

APPNA MERIT HIV Awareness, Prevention, and Education Project in Pakistan



A Project of MERIT HIV Committee

HIV Webinar Series: Webinar #7

Lifelong Care of Infants and Children Living with HIV



Date & time:

Sunday July 18th, 2021 at 8 PM Pakistan time (11:00 AM US Eastern Time)

Speaker



Dr. Sabina Holland, MD

Assistant Dean of Medicine, Program in Liberal Medical Education First Generation & Underrepresented in Medicine, Assistant Professor of Pediatrics Warren Alpert Medical School of Brown University Associate Fellowship Program Director, Pediatric Infectious Disease Hasbro Children's Hospital, RI, USA

Talk theme "Pediatric HIV Care".

Moderator



Dr. Fizza Zahid Rafiq

MD, CCFP, FCFP Family Physician Clinical lecturer, University of Calgary, Canada

Panelists



Dr. Katrina Byrd, MD

Internal Medicine/Pediatrics Physician; Adult infectious disease specialist; Current Pediatric Infectious Disease Fellow

Talk theme "Pediatric HIV Care: a success story from Rhode Island".



Prof. Ejaz A. Khan, MD

Department of Pediatrics and Infectious Diseases Shifa International Hospital Shifa Tameer-e-Millat University

Talk theme "Pediatric HIV care in Pakistan".

Registration Link: <http://bit.ly/merit-hiv>

In collaboration with

Brown University: Alpert Medical School at Brown University, Providence, RI



MMIDSP: Medical Microbiology & Infectious Diseases Society of Pakistan



Pakistan Society of Internal Medicine



APPNE: Association of Pakistani Physicians of New England



Prov/Bos CFAR: Providence-Boston Center for AIDS Research



CMU: Common Management Unit, HIV, TB, and Malaria, Government of Pakistan



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Webinar 7 – Lifelong Care of Infants and Children Living with HIV (Jul 18, 2021)

Summary:

Pediatric HIV Care

- Acute HIV infections
 - A flu or "mono" like syndrome 2-6 weeks after exposure characterized by: Fever, Rash, Sore throat, Muscle Aches, Headache, Vomiting, Diarrhea, Stiff Neck
- Infections in Children
 - Most are infected via maternal to child transmission (10% in pregnancy, 15% in delivery, 15% in breastfeeding)
 - Most potentially preventable
 - Compounded by decreased access to health care, home delivery, lack of HIV awareness, lack of testing, poverty
- HIV to AIDS
 - Median time from HIV infection to symptomatic disease for children ranges from months to 2 years
- HIV infection in infants
 - Divided roughly into rapid (15-20%) and slow (80-85%) progressors
 - Mortality before age 4 is high in rapid progressors, with median survival of 11 months
 - Viral load increases rapidly in infected infants in first two months of life and then declines over the next two years
 - All infants under age 12 months with confirmed infection should receive antiretroviral therapy and PCP prophylaxis beginning at 4-6 weeks
- Common Clinical Presentations of HIV in Children
 - Lymphadenopathy/Hepatosplenomegaly, PCP pneumonia, Lymphoid Interstitial Pneumonitis, Esophageal Candidiasis, Failure to Thrive/Developmental Delay, Encephalopathy, Recurrent Bacterial Infections, CMV Retinitis, colitis or pneumonia, Parotitis, Unexplained Fever, Recurrent/Persistent Diarrhea
- Development delay
 - Persistent weight loss greater than 10% of baseline
 - Downward crossing of more than two major weight for age chart
 - Less than 5th percentile on weight for height chart on two consecutive measurements
 - Impaired brain growth; gait impairment, motor deficits, paresis, spasticity, seizures, calcification of basal ganglia
- When to Initiate Therapy in Antiretroviral-Naive Children
 - ART should be initiated for all people living with HIV
 - Goal is to reduce HIV RNA
- Adherence to treatment
 - Optimal suppression requires > 95% adherence
 - 70-90% adherence associated with development of resistance

Pediatric HIV Care in Pakistan

- HIV Care in Children
 - Of 50 ART centers in Pakistan, 7 are dedicated to pediatric care
 - Remaining are for both adults/children
- National AIDS Control Program
 - Provides HIV medicine and diagnostic tests free of charge in all Paeds ART centers
 - Delivery of HIV medication and food ration packets
 - New Pediatric medication amounts for children
- Medication
 - ARV treatment based on weight (not age) below 10 years of age
- Issues
 - Availability of very few Paeds ID Physicians in Pakistan
 - Lack of proper linkage between Paeds & Adult ART centers
 - No formal linkage with Nutrition Programming with HLC Children Care
 - Remote location & distances for accessing HIV children services
 - Lack of trained Counselors for Breastfeeding & Conception for women of Childbearing age.
- Future
 - Expand Paeds HIV centers, and Pediatric Care Services
 - Extension of medication and other services in highly burdened districts