



health

Department:
Health
PROVINCE OF KWAZULU-NATAL

NURSE INITIATED MANAGEMENT OF Antiretroviral therapy (NIMART) – 'The KZN Success Story'

Presented to the Provincial Council on AIDS

16 March 2016

FIGHTING DISEASE, FIGHTING POVERTY, GIVING HOPE

- Introduction
- Background
- Objectives
- NIMART Training Progress
- NIMART Certification
- NIMART Documentation
- NIMART Book Launch
- 21st International AIDS Conference, 2016 (18-22 July)



Acronyms

- NIMART – Nurse Initiated Management of ART
- ART – anti retroviral treatment
- AIDS – Acquired Immuno-Deficiency Syndrome
- WHO –World Health Organization
- PHC – Primary Health Care

Background

- In December 2009, SA adopted the WHO revised HIV and AIDS Treatment guidelines to start ARVs at a CD4 < 350 and again in 2015 to CD4<500.
- This change increased SA's contribution to the global "15 by 15" goal of reaching 15 million PLHIV by 2015.
- KZN has 1 039 511 patients on ART, the largest ART cohort in the country which has 3 318 384 patients spread over 9 provinces.
- There were an estimated 22% fewer AIDS-related deaths in sub-Saharan Africa between 2001 and 2012.

- Shortage of Medical Personnel, especially Doctors
- Over congestion in Hospitals
- Long waiting lists for treatment
- Delays in seeking care by patients
- Inadequate knowledge and skills in clinical staging and management of HIV

Background KZN ART initiation

- The Province of KZN started rolling out ART services in 2004 at hospital level - This was a doctor driven program
- 2006 process of down-referral of stable patients on ART commenced to decongest hospitals
- At the time, nurses had no training
- In 2007/08 FY roving teams were established to initiate patients at Primary Health Care (PHC) level.
- Resulted in more than 75% of ART patients being managed at PHC level
- However, a strategy was still required to increase access to ART services for all eligible patients

NIMART Introduction

- NIMART: Nurse initiated management of ART
- NIMART was introduced as a Task shifting strategy to delegate the ART management responsibilities from doctors to include Professional Nurses
- From 2007, the burden was too high for the hospital system and for the patients who had to travel long distances to hospitals
- Strategies had to change for the health system to cope with these changes hence the introduction on NIMART in 2010.

Objectives of NIMART

- To improve access to ART services
- To scale up ART services
- To increase the number of patients on ART
- To address the healthcare worker shortages
- To capacitate nurses who work at HIV service points
- Provide evidence based systems improvement

Why NIMART ?

- PHC Re-engineering directs services to PHC level as point of entry
- Nurses are the driving force of PHC services
- Shortages of doctors
- Since the introduction of NIMART in 2010, the number of patients on ART have quadrupled from 168 610 in 2009 to 1 039 511 patients in 2015 - **Thanks to NIMART**

- The program is designed for nurses who are working at PHC facilities and other health service points within a hospital where HIV positive patients access services
- The nurse must be registered practicing as a professional nurse
- Preferably with a post basic Diploma in PHC
- Already licensed to prescribe and dispense other medicine

- Attends and completes a five day training course
- Completes a 6 months mentorship program
- Completes a workbook with various types of scenarios to be initiated and managed
- Submits a portfolio of evidence to the training unit
- Competency assessment is conducted

- 711 nurses have been found competent to practice NIMART in the province
- 100% fixed PHC facilities have at least one trained NIMART nurse even though there is a challenge of staff turnover services are minimally interrupted
- Focus is now on targeting outreach team nurses for training to be able to scale up to community level care in Mobile Clinics, High Transmission sites and School health services.

- Two NIMART certification ceremonies held in Vryheid and Durban, both officiated by the MEC for Health, Dr SM Dhlomo, 1220 NIMART Nurses handed certificates
- During these ceremonies, nurses testified on their experiences as NIMART Nurses
- The next step for certified nurses is to be mentors for other nurses who have been trained.

NIMART Certification



Beyond 1 million thanks to nurses

- In Nov. 2015, commemoration held in Richmond for 1 million patients on treatment, the Hon. Premier, Mr SE Mchunu recognized and applauded the first nurse to initiate ARVs, spoke about stigma and discrimination and the importance of family support
- The Hon. Premier further emphasized the trust government has on nurses
- The Department of Health was then tasked with documenting this success story



NIMART Documentations

- 9 Districts have completed documenting NIMART stories, ALL attended by the MEC Health. Two remaining districts, Ugu and Harry Gwala will be documented in April
- During these documentations, nurses share their experiences in ART initiation.
- A nurse in Zululand said: “I have now graduated from being an ordinary local “Makoti ka Thulani’ and a nurse in an area to being a lifesaving doctor of the community”.
- A nurse in uMkhanyakude said: “ I can now analyze and interpret blood results for a patient and decide on the plan of management without consulting a doctor.”
- MEC for Health, Dr SM Dhlomo encouraged nurses to have an inquisitive mind and to start looking for answers to the challenges in their clinical practice.



Districts that have completed NIMART documentation

Date	District	Number of Participants
13 December 2015	Zululand District	70
15 December 2015	Umkhanyakude District	65
14 January 2016	Amajuba District	110
15 January 2016	uThukela District	120
15 January 2016	uMzinyathi District	90
26 January 2016	uMgungundlovu District	150
28 January 2016	uThungulu District	200
12 February 2016	EThekweni District	100
15 February 2016	iLembe District	200

NIMART Documentation supported by the UNAIDS, Executive Director, Michel Sidibe to MEC Health, Dr SM Dhlomo: *"I commend your passion and commitment to the multi-sectoral service delivery, Operation Sukuma Sakhe, and I am delighted that you have found practices documentation useful. Furthermore, I congratulate you on your recent success of ensuring over 1 million people living with HIV in the province have access to life saving treatment."*

NIMART Documentation ¹





- The experience of NIMART nurses is documented through recordings that will be translated into a book with an aim of sharing the KZN experience as a success story and publishing a book on NIMART as a KZN Success Story
- The NIMART book is currently being written and will be launched during the 21st, International AIDS Conference in a satellite session on NIMART
- The book will have 11 chapters, dedicated to each district
- Speech by Hon. Premier at Richmond clinic will form the foreword of the book

Participation of NIMART Nurses in the AIDS Conference

- A 90minute satellite session on NIMART for 300 delegates is currently planned for in the International AIDS Conference
- The satellite session will be showcasing the NIMART stories and the KZN Province's journey to reaching more than a million patients on treatment
- In addition, posters developed by NIMART nurses will be displayed at a KZN exhibition stand during the conference
- Video clips of the documentations will also be broadcasted at the KZN exhibition stand

Conclusion

- This is a success story of the Province of KZN for scaling up access to ART and contributing to the increasing the life expectancy of the citizens of KZN from 49.2years in 2009 to 62.2years in 2013.
- It is not set only to change the face of the epidemic in KZN but, has the potential to changing the Curriculum for Nursing Education in South Africa and the Scope of Practice of Professional Nurses

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- Head of Department, Dr S.T. Mtshali
- Social Cluster
- Civil Society on behalf of PLHIVA
- Members of the PCA
- Communities as recipients of services
- Office of the Premier- HIV AIDS Chief Directorate
- Department of Health
- District Management teams
- **NIMART Nurses and Clinicians**
- Development Partners
- Non Governmental Organizations
- OSS structures - all levels
- DACs, LACs



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SIYABONGA

THANK YOU