



## BACKGROUND

### Nagaland

- State in north-east India with a hilly terrain (Fig-1)
- HIV prevalence of 1.36% in 2021
- Long travel time is a key barrier to access Antiretroviral therapy (ART) centres
- Nearly 20% of ART pickups are by proxy and usually by family members
- Family centric package of care (FCC) initiated to systematize family member proxy pick-ups

## METHODS

- FCC package implemented in two ART centres
- Counsellors systematically identified family members and allotted unique family identity
- We analysed the family size, proportion of families without aligned pill-pick-up dates, and VL suppression rates (VL <1,000 copies/ ml)
- VLC defined as number of PLHIV with VL within the last 12 months
- We calculated proportion of VL suppression rates before and after three months of FCC package for each family unit and compared by family size (≤2 vs. >2)

## RESULTS

- From February to September 2022, we identified 942 families accounting for 27.4% (1,914/6,986) of the patients accessing ART from the two ART centres
- The majority, 87% (819/942), were part of a two-member family, predominantly couples without children
- Pill-pick-up dates were aligned for 74% (660/ 942) families
- VLC was 57% (66/161) at baseline and 84% (687/819) after 3 months ;
- VL suppression was 86% (57/66) and 91% (62/68) among >2 member and two-member family units, respectively after 3 months.
- Difference in VLC was significant among two-member compared to >2-member family units [diff: 27%; p<0.0001] after three months of FCC.

## CONCLUSIONS

- We observed increased viral load coverage among two-member family units compared to >2 family units in high volume ART centres
- It was easy to reach out to family units without children (majorly two-member family units) for Viral load testing
- FCC may be considered as a possible strategy to enhance Viral load coverage, and other HIV program indicators

## REFERENCES

1. National AIDS Control Organization. National Guidelines for HIV Care and Treatment, 2021
2. Consolidated guidelines on HIV prevention, testing, treatment, service delivery and monitoring: recommendations for a public health approach. Geneva: World Health Organization; 2021
3. National AIDS Control Organization. Operational Guidelines for ART centres, 2021

Acknowledgement: The U.S. President's Emergency Plan for AIDS Relief, through Centers for Disease Control and Prevention (CDC) has supported the National AIDS Control Organization and Nagaland State AIDS Control Society to improve treatment outcomes using FCC



Photo: Stacking of Patient treatment cards as one family unit Nagaland, India

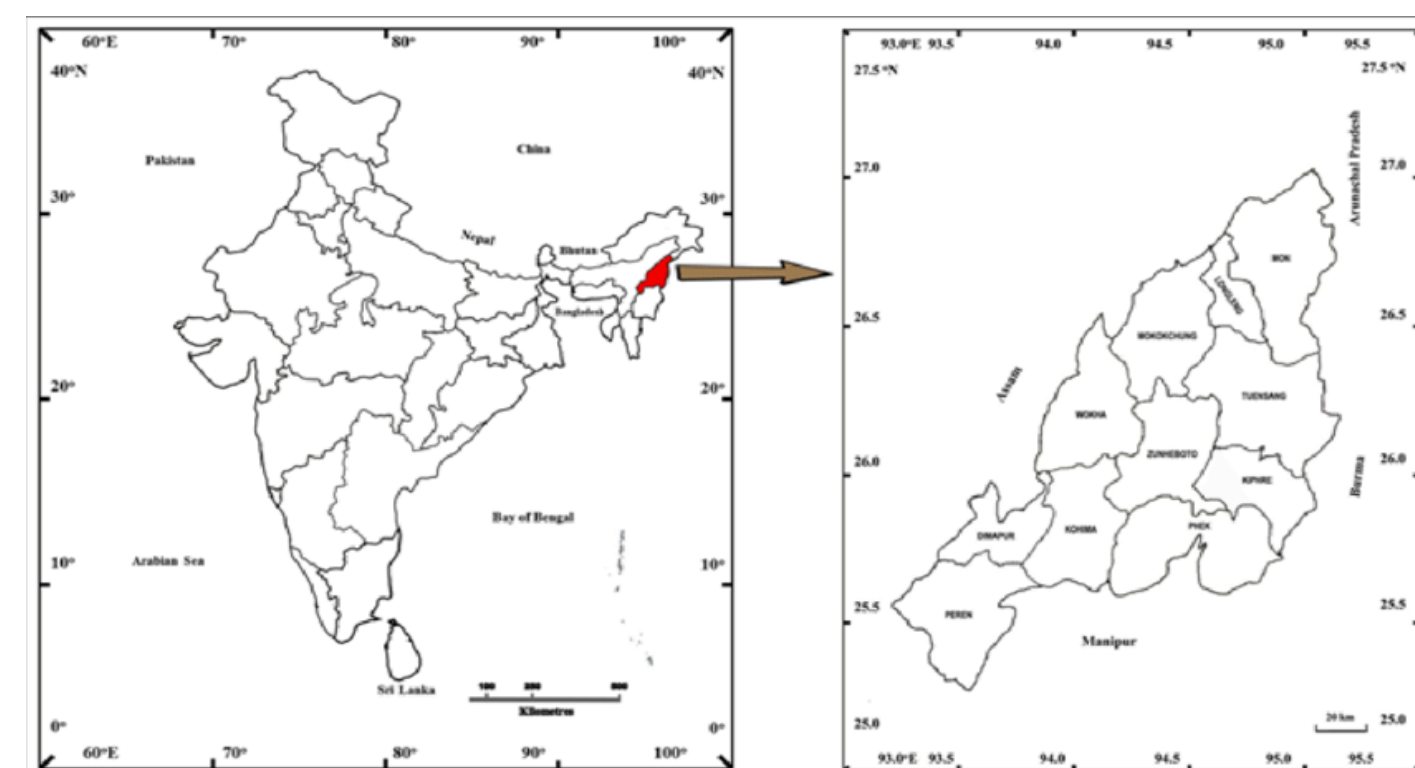


Figure 1: Location of, Nagaland, India

## Family Centric Package of Care

- Group families as a unit for care
- Align ART refill dates
- Engage family members as treatment supporters : adherence and pill-pickup
- Enhance HIV-1 Viral load coverage (VLC)
- Screen for Non-communicable diseases

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