

# BIPAI

Baylor International  
Pediatric AIDS Initiative

*Lesotho*

2013/2014  
Annual Report





# Our Mission

To provide high-quality, high-impact, highly ethical pediatric and family-centered health care, health professional training and clinical research, focused on HIV/AIDS, tuberculosis, malaria, malnutrition and other conditions impacting the health and well-being of children and families worldwide

# Our Vision - BIPAI

A healthy and fulfilled life for every HIV infected and affected child and their family

# Our Vision – BIPAI-Lesotho

To ensure universal access to care, treatment and support services for all HIV-infected and affected children and their families throughout Lesotho; support prevention of new infections; and equip health care providers with knowledge and skills to manage common pediatric illnesses

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# Letter from the Director

Once again, I am honoured to introduce the annual report of the Baylor College of Medicine Children's Foundation-Lesotho, registered in 2005 as a result of a partnership between Baylor College of Medicine International Pediatric AIDS Initiative (BIPAI) and the Government of Lesotho. This year ends the ninth year of operation. We operate a Children's Clinical Centre of Excellence in Maseru and four district Satellite Centres of Excellence in Mokhotlong, Botha-Bothe, Leribe and Qacha's Nek. A fifth Satellite Centre in Mohale's Hoek is under construction.

It is a sad fact that, according to estimates, only 24% of Basotho children who need medical care for HIV are receiving it. In addition to basic care and treatment to our patients, we have been engaged in intensifying efforts to identify additional children and bring them into care, as well as preventing new infections in infants through PMTCT, and in adolescents and young adults through education and psychosocial support. Our activities are outlined in this report.

Capacity building activities have continued, with ongoing training of Basotho health professionals in paediatric HIV care. We also continue to train our staff on diverse paediatric issues such as sputum induction to better identify children who have tuberculosis, good clinical practice in research, and basic and advanced paediatric life support in emergencies. We express our gratitude to those who assisted us.

We have made some strides in research, and we have continued to strengthen the Ministry of Health by participating in the Research Ethics Committee and various Technical Working Groups.

We are grateful to the Ministry of Health for their financial and programmatic support, and to all our funders and partners. Our patients and their families deserve special thanks for their patience with us. To our staff, thank you for your dedication.

## Lesotho at a Glance

BIPAI Lesotho is headquartered in Maseru, Lesotho

<b>Budget</b>	\$3.9 million
<b>Patients in care</b>	4,687
<b>Locations</b>	5
<b>Number of staff</b>	142

Most of all, our thanks go to Dr. Mark Kline, our president, and to the senior management and staff of BIPAI for their ever present support.



Edith Q. Mohapi, MB, BS; FAAP  
Executive Director

# About BIPAI Lesotho

Lesotho is a mountainous nation of approximately 2 million people with an HIV prevalence of 23%.

Our operations began in 2005 through a partnership between BIPAI and the Government of Lesotho, which funds basic operations. Through a locally-registered foundation, we operate a Centre of Excellence in the capital and four Satellite Centres of Excellence in the districts. Our board of directors consists of BIPAI Senior Vice Presidents and Basotho nationals.

With funding from other donors, we have been able to scale-up provision of HIV care and treatment to children and families nationwide and to build capacity in pediatric HIV, childhood tuberculosis and general pediatric health through training of health professionals.

In addition, we provide technical assistance to the Ministry of Health as requested, on topics relating to HIV, tuberculosis, drug resistance, and medical ethics. We provide support to the national referral hospital and district hospitals in the paediatric inpatient wards and outpatient departments.

Sustainability has been ensured by employing and training Basotho and other African physicians to provide high-quality care. We were pleased to welcome a locally-trained paediatrician to our staff this year. Global Health Corps physicians continue to support all clinical, educational and research activities.



# 2013/2014 Highlights

## Testing & Screening

### *Know Your Child's Status*

Learning from BIPAI colleagues in Uganda and Tanzania, we introduced targeted HIV-testing campaigns. These 'Know Your Child's Status' events focus on testing the children of HIV-infected adults and are facility-based to help quickly link potential patients to comprehensive paediatric HIV care and treatment services. Over the last year, events have been held in 12 different facilities. Almost 2,000 children received HIV testing and counseling. Over 500 children were also screened for tuberculosis.

### *Provider Initiated Counseling and Testing*

Nearly one-quarter of children admitted to hospitals in Lesotho are exposed to or infected with HIV. Prompt identification of these children facilitates access to life-saving interventions, including anti-retroviral therapy.

BIPAI-Lesotho supports universal Provider-Initiated HIV Testing and Counseling (PITC) on paediatric inpatient wards. The program now covers Queen 'Mamohato Memorial Hospital and six district hospitals. Nearly 5,000 children and their caregivers have received testing and counseling services in the past year, helping to ensure babies with HIV are identified early and receive the care necessary to stay healthy.

With funding support from USAID via the *Strengthening Clinical Services in Lesotho* project, the program was expanded this year to include outpatient departments. Counselors at 10 facilities prioritize paediatric and adolescent clients for HIV testing. Over 6,000 people have been tested for HIV, and 850 tested positive and were enrolled into care.

## Disease Prevention

Several new initiatives were launched this year to support our commitment to comprehensive medical care.

### *Immunizations*

BIPAI Lesotho has renewed its dedication to childhood immunizations. Instead of only offering 'catch-up' vaccines for children who were behind schedule, we now offer all HIV-exposed and -infected children vaccines routinely offered in Lesotho.



### *Cervical Cancer Screening*

The rate of cervical cancer in Lesotho is one of the worst in the world, and HIV-infected women are disproportionately affected. To combat this problem, BIPAI-Lesotho actively refers adolescent girls and women of all ages to a neighboring facility for annual cervical cancer screening.

# Highlights, continued

## Psychosocial Care

Teen Clubs are monthly peer support meetings for adolescents receiving care at the Centre of Excellence. This popular program has continued to grow with over 620 adolescents ages 11 to 18 years now enrolled at the COE and another 600 adolescents at the Satellite Centres.

Teen Clubs are also active in the Satellite Centres of Leribe, Qacha's Nek, Botha-Bothe and Mokhotlong. These clubs cater not only to the adolescents receiving care at the Satellite Centres, but also to those receiving HIV care and treatment at nearby health facilities. Teen Clubs at the Satellite Centres have a steadily increasing enrollment with adolescents regularly attending from 24 hospitals and health centres.

Teen Club 'graduates' and other motivated young people have formed a peer support group in Maseru called the "Wise Ones." They focus on career development and life skills, in addition to HIV education and prevention topics. Many of the Wise Youth provide leadership and role modeling as adult volunteers to the younger Teen Club participants.

Teen Club continues to address a broad range of topics, primarily related to HIV infection and sexual and reproductive health. Topics include adherence to ART, overcoming stigma and discrimination, puberty, sexually transmitted infections, decision-making skills, and building healthy relationships.

An active peer support group for male caregivers, Caring Father, provides emotional and practical support. Meetings have focused on parenting skills, general child care and income-generating activities. In addition, medical topics that are relevant for men such as prostate cancer have been presented and discussed.



# Highlights

## Adolescent Care

Since May 2012, youth aged 14-20 years have received services from a dedicated team of professionals at the BIPAI Lesotho Adolescent Clinic in Queen 'Mamohato Memorial Hospital. Feedback from the adolescents has been quite positive. They enjoy having their own space and freedom to speak on relevant topics. We envision the Adolescent Clinic to serve as a natural transition to adult care services.



Also, deeper relationships are built as the adolescents repeatedly interact with a smaller team of health care providers. We have been able to better identify and assist those who are struggling to take their medications correctly. A nutritionist and psychologists hold weekly clinics to provide additional services. Two peer educators have been identified and trained to address the unique needs of adolescents living with HIV. With a generous donation from MSF, we were able to introduce viral load monitoring this year, which has already enabled us to increase support to patients in need.

## Literacy

Through a generous donation from the employees of Bristol-Myers Squibb, BIPAI Lesotho is participating in the Reach Out and Read program to promote early literacy. Medical professionals educate families on the importance of reading aloud to young children and provide books at medical visits.

## Nutrition

### *Peanut Butter Project*

As only a fraction of the land in Lesotho is arable, food insecurity affects children and adults alike. Thanks to a generous donation from AIDS Orphan Care, the Satellite Centres provide peanut butter to children with acute and chronic malnutrition.

Peanut butter is a high-calorie, high-protein food that children like to eat. The project provides a 1 kg jar of peanut butter each month for six months to all children whose weight or height is below that expected for their age.

An evaluation of the project is currently underway.



### *Nutrition Corner*

BIPAI Lesotho has also partnered with other organizations to support the establishment of Nutrition Corners. Once a month, health professionals educate mothers on proper nutrition for infants and young children. Sessions are interactive with a hands-on demonstration of nutritious food preparation and gardening.

## Fumana TB Baneng

BIPAI Lesotho has been implementing a TB REACH grant to improve diagnosis and management of children with tuberculosis. The name of the project *Fumana TB Baneng* translates as find TB in children.

BIPAI Lesotho launched the *Fumana TB Baneng* project to improve the care of children with tuberculosis. In July 2013, village health workers and other trained community personnel began visiting the homes of individuals with tuberculosis for contact tracing. Family members and all those living in the household are given information and education regarding tuberculosis. Then, everyone is screened using simple questions regarding cough, fever, weight loss, and night sweats. Those who are ill and those who answer 'yes' to the screening questions are referred to clinics for further evaluation. Individuals who are under five years of age or HIV-infected are also referred to clinics for isoniazid preventive therapy. The project has screened nearly 4,000 children and adults for TB.



Additional diagnostic methods, specifically sputum induction, have been introduced at our Maseru Centre of Excellence and district hospitals in Leribe, Botha-Bothe, Mokhotlong and Qacha's Nek to improve disease identification and more rapidly begin treatment.

Sputum induction is a procedure that enables children to produce sputum which is then sent to the laboratory for investigation. An experienced team from Botswana-Baylor Children's Clinical Centre of Excellence visited Lesotho in January to provide training and practical demonstration on the procedure. In just a few months, 195 children have undergone the procedure.

Children with TB are receiving treatment at all BIPAI Lesotho sites. Those with HIV-infection receive comprehensive care for both infections. Those without HIV infection are referred back to local clinics once they complete TB treatment.

# Highlights, continued

## **PMTCT**

Prevention of mother-to-child transmission of HIV infection is the cornerstone in the fight against pediatric HIV. BIPAI Lesotho continues to support the Lesotho Ministry of Health in providing all HIV-infected pregnant and breastfeeding women ART treatment for life. This new strategy for PMTCT benefits the woman, her child and her family.

This year we have seen an increase in the number of pregnant women referred to our Centre of Excellence. Additional counseling support is offered to these women to optimize retention in care – for them and their infants.

## **Outreach Services**

BIPAI Lesotho continues to be a key partner in national scale-up and decentralization of pediatric HIV care, treatment and support. With ongoing funding from USAID, comprehensive support for pediatric and adolescent HIV clinical care and psychosocial services has been provided to hospitals and health centres across the nation. Physicians, nurses, psychologists, pharmacists and nutritionists are all involved in providing direct care and consultation and in building capacity of the health system.

### *Tracking Those Lost-to-Follow-up*

Patients who miss clinic appointments and fail to return for care are traced using a combination of phone calls and physical visits to their homes by a team of nurses, social workers, and trained volunteers. Over the last year, nearly 2,000 patients were called or visited to ensure retention in care. This resulted in dramatic reductions in patients who are lost and therefore receive inadequate treatment. The volunteers also visit households affected by TB to find additional cases.

## **Quality Improvement Projects**

### *Facilities Management*

With support from Texas Children's Hospital, BIPAI Lesotho hosted the second BIPAI Network Facilities Meeting. BIPAI Lesotho also received the 2014 Performance Award for the Texas Children's Hospital/BIPAI Facility Management Program for timely completion of work orders. We are grateful for funds from Texas Children's Hospital to maintain our facilities.

### *Medication Errors*

The pharmacy has implemented stronger, more rigorous monitoring for and prevention of medication errors.



### *Infection Control*

A multi-disciplinary Infection Control Committee has been established at the COE in Maseru. The members updated the Infection Control Plan to maintain and enhance infection control. The initiative will expand to the Satellite Centres of Excellence in the coming year.

# Education

Health care workers at over 100 health facilities in Lesotho received one-on-one mentoring from BIPAI physicians, nurses, psychologists and pharmacists on proper pediatric HIV care and treatment services.

One-week clinical attachments to the Centre of Excellence also continued and were expanded. These attachments include didactic education and practical skills development in our high-volume clinics. All BIPAI Lesotho clinics welcomed health professionals – nurses, doctors, laboratory technicians and counselors. Social work students also participated in clinical field work.

The Ministry of Health has continued to update policies and guidelines in line with international scientific advances. BIPAI physicians participated in the development of the new HIV treatment guidelines and in new tuberculosis management guidelines.

A special focus was placed this year on professional development for our staff. One physician is participating in a year-long fellowship on pediatric gastroenterology and nutrition. Several professionals are studying public health courses. Weekly continuing professional development courses are held at the Centre of Excellence. Topics include journal clubs on recently published articles, case presentations, and updates on relevant topics. All disciplines are invited to attend and present.

Nurses provided HIV and general pediatric health education and training to teachers, church leaders, support group members, village health workers and other community personnel. Nurses also participated in radio call-in programmes addressing a variety of child health concerns. New emphasis was brought to childhood tuberculosis.

## Education in 2013/2014

BIPAI Lesotho provides one-on-one mentoring and group educational events to hundreds of local health care workers each year.

**Health professionals  
trained** 203

**Hours spent teaching** 226

**Hours spent mentoring** 3,509

**Healthcare workers  
attached** 91

Ongoing theoretical and practical training is given to intern doctors at Queen 'Mamohato Memorial Hospital. Physicians at our Satellite Centres of Excellence also support patient care and clinical education at district hospitals in Leribe, Qacha's Nek, Mokhotlong and Botha Bothe.

BIPAI physicians and nurses regularly participate in a monthly educational activity of the Lesotho Medical Association – Learning and Sharing Forum.



# Research & Publications

BIPAI Lesotho conducts clinically relevant operational research, assisting in the care of children at the Centre of Excellence and throughout Lesotho. Our research into outcomes and best practices supports our mission to continually improve and thoroughly understand what works best in caring for children with HIV, TB and malnutrition in our country's unique setting. Results from any research conducted are used to improve care at the COE, throughout Lesotho and in other countries.

All research studies are approved by the Research Ethics Committee of the Ministry of Health, in-country Institutional Review Board (IRB) and Baylor College of Medicine IRB.

Ongoing research studies include:

- A Prospective Evaluation of Clinical Outcomes and Determining Baseline Factors of Clinical Outcomes of HAART in the Pediatric Population of BIPAI Children's Centers of Excellence in Africa
- Evaluation of the Lesotho Emergency Triage Assessment and Treatment (ETAT) Training Project
- Malnutrition and Growth Disturbance in a Pediatric HIV Clinic in Lesotho
- A Retrospective Evaluation of the Substitution of AZT for d4T-based HAART at the Baylor Children's Clinical Centre of Excellence in Maseru, Lesotho
- A Prospective Comparison of Adherence to HAART amongst Adolescent Patients of the BIPAI Children's Centre of Excellence before and after Attendance at Recreational Therapy Camp
- Helping Babies Breathe- Basic Neonatal Resuscitation with Baylor International Pediatric AIDS Initiative in Lesotho
- Needs Assessment for Development of a General Pediatrics Nurse Training Curriculum in Lesotho
- Medical Audit of Patients Registered at the Baylor College of Medicine Children's Foundation – Lesotho Clinical Centres of Excellence
- A Retrospective study to Evaluate the Effects of Isoniazid Preventative Therapy on Anemia in HIV-infected Children
- Adherence to Antiretroviral Therapy by Adolescents in Maseru: Influencing Factors and Social Work Support
- Comparison of the Effectiveness of using a single drug Zidovudine versus a 3-drug combination therapy for Prevention of Mother-to-Child-Transmission of HIV at Baylor College of Medicine Children's Foundation Clinical Center of Excellence-Lesotho

# Consolidated Financials

Our BIPAI Lesotho Center of Excellence  
(Fiscal year ending June 30, 2014)

## Statement of Comprehensive Income

Gross Income	M 39,189,977	\$3,704,720
Expenses	<u>38,172,618</u>	<u>3,608,540</u>
Surplus (Deficit)	1,017,359	96,173
Accumulated Surplus	M 11,625,616	\$1,167,607

## Statement of Financial Position

### *Assets*

Non-Current	M 20,517,518	\$1,939,570
Current	13,337,584	1,260,830
Total	M 33,855,102	\$3,200,400

### *Equity and Liabilities*

Funds and Reserves	M 28,420,135	\$2,686,620
Current Liabilities	5,434,949	513,778
Total	M 33,855,102	\$3,200,400

*Local Currency (Maloti)*

*USD*

## Board of Trustees

- Professor Mark W. Kline, MD  
President – BIPAI, Chairman of the Board
- Mr. Michael B. Mizwa  
Chief Operating Officer – BIPAI, Vice-Chairman
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- Dr. Edith Mohapi, MB, BS  
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# Acknowledgements

We wish to express our gratitude to all our donors, individually and collectively. All support, monetary and otherwise, is highly appreciated and allows us to carry out our important work and address some of the needs of our patients. The following list of our partners and donors is by no means exhaustive. Thank you!



Government of Lesotho



## Donations and Other Support

- AIDS Orphan Care
- Brentwood Baptist Church, Texas, USA
- Bristol-Myers Squibb employees
- Champions for Life
- Elizabeth Glazer Pediatric AIDS Foundation
- Médecins Sans Frontières
- Metropolitan Lesotho
- Musco Family Trust, USA
- Paediatric AIDS Treatment for Africa (PATA)
- Princeton in Africa
- Stop TB Partnership
- Trinity Paris

