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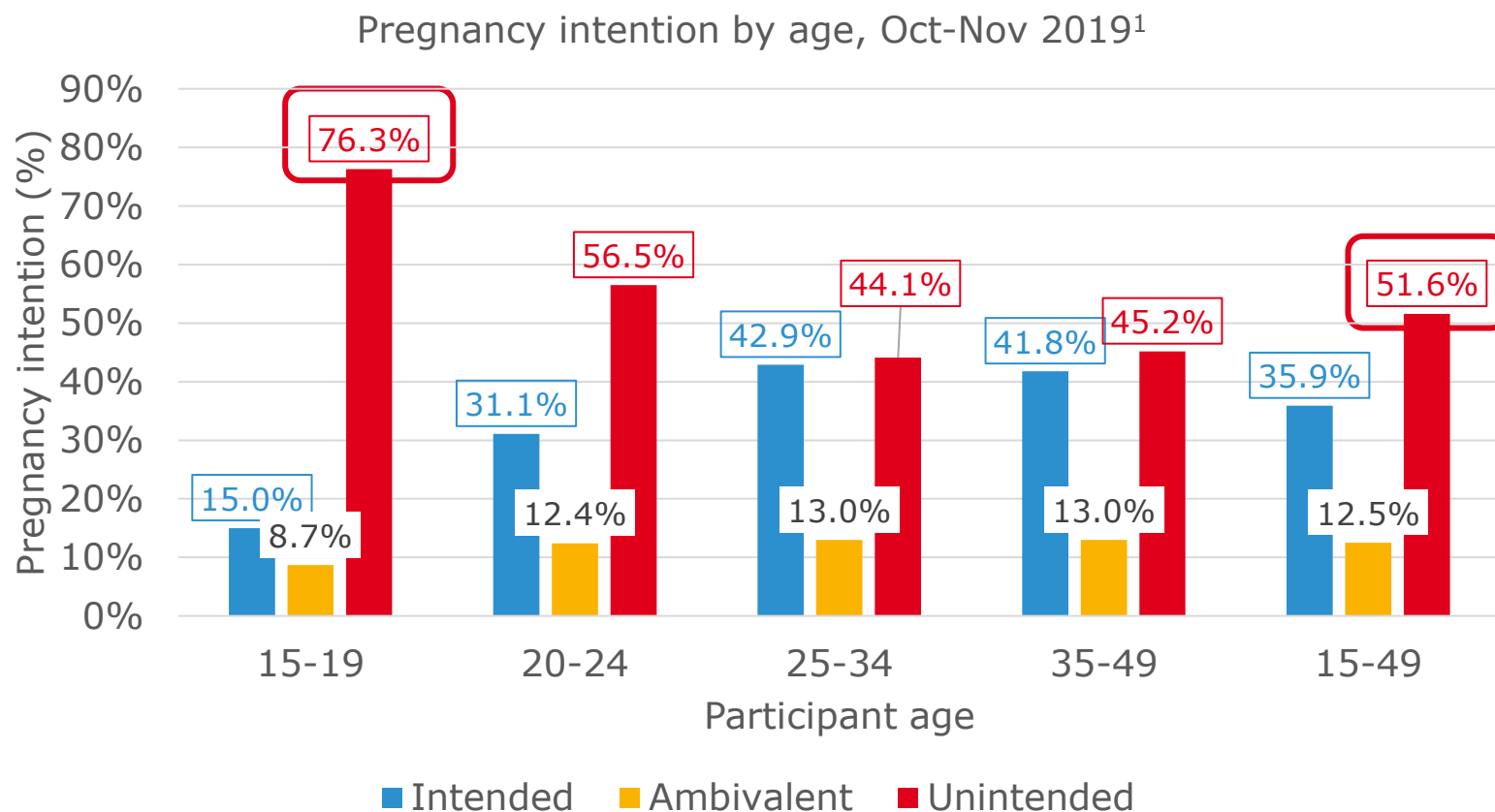
DSD beyond HIV treatment – case studies from family planning

Pathways to empowerment: Integrating digital self-care for HIV testing and contraception for young women in South Africa



Unmet family planning need in South Africa

- **51.6%** of all pregnancies are unintended, **76.3%** in 15-19 year olds¹
- ~17% increase in deliveries among adolescent girls 10-19 years between 2017/18 & 2020/21¹
- 90,037 adolescent girls 10-19 years old gave birth between March 2021- April 2022



1 - 2021 [Nature study](#): Oct-Nov 2019, 34,946 participants across 1,589 facilities
2- DHIS data

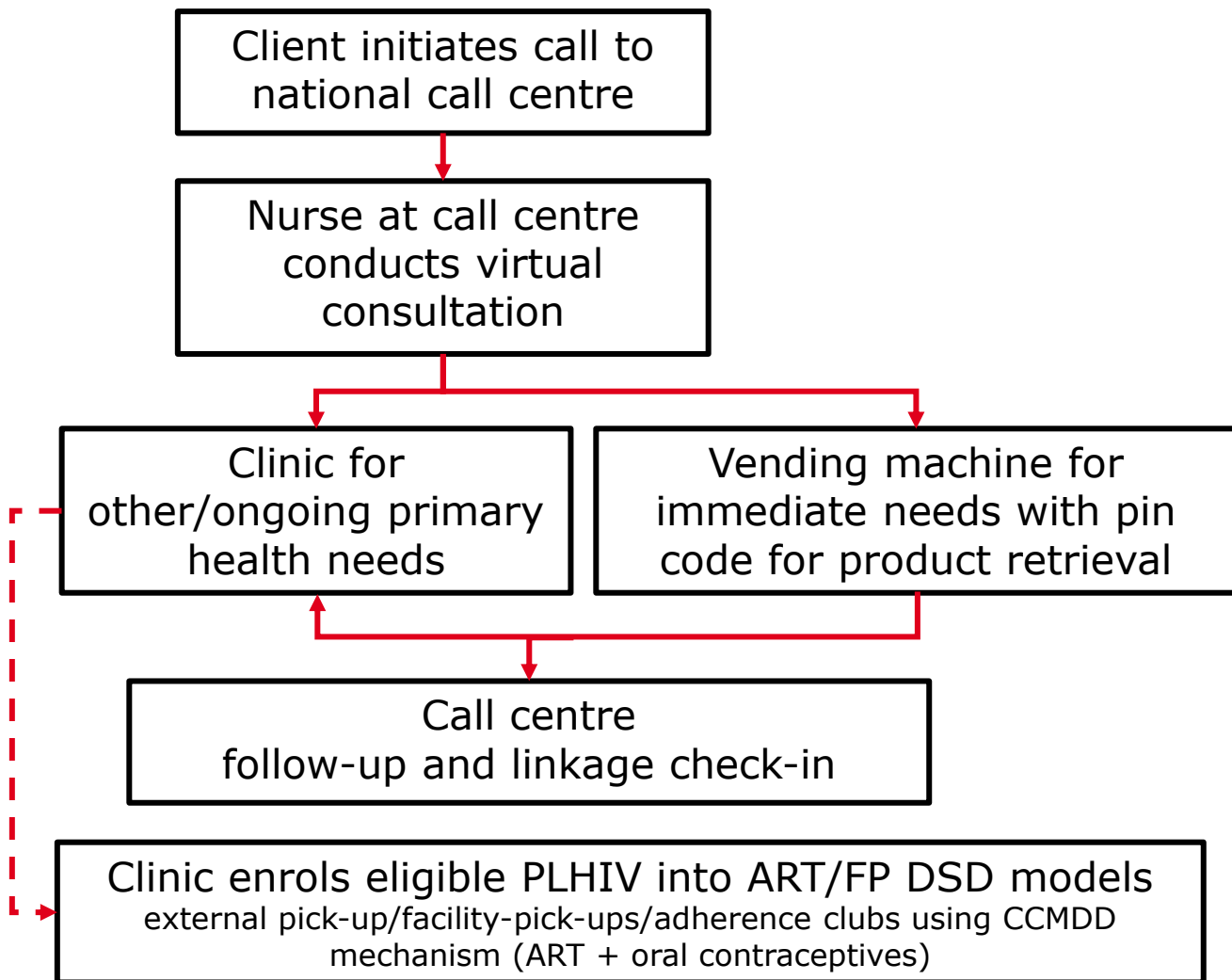
Why digital self-care for SRHR?

Goal:

To improve access of integrated SRHR and HIV prevention through the introduction of innovative self-help delivery approaches

- **Empower self-care**
- **Expand access** to underserved communities including key populations
- **Reduce the cost of geographic access** (out-of-pocket expenditure) to access services
- Provide **more timely care and support** to the people in need of SRHR and HIV prevention services
- **Allow for remote access** and support by a trained health worker
- **Facilitate linkage to health facilities** for ongoing services
- **Reduce unnecessary clinical visits** and out-patient head counts thereby reducing unnecessary burdens for the client and the health facilities

Understanding South Africa's digital self-care for SRHR



Existing intervention overview

- Community-level demand creation
- National call centre to access virtual SRHR services consulting with a nurse
- Provision of urgently required consumables through pin code for strategically located community-based vending machines or existing smart lockers
- Virtual follow-up and facilitated linkage to health facilities for ongoing needs and enrolment in existing DSD models for HIV treatment and contraception

Package of services

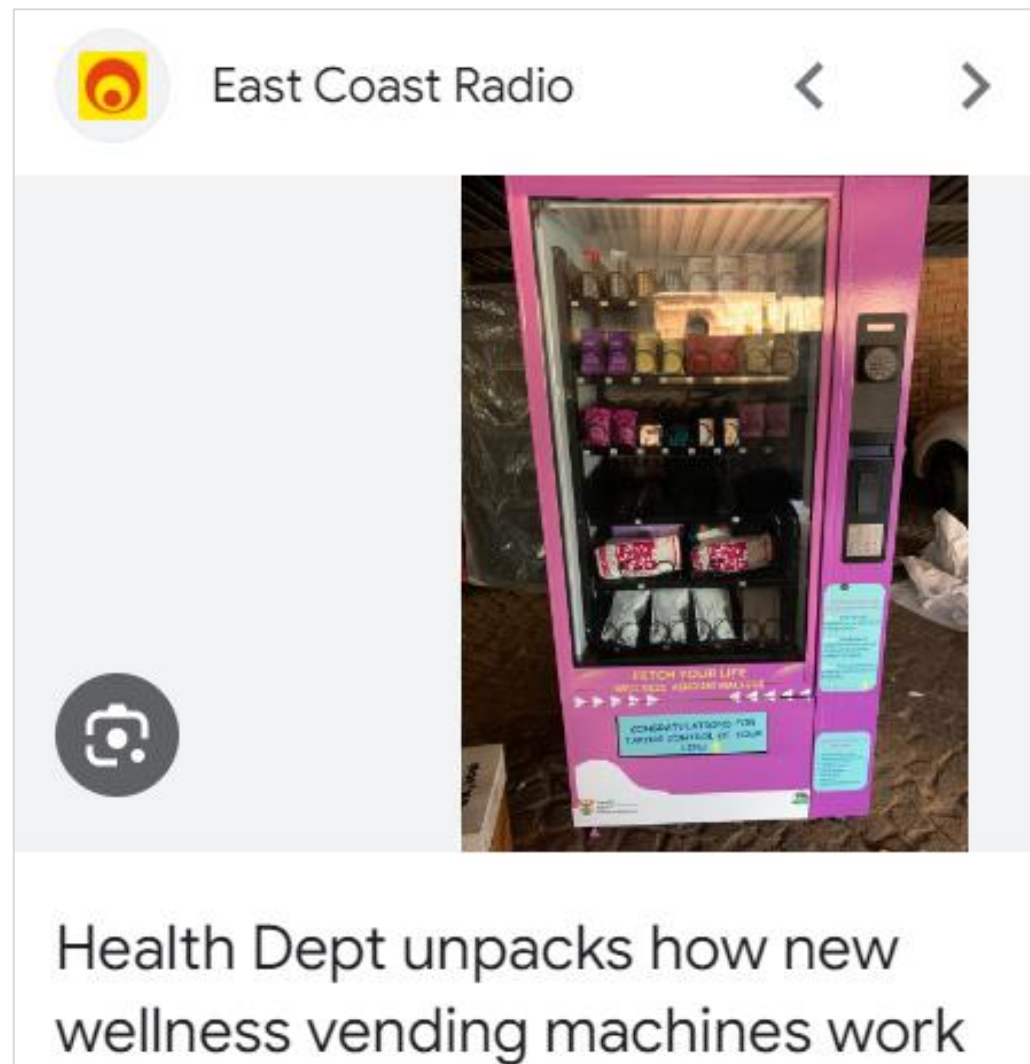
SRHR & HIV prevention services

- Emergency contraceptives
- A month supply of oral contraceptives*
- Pregnancy test kits
- HIV self-testing kits
- Female and male condoms
- Lubricants
- Medical abortion pack*
- Sanitary towels

*South African Pharmacy Council licensing application in process

For possible inclusion in the future:

- PrEP starter pack and PEP
- Self-injectable contraception (Sayana Press/DMPA-SC)



Facilitating durable linkage to contraceptive care and HIV services

Emergency contraception OR one month oral or self-injection supply OR termination package

Link to:	→ Facility-based family planning services + method choice including LARC methods
	→ Potential out-of-facility DSD models ongoing access to oral + self-injectable refills

Reactive HIV self-screen (HIVST)

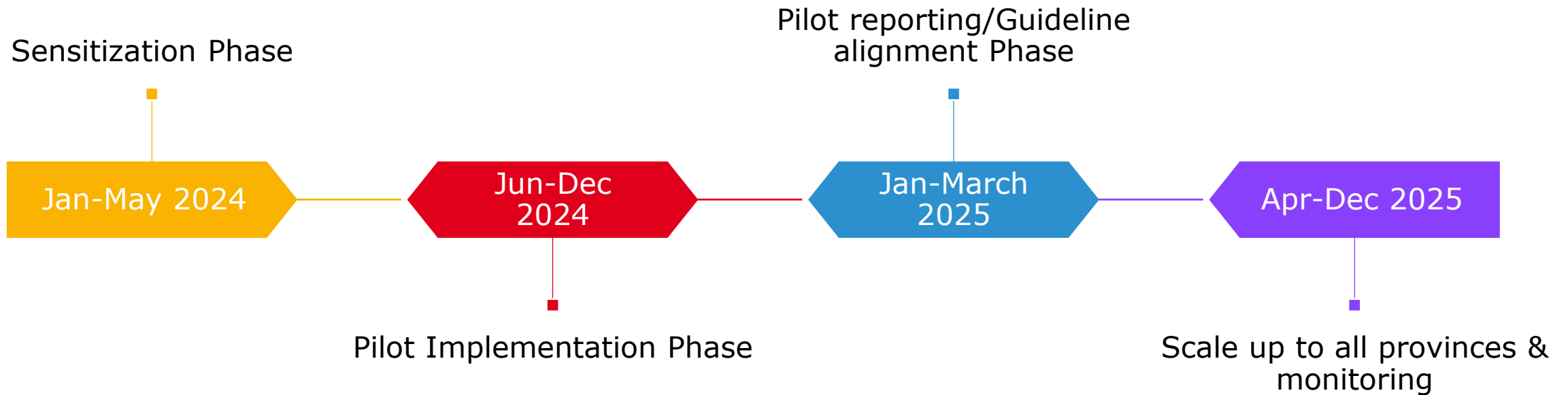
Link to:	→ Confirmatory HIV rapid testing at facility and community HTS models
	→ Facility-based ART initiation and integrated FP/ART management until stable on ART
	→ Access to ART DSD models integrating refill collection oral (+ self-injectable) from external and facility-based fast track pick-up points supplied by CCMDD

Non-reactive HIV self-screen and prevention options

Link to:	→ First PEP or PrEP collection through digital self-care from vending machines
	→ Facility-based PrEP initiation (+PEP until available in vending machine)
	→ Access to PrEP DSD models integrating oral (+ self-injectable) including out-of-facility DSD models

Use digital self-care to support access for individuals not utilizing health services to facilitate durable linkage to public sector health facilities and longer-term DSD models of care

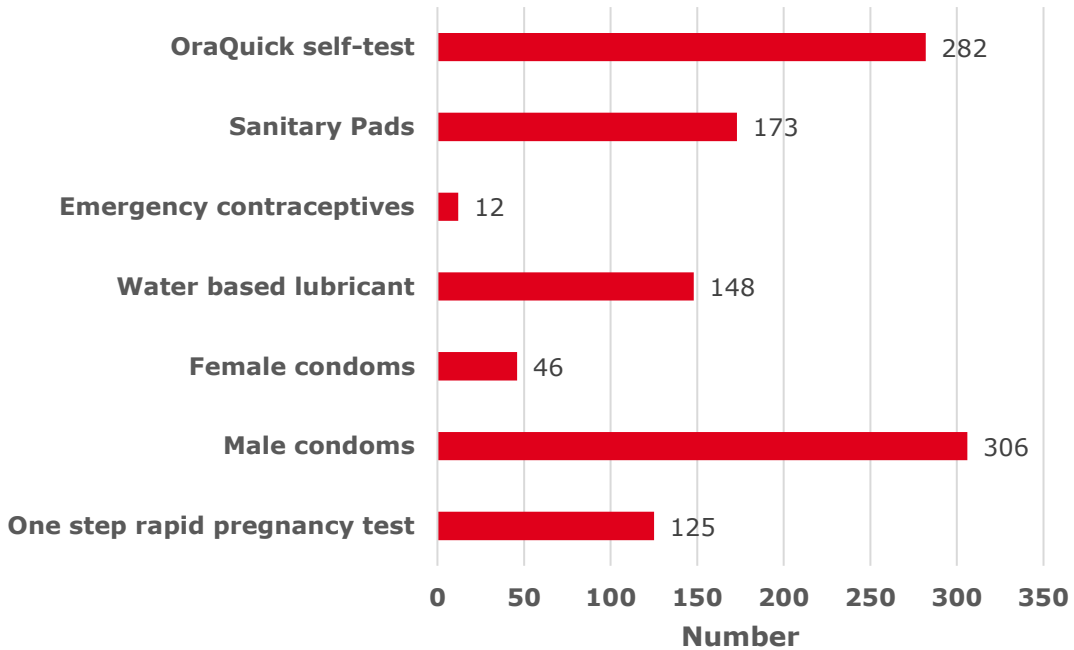
South Africa's phased implementation plan



Implementation achieved to date (early findings)



Products provided by both Mthatha vending machines (April-June 2024) (n=547)



Vending Machines Installed	Total number of people participating in FGDs in 4 provinces	Trained on Data Quality
8*	190	56

- Focus group discussions held in four provinces
- First eight vending machines locations:
 - *Mthatha: 1 Ultra City (transport hub/garage) and 1 Hub of Hope (community centre where students live)*
 - **KwaZulu Natal just installed: 5 in different community halls + 1 TVET college - uThukela (2), uMgungundlovu (2), eThekweni/Durban area (2)*
- Data training for National and Eastern Cape province partners (Kwa-Zulu Natal scheduled for July)

Lessons learnt to date




#Takecontrolandbethatgirl!



NDoH leadership is key



Leveraging previous NDoH experience



Integrated core team



Engaging DoH management and community leadership structures



Communication strategy informed by local evidence



IT/partners role in M&E to monitor implementation, document and guide for scale-up



Critical role of regulators



Next steps/way forward

- ALL vending machines and products undergoing registration with the Pharmacy Council (PC)
- Vending machine placement continues alongside PC process
- Additional provinces/partner training: implementation and data management
- FGD discussions for each vending machine site including placement
- PDSA approach to pilot implementation process including documentation updates
- Continue PEP/PrEP discussions for vending machine inclusion
- Continue DMPA-SC national tender processes towards inclusion
- Explore opportunity of call centre as a virtual CCMDD scripting site for contraception continuation



Acknowledgements

- South Africa National Department of Health
- WHO
- Higher Health
- IBIS Reproductive Health
- Ipas Africa Southern Region
- Shout It Now
- JHPIEGO
- TB/HIV Care Association
- CHAI
- LoveLife
- Right to Care: RIGHT e-pharmacy
- OPTIDEL
- IAS DSD programme