



ADHERENCE STRATEGIES*

▶ ABOUT THIS ACTIVITY

 **Time:** 30 minutes

 **Objectives:** By the end of this session, participants will be able to:

- Understand common side effects of the different Anti-HIV drug classes.
- Offer clients options to manage drug side effects.

 **Training Methods:** Small Group Brainstorm, Large Group Discussion

 **In This Activity You Will...**

- Assign participants to 3 groups, give instructions and pass out activity sheets (15 minutes).
- Lead a group discussion about responses to addressing adherence vignettes (10 minutes).
- Lead a group discussion to summarize (5 minutes).

 **Materials:**

- Newsprint
- Markers
- Masking tape
- Handout – Adherence Matters Activity Sheet

 **Preparation:**

- Print handout

Instructions

1. Introduce the activity by explaining that the participants will be assigned to small groups to brainstorm ways a patient on ARVs can manage side effects.
2. Assign participants to 3 groups. Assign a space in the room for each group. Ask participants to go to their assigned group in the respective space. Assign 1 scenario to each group.
3. Give each group a sheet of newsprint and markers. Instruct each group to appoint a recorder and a reporter.
4. Instruct each group to brainstorm answers to scenarios and write their answers on the newsprint. Tell the group they will have about 5 minutes to do this activity.
5. Bring the entire group back together and ask each reporter to go over his or her group's work.
6. Ask open-ended questions to draw out their thoughts on how a peer might be of service to a person living with HIV.
7. Discuss any other brainstorming answers to all the questions.

Summary

- Ask participants if they now understand some common side effects of ARVs, how to problem solve ways to manage the effects to achieve greater than 90% adherence to medications.
- Explain to participants that strategies to manage side effects will be different with different patients based on their daily routines, ability to manage side effects and patient's past experiences with ARVs.
- Inform participants that managing side effects is possible if there is an open working relationship between provider and patient, knowledge about drugs and side effects is understood and there is a plan to manage the side effects.

* This module is part of the online toolkit *Building Blocks to Peer Success*. For more information, visit http://www.hdwg.org/peer_center/training_toolkit. This module comes from the Missouri People to People Training Manual, 2008.

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SESSION HANDOUT # 1 of 1

ADHERENCE MATTERS ACTIVITY SHEET

Scenario A

Joe is a 32-year old who started medications 3 weeks ago. The Peer Educator gives Joe a call to see how he has adjusted to his medications. Joe tells the Peer Educator that he was prescribed Sustiva and Truvada. He reports that he is taking his medications faithfully. The peer educator asks Joe if he has been experiencing any side effects since starting the medications. Joe reports that he had mild dizziness and vivid dreams.

Scenario B

Carmen is a 36-year old who has been prescribed Viramune, Zerit and Epivir. Carmen states that she had only missed 1 dose of medications since starting them 6 weeks ago. Carmen reports that she had been experiencing some tingling in her feet and her boyfriend thinks that her face is thinning. She is not sure what she should do.

Scenario C

Michael is a 25-year old male who has been prescribed Kaletra and Combivir. Michael is having mild diarrhea. During the conversation, Michael tells the peer educator that he has been smoking marijuana about once a week and that he has the habit under control-“it’s to help me chill out after I get home from work”.

Please answer the following questions in your assigned group. Please refer to the resources you have.

1. What questions would the Peer Educator ask?
2. What strategies would the Peer Educator suggest?
3. What is the outcome?