



Project Name: Shaping the Health of Adolescents in Zimbabwe

Reporting period: January -December 2021

SECTION A

INTRODUCTION

Access to comprehensive sexual and reproductive health services is imperative to a person's health. Pangaea Zimbabwe provides Sexual and Reproductive Health (SRH) services to adolescents and young adults through the SHAZ! HUB. SHAZ!, which stands for "Shaping the Health of Adolescents in Zimbabwe, is a youth drop-in center and comprehensive sexual health clinic for adolescents and young adults aged 16-24 years. The Hub is located at CitiMed hospital (Ward B) in Chitungwiza. It has been operating since 2003, first as an NIH research clinic, and now as a "safe space" for all young people to relax and have fun, study and gain life skills, and access health services in a welcoming and discreet environment. The HUB offers the following:

Free comprehensive sexual health and HIV services: At the SHAZ! Hub, there is one qualified Nurse Counsellor who provides HIV testing, STI screening, and treatment, pregnancy testing, provision of short to medium contraception, treatment of minor ailments, and counseling and support sessions. Oral PrEP is also offered at the Hub to adolescents and young people (AYP) who are negative but at high risk for HIV infection. The AYP also includes young key populations (ie young men who have sex with men, young female sex workers, and transgender youth) around Chitungwiza. The SHAZ! Hub provides access to voluntary medical male circumcision, and it is linked with the OI/ART clinics at CitiMed and the Chitungwiza Hospital so that young clients living with HIV can access care and treatment while receiving adherence and social support from the counselor and peer supporter at the Hub in collaboration with AFRICAID. SHAZ! Hub links up with

Population Services Zimbabwe in the community for the provision of long-acting family planning methods. It also works in collaboration with Population Services International (PSI).

Life skills and sexuality education: Life skills education sessions are conducted at the Hub by the Nurse Counsellor and peer educator. The curricula cover topics such as relationships, negotiation skills, and HIV and sexual and reproductive health information.

Educational Support and Vocational Training courses

We provide a quiet space for young people to study, access computers, and basic tutoring. For young people who are not in school, we offer training of short vocational courses such as candle making, dishwashing liquid, cobra making, toilet cleaner, and cordial drink-making – young people can then sell for income generation. We also help young people with resume building, interviewing skills, and other economic opportunities (e.g. selling air time). The goal is for young people to use these skills to achieve economic stability and independence.

Recreational Activities

As part of maintaining a healthy lifestyle for young people, the SHAZ! Hub offers recreational activities like soccer and dancing. We also provide the space for indoor activities such as playing cards and watching movies.

All services and programs are offered by non-judgmental providers who are sensitive to the myriad challenges and issues faced by young people.

HIGHLIGHTS OF ACTIVITIES

Community Outreaches

A total of three hundred people were reached from forty-six community outreaches conducted in areas of Chitungwiza which include Zengeza 1,2,3, St Mary's, Manyame Park, and Seke to mobilize clients weekly. One hundred and five were males and two hundred and fifty-one were females. The purpose of these outreaches was to create demand for PrEP among AGYW and key populations. HIV testing services and STI screening were also offered during the community outreaches. During these outreaches, three thousand condoms were distributed to Adolescents and Key Populations. Flyers were distributed both for PrEP and V- a pilot study in the communities during community outreaches.

HIV Testing Services

A total of three hundred and fifty-six people were tested for HIV. Two hundred and fifty-one were females and one hundred and fifty-one were males. Two boys and two girls were positive and were linked to care and treatment. Those who were negative were assessed for risk and some of them were referred for PrEP initiation. Those who were not ready to take Oral PrEP were sensitized on condom use and other HIV prevention options.

STI Screening and Treatment

Eleven participants were screened and treated for STIs. Six were females and five were males. A total of three thousand condoms were distributed to clients.

Family Planning Services

A total of fifty clients were provided with Oral pills and Depo-Provera at the Hub. Twenty-two clients were referred for the long-acting methods at PSZ.

PrEP Initiation and Follow-up

A total of ninety-nine clients were initiated on PrEP between January 2021 to December 2021. Fifteen clients opted out of the ninety-nine initiated. Follow-up visits were also conducted for those who were due for resupplies and to check on how the newly initiated clients were doing in case they are not reachable through phone calls.

Data Summaries for Clinical Services

| Indicator | Females | Males | Total |
|---------------|---------|-------|-------|
| Total Reached | 271 | 112 | 383 |

| | | | |
|-------------------------------------|------|------|------|
| Total HIV tests done | 251 | 105 | 356 |
| Total tested HIV Positive | 2 | 2 | 4 |
| Total tested HIV Negative | 251 | 105 | 356 |
| Total initiated on PrEP | 99 | 00 | 99 |
| Total condoms distributed | 2000 | 1000 | 3000 |
| Total Screened and treated for STIs | 6 | 5 | 11 |
| Total Family Planning | 72 | 0 | 72 |

CHALLENGES

- Many AGYW initiated on PrEP were lost to follow-up, some of them relocated to unknown places and some of them changed contact details and did not share their details.
- Restrictions in movement due to COVID-19 restrictions affected the number of clients coming to access services.

RECOMMENDATIONS

- There is a need to integrate Menstrual Health and Hygiene, Mental Health, and Long-acting family planning services to have a “One Stop Shop” for Adolescents and Young People.
- There is a need to come up with new approaches to targeting AGYW so that they are able to come and access services.
- There is a need to have continuous engagements with organizations working with key populations and people with disabilities to ensure the inclusivity of all target populations.

