Enhancing Access to HIV & SRHR Self-Care Services for Adolescents and Young People: A Pathway to Ending AIDS by 2030 in Kenya, Zambia, and Tanzania

Poster Number: 67

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Background

Adolescents and young people (AYP) aged 10-24 represent a significant demographic in Kenya, Tanzania, and Zambia. Access to self-care HIV and sexual and reproductive health (SRH) services is imperative for addressing their physical, emotional, and social well-being.

Despite advancements, numerous AYPs encounter impediments when seeking these essential services in said countries. The project adopts the WHO self-care model to augment care accessibility. A scorecard was used to assess the effectiveness of HIV/SRHR self-care interventions in elevating service delivery and health outcomes for AYP.

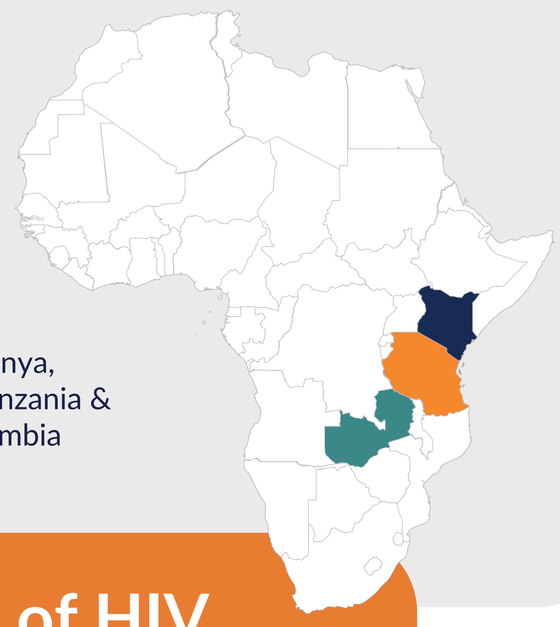
Methods

Data was acollected using a pre-tested, self-administered client satisfaction questionnaire.

A total of 2,655 AYP, Kenya n=1,848, Tanzania n=461, and Zambia n=346 were recruited across 33 health facilities. Peer supporters facilitated the data collection process.

We used a sample size of 20% of AYP accessing HIV & SRHR services in health facilities.

Countries of Research



Kenya, Tanzania & Zambia

The study aimed to evaluate the effectiveness of HIV & SRHR self-care interventions in terms of availability and accessibility to contribute to quality improvement initiatives.

Convenience & Accessibility of Facilities

82% found facilities convenient and accessible, despite inadequate privacy and youth friendly spaces.

Health Facility Infrastructure & Services

85% of respondents were satisfied, particularly with the cleanliness of the facilities; however, digital services and non-functioning equipment were notable exceptions.

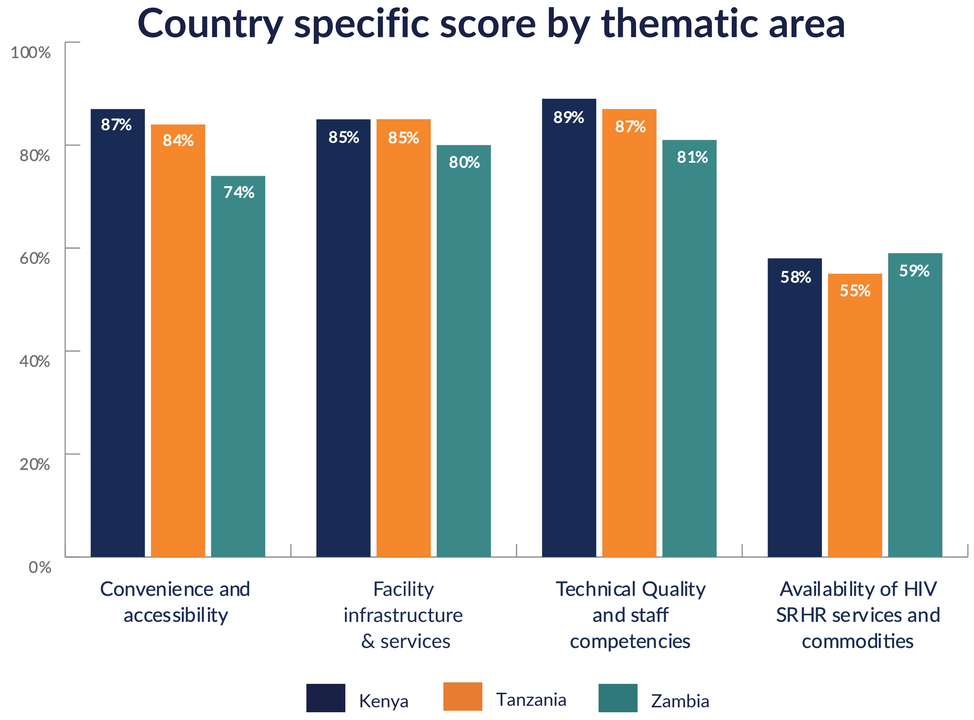
Technical Quality & Staff Competencies

Rated at **86%** overall, indicating AYPs felt comfortable receiving services. However, knowledge gaps still exist.

Availability of HIV & SRHR Services & Commodities

Rated low at **57%** satisfaction, primarily due to limited availability of SRH/HIV commodities.

Country specific score by thematic area



Conclusion

- Enhance SRHR and HIV self-care services by addressing commodity stock-outs, strengthening healthcare provider and peer supporter capacity, and creating youth-friendly spaces in health facilities to reduce stigma and boost service uptake among adolescents and young people.
- Leveraging regular feedback through scorecards and quality improvement plans ensures these measures are targeted, sustainable, and responsive to the evolving needs of AYPs.

Key Recommendations

- Advocate for supportive policies that promote the provision of a wide range of SRHR and HIV self-care services for AYPs.
- Address legal and policy barriers to the provision of safe medical abortion services.
- Prioritise construction and refurbishment of standard, youth-friendly spaces.
- Improve commodity supplies by providing a wide range of SRHR and HIV self-care services.

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GLOBAL NETWORK OF YOUNG PEOPLE LIVING WITH HIV