

Care of the adolescent girl at risk for HIV: Module 5 Answers



**Strengthening
Interprofessional
Education
for HIV**

Factors that increase adolescents' risk of HIV

Biologic/Physiologic Factors

- Development of secondary sexual characteristics (puberty) before achieving full maturity
- Emerging sexual identity
- Lack of mature decision-making skills
- Depression

Socioeconomic Factors

- Lack of sex education
- Lack of empowerment (unable to “say no” when solicited for sex)
- Lack of access to condoms
- Lack of access to healthcare system (clinic closed after school, long distance to travel to clinic, etc)
- Unemployment / Excess of free time
- Need for money (food insecurity, school fees)
- Substance use (e.g. alcohol) affecting decision-making
- Peer pressure
- Societal norms (sexual debut soon after menarche)
- Exploitation/sex work/child labor
- Unsafe home environment



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Obtaining a sexual history

Reasons why taking a sexual history is challenging	Strategies for making it easier to obtain sexual history
Provider discomfort or lack of experience with asking personal questions/taking sexual history	Providers should practice asking questions in education or role play with colleagues
Confidentiality or privacy concerns	Ensure patient privacy by asking questions where others cannot hear or see the visit
Lack of testing resources	Comfort with explaining syndromic approach to patients
Patient embarrassment	Establish good relationship with patient, ensure that she knows her answers to your questions are confidential
Patient not willing to answer questions	Ask open-ended questions rather than yes/no questions
Patient seems overwhelmed/anxious	Referral to peer support groups



How to address GBV?

RAISE awareness	<ul style="list-style-type: none">• Hold a clinic or community event to promote awareness about gender-based violence• Provide educational resources to women at the clinic• Hold classes in the waiting area of the clinic to teach women about gender-based violence
LEARN more about the issue	<ul style="list-style-type: none">• Hold a clinic meeting or presentation for doctors, nurses, and other clinical staff to learn about gender-based violence
LISTEN with care and empathy	<ul style="list-style-type: none">• Ask patients about gender-based violence (how might you do this?)• Create a welcoming environment and do not judge• Ensure confidentiality
LINK women to other services	<ul style="list-style-type: none">• Be aware of other services in your area, including shelters, psychological support, and legal services
SPEAK OUT to end and respond to violence	<ul style="list-style-type: none">• Speak up if you suspect that a patient is a victim of gender-based violence• Destigmatize victims of gender-based violence• Be a voice in the community• Advocate for victims of gender-based violence to the local or national government



Information to elicit regarding vaginal discharge

Characteristics of symptoms	<ul style="list-style-type: none">• Onset and duration• Appearance of discharge• Quality/character of discharge• Associated odour• Association with menstruation• Presence of blood
Associated symptoms	<ul style="list-style-type: none">• Itching• Dyspareunia (pain with sexual intercourse)• Urinary symptoms: pain, urgency, frequency• Pain with defecation• Fever• Nausea/vomiting• Associated sores or ulcers• Lymphadenopathy
Relevant medical and social history	<ul style="list-style-type: none">• Last menstrual period• Prior pregnancy• Prior surgery• Detailed sexual history including number of partners and types of intercourse (oral, vaginal, anal, etc)



Syndromic Diagnosis

ADVANTAGES

- Can be done when tests are not available
- Cheaper than laboratory workup
- Treatment is immediate
- No need to return to clinic for results

DISADVANTAGES

- Leads to over-treatment (in the above case, we treated for 4 different infections)
- Potential side effects from unnecessary medications
- You do not collect data on the epidemiology of specific infections in your patients
- Potentially leads to risk of antimicrobial resistance



Objectives

1. List biologic and socioeconomic factors that increase adolescents' risk of HIV acquisition
2. Discuss non-judgmental strategies for taking a sexual history and recognize reasons why young women/adolescents may engage in high-risk sexual practices
3. Compare multidisciplinary strategies to prevent HIV in adolescents
4. Summarize interprofessional strategies to address gender-based violence (GBV) at the community level
5. Describe the evaluation and management of vaginal discharge

