



**USAID • AMPATH**  
FROM THE AMERICAN PEOPLE ACADEMIC MODEL PROVIDING ACCESS TO HEALTHCARE  
**PARTNERSHIP**



## **ACADEMIC MODEL PROVIDING ACCESS TO HEALTHCARE**

The Academic Model Providing Access to Healthcare (AMPATH) is Kenya's most comprehensive initiative to combat HIV. It is a unique partnership between MTRH, Moi University School of Medicine, and a consortium of North American institutions led by Indiana University. The program put their first patient on anti-retroviral therapy (ART) in 2001

AMPATH is a working model of urban and rural HIV preventive and treatment services in the public sector. By 2003, they had enrolled 1,000 patients into the program. As of October 2009, AMPATH had enrolled over 100,000 patients into HIV treatment and care.

A robust program to prevent mother to child transmission of HIV has been initiated including an opt-out testing policy and programs fostering triple anti-retroviral therapy of pregnant woman and formula feeding of newborns. AMPATH has implemented programs that foster food and economic security for HIV infected persons and their families.

AMPATH demonstrates the power of US and African academic medical centers united by common vision.

Importantly, AMPATH works with all levels of health providers-from the highest levels of government to community health workers (CHWs) to provide effective and culturally appropriate care.

### **The Care Model**

AMPATH's comprehensive approach to HIV/Aids control combines education and training with on-going research to offer timely and appropriate prevention and support services and the latest clinical care

initiative available. AMPATH has four arms; clinical, preventive and support services, administration, research and training.

### **Community Mobilization**

Works to educate, reduce high-risk behaviors, and empower Kenyans about HIV/Aids. Unajua hali yako ya HIV?

### **Prevention of Mother-to-Child Transmission (PMTCT)**

Provides comprehensive care for HIV-positive mothers and their families, including; testing, triple-drug prophylaxis, couple counseling, family planning, and infant feeding counseling.

### **Social Work**

Build capacity in AMPATH clients so they can cope more effectively with their lives.

### **Psychological Care and Support**

Helps clients understand their feelings and relationships so they can make better decisions and have more control of their lives.

## **Food Distribution**

Provides high quality food from World Food Programme (WFP) and HHI to AMPATH clients who are food insecure.

**Family Preservation Initiative (FPI)** - Training in income security and occupational skills to get HIV+ patients and their families back on their feet.

**HAART and Harvest Initiative** - A program to ensure food security for HIV positive patients and their families.

**Orphan and Vulnerable Children Program** - An initiative to strengthen the capacity of families and communities to care for orphans and vulnerable children.

## **Adherence Counseling**

Provides educational support to improve medication adherence and clinical outcomes.

## **Outreach**

Encourages clients to come to the clinic regularly for check-ups, and those on medication, to take as prescribed. Also, follow-ups with patients who are missing appointments.

## **Community Awareness and Mobilization**

Stigma poses the single-most significant barrier to efforts aimed at preventing HIV transmission. Stigma also prevents persons in dire need of health care from seeking treatment. AMPATH fosters teams inclusive of HIV positive persons to serve as community advocates and peer counselors. These teams are, perhaps, the most powerful force in the fight against HIV-associated stigma. Some teams serve as community care coordinators, facilitating village-based treatment. Others seek to influence village elders and opinion leaders to embrace the problem of HIV and persons infected with HIV.

## **Counseling and Testing (CT)**

Provides opportunity for any client to receive free counseling/testing services along with psychological support.

## **Clinical Care**

### **HAART Clinic**

Provides routine follow-up care to promote and improve patient outcomes.

### **Nutrition Services**

Improves nutritional status of clients through education, counseling, and nutritional assessment of food insecure patients.

### **Pharmacy**

Provides a reliable and consistent supply of medications along with appropriate counseling.

### **Laboratory Services**

Provides all essential testing and monitoring services.

### **Oncology**

Provides specialized management of HIV/AIDS related cases.

## AMPATH Milestones

- In 1989, Indiana University School of Medicine and Moi University School of Medicine join together to develop leaders in healthcare for both the U.S. and Africa.
- 2000, the Indiana-Kenya Partnership creates the Academic Model for the Prevention and Treatment of HIV/Aids (AMPATH) now Academic Model Providing Access to Healthcare.
- 2001 PMTCT programme implemented.
- 2003 Nutrition and Food Distribution programmes started.
- 2005 establishes partnership with World Food Programme (WFP).

## AMPATH'S COVERAGE

AMPATH, which grew from a small academic partnership into one of Sub-Saharan Africa's largest and most comprehensive responses to the HIV/AIDS pandemic, health and poverty challenges, now cares for over 90,000 HIV+ patients at 23 clinics and 30 satellite sites spread across Rift Valley, Nyanza, and Western Province

Besides, in Partnership with US Government the AMPATH programme feeds 30,000 people weekly, helps thousands of children left orphaned and vulnerable by AIDS, and provides life-sustaining agricultural assistance, skills training and micro-finance services to thousands more.

The sites are as tabulated below;

STATION	SATELLITE
<b>Mosoriot</b>	
	Pioneer
<b>Turbo</b>	
	Mautuma
	Chepsaita
<b>Burnt Forest</b>	

	Kaptagat/Kesses
	Plateau
<b>Chulaimbo</b>	
<b>Webuye</b>	
	Bokoli
	Mihuu
	Sinoko
	Milo
<b>Busia</b>	
	Bumala A
<b>Kitale</b>	
	Kitale Prisons
	Saboti
	Tulwet
<b>Amukura</b>	
	Lukolis
<b>Naitiri</b>	
<b>Teso</b>	
	Angurai
<b>Kapenguria</b>	
	Kapenguria (5)
<b>Mount Elgon</b>	
	Cheptais/Chesikaki
	Kaptama
<b>Iten</b>	
<b>Kabarnet</b>	
<b>Port Victoria</b>	
	Mukhobole
<b>Khunyangu</b>	
	Nambale
<b>UGDH satellite</b>	
	Huruma
<b>Module 4</b>	
<b>Module 3</b>	
	Barracks
	Ngeria Prisons

	Eldoret Prisons
<b>Module 2</b>	
	Ziwa
	Moiben
<b>Module 1</b>	
	Moi's Bridge
	Moi University/Soy

### Supporters/Partners

AMPATH acknowledges the support of the following: Moore Foundation, USAID, CDC, Bill and Melinda Gates Foundation, PVF, Rockefeller foundation, NIH, World Food Programme, PEPFAR (The U.S. President's Emergency Plan For AIDS Relief), Doris Duke Foundation, MTCT plus Initiative, US based corporations, foundations, and thousands of compassionate private donors

AMPATH has also collaborated with the following partners in the Health at Home initiative. The **Government of Kenya** through the Ministry of Medical Services, Public Health and Sanitation and Ministry of Special Programmes, the U.S President's Emergency Plan for AIDS Relief (PEPFAR), Abbott, Accenture, Bristol-Myers Squibb Company, CFC Stanbic Bank, The Coca-Cola, Deutsche Post/DHL, Pfizer Incorporation, Premier Medical Corporation, SAB Miller, Standard Chartered Bank and the Global Business Coalition on HIV/AIDS, Tuberculosis and Malaria.

These partners joined in at different levels including; providers of capital, in-kind contributions and lending core competencies.

### HIV Counseling and Testing (HCT)

As in other parts of Sub-Saharan Africa, HIV and AIDS has become a key business and developmental concern in Kenya. According to Kenya AIDS Indicator Survey (2007), 7.8% of Kenyan adults, aged 15 years to 49 years are reported to be infected with HIV. This age group is also the most productive age group. Females continue to bear the largest burden of HIV and AIDS with 8.7% of females aged 15 years to 64 years infected compared to 5.6% of men in the same age group. HIV and

AIDS adversely impacts not only communities but businesses as well. Nonetheless, Kenya has witnessed remarkable developments in the area of HCT since it was officially inaugurated in 2001. From the initial three pilot sites in 2000, at least 1,000 VCT sites have been registered to date. Every District in Kenya has at least one VCT site. Apart from these static VCT sites, other types of VCT services have been adopted, such as mobile and Home based VCT.

Beyond VCT, other approaches have since been adopted in Kenya. The most notable of these new approaches is the provider-initiated HTC, commonly known as PPITC. Kenya is among the pioneer countries that embraced PITC in 2004. This approach allows healthcare workers to provide HTC for patients in health facilities as part of our routine healthcare AMPATH's comprehensive approach to HIV treatment has brought hope to the millions of Kenyans infected and affected by HIV. Patients under AMPATH's care are a living proof that HIV is no longer a death sentence. In fact, fewer Kenyans are dying of HIV-related illnesses today than seven years ago. The scale up of anti-retroviral therapy (ART) has helped reduce the rate of AIDS-related deaths in Kenya by 29% since 2002. Many Kenyans now understand that HIV is just like any other chronic disease – if properly managed. People living with HIV can lead a very normal, healthy, and longer life.

Despite the progress Kenya is making in controlling the HIV/AIDS pandemic, it still has a long way to go. Only 12% of the estimated 1.4 million Kenyans infected with HIV are on treatment. Furthermore, over 80% of those 1.4 million Kenyans living with HIV do not know their status. To get more Kenyans on ART there is need to rapidly scale up testing programs and that is why AMPATH is now going door-to-door across its entire 2 million-person catchment area to provide in-home counseling and testing for HIV. It is an aggressive initiative that will not only save the lives of those who unknowingly live with HIV but it will also reduce the number of new HIV infections.

AMPATH's Home-based Counseling and Testing (HCT) effort is currently operating in Bungoma East District in Western Province. The program has achieved impressive results far surpassing the expectations of most experts despite warnings that people would not allow counselors in the field into their homes for HIV testing. HCT counselors have visited 97% of all households and tested 98% of all eligible adults and 96% of all eligible children for HIV. To date, HCT has identified over 700 new cases of HIV in this single district.

There is clearly much more work to be done however there is a remarkable progress. Indeed, in the absence of an HIV vaccine, AMPATH's model of home-based counseling and testing can be the most effective means to roll back the pandemic. The challenge that remains is to secure funding to continue to support this remarkably effective intervention so that Kenya can truly get the upper hand on HIV.

### **What Others are Saying about AMPATH**

“In the late 1980's... the Indiana University Medical School and Moi University in Kenya began a partnership that led to the launch of a new Kenyan medical school. The Moi University Medical School graduated its first class of Physicians in 1997, thus growing Kenya's capacity to serve its own people. AMPATH is an implementing partner of the President's Emergency Plan for AIDS Relief (PEPFAR). It is most impressive of all, and so critical to sustainability, these Kenyan patients are now largely being treated by Kenyan healthcare providers. Moreover, Kenyan healthcare providers were largely trained by other Kenyans who are products of the IU-Moi partnership. These are Kenyans taking care of Kenyans. Beyond attention to the current healthcare crisis, what Kenya has needed most-what Africa needs most-is help in growing its own healthcare capacity. That is exactly what this programme is doing, while at the same time delivering healing and hope. This is what transformational development is all about.”

- **Ambassador Randall Tobias, Administrator of the United States Agency for International Development (USAID)** during the opening statement of his confirmation hearings before the Senate Foreign Relations Committee.

“This truly has the reputation of being one of the finest, if not the finest, HIV program in Africa. ...by training so many Kenyans and developing so much infrastructure, AMPATH is developing huge capacity for the country, and it is going to take huge capacity to handle this disease. It is very emotional for me to see something so important that Hoosiers have played such a critical role in building. People in Indiana are proud that IU and Purdue are part of something like this.”

- **James Morris, Executive Director World Food Programme of the United Nations**

After a tour of the Mosoriot clinic and briefings from AMPATH's care providers and nutrition experts.

AMPATH Newsletters

[http://www.iukenya.org/pdfs/news\\_sprs%2009.pdf](http://www.iukenya.org/pdfs/news_sprs%2009.pdf)

For more information on AMPATH, follow this link <http://www.iukenya.org/>