Management of Routine HIV Testing through Voluntary Counseling and Testing Services among TB-positive Patients in Ukraine

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BACKGROUND. Objectives: Tuberculosis (TB) has been a major public health problem for centuries and is the leading cause of morbidity and mortality of patients with human immunodeficiency virus (HIV)/acquired immune-deficiency syndrome (AIDS). Experts associated the worsening of epidemic situation with TB in the world with the rapid growth of HIV prevalence. TB has been ranked among the AIDS-indicator diseases (58.4%) and is the leading cause of mortality among people living with HIV/AIDS in Ukraine. Since 2009 it was significantly increased the percentage of HIV-infected persons with TB in Ukraine, especially in Kiev city (fig.1).

The purpose of the initial pre-test counseling for TB patients to inform HIV/AIDS and TB awareness of the importance of their knowledge of HIV status, which depends on the order of treatment assignment, and obtaining informed consent for the test for HIV.

The purpose of post-test counseling for TB patients is informing to HIV status, and, if necessary, psychological support and treatment plan development also as correction of patient's behavior during treatment.

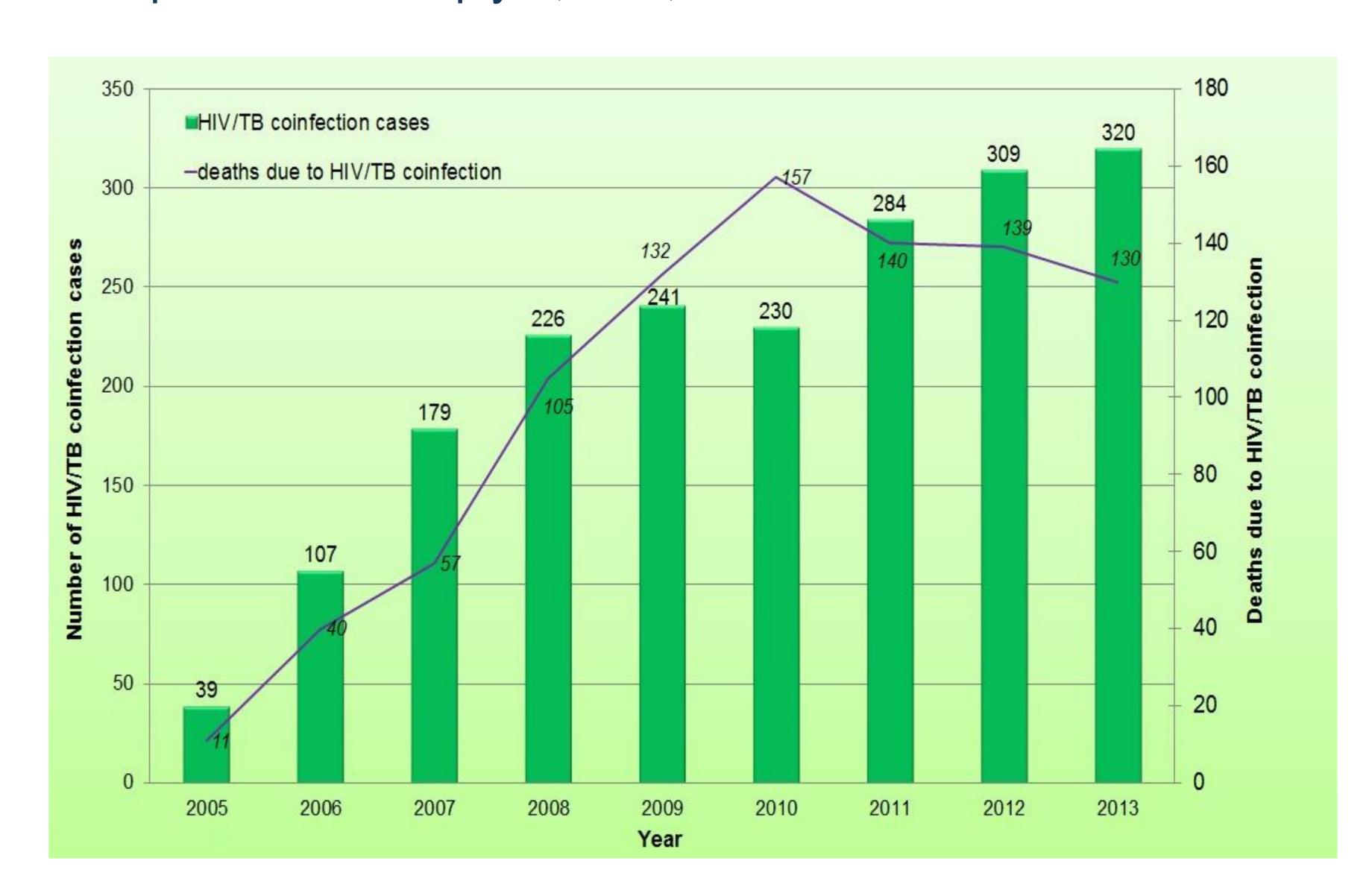


Fig. 1. HIV/TB coinfection cases and HIV/TB coinfection related deaths (Kiev, Ukraine)

METHODS. Ministry of Healthcare of Ukraine is introducing the services for voluntary counseling and testing for HIV (VCT) among risky groups (injecting drug users, homeless and others) and TB-positive patients among them. It was developed and approved strategy of increasing access to VCT services through the use of rapid HIV tests, but the question of training for the physicians, dealing with HIV/TB positive patients.

RESULTS. Implementation of VCT training of the physicians, provides sufficient information about the danger prognosis for implementation of preventive and therapeutic measures for each patient in case of HIV/TB co-infection and, conversely, a positive result in case of timely implementation of appropriate appointments. It is necessary to motivate each patient regarding the advisability of testing for HIV for making informed and voluntary decisions about HIV testing, provide appropriate advice of medical specialist necessary psychologist after the test result. The main goal of VCT training is the development of patient adherence to TB treatment or HIV/TB co-infection, taking into account that TB refers to a curable disease, and the efficiency of its treatment depends on

the course of HIV infection Discuss the advantages awareness about HIV status Explain that in the case of a negative HIV status of the patient will To explain the high probability of accession of HIV in TB patients Explain that failure to detect HIV in patients with TB can lead to receive additional incentives to use appropriate security measures through reducing the protective functions of the organism progressive course of both disease and has a negative outlook. to prevent infection. Explanation of testing procedures and results Explain the difference between HIV and positive, indeterminate (dubious) Explain why to re-test in some cases; Explain the term of the test result; results and meaning of 'window' period; The belief in the knowledge patient test results Ensure the attitude of the patient to the positive and negative results, the possible need to re-test Obtaining consent for testing Offer to fill out the form of consent Defining following actions in case of failure of the patient for testing Offer the patient to take the test screening for HIV after a time during which the patient is Perform preventive counseling session and carefully evaluate the patient's risk of infection; contemplating the information, notify the opportunities for prevention and treatment of HIV infection, its mpact on the course of TB, the benefits of knowing HIV status Appointment of exact term of next visit Agree with the patient the exact time of his next visit

Case of a negative result Information on the need for further periodic counseling and testing Emphasize the advisability of further periodic testing and counseling, the need for mandatory controlled treatment of TB, the importance of adherence, especially in out patient stage Case of positive result Presentation of test results Report in a clear and simple form about the test result; Upon request of the patient to give him a certificate of HIV test result Explanation of results Explain that this does not mean the presence of AIDS as the final stage Explain that TB can be cured, the results of his Explain that effectiveness of treatment as TB and fection, but the combination of active TB and HIV AIDS is regarded as treatment course depends on AIDS; AIDS is reduced if patient s use alcohol or drugs patient is infected with HIV; the moment to cure TB; Opportunity of awareness of the importance of results Determine status and feelings of the patient after notification of the test Explain about the opportunity to discuss the test result; Assess patient's ability to accept the test result. Providing the necessary support Explain to the patient that over time it can cope with the presence of a positive result and realize the possibility of extending Determine the availability of people to assist him the necessary support. Discussion of peculiarities of TB in HIV-infected individuals Explain that on the impact of HIV on TB treatment duration and the need for mandatory compliance with the doctor's recommendation's regarding medication; after TB treatment, if necessary, will be appointed antiretroviral therapy. This will provide an opportunity to improve the quality and extend of his life. Identification of opportunities to receive treatment against TB Explain to the patient the best treatment for him and TB treatment regimen. Discuss possible options. Make sure there is In the appointment of outpatient determine availability of medical care (transportation, resources, etc.) Study of the accessibility of other medical services for the patient Discuss the possibility of obtaining him other medical services after discharge from hospital Determination of the patient's plans after recovery from TB Discuss plans for the patient after recovery from TB, emphasize further the possibility of normal life and overcome the disease, the importance of adherence to treatment with a focus on positive aspects of treatment and improving the state of health Discussion of future life for patients with positive HIV status Convince of the need to care for his health and emotional health (nutrition, periodic medical examination of health to preven Tell about the the possibility of extending active life for people living with HIV; other opportunistic diseases, support of friends and family) Determining the next action plans of patient Clearly explain what needs to be done to the patient in the next day, who to ask, what medicines to take and when. Find out Assign the next meeting

Fig. 2. Algorithm of pre-test counseling of TB patients

Fig. 3. Algorithm of post-test counseling of TB patients

Pre- and post-test counseling of TB patients (fig. 2-3) should be conducted in compliance with the general requirements of the regulations prescribed manner and subject to the following differences:

- ✓ social status of patients, including a large number of people released from punishment, have no permanent place of residence, family, not employed, have a low level of culture, education and awareness of HIV / AIDS and inclination to risk behavior;
- ✓ need long-term treatment of patients with TB and clinical supervision for them, allowing medical staff to contact them for a significant period of time;
- ✓ opportunities cure TB if early detection of HIV and timely treatment is started, and vice versa, severity of AIDS and adverse prognosis in case of acceding to TB and lack of proper treatment of one of them. This must be the primary factor in convincing the patient regarding the advisability of testing;
- ✓ prevalence of chronic TB and MDR/XDR forms of TB available that significantly worsens the prognosis of patients with HIV / AIDS, creates an additional burden on consultant causes a number of ethical and psychological problems.

CONCLUSIONS. Accessibility of VCT could help in further motivating TB-positive patients to undergo testing for HIV and the efficiency of practical VCT training of physicians, working with such patients, is likely to play crucial role as entry point for HIV care and support.