

## **HOPE Cape Town Doctor's Success Story**

*By Dr Jane Cunningham June 2015*

I first became acquainted with boy X in 2013 whilst working at the Delft Paediatric ARV Clinic. He was brought from the Eastern Cape by his Aunt as he was not attending any school whilst in the Eastern Cape. Thus although being identified as being very clever, he was already 16 in grade 6. He attended extra maths lessons on a Wednesday and Saturday. His Aunt was unemployed.

His teacher Mercy attended one of his clinic visits with him as she had identified him as being a very clever, enthusiastic child who was benefiting greatly from schooling despite his dire social circumstances. She was aware of his status and was in communication with his Aunt. HOPE Cape Town at this point supported him by buying his school uniform and a school bag for him.

Boy X was then transferred in 2014 to the adult ARV clinic as he had turned 17 years old. I came across him again in January of this year whilst sitting in the corridor waiting to be seen by a doctor. He asked me if I could please see him.

I reviewed his file and noted with horror that he had been failing his second line regimen for the last year. After a long discussion, it became apparent that he was not able to tolerate his ARVs and hence was not compliant in taking them particularly in the morning. He complained of severe nausea and diarrhoea after taking his AZT and Aluvia before school to the point that he was not able to concentrate at school. When I asked him if he took them with food he said that often there was no food in the house in the morning.

I was able to present his case at the Tuesday Tygerberg meeting with the Paediatric doctors and after much discussion, it was decided to first do resistance testing through HOPE Cape Town and then to review his options now that he was 18 years old.

We were able to choose a once daily option to be taken only at night once home from school and also ARVs less likely to give him gastro intestinal side effects.

I motivated him on his new regimen with a promise of a donated portable radio. The picture below shows his excitement at receiving his gift and also his general feeling of well-being at being on a simplified more tolerable regimen.

Although it has only been a month on this new treatment HOPE Cape Town will continue to support and follow up with this boy to ensure he adheres to and remains in care in order to live a long and healthy life.

