



Improving Retention and HIV Viral Suppression: A Cluster Randomised Pilot Trial of a Motivational Interviewing Training among Lay Counsellor in South Africa

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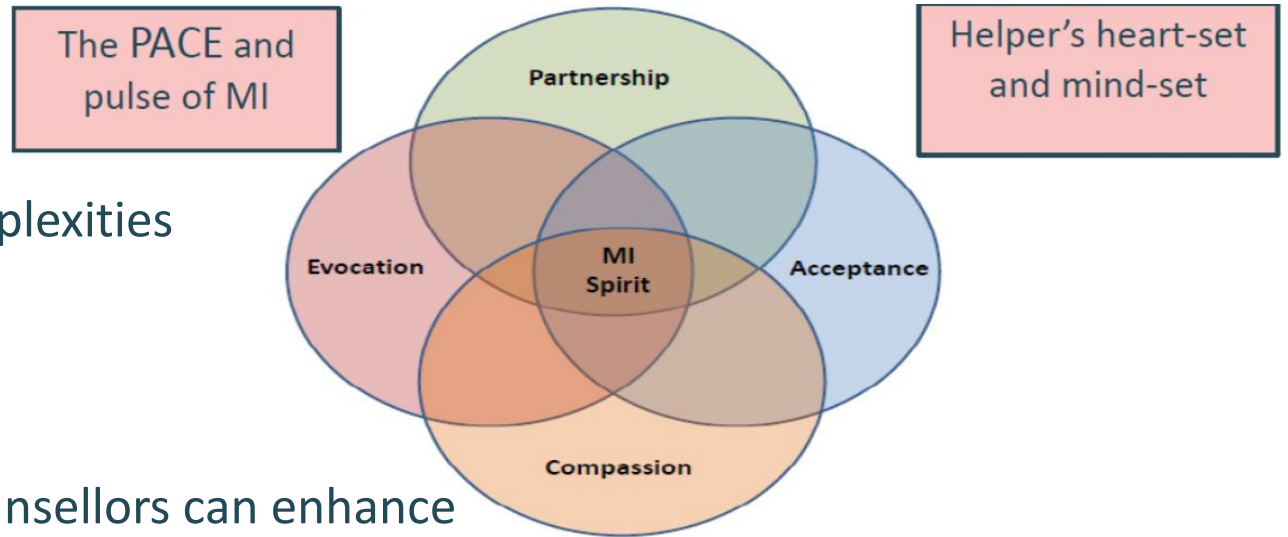
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MOTIVATIONAL INTERVIEWING (MI)

- Motivational Interviewing combines relational skills such as partnership and empathy with technical abilities like active listening, open-ended questioning, reflective listening, summarising and affirming communication.



- These skills are crucial for addressing the complexities of adhering to medical recommendations.
- Integrating MI into the training of HIV lay counsellors can enhance counsellor-client engagement, empowering clients to take steps towards positive change in health-related behaviours



INTERVENTION IMPLEMENTATION

We developed an MI training program for lay counsellors in South Africa –
Target counsellor behaviour – Patient-centred counselling incorporating MI skills

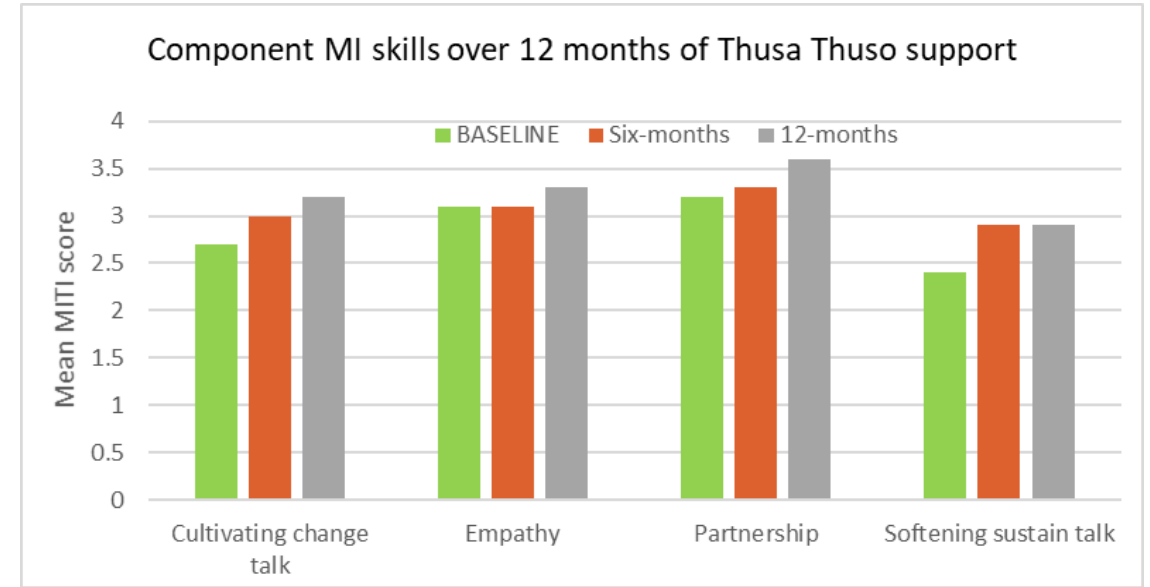
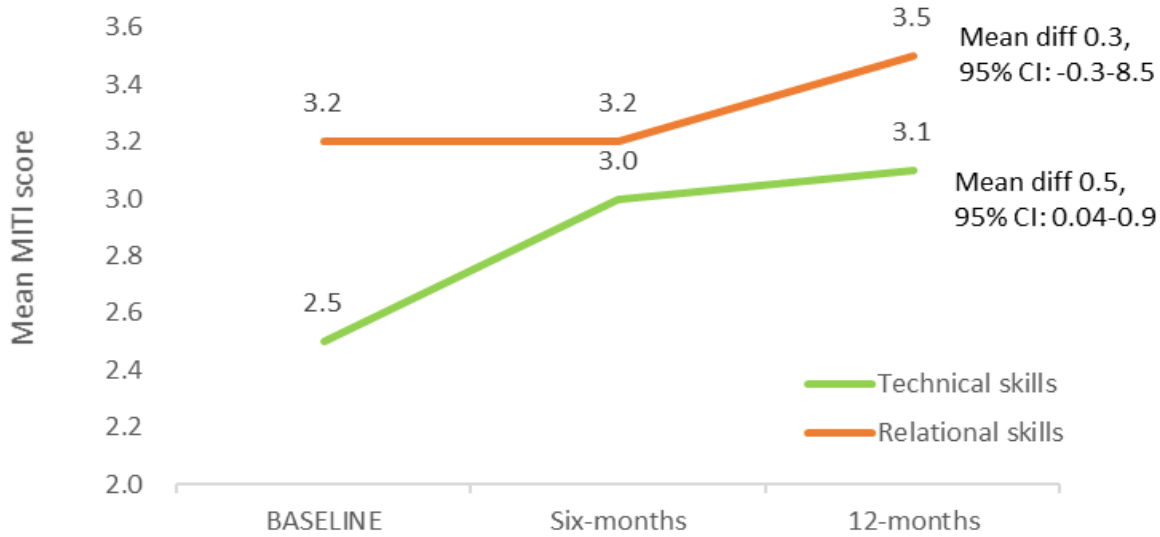
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Article

Using intervention mapping in motivational interviewing training to improve ART uptake in Gauteng, South Africa

Global MI skill over 12 months of Thusa Thuso support (n=13)



	Fair	Good
Relational	3.5	4
Technical	3	4

PLOS GLOBAL PUBLIC HEALTH

RESEARCH ARTICLE

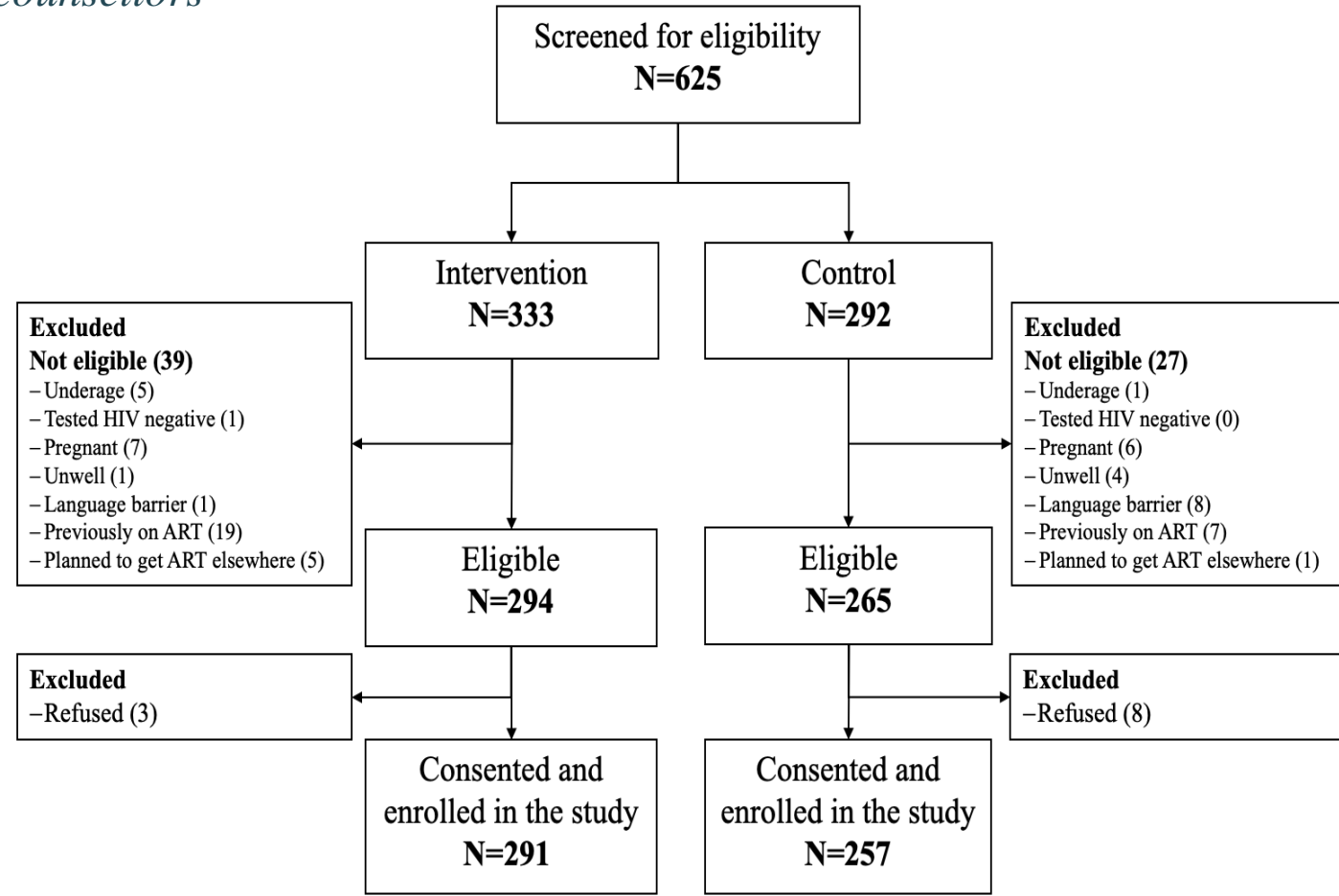
Improving patient-centred counselling skills among lay healthcare workers in South Africa using the Thusa-Thuso motivational interviewing training and support program



METHODS

Hypothesis: PLHIV counselled by MI trained staff will have improved retention and viral suppression outcomes by 12 months after exposure compared to those supported by control counsellors

- Eight primary healthcare clinics (PHC) in Johannesburg were allocated to either the intervention program (n=4) where all lay counsellors were supported for 12 months before the PLHIV enrolment or the standard practice (n=4 clinics).
- Overall, 548 adults (≥ 18 years) PLHIV were recruited after HIV diagnosis from March 2020 to August 2021
- We assessed the intervention effect on:
 - Patient attendance status (out of care - being ≥ 28 days late for the last appointment)
 - Viral suppression (<50 copies/ml) at 12 months



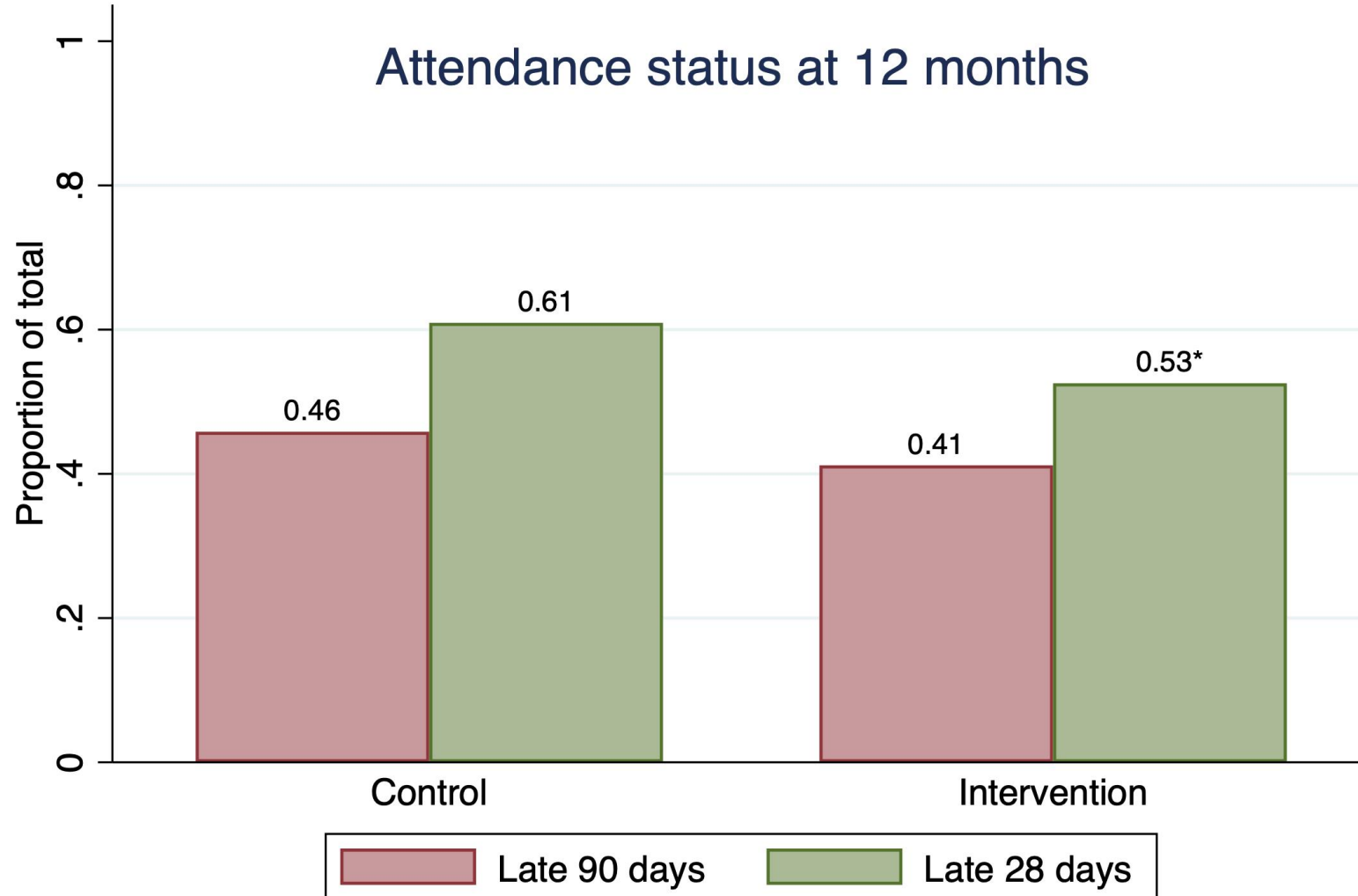
RESULTS

Table 1. Characteristics of PLHIV by Site Study Allocation

		Intervention		Control		Total	
		n	Col (95% CI)	n	Col (95% CI)	n	Col (95% CI)
Sex	Female	186	0.6 (0.6-0.7)	149	0.6 (0.5-0.6)	335	0.6 (0.6-0.7)
	Male	105	0.4 (0.3-0.4)	108	0.4 (0.4-0.5)	213	0.4 (0.3-0.4)
Age (years)	18-29.99	79	0.3 (0.2-0.4)	76	0.3 (0.2-0.4)	155	0.3 (0.2-0.3)
	30-39.99	137	0.5 (0.4-0.6)	108	0.4 (0.3-0.5)	245	0.4 (0.4-0.5)
	40+	75	0.3 (0.2-0.3)	73	0.3 (0.2-0.3)	148	0.3 (0.2-0.3)
English proficiency	I can read very well	208	0.7 (0.7-0.8)	162	0.6 (0.4-0.8)	370	0.7 (0.6-0.8)
	I can read somewhat	55	0.2 (0.1-0.2)	82	0.3 (0.2-0.5)	137	0.3 (0.2-0.4)
	I cannot read	24	0.1 (0.1-0.1)	13	0.1 (0.0-0.1)	37	0.1 (0.0-0.1)
Living with partner	Yes	133	0.5 (0.3-0.6)	116	0.5 (0.4-0.5)	249	0.5 (0.4-0.5)
	No	96	0.3 (0.2-0.5)	91	0.4 (0.3-0.4)	187	0.3 (0.3-0.4)
	N/A -not in a relationship	58	0.2 (0.1-0.3)	49	0.2 (0.1-0.3)	107	0.2 (0.1-0.3)
Income source	Paid job/ salary/ business	175	0.6 (0.5-0.7)	175	0.7 (0.6-0.8)	350	0.6 (0.6-0.7)
	Partner/Family	86	0.3 (0.2-0.4)	70	0.3 (0.2-0.4)	156	0.3 (0.2-0.4)
	Other	26	0.1 (0.1-0.1)	11	0.0 (0.0-0.1)	37	0.1 (0.0-0.1)
Household Breadwinner	Yes	165	0.6 (0.5-0.7)	152	0.6 (0.5-0.7)	317	0.6 (0.5-0.7)
	No	122	0.4 (0.3-0.5)	104	0.4 (0.3-0.5)	226	0.4 (0.3-0.5)
HIV knowledge	Low HIV knowledge	94	0.3 (0.2-0.5)	74	0.3 (0.2-0.5)	168	0.3 (0.2-0.4)
	High HIV knowledge	188	0.7 (0.5-0.8)	178	0.7 (0.5-0.8)	366	0.7 (0.6-0.8)
Baseline CD4<350	No	72	0.4 (0.3-0.5)	51	0.3 (0.3-0.4)	123	0.4 (0.3-0.4)
	Yes	122	0.6 (0.5-0.7)	101	0.7 (0.6-0.7)	223	0.6 (0.6-0.7)



RESULTS

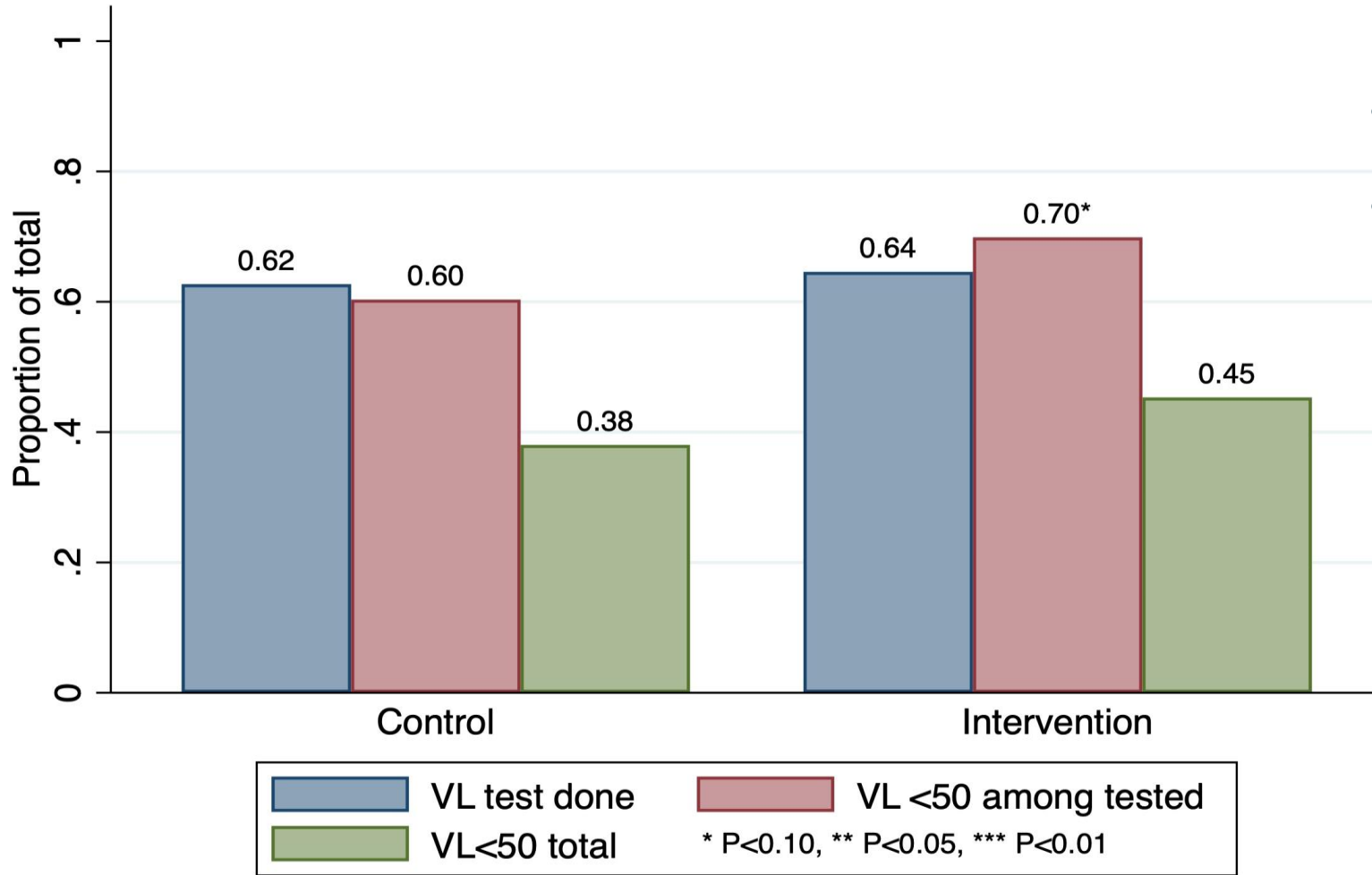


A lower proportion of intervention patients were either 28 or 90 days late for an appointment at 12 months



RESULTS

VL outcomes at 12 months

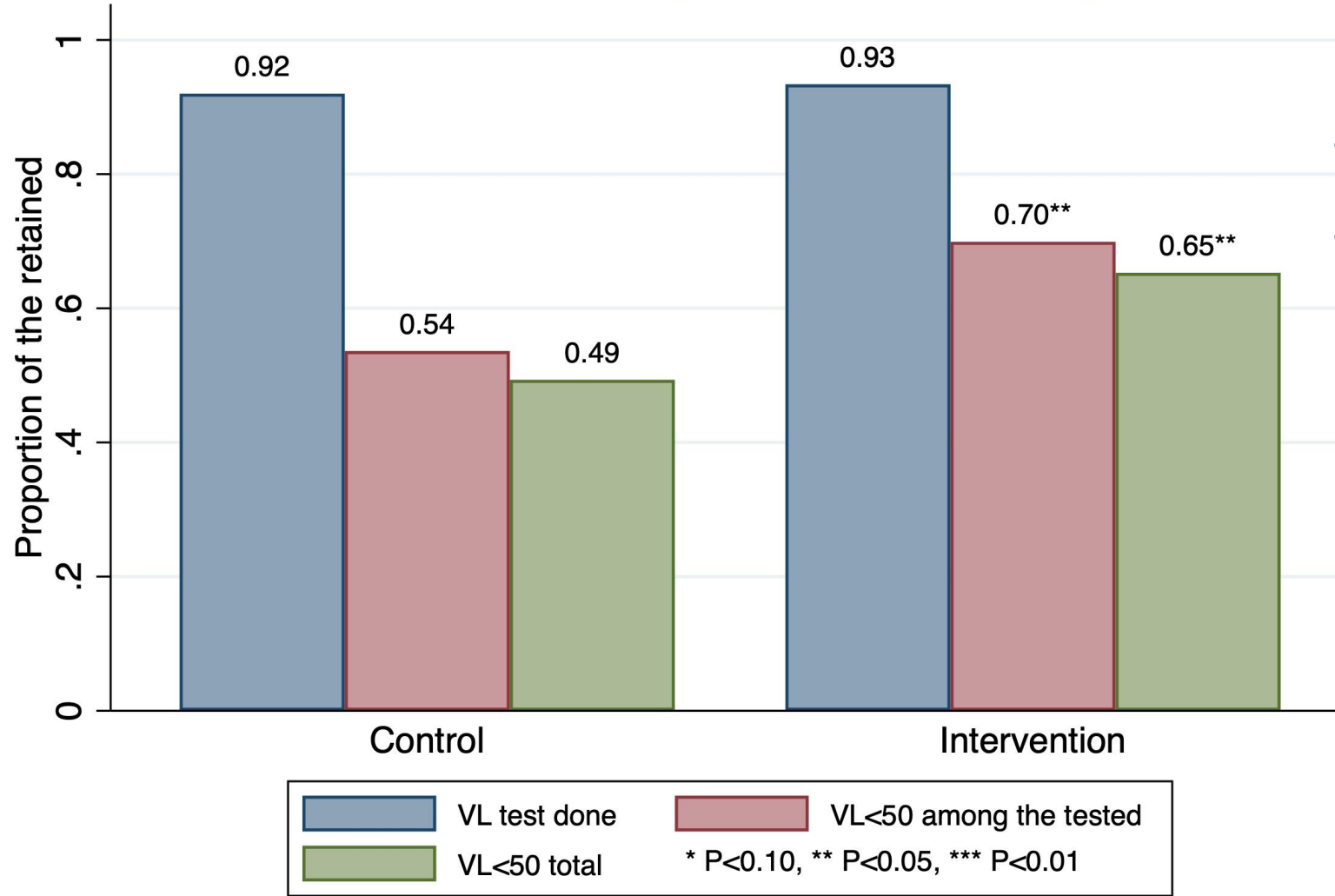


- Similar VL testing proportions
- 10% higher VL suppression, among tested, in the intervention group



RESULTS

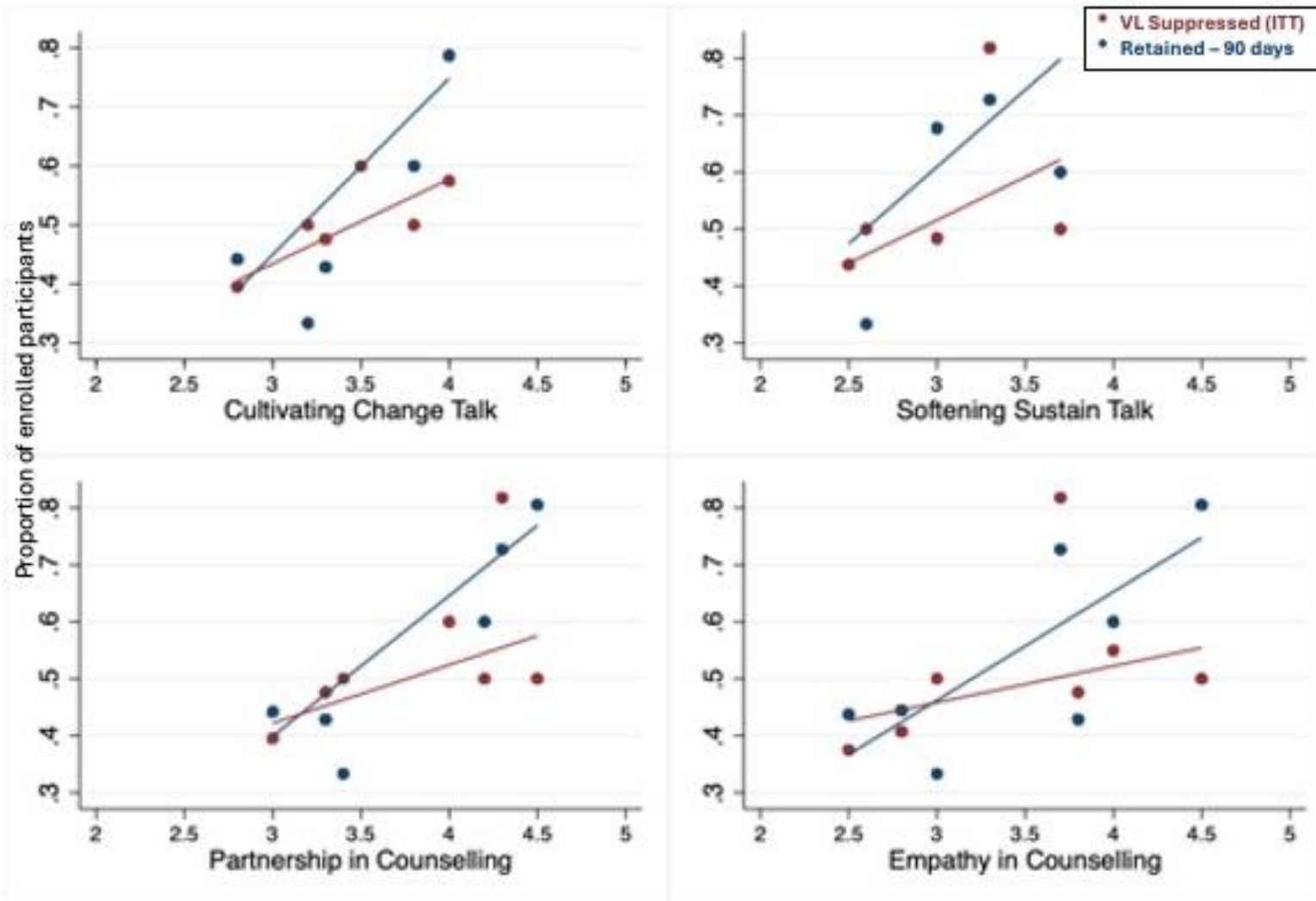
VL outcomes among those retained - 28 days



- Similar VL testing among retained
- 16% higher VL suppression in the intervention group, among those retained at 12 months



RESULTS – Within Intervention clinics, MI skills levels with 12-month patient outcomes



MI Skills Matter: Retention and viral suppression improve with higher counsellors skill levels.

Technical: Cultivating change talk & Softening sustain talk

Relational: Partnership & Empathy

	Fair	Good
Relational	3.5	4
Technical	3	4



CONCLUSIONS

- Thusa Thuso MI training increased MI counselling skills and patient retention and VL suppression at 12 months after entry in HIV care.
- Highlights the potential role of MI counselling in:
 - Advancing patient-centred care
 - Promoting patient engagement in care
 - Improving long-term health outcomes
- Further research on appropriate processes for delivering the MI training at scale is essential



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