



Factsheet 6: HIV care and Antiretroviral Therapy (ART) Services in Nepal, as of July 2015

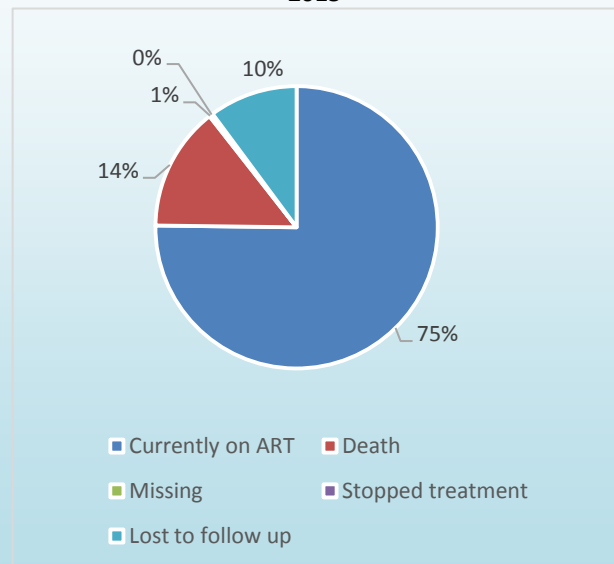
Background about ART program in Nepal

- ✍ ART was started in Nepal in February 2004 from Sukraraj Tropical and infectious Hospital, Teku.
- ✍ ART is available for free of cost for all eligible people living with HIV (PLHIV).
- ✍ Currently ART is available from 61 sites in 55 districts. HIV care is available from many sites including ART sites.
- ✍ National Consolidated Guideline for Treating and Preventing HIV in Nepal 2014 is the guiding document for providing HIV treatment and care in Nepal.
- ✍ CD4 count service is available from 27 sites across the country.
- ✍ Viral load monitoring service is available from National Public Health Laboratory.

Table 1: Facts on ART, as of July 2015

Indicators	Value
Total PLHIV on ART (As of July 2015):	11,089
Patients on the 1 st line regimen:	8,003
Patients substituted on the 1 st line	2,944
Patients switched on the 2 nd line	142

Figure 1: Outcomes of ART Program in Nepal, as of July 2015



Facts about ART Coverage

- ✍ Among Total People with advanced HIV infection who are currently on ART, of which,

Proportion of Adults (15+ years): 92%

Proportion of Male: 5652 (51.0%)

Proportion of Children (Under 14 years) : 8%

Proportion of Female: 5406 (48.7%)

Proportion of Third Gender: 31 (0.3%)

- ✍ Percentage of people with advanced HIV infection who are alive and currently on ART after

12 months of treatment: 83.7%

24 months of treatment: 78%

(<15 yrs: 95%, 15+ yrs: 83%) (F=88%, M=80%, TG=67%)

- ✍ Percentage of people enrolled in ART among the people linked to HIV care till July 2015: 44%



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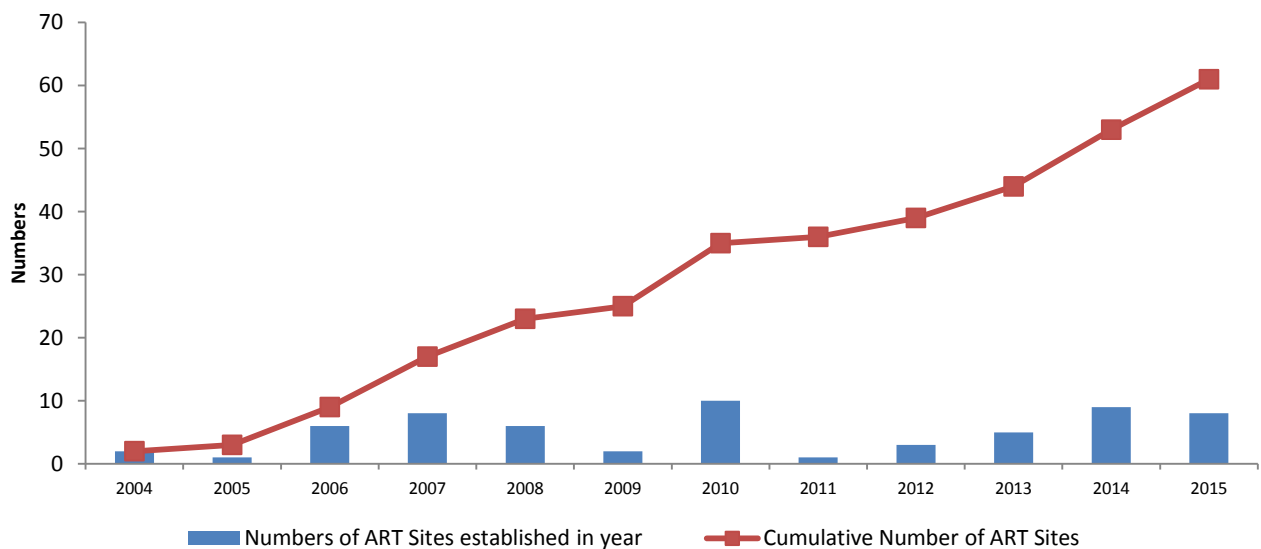


Table 2: ART Profile of Nepal, as of July 2015

Indicators	2005/06 July	2007 July	2008 July	2009 July	2010 July	2011 July	2012 July	2013 July	2014 July	2015 July
PLHIV ever enrolled on ART (cumulative)	522	1,180	2,452	3,968	5,539	7,437	9,246	11,091	12,899	14,745
PLHIV with advance HIV infection receiving ARVs (cumulative)	522	891	1,997	3,226	4,509	5,876	7,142	8,546	9,818	11,089
People lost to follow up (cumulative)	32	54	182	293	426	647	908	1,055	1,216	1,530
People stopped treatment	3	2	5	18	11	12	11	27	30	31
Total deaths (cumulative)	36	114	276	447	653	872	1,185	1,463	1,834	2,095

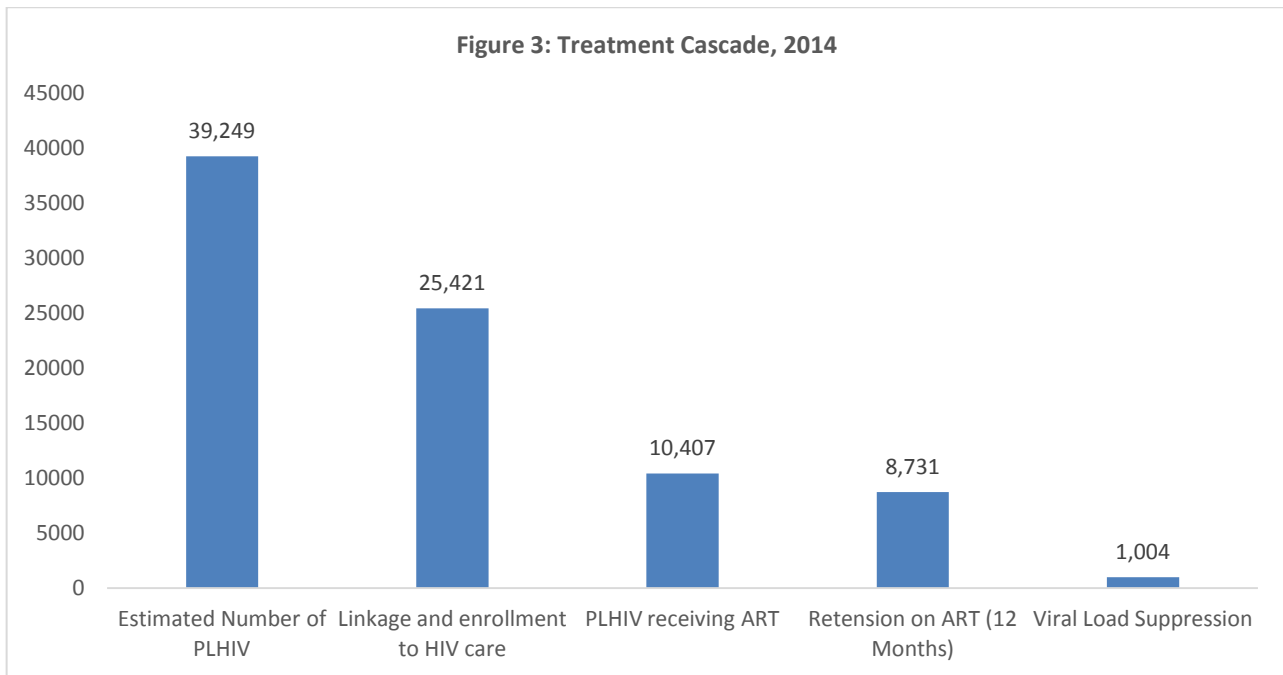
Source: NCASC, 2015

Figure 2 :Number of ART sites in Nepal by establishment year





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Viral Load:

- ✎ Viral load testing is recommended as the preferred approach to monitor ART response and diagnosing treatment failure,
- ✎ Viral load complements clinical and immunological monitoring of people receiving ART.
- ✎ National Public Health Laboratory (NPHL) collects blood sample of people on ART to test for viral load.

Table 3: Facts on Viral load

Indicators	2014	2015 (Jan-July)
Total Sample tested for viral load	1,198	3,542
Number of PLHIV with viral load suppression (<1,000 copies/ml)	1,004	3,201



Community Care Centre (CCC) Service in Nepal, 2015

- ✎ CCC is a short-term care home catering to the needs of PLHIV and serving as a link between the hospital and home/community.
- ✎ The key services include positive prevention, medical care, nutritional support, treatment literacy for adherence, care and support, and linkage to other social services.

Table 4: Facts on CCC (FY 2071/72)

Indicators	N
Number of CCC sites in Nepal, as of July 2015	58
Number of PLHIV received psycho-social counseling support	5,916
Number of PLHIV received nutritional support	4,370
Number of PLHIV referred for management of opportunistic infections	2,896

Community and Home Based Care (CHBC) Services in Nepal, 2015

- ✎ Community and Home Based Care (CHBC) responds to the physical, social, emotional and spiritual needs of PLHIV and families from diagnosis to death and bereavement.
- ✎ National package of CHBC as per National Guidelines on CHBC and Standard Operating Procedures 2011 consists of care and support to PLHIV for adherence, nutritional education, hygiene and sanitation, family planning, referral, linking with social services, emotional/spiritual support and counseling, infection prevention, and end of life care.

Table 5: Facts about CHBC (FY 2071/72)

Indicators	N
District Covered	40
Number of PLHIV who received CHBC services	10,640
Number of PLHIV referred for ART management	3,706
Number of PLHIV referred for management of opportunistic infections	2,243



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Map of ART Sites of Nepal

