

MEDICATION ADHERENCE FOR YOUTH LIVING WITH PERINATAL HIV (PHIV)

Some youth born with PHIV may struggle with taking their HIV medications as prescribed on their own, which is important for when they become adults. We wanted to know whether their skills with self-care, planning and thinking ahead, and independent functioning helped them take their medication.

WHO PARTICIPATED



256 youth living with PHIV ages 7 - 16 participated in this study. Participants were all part of the AMP study and were all taking antiretroviral medications.

WHAT WE DID



We interviewed youth and their caregivers about who is responsible for making sure the youth takes their medication. We also asked how often the youth took their medications over the past 7 days.

We also asked about the youth's skills with self-care and thinking and planning ahead.

WHAT WE FOUND



About 3/4 of youth had **not** missed any ARV doses in the last 7 days.

We found that youth did better taking their medications when the caregiver alone was responsible. However, over half of the families said both the youth and caregiver shared responsibility for medications.

Youths' skills in self-care, thinking, and planning ahead did not seem to affect how well they took their medications. But having better self-control over their behavior did help them take their medications.

WHAT WE LEARNED



Taking medications as prescribed can be very hard for youth. It involves a challenging set of skills. As youth with PHIV become adults, they will take on more responsibility for medications and their health. We need to keep studying what can help them with their adherence and staying healthy.