



Long Term Follow Up Of Teens With Perinatal HIV Infection After Disclosure Of Diagnosis

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Background: No information exists on long term outcomes of teens with perinatal HIV & the effect of disclosure of their HIV diagnosis (Dx) on their clinical, behavioral & psychosexual condition years after disclosure. This study profiles patients who have had disclosure done at least 2-5 yrs prior to look for patterns that may help providers change approaches to care to improve quality of life.

Methods:

Study population: A cohort of children with perinatal HIV closely followed by the same team of providers for the past 14 years or more. Charts of patients identified as having disclosure of Dx at least 2 yrs or more from date of study were reviewed. Information on family status at disclosure, sexual habits, substance use & school related achievements & problems were recorded.

Results: 29 teens; 15 F & 14 M with perinatal HIV & disclosed were studied. 4 were dead at time of study. Median age was 17 yrs for the surviving 25. Mean age at disclosure was 11.6 yrs & the mean duration between disclosure & study was 5.8 yrs range 2-9 yrs. 13 (45%) had at least one Bio. parent alive at time of disclosure, however 26/29 had either relatives, foster families or adoptive families caring for them at time of disclosure.

Results (contd) 88% had no change of caregivers at time of study. Only 5/29 were high school graduates, 21/25 were currently in school, 3/25 were attempting GED. 24/29 (83%) had at least one or more problems reported from school.

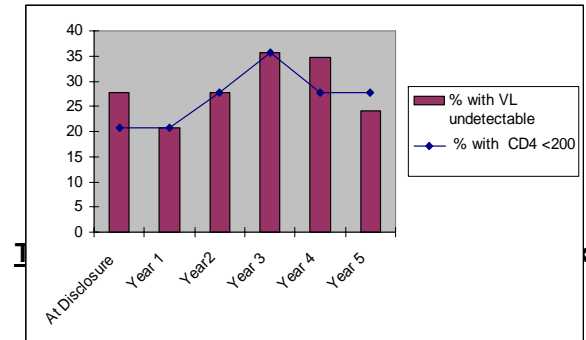
Tobacco use was noted in 5 / 25; alcohol in 3, marijuana use in 7 (26%) & other drugs in 2 of 25.

Sexual intercourse was reported at least once by 16 (55%) while 12(41%) had 5 or more partners. Of 15 females, 4 became pregnant, two of these twice. There were 2 terminations & 4 offspring all HIV uninfected.

Table 1: Patient Characteristics:

Total Number of Patients	29
Males	14
Females	15
No. Dead at time of study	4
Median age of survivors (25)	17y
Mean age at Disclosure	11.6 y
Sexually active	16
5 or more partners	12

Fig: VL/CD4 at disclosure and follow up



Conclusions: Teens with perinatal HIV have a very high rate of school & behavior related problems post disclosure. Clinical deterioration occurs in the year following disclosure possibly related to mental health and behavioral issues; but stabilizes about 3-4 years after disclosure. Despite intensive risk reduction & safe sex education imparted to this group, the degree of sexual activity is high, however a very high percentage admit to using protection during sex. New & innovative modalities need to be used to enhance sexual responsibility & substance use counseling to this group. Mental health support & behavior monitoring & modification are critical.