

# Dr Kay Mahomed HIV Clinician



**Netcare Garden City Hospital has an established HIV Centre of Excellence, one of the rare finds in the country and the only one of its kind for Netcare Hospitals managed by HIV Clinician, Dr K Mahomed, who has been treating patients and training doctors and nurses in HIV care for the last 8 years.**

### **1. Privacy | Confidentiality**

Guaranteed and especially valued in this practice, in view of the stigma that comes with the condition and the stigma that patients attach to themselves and to others with HIV.

### **2. Counseling | Education**

The motto of the Centre is quality care for HIV patients. It offers an education to patients so that they partner into managing their illness and lifestyle ensuring they can and will only do well. Pre-test and pro-test counseling done for HIV positive and negative patients in addition to extensive counseling for adherence of medication in view of the fact that patients need to take treatment for the rest of their lives.

### **3. Testing**

Patients → Partners → Family

HIV testing done via rapid test in the rooms for free and confirmed with an Elisa test done at the laboratory, with the aim on Putting everyone onto ARV'S.

### **4. Treatment**

- initiated and Optimized
- No|SE (Body shape and breast changes)
- Newer and better Medication(Once daily dosing)
- Tailor to patient( Shift workers, TB treatment, renal impairment )
- Reassurance and continued motivation (Lifetime treatment)
- Optimally Virally Suppressed (undetectable)

The centre has also taken note of an increased need for PEP (Post exposure prophylaxis) and PREP (pre-exposure prophylaxis) and offers this to patients with these needs.

Discordant couples (where one partner is HIV positive and the other HIV negative) are informed with reference to the positive partner going onto treatment immediately to ensure the negative partner continues to remain HIV negative and counselled as to how to have healthy HIV negative babies.

### **5. Prevention of Mother to Child Transmission (PMTCT)**

PMTCT has to be converted to Zero Mother to Child Transmission (ZMCTC)

Since the centre is passionate about assuring that no baby is born HIV positive, pregnancy HIV care is considered an emergency and all mothers are put onto treatment within 24 hours. Viral suppression is of utmost importance and feeding options are discussed. Mothers are also counselled as to when babies are tested and what tests are relevant.

## 6. Pap Smears | Circumcision

Not only do you get HIV care, but TB symptom screening is also done at each visit. Regular pap smears are offered to women to prevent them from getting cancer of the cervix and circumcisions are offered to men, especially HIV negative men, so that their chances of getting HIV is decreased by 60%.

## 7. Fertility | Contraception

In couples who wish to fall pregnant, who need to know how, when, why and what to do, this information is also available. In fact the practice is having to council against having children, because most couples are having their fourth babies. Contraception and what works best for these couples is also open for discussion.

## 8. Chronic care

HPT → DM → Hyperlipidaemia

HIV patients are now living to a ripe old age and hence chronic care is going to be a part of their HIV care. In addition one needs to monitor blood sugar, cholesterol, and blood pressures routinely.

## 9. TB symptom screening | Referrals | Co-morbidities

TB Symptom screening of

- loss of appetite,
- loss of weight,
- coughing
- Night sweats is done at every visit.

Gene expert and cultures are followed up with appropriate referrals. TB and ARV drug interaction is monitored

Inh Prevention Therapy( IPT, TB prevention treatment )is given if necessary

## 10. Support Groups strengthening

Adolescents (Teenagers), sexual preference(Gay), singles

## 11. Mentoring

Doctors, Nurses, Psychologists, Social workers, Peer Educators, Reverends

## 12. Review sick notes | Best care Practice

## 13. Make a difference

Individual → Family → Community → Country

**This clinic boasts that 99% of patients are virally suppressed and the remaining 1% are new referrals. As can be seen, we guarantee quality care to all people. This is a epidemic that we can “CAN”.**



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