

Accelerating progress to end TB



AN ADHERENCE PSYCHOSOCIAL SUPPORT GROUP
INTERVENTION FOR PEOPLE WITH MDRTB AND HIV IN A
RANDOMISED CONTROL TRIAL IN DURBAN SOUTH AFRICA



**TOURO COLLEGE
GRADUATE SCHOOL
OF SOCIAL WORK**



Generating Knowledge - Impacting Health



For more information, please contact:

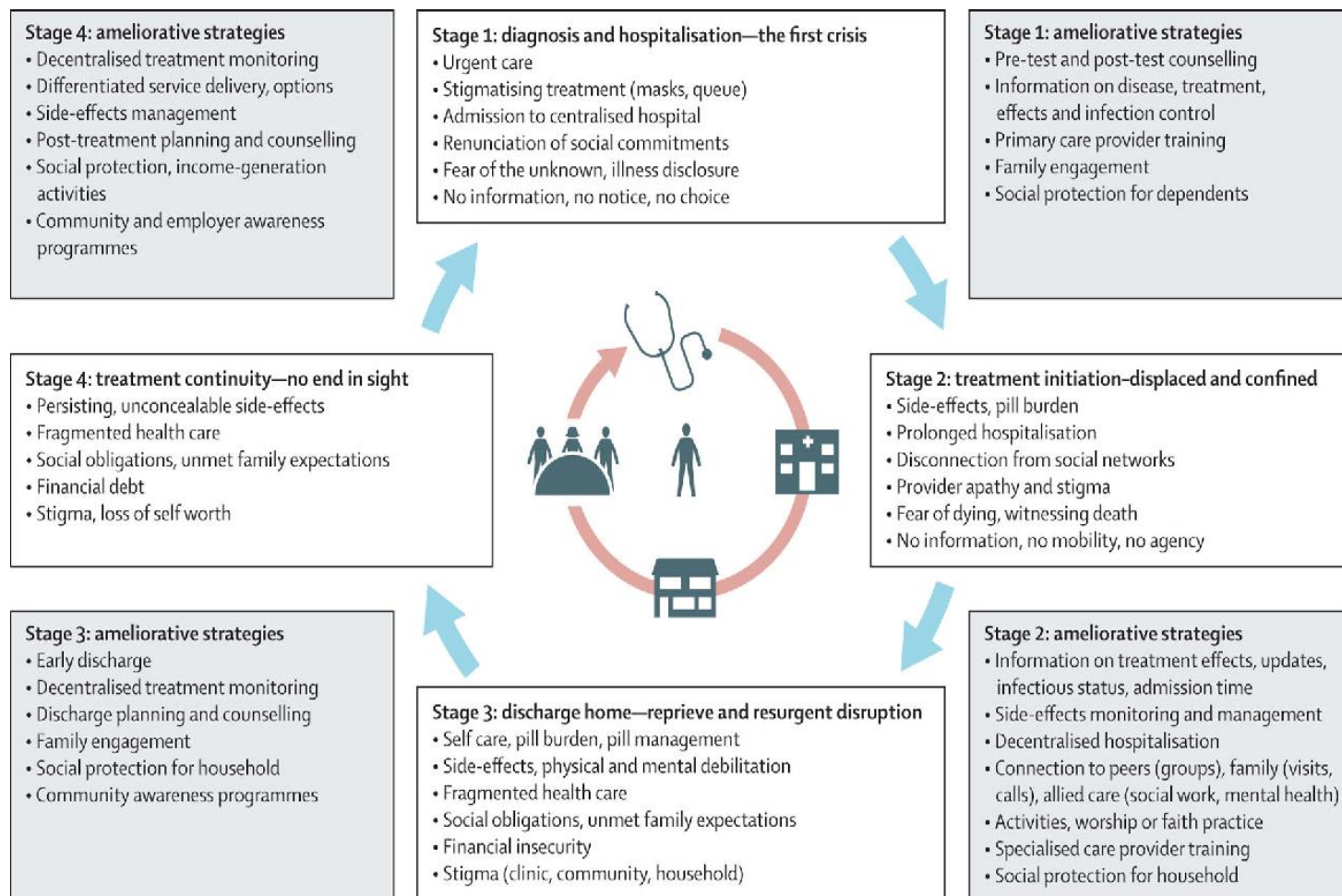
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SUPPORT GROUPS

- GOAL DIRECTED AND PURPOSEFUL
- INVOLVE A SMALL NUMBER OF PEOPLE ENGAGED IN MEANINGFUL INTERACTION
- AIM TO MEET SOCIO-EMOTIONAL NEEDS AND TO ACCOMPLISH TASKS
- OFFERS SPACE FOR CATHARSIS OR A “SAFE SPACE” FOR PARTICIPANTS
- CAN TEST REALITY AND CONSIDER DIFFERENT OPINIONS/OPTIONS (EG ROLE PLAY, HOMEWORK)
- SPACE FOR PEOPLE TO SOCIALISE, SUPPORT AND BUILD RELATIONSHIPS

Disruptions in life of person with DRTB

Daftary A, Mondal S, Zelnick J, Friedland G, Seepamore B, Boodhram R, Amico KR, Padayatchi N, O'Donnell MR. Dynamic needs and challenges of people with drug-resistant tuberculosis and HIV in South Africa: a qualitative study. *Lancet Glob Health*. 2021 Apr;9(4):e479-e488. doi: 10.1016/S2214-109X(20)30548-9. PMID: 33740409; PMCID: PMC8009302.



ADAP-TIV STUDY

Treatment literacy

MCI

ASG

Wisepill RT 3000 device

Adaptive evaluation of mHealth and conventional adherence support interventions to optimize outcomes with new treatment regimens for drug-resistant tuberculosis and HIV in South Africa (ADAP-TIV)

Mohr, E, Hughes, J, Snyman, L, Beko, B, Harmans, X, Caldwell, J, Duvivier, H, Wilkinson, L, & Cox, V. (2015). Patient support interventions to improve adherence to drug-resistant tuberculosis treatment: A counselling toolkit. SAMJ: South African Medical Journal, 105(8), 631-634. <https://dx.doi.org/10.7196/SAMJNEW.7803>

PATIENT ADHERENCE PLAN

Date: _____

MY MOTIVATION TO COMPLETE TREATMENT:

1.
2.

ADHERENCE PLAN

MY PLAN TO DEAL WITH SIDE EFFECTS IS

1.
2.
3.

MY SUPPORTER IS (WHY)

1.
2.
3.

HOW WILL I REMEMBER TO TAKE MY WEEKEND MEDICATION

1.
2.
3.

WHERE WILL I KEEP MY MEDICATION

1.
2.
3.

MY REMINDER TOOLS ARE

1.
2.
3.

HOW DO I PROTECT MY FAMILY FROM TB INFECTION?

1.
2.
3.

DEALING WITH SUBSTANCE USE/ TRADITIONAL MEDICATION

1.
2.
3.

MANAGING UNPLANNED TRIPS

1.
2.
3.

SESSION TOPICS

- DR-TB and HIV treatment literacy, adherence and managing barriers to treatment
- Social support, and relationships with family and significant others
- Mental health (self-reported and clinically diagnosed) depression, trauma, loss of hope and general wellness
- Substance use
- Intimacy and TB/HIV Disclosure
- Dealing with stigma, negative self-perceptions (guilt, shame, and self-blame)
- Resources, income generation, social grants
- Use of traditional medicines
- Other

VALUE OF GROUPS

- PARTICIPATORY NATURE OF GROUPS
- MULTIPLE VOICES CAN BE HEARD
- FLEXIBILITY: SCHEDULING, TOPIC, ATTENDANCE,
- OTHERS HAVE USED GROUPS IN CHRONIC ILLNESS
- FEASIBILITY IN SA
- TRAINING OF FACILITATORS – LAY COUNSELLORS CAN CO-FACILITATE
- SPACE FOR CATHARSIS
- SOCIALISE, SUPPORT AND BUILD RELATIONSHIPS

CHALLENGES

- FOCUS ON BOTH INDIVIDUAL AND GROUP
- MULTIPLE VOICES CAN BE CONFUSING
- KEEPING MEMBERS ENGAGED/ATTENDING SESSIONS
- NEEDS A SKILLED FACILITATOR
- FEASIBILITY – NEED RESOURCES
- PARTICIPANTS NEED TRANSPORT AND REFRESHMENTS

