



July to September 2024 Newsletter

HDT and Matchboxology flare up hope to increase adherence on ART through USAID Afya Yangu Northern

I used up to 45 minutes to do a session of ART literacy, now I use 10 -15 minutes for the same session using B-OK kit. This is really a game changer.

- ART NURSE IN DODOMA

The USAID Afya Yangu (My Health) Northern Project is designed around client-centered approaches to address gaps in HIV, TB and family planning service delivery, while continuously building and transferring the capacity of local stakeholders for sustainable and country-led ownership. Lead by EGPAF, Matchboxology worked with Health Promotion Tanzania to develop innovative in hand tools that would be used to explain ART literacy even to those who can't read and write. Working in Dodoma and Manyara, the Human Centered Design Approach was used to bring together stakeholders of eco system to develop these solutions.



The solutions aims at ensuring that Persons Living with HIV (PLHIV) continue to take their antiretroviral therapy (ART). This has myriad of factors to contend with for success to be met. We used Human Centred Design (HCD) to engage with a wide range of stakeholders to better understand their experiences around HIV care and treatment. After an in-depth co-creation process, the B-Ok kit emerged as a tool to facilitate the provision of care. The B-Ok helps guide Healthcare Providers (HCP) as they encourage PLHIV to comply with their ART regime. B-OK not only helps facilitate better communication between health care providers and clients, but also promote an understanding of why getting your ART prescription refilled is essential to remaining healthy. During our roll out of B-OK, we learnt that:

- 01** The B-Ok kit was highly effective to explain the importance of adherence from a fresh perspective to clients. Because the tool is visual, whatever language the client speaks is relevant.
- 02** This tool is also easily understandable to people with low literacy and education levels. The simplicity of the explanation is inviting and inspires confidence in clients.
- 03** As a result, 10 out of 19 (52%) Lost To Follow up were reinstated to treatment in just one month.



The Brave Journey of Venance

“The children have managed from having a high viral load they have suppressed and undetectable. Many children have expressed a desire to have their own copies of Tara Atabasamu Tena to read at home and share with their friends.”

Thobias Gobre Fissoo, manager of Dareda Hospital.

In Tanzania, children with HIV face challenges in understanding their condition and the significance of consistently following their antiretroviral therapy (ART). Many children, especially those younger than 16 years old have difficulty grasping the complex terminology related to HIV and the effects of their treatment. This lack of comprehension often results in poor adherence to ART, which is vital for controlling the virus and maintaining their health. Furthermore, the traditional methods used to teach children about HIV and ART have not been engaging enough to make the information both memorable and effective.



To address this, Human Centered Design innovatively introduced a storybook “Tara Story” which is an HIV storybook that provides education using a combination of pictures and text. It offers guidance on the proper use of antiretroviral drugs for managing HIV, especially for children. It uses appealing pictorial language that helps in easily delivering education to children about the proper use of HIV.



Venance is a 13-year-old child living with HIV. He is in the seventh grade and lives near Dareda Centre with his parents, who are also undergoing HIV treatment. Venance was born with HIV, but his parents did not discover it until he was 11 years old. He was diagnosed with HIV after a severe fever led him to the hospital that eventually led to his diagnosis. The news was a heavy blow for his family. They had always been hopeful and full of dreams for their son, but now they faced an additional challenge.

The diagnosis came with a whirlwind of emotions and adjustments. For Venance’s parents, not only was a test of resilience and strength, but also the love to their son.

After reading Tara Atabasamu Tena, Venance really understood the importance of his ART. His confidence was boosted and the storybook has helped him follow his medication regimen and choose friends wisely who are supportive in his life. As Venance grows older, his story continues as one of hope and resilience. He is a shining example of how courage and positivity can overcome daunting challenges. His journey is a testament to the power of love, community and unwavering determination.

Both these solutions have been approved by ministry of health – NASHCoP for wide use. They can be available by contacting them (NASHCoP).



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