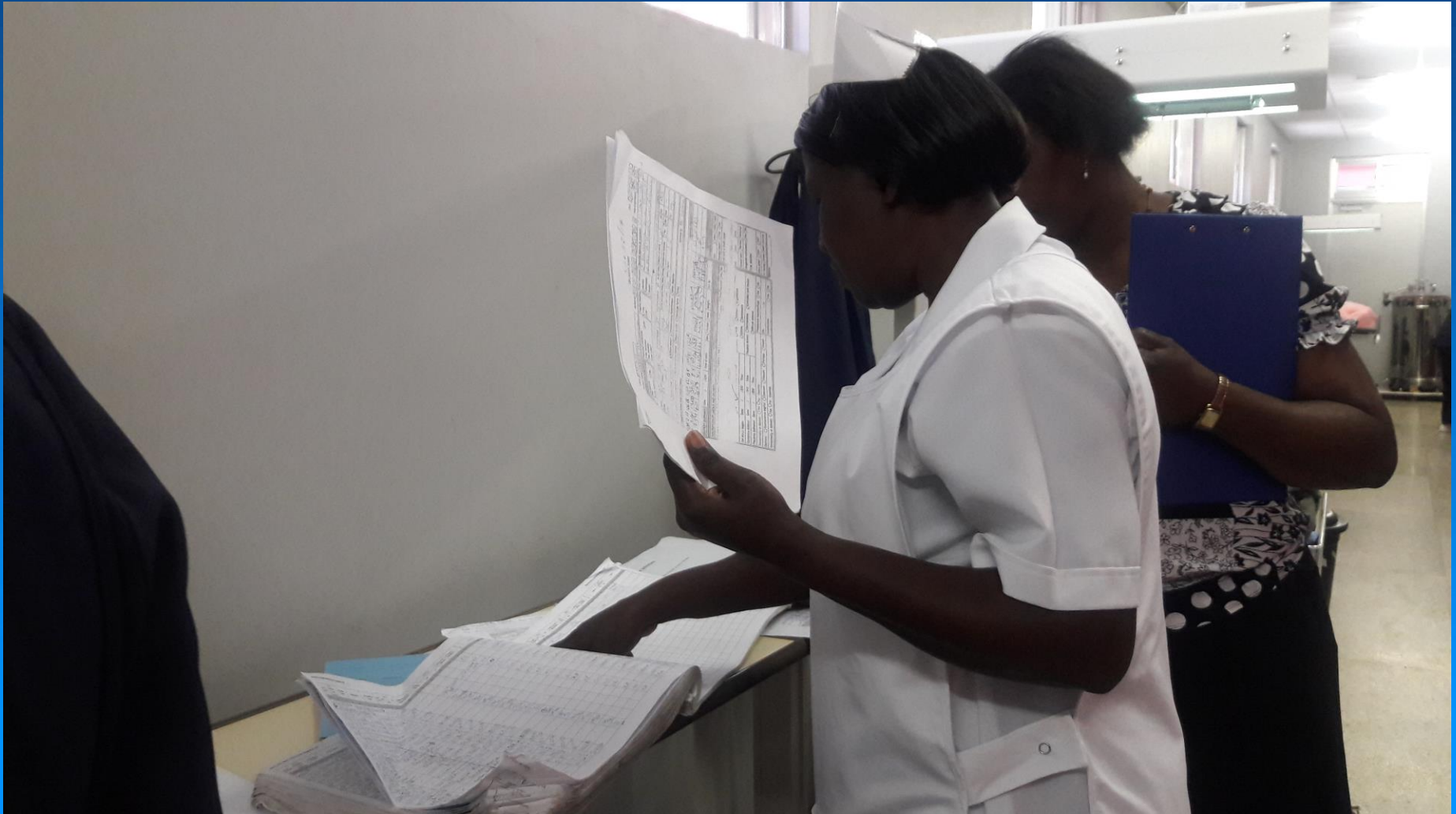
How will the quad remain in contact?

The quad will remain in contact through interaction in many nursing and midwifery activities. Usually they work together on issues affecting nursing and midwifery in Zambia.

Share 1 advice to ARC Faculty on how to improve future support.

ARC should also come up with other projects not only the ones related to HIV. There are other diseases that contribute to morbidity and mortality of productive people in Zambia and the region e.g.

- Cervical cancer
- Non Communicable diseases like diabetes



- The mentor and the mentee going through the ART register in labour.

MATERO FIRST LEVEL HOSPITAL



Mentees reviewing the files for option B+

MATERO FIRST LEVEL HOSPITAL



Mentor explaining new updates to the mentee

Any Question

