



FAST-TRACK  
**CITIES**

90 : 90 : 90

Nairobi County Accelerates HIV response



NAIROBI CITY COUNTY

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Fast-Track Cities 90:90:90 | Nairobi City County (NCC) 2018/2019

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**NAIROBI COUNTY** *accelerates* **HIV INTERVENTION**

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## HIV PREVALENCE BY SUB COUNTY



# Background Information

In December, 2014 the Paris Declaration on Fast-Track Cities committing to accelerate and scale-up their local AIDS responses with an aim of achieving 90 90 90 targets by 2020 and eradicating HIV&AIDS by 2030 was launched in Paris.

In 2015, Nairobi County contributed to 11.3% of the total new HIV infections in Kenya making it the leading county in HIV prevalence with a total of 171,510 of people living with HIV within the county by end of 2015 (NACC Kenya County Profiles). Following the Paris declaration, the county set targets to be met by 2019 under the Nairobi City County (NCC) HIV & AIDS Strategic Plan which provides direction in the overall coordination and delivery of the HIV response to effectively and efficiently deliver HIV programming in the county. The strategic plan fits into the Kenya AIDS Strategic Framework (KASF) 2014/2015 – 2018/2019 and addresses the unique challenges that the county faces in HIV programming. Just like the KASF, the Nairobi City County HIV&AIDS Strategic plan targets that by 2019:

1. HIV infections should reduce by 75%
2. AIDS-related mortality should reduce by 25%
3. HIV-related stigma and discrimination should reduce by 50
4. Increase in domestic financing of the HIV response by 50%

In line with the strategic plan, the main focus has been on creating innovative ways through which the high rate of HIV infections among key populations including PWDU, MSMs, FSWs and adolescents as well as among pregnant women can be reduced. It pays attention to the importance of a multi-faceted approach including strengthening community health systems and focusing on HIV testing, treatment and support including retention in HIV care and treatment and also improving the referral system for follow up. The approach aimed at scaling up what had been working, finding new innovative ways of service delivery where gaps had been identified as effective management and coordination of finances channeled towards the fight against HIV & AIDS. By the end of 2016, just one year into the Fast Track cities 90 90 90 approach, Nairobi recorded an impressive 77 96 86. This was a clear indication that the city county was headed in the right direction in line with the 90 90 90 targets.

This success can largely be attributed to various strategies that have been put in place in the fight against HIV and AIDS and which are proving to be highly effective in reducing the risk of, and protecting against, HIV infection, including targeting Key Populations with messaging and life saving interventions as well as improved care and treatment of people living with HIV.

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# Preface

**Why Nairobi City?** : Towards Ending the HIV Epidemic in Nairobi City County

*Nairobi City County is Kenya's main commercial centre with well-developed infrastructure, modern financial and communications systems.*

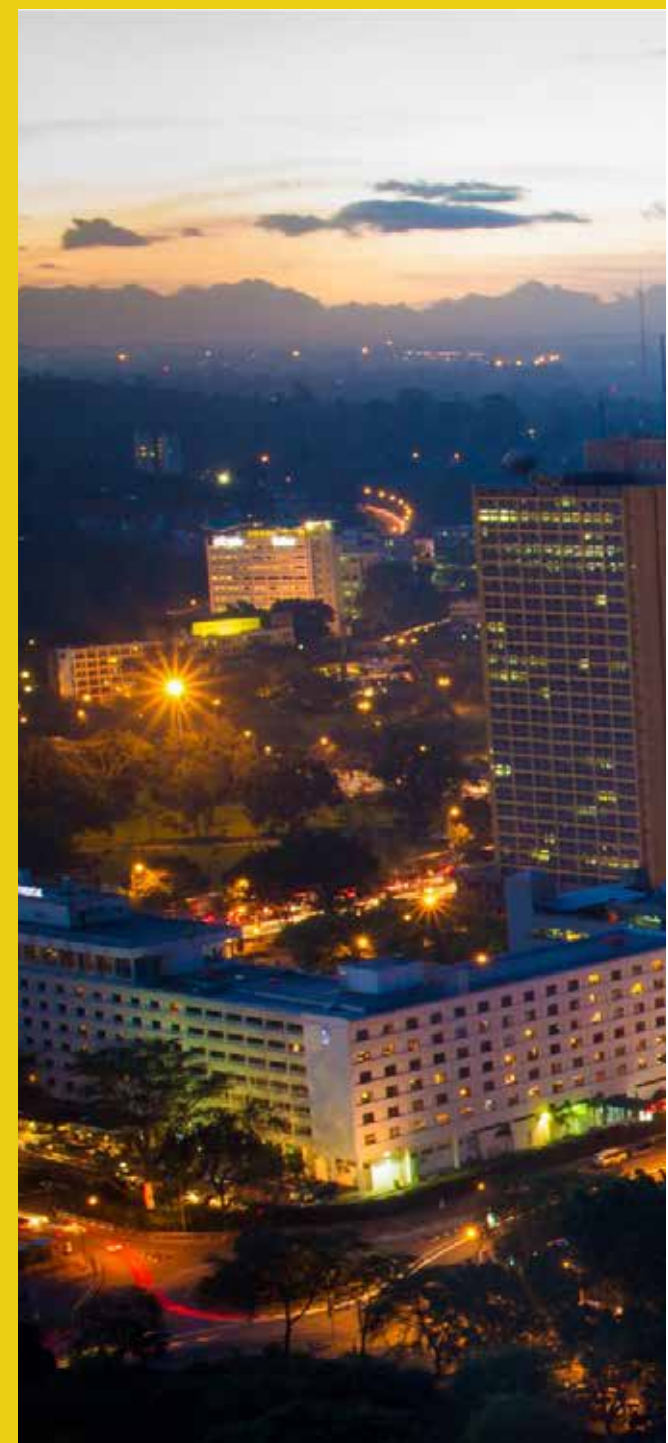
*It hosts the country's largest industrial centre, which accounts for almost 20 percent of the gross domestic product (GDP).*

*Nairobi continues to host a highly mobile population comprised of regional refugees and rural to urban migrants which has implications on the accessibility of health services. The transitional aspect of their health seeking behaviours can hinder the advancement of achieving the 90-90-90 targets. With additional factors such as poverty in the ever growing informal settlements and lingering stigma and discrimination particularly among key population and young girls, the risk of contracting HIV significantly increases.*

*The development of the Nairobi City County HIV & AIDS Strategic Plan 2016 – 2018/2019 is a clear indication of Nairobi County Government's commitment to addressing the challenges of HIV and AIDS in the County in line with the Paris Declaration of 2014, where we signed up to fast track and end the HIV epidemic in cities by 2030.*

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# Acknowledgement

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# 90

## HIV Counseling and Testing:

### *Creating Linkage to Care and Treatment*

Towards Achievement of

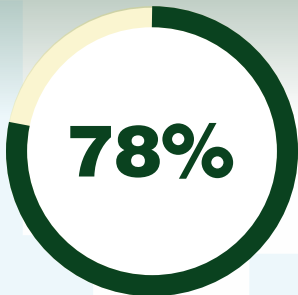
**90-90-90**

Targets

**H**IV Testing forms the first line of defense against HIV&AIDS and is the gateway to prevention, care and treatment. The benefits of knowing ones status reverberates both at the individual and communal levels. When individuals know their HIV status; their ability to reduce the risk of acquiring or transmitting HIV is enhanced and most importantly they can access care and treatment including for infants in instances where they turn positive.







Percentage of People Living With HIV (PLHIV) had been diagnosed and put on care and treatment.

As at 2017, 78% of people living with HIV in Nairobi County had been diagnosed and put on care and treatment. The county health department continues to work with partners, to bolster the numbers further through innovative approaches aimed at surpassing the 90% target of the county's population getting to know their HIV status.

## *HIV Counseling and Testing at the ANC for Expectant Mothers*



In an approach targeted at ensuring that all pregnant women know their HIV status, all County health facilities within Nairobi county that offer ANC and maternity services have been equipped with HIV testing and counseling facilities as well as personnel. All pregnant women are encouraged to know their HIV status early in pregnancy so that if they turn out to be HIV positive there is enough time to decide on effective ways to protect their health and to prevent

mother to child transmission of the virus. Expecting mothers are also encouraged to come for ANC visits together with their partners with whom they are encouraged to take HIV tests together as a couple. In instances where they turn out to be HIV positive, they are placed under care and treatment and also encouraged to take steps to prevent passing the virus on to their partners in instances where couples are discordant.

General Nairobi County Population Profile



Total Population  
**4,660,903**



Male (50%)  
**2,288,823**



Children below 15 years (42%)  
**1,600,208**



Female (50%)  
**2,372,080**



Youth aged 15-24 years (21%)  
**836,593**

Sources: (KNBS Population Projections 2017)

**171,510**  
People living with HIV



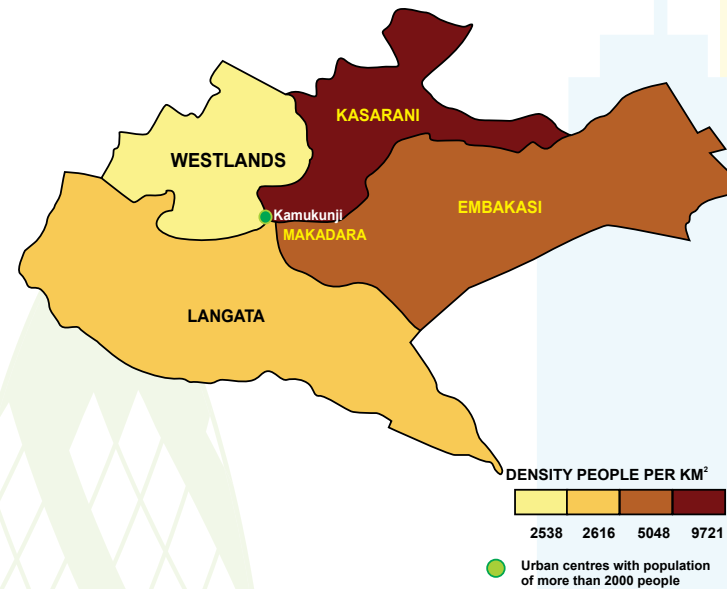
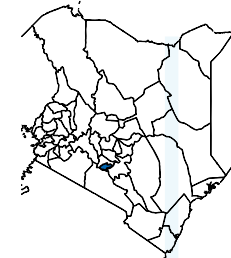
**4.6%**



**7.6%**

Source: Kenya HIV Estimate report, 2014

Map of Nairobi County



Sources: (KNBS Population Projections 2017)

## Reaching out to Key Populations and offering targeted HIV services



*Men who have sex with men worldwide are 19 times more likely to be living with HIV than adult men overall, while HIV prevalence among female sex workers is up to 13.5 times higher than among women as a whole.*



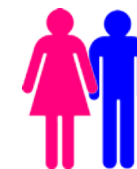
The most significant barriers that deny vulnerable populations access to HIV testing and counseling are stigma and discrimination. Groups such as commercial sex workers, injecting drug users (PWID) and men who have sex with men (MSM) have for a long time been left out in the fight against HIV&AIDS.

Nairobi County has been working on ways through which these groups can get access to HIV services free of discrimination. Through specific targeting as well as partnership with organizations that offer services for the key populations, more and more people from the key population groups are receiving HIV related services in Nairobi including counseling, testing, prevention as well as care and treatment.

### Nairobi County KP Profile



**6,216**  
IDU



**29,494**  
FSW



**10,000**  
MSM

Source: MOT Study 2009

## ISHTAR

Ishtar is a community-based organisation in Nairobi that specializes in working with men who have sex with men (MSM) on HIV, sexually transmitted infections and reproductive health rights.

As from 2015 Ishtar through the support from Partners among them Nairobi Health Department has created an entry atmosphere of trust and openness that enabled majority of those of their members who required HIV intervention Services to freely interact with them and get services from Ishtar or were referred to friendly clinics around the city. Working under the HIV Fast track cities initiatives, they have been able to initiate the Human Centre Design and Behaviour Economics, a key innovation that Involves the understanding of the people, their needs , their environment and initiating solutions based on their needs that are defined by four (4) key pillars of;

1. **Community based services (Outreaches and In-reaches)**
2. **Social Networks**
3. **Service Provision**
4. **Support groups**

To achieve their mandate a group of 70 peer educators were initially trained over a period of several months and engaged to mobilize and maintain their cohorts. By the close of 2017 an addition 18 more peers were brought on board to expedite the efforts in a seamless manner.



220

MSM clients who have tested HIV positive and offered services by ISHTAR



*Health facility practitioners have also been encouraging clients especially sexually active youth and adolescents to take up counseling and testing services.*

**Methadone Assisted Therapy  
(MAT) Clinic**

Kenya has an estimated population of 18,920 people who inject drugs (PWIDs) with one third (6216) of them living in Nairobi. HIV Prevalence among this population is 18.3% higher than the national prevalence of 6.3% and County Prevalence of 6.1%. A fact attributed to risky injection practices and sexual behavior. To respond this challenge Nairobi county in close collaboration with partners has established a first of its kind clinic in Nairobi, the Ngara MAT clinic offering Methadone Assisted Therapy (MAT) an intervention to rehabilitate injecting heroin users who

make up 99% of PWIDs in Nairobi, hence the setting up of the Ngara MAT clinic by Nairobi City County Government to offer free services to people who inject drugs PWIDs.

Clients are enrolled through the CSOs (SAPTA, NOSET, MDM) and LVCT. The clinic was constructed with support from partners and opened in January 2017 and by December 2018 it had 750 active clients enrolled and receiving free rehabilitation outpatient services at the clinic.



1

**Ngara MAT Clinic**

Nairobi County's Ngara Medically- Assisted Therapy (MAT) Clinic is the first of its kind in the country and exclusively targets drug users by offering methadone formula for injecting drug users as a way of withdrawing from the drug addiction. Within the facility the clients also benefit from support groups created for them as well as peer educators who have successfully gone benefited through the facility. All the clients who are HIV positive are put under care and treatment within the facility.

- 1. IDU Beneficiaries accessing services.
- 2. IDU facility at Ngara that offers Methadone



2

## Bar Hostess

**Creating Safe Spaces for service delivery for FSW**

*Owing to the fact that female sex workers face a perpetual risk of contracting HIV, the county government has been focusing on mitigating this risk through directly offering HIV prevention services for the FSWs in county health facilities as well as supporting partner organizations that offer such services.*



In Kasarani Bar Hostess takes the approach of the safe space model, where the FSW clients receive services in exclusive clinics designated only for them. In its Kasarani clinic, the FSWs have a safe space where they can receive services including medical

services as well as reproductive health services. Most importantly they receive HIV prevention services, including prevention education as well as products such as condoms and PrEP drugs.



## PrEP in Nairobi County



Nairobi County has been working to raise awareness on PrEP and ensure its availability especially among those at high risk. It has become popular especially among the female sex workers who see it as a to go to prevention method alongside others including the use of condoms.



*"I face a lot of risk in my line of work, one of them is when a client doesn't want to use condoms, secondly you can go with a client and the condom bursts especially when both of us are drunk. At times you may also encounter a customer who violates you and forces you to have sex without a condom. That's why I got into using Prep because I will always be safe when I am using PREP."*

*Leah Muciri*

## Youth and Adolescents

In the Nairobi County HIV&AIDS strategic plan's SWOT analysis one of the weaknesses identified was the high HIV and AIDS among adolescents. The county has since initiated ways through which youths and adolescents are roped in the HIV service delivery either directly or through partnership with other organizations. All county health facilities are making efforts in ensuring that their services are youth friendly. Some health facilities have since partnered with youth organizations and this has helped in improving service delivery to the youth within the health facility.



*When these girls are trained, they become mentors to their fellow girls of the same age group. And if they mentor them they become their superiors on issues of behavioural change, GBV and HIV and can speak proudly about them - so that it can be a lesson to the rest. They also act as a link between health providers, community and the youth.*



The Kamkunji Health Centre is one such facility that has improved on its service delivery to the youth through working with youth from the DREAMS project to engage with young people regarding their health issues including on HIV counseling, testing and treatment. Under this arrangement between the county government and DREAMS, young peer

leaders are posted to various health facilities where they identify young people seeking health services and attend to them before directing them to the right places for service delivery. They youth are often encouraged by their DREAMS peers especially the sexually active youth and adolescents to take up counseling and HIV testing services.





## HIV Self Testing



HIV self-testing kits provides an opportunity for people who have not currently been reached by existing HIV counseling and testing services with information about their HIV status and may contribute significantly towards the county's objective of universal knowledge of HIV status. This is a new innovation that is proving effective especially for individuals who want to have the ability to take the HIV test in privacy. Currently within Nairobi, the self-testing kits can be accessed in various chemists spread across the county.



*Health facility practitioners have also been encouraging clients especially sexually active youth and adolescents to take up counseling and testing services.*

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## HIV Care and Treatment:

Towards Achievement of

**90-90-90**

Targets


**W**ith every HIV positive diagnosis, there is urgent need to create linkage to care and treatment. HIV treatment continues to play a key role in preventing illness and death as well as averting new infections. Any hope of ending the HIV pandemic is largely dependent on accessibility of life saving care and treatment for those infected by the virus and who need it most.



The Nairobi county HIV/AIDS strategic plan envisaged enhancing linkage to HIV care and treatment to 90% of all eligible children, adolescents, pregnant women, adults and key populations by linking all persons tested HIV positive to care and treatment and documenting them. All clients who have been enlisted are provided with ART in line with national guidelines.

Currently Nairobi County contributes to 12.8% of the total number of people living with HIV in Kenya. 87% of people living with HIV within the county are on ART and as a result, there has been a decrease in the number of HIV related deaths in the county since 2013 by 42% and 39% for children below 15 years and adults aged 15 years and above respectively. The County has been employing new innovative ways to enroll and retain new clients into the treatment program including through defaulter tracing that help in identifying and tracking clients who are not adhering to medication.



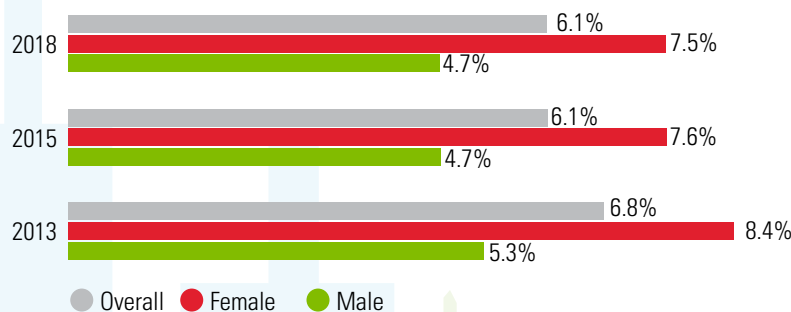
Currently Nairobi County contributes to **12.8%**  of the total number of people living with HIV in Kenya.

a decrease in the number of HIV related deaths in the county since 2013

for children below (<) 15 years **42%**

for adults aged >15 years **39%**

Prevalence of HIV by gender in Nairobi County



**148,338**

**77.7%**

**77.7% of people living with HIV within the county are on ART**

# EMTCT/PMTCT

The county has increased investment in the treatment of HIV, which has seen the introduction of the HAART. This is further galvanized by initiatives such as the free maternity services within the County government health facilities, which have seen more deliveries in health facilities within the county. PMTCT aims at preventing HIV transmission from mothers who have been diagnosed to be HIV positive to their children through antiretroviral treatment during pregnancy and breastfeeding as well as to bolster treatment, care and support for mothers living with HIV, their children and partners.

YEAR 2018							
EMTCT	Jan	Feb	Mar	Apr	May	Jun	Jul
TOTAL TESTED P.C.E. AT C MCH	6	7	12	8	7	7	9
TOTAL TESTED P.C.E. AT C MCH	4	11	4	12	5	3	6
TOTAL TESTED P.C.E. AT C MCH	11	4	10	9	7	5	8
TOTAL TESTED POSITIVE P.C.E. AT C MCH	0	0	0	0	0	0	0
TOTAL TESTED POSITIVE P.C.E. AT C MCH	0	0	0	0	0	0	0

YEAR 2018					
EMTCT	Jan	Feb	Mar	Apr	May
TOTAL TESTED P.C.E. AT C MCH	2	1	1	2	3
TOTAL TESTED P.C.E. AT C MCH	0	1	10	5	4
TOTAL TESTED P.C.E. AT C MCH	17	20	15	19	9
TOTAL TESTED POSITIVE P.C.E. AT C MCH					
TOTAL TESTED POSITIVE P.C.E. AT C MCH					



*“My advice to other positive mothers out there is, they should not fear at all visiting the clinic and seeing the doctor for more advice and help. Infact the doctor will encourage them more to come and seek solutions.”*

Grace Nyawira

## Zero infections at Mbagathi MCH clinic

For the last three years (2016-2018), there has been no baby turning positive. This is basically due to the follow-ups that the nurses do on the mothers. They get the mother who is positive, they initiate the treatment there and then, then there is a follow-up after 2 weeks and subsequent follow-ups after every one month. So that they are able to ensure that the viral levels are suppressed to below 1000.

When this is done, when the mother delivers, the chances of infecting the baby are also reduced. And through this, the disease burden of the child to the mother is reduced as well.

The issue of integration sees to it that mothers get immunization services, growth and monitoring services for the baby, pharmacy services for her and the baby because refills are done there and family planning services all under one roof, hence waiting time and defaulting is reduced.

## Comprehensive Care Centres and Flexi Hour clinics

The Nairobi county health facilities consist of Comprehensive Care Centers where people leaving with HIV can receive holistic care and management. The CCCs within the county offer integrated services whereby clients get all services within one roof without the need of moving from one place to another. Multidisciplinary teams provide treatment and care at the CCCs. They offer services such as counseling and psychosocial support, medical evaluation and management, laboratory monitoring, provision

of antiretroviral treatment (ART) and nutritional adherence.

In addition some comprehensive care centers within the county are already offering services beyond the traditional working hours including early in the morning dubbed Flexi Hours so as to attend to people living with HIV who can only access the centers beyond the normal working hours. Clients attending CCC are often also encouraged to bring their partners and children for HIV testing.



### Change stories CCC and Flexi hours

at Mbagathi MCH clinic

#### Client 1

*“This is the best hospital according to my knowledge. Since I started being attended to at the CCC then transferred here at the maternity. Since I knew my status and pregnancy I was advised on the drugs to use and how to maintain myself. Every moment I come here they ask me if I have any issue/problem so they can help.”*

#### Client 2

*“Here my child gets immunized and we are given medicine free of charge. In case of any problem, she is checked from here. That makes me happy as a mother. Also me and my partner were tested here as well, advised on PrEP, how it works, what measures to take and family planning - everything under one roof- making it easy for me.”*



1

*1. Immunization services to infants  
2. Counselling services to mothers*



2



3

*3. Mothers visit the CCC clinics*

## TB-Testing and Treatment.



HIV and tuberculosis (TB) are so closely connected. The two are a deadly combination together and are far more destructive than either disease on its own. In Nairobi county resources are being allocated to carter for manpower and facilities to jointly combat TB and HIV. Within the county, all HIV positive patients are targeted for screening and treatment of opportunistic infections such as TB as well as STIs. All those who

show signs consistent with HIV-related disease or AIDS which includes HIV testing for all tuberculosis patients.

In Kangemi a new state of the art TB laboratory funded in partnership with RESULTS JAPAN was opened in 2017. Patients who previously had to wait for TB results for up to 48 hours are now assured of results in approximately two hours.



*“Today I am able to carry heavy loads. Before then even holding myself on a motorbike proved difficult.”*





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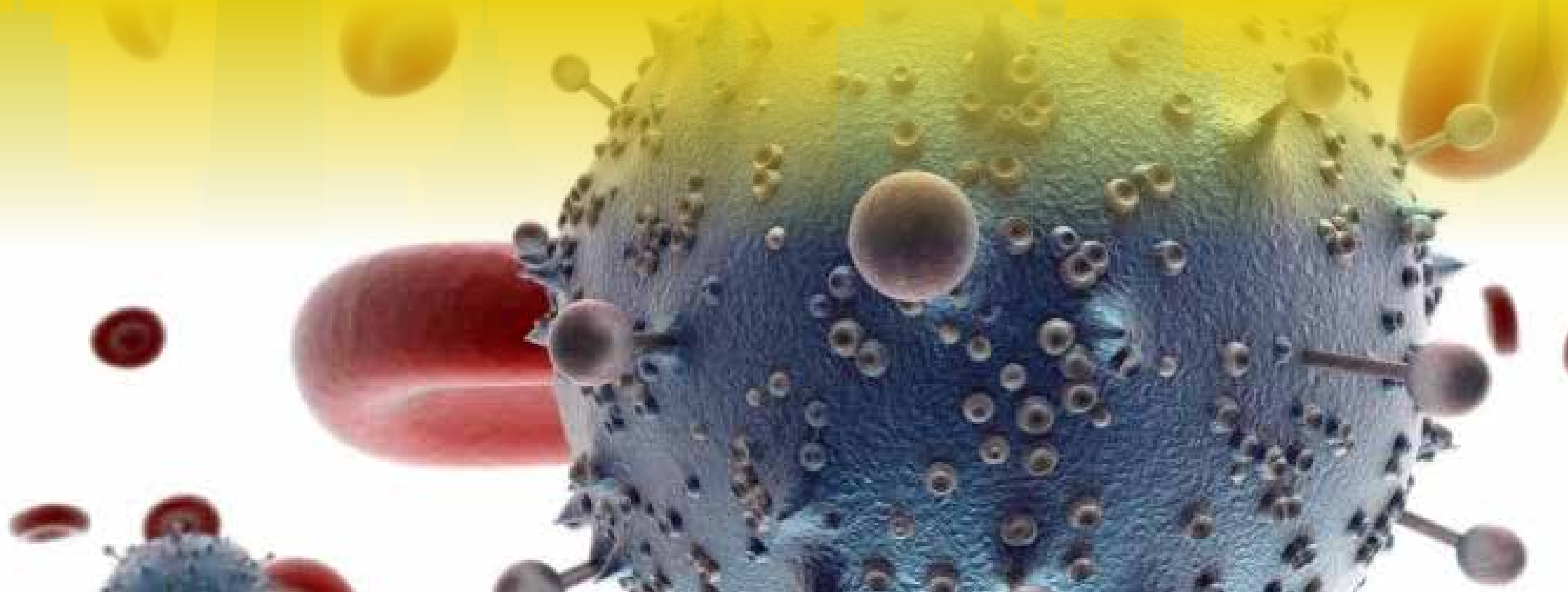
## Viral Suppression:

Towards Achievement of

**90-90-90**

Targets

When HIV positive clients are retained on recommended treatment and encouraged to adhere to prescribed treatment and care the HIV virus in them becomes suppressed and chances of passing on the virus are reduced. As such HIV treatment becomes a key pillar in HIV prevention. Attaining a viral suppression of 90% remains the ultimate objective. The Nairobi County health department is working to ensure that all patients who are on ART adhere to treatment and have access to viral load testing.





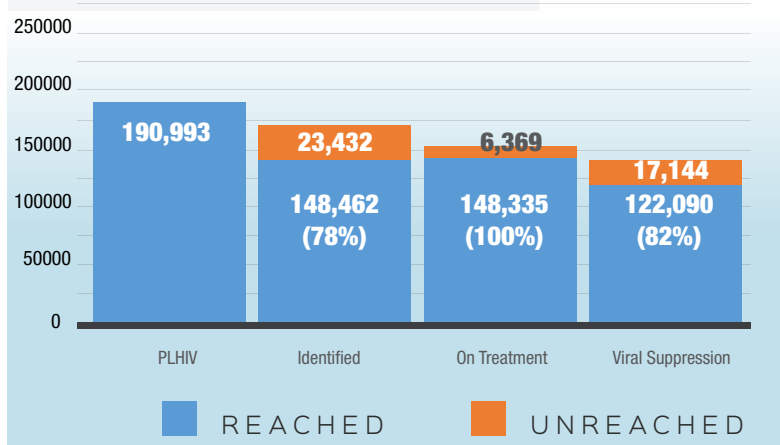
### Case study

Pauline Chiriswa, LWHIV, has viral suppression and gave birth to negative baby - Embakasi



*My name is Pauline Mushi Chiriswa, I am Hiv positive, I first got tested in 2010 May and that is when I started taking my medication at Embakasi Health Centre. When we first got tested my CD4 count was 1840. I have been taking seprine until the test and treatment started in 2016 July that is when the clinical officer told me that I have to start taking my ARVs. Since then I have been taking my medication and after six months I got tested and it was found out that my viral load had been suppressed.*

### TOTAL HIV CARE CASCADE AS AT DEC 2017



Source : Nairobi City County Fact Sheet Oct 8<sup>th</sup> 2018

### ART Uptake in Nairobi County

Indicator	2013 Annual Estimate	2015 Annual Estimate	2018 Annual Estimate	National Estimates in 2018	County Contribution to the National estimates
<b>Adults</b>					
Need for ART	102,103	148,999	182,856	1,388,169	13.17%
Number receiving ART	93,714	118,022	140,724	1,035,618	13.59%
ART Coverage	91.8%	79.2%	77.0%	75.0%	
<b>Children</b>					
Need for ART	9,392	8,336	8,137	105,213	7.73%
Number receiving ART	6,988	6,125	7,611	86,325	8.82%
ART Coverage	74.4%	73.5%	93.5%	82.0%	

Source: (Kenya HIV Estimates 2018)





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