

# Ageing with HIV – 0-25 years



## Phase: Children and adolescents

**Conference:** New challenges and unmet needs of children and adolescents living and ageing with HIV/AIDS (aged 0-25), Bucharest, Romania, 19 - 22 January 2017

• 104 attendees from 30 different countries (51% under 30 years old and 34% of them under 26)

## Topics:

- Anxiety & depression
- ART & pharmacology
- Co-infections and co-morbidities
- Cure
- Disclosure and stigma in healthcare
- Family dynamics
- Health policies and social care
- Mental health
- PrEP & PEP
- Sexual health
- Testing
- Wellbeing and quality of life



# Ageing with HIV, 0-25y:

## Main findings

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- Increased epidemic among young men (especially MSM), migrants and vulnerable children/young people in Europe
- **Lack of information** and knowledge about HIV among children/young people
- **Challenges in accessing testing and sexual health services** (e.g. need of parental consent) – including PEP and PrEP in particular
- Challenges in **disclosure** (stigma and self-stigma)
- **Challenges in self-management** of care (parents sometimes the obstacle) and understanding drug-drug interactions, treatment fatigue
- **Transition into adult services** not always easy
- The **sexual rights** of children/young people often overlooked (in practice, guidelines etc)

# Ageing with HIV, 0-25y: Recommendation



- **Testing & prevention:**

- Deliver prevention strategies that are youth-friendly
- Target testing at young MSM, migrants, young children & their parents (incl. anti-natal screening)
- Normalize testing for children/young people (less parental control)
- Scale up testing at the community level: self-testing, lay/peer testing, de-medicalised testing

- **Information & knowledge:**

- Upscale access to information about HIV for young people in multi-stakeholder education and networking format
- Develop new ways to communicate with children/young people about HIV and their sexual rights (with help of new technologies and social media)
- **Develop systems and training to support health professionals to talk about sex & HIV**

# Ageing with HIV, 0-25y: Recommendation



- **Access to services:**

- Develop social & peer-led services (e.g. mentoring) – focus on support for treatment fatigue, adherence (especially young pregnant women)
- **Deliver one-stop-shop sexual health services for young people**
- Encourage and support good doctor/patient relationship through training materials

- **Disclosure:**

- Advocate for normalising HIV to eliminate stigma and discrimination
- Develop systems to support disclosure with the individual, parents, partners & others

- **Self-management:**

- **Enhance open interaction about living with HIV, including parents**
- **Prevent treatment fatigue by providing support and information**

- **Transition:**

- **Improve transition to adult care services – for better retention in care**

# Ageing with HIV, 0-25y: Recommendation



- **Sexual rights:**

- Engage young people at the political level to ensure their rights are acknowledged and legislated for
- **Challenge laws & barriers that block young people access to prevention, testing and treatment**
- Advocate for comprehensive sex education as an essential right for all young people
- Increase collaboration among community partner organisations



# Ageing with HIV, 0-25y: Research Gaps

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- **Remaining research gaps:**

- Simplified paediatric treatments, new and improved options
- **Pharmacogenetics in treatment**
- Specific needs in infancy, childhood and puberty
- Engaging young people in research, especially social research, cure and vaccine research