

HIV Prevention, AIDS Treatment and Care Leader Mother Flipchart

Module 6 of 6



HIV Prevention, AIDS Treatment and Care

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Lessons, stories, and activities in the *HIV Prevention, AIDS Treatment and Care Lesson Plan* complement the information provided in *AIDS Treatment and Care Leader Mother Flipchart*.

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Lesson 1: HIV Defined, Transmission and Symptoms

Materials for Lesson 1:

1. Attendance Registers
2. Three glasses filled with water *



1. Game: People to People



2. Attendance and Troubleshooting

3. Story: Ruth Is Very Sick (Picture 1.1)

Ruth has diarrhea. She has had it for one month. Today, she begins to cough. She coughs very hard. She has lost a lot of weight. Her husband is very worried. **Ruth** has always been very healthy. Now, she is very sick.



4. Ask

- ? What are **Ruth**'s symptoms?
- ? What sickness does **Ruth** have? Is it one sickness or many sicknesses?
- ? What causes this?

Let's compare your thoughts with the messages on the following pages.

^{1*} Materials marked with an asterisk (*) are required for the activity. The Activity Leader organizes volunteers to bring these items.

HIV and AIDS Defined (Picture 1.2)



5. Show

? What do you see in these pictures?

6. Explain

- HIV is a germ that lives in the body of a person with HIV. The red animals represent HIV germs.
 - o HIV is too small to see.
 - o These pictures show us what happens inside the body.
 - o HIV lives in blood, genital fluids, and breast milk.
- In a body without HIV, germ fighters kill germs in the body. The green animals are germs.
 - o The germ fighters live in the body.
 - o They work to keep the body healthy.
 - o They kill germs that cause infection.
 - o If there are too many germs, the person becomes sick.
- Once inside the body, HIV kills the germ fighters. Germs multiply. The person gets sick with many diseases. Doctors call this sickness AIDS.
 - o After HIV infection, a person may be healthy for many years.
 - o It may take many (2-10) years before HIV multiplies and kills the germ fighters.
 - o When a person has AIDS, the body is no longer able to fight germs.

HIV Transmission (Picture 1.3)



7. Show

? What do you see in these pictures?

8. Explain

- HIV gets inside the body in three ways.
 - HIV may pass from a person with HIV to another person during sex.
 - HIV enters the body through fluids exchanged during sex.
 - In this picture, the man has HIV.
 - His partner may get HIV tonight.
 - HIV may pass from a mother with HIV to her infant during pregnancy, delivery, and breastfeeding.
 - HIV lives in breast milk and blood.
 - HIV may pass from the mother to her child during pregnancy.
 - HIV in the mother's blood may infect the infant during delivery.
 - HIV may pass to the infant when breastfeeding.
 - HIV may pass from infected blood to another's body when sharing needles, razors, or other cutting instruments.
 - HIV may pass from one person to another when sharing razors for circumcision.
 - HIV may pass from one person to another when sharing razors used for ethnic scarring.
 - HIV may pass from one person to another when sharing needles during tattooing.
- ? Have any of you had sex before? (yes) Have you asked each of your partners if they have HIV? (no) Do you think we are vulnerable to HIV?
- Yes. All of us are vulnerable to HIV. Even those who look healthy may have HIV.

Symptoms of AIDS (Picture 1.4)



9. Show

? What do you see in these pictures?

10. Explain

- If you see these signs in an adult or child, go immediately to the health clinic².
 - Ruth's husband is taking Ruth to the health clinic.
- Fever for more than one month.
 - See the heat coming off the man's head. He has fever.
 - The calendar shows he has had fever for 30 days.
- Diarrhea for more than one month.
 - Ruth has marked the calendar each day that she has diarrhea. She has been sick for 30 days.
- Sudden, unexplained, weight loss
 - Ruth eats well each day, but still loses weight.
 - She has lost a lot of weight in a short time.
- Thick white patches on the lips, tongue, or throat.
 - Mouth infections are common with AIDS.



11. Activity: The Cholera Problem



14. Practice and Coaching



² Health Clinic or VCT center

12. Probe	13. Inform		15. Request	16. Examine
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Lesson 2: HIV Stigma and its Effects

Materials

1. Attendance Registers



1. Game: In the River



2. Attendance and Troubleshooting

3. Story: The Neighbors Whisper About Ruth (Picture 2.1)

Ruth goes to the market to buy vegetables. The woman refuses to sell her vegetables or take **Ruth's** money. She sees other women whispering about her. Some of the women in her care group refuse to meet with her. She doesn't understand why everyone is treating her this way. She is very sad and lonely.

4. Ask

- ? Why have people changed the way they treat **Ruth**?
- ? Does **Ruth** deserve this treatment?
- ? Does this happen in this community? Why?

Let's compare your thoughts with the messages on the following pages.

Stigma Defined (Picture 2.2)



5. Show

? What do you see in these pictures?

6. Explain

- Stigma is treating someone in a negative way because of an illness or other trait. Blaming someone for his or her illness is stigma.
 - Many people are afraid or don't understand the sickness of AIDS.
 - They treat those with HIV poorly because of their own fears.
 - The people in the community are telling Ruth she deserved to get HIV.
 - They are saying it was her fault that she has HIV.
 - Ignoring someone is stigma.
 - The two women do not sit with Ruth.
 - They talk about her as if she is not there.
 - Excluding someone from activities is stigma.
 - Ruth and her family were not invited.
 - The man is telling them to go away.
 - They don't want to "catch" HIV from Ruth.
 - Stigma affects everyone in Ruth's family.
- ? Think of a time when you felt blamed, ignored, or excluded. How did it make you feel?
- ? Did you deserve this treatment?
- ? How does stigma affect those who are sick?
 - It affects the way they feel.
 - It affects the way that they work.
 - It may affect services they receive from the government.
 - It affects their income and their family members.

Safe Contact with Those with HIV (Picture 2.3)



7. Show

? What do you see in these pictures?

8. Explain

- People have many fears about HIV. Explain HIV to them. This reduces stigma.
 - Mary is explaining HIV transmission to the care group.
 - She is helping them not to be frightened of Ruth.
 - Mary is helping others to understand Ruth's illness.
 - You cannot get HIV from kissing or greeting.
 - Ruth is kissing and greeting her friend.
 - They are not afraid of her illness.
 - They know they cannot get HIV from kissing or greeting.
 - You cannot get HIV by working or sitting with someone.
 - Ruth is eating with her family.
 - They are not afraid of HIV.
 - They cannot get HIV from sharing food or drinks.
 - You cannot get HIV by working or sitting with someone.
 - Ruth is talking with a friend at the health clinic.
 - Her friend is not afraid.
 - She knows that HIV cannot be passed this way.
- ? What are other "safe" contacts that we can have with those with HIV?
- HIV is not passed through the air (sneezes), by insect bites or witchcraft.
 - HIV is not passed through saliva, tears, sweat, or kissing.

Practices to Stop Stigma (Picture 2.4)



9. Show

? What do you see in these pictures?

10. Explain

- Stop stigma. Help harvest the crops of those who are sick.
 - o Mary asked the care group to help Ruth.
 - o Together they harvest her crops.
 - o Ruth was too sick to finish the work herself.
- Stop stigma. Help those who are sick to attend community activities.
 - o Mary encourages the community to accept Ruth.
 - o A man from the community helps Ruth to walk.
- Stop stigma. Have compassion. Visit those who are too sick to leave home.
 - o Mary visits Ruth.
 - o She doesn't blame Ruth for her sickness.
 - o She shows kindness instead.

? Do you think these actions helped Ruth? Do you believe that you could help others like this?



11. Activity: Discussing Stigma



14. Practice and Coaching



12. Probe	13. Inform		15. Request	16. Examine
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Lesson 3: HIV Testing and Treatment

Materials:

1. *Attendance Registers*



1. Game: Taxi Rides



2. Attendance and Troubleshooting

3. Story: Mother A receives an HIV Positive Test (Picture 3.1)

Ruth goes to a VCT center. The health worker tests Ruth's blood for HIV. The health worker tells her she is HIV Positive. This means there is HIV in her body. Ruth cannot believe it. How did she get HIV? "Your husband and children may also be infected. Ask them to come to the clinic for a test," says the health worker.



4. Ask

- ? What was Ruth's result on her test? What does that mean?
- ? How do you think she was infected?
- ? Why should the health worker test her husband and children?

Let's compare your thoughts with the messages on the following pages.

Volunteer Counseling and Testing Center (Picture 3.2)



7. Show

? What do you see in these pictures?

8. Explain

- Find out if you have HIV. Go to the VCT center.
 - Mary and her husband go to the clinic.
 - Ruth's husband is taking the children to the clinic.
 - They want to know if they have HIV.
 - The children may have received HIV during pregnancy, delivery or birth.
 - Of Great Worth is still breastfeeding. Ruth is very sick with AIDS. This increases possibility of passing HIV.
- The health worker takes blood from the arm or finger.
 - The health worker takes a small amount of blood.
 - Special tests look for HIV germ fighters in the blood.
 - If HIV germ fighters are in the blood, the test is positive. HIV is in the body.
- After the blood is tested, the health worker talks with you in a room by yourself. He will explain your results. He will tell you where to find treatment and help you cope with your results.
 - Most tests give you immediate results. Some tests may take one week before you can see your results.
 - Mary is HIV negative. This means there is no HIV in her blood.
 - The health worker is telling Mary how to prevent HIV infection.

When to get Tested (Picture 3.3)



5. Show

? What do you see in these pictures?

6. Explain

- Get an HIV test as soon as you know you are pregnant. Test again at seven months.³
 - Mothers who get HIV during pregnancy have a greater possibility of passing HIV to their infant.
 - If you are positive, HIV treatment can help protect your infant.
- Test infants born to HIV positive mothers at birth. Test them again during the time of breastfeeding.
 - Of Great Worth breastfeeds each day.
 - The health worker tests Of Great Worth.
 - She is HIV negative.
 - She will test for HIV again in six months.
- If your spouse has HIV, or you have more than one sex partner, get tested every six months.⁴
 - Health workers cannot see the infection for three months after HIV enters the blood.
 - If you think you were recently infected, wait three months to get an HIV test. Test again at six months.
- If you have never had an HIV test, go to a VCT center.
 - If you have HIV, you can begin treatment before you are very sick.
 - If you have HIV, you can protect your sex partners.
 - If you have HIV, you can protect your children.

? Are there advantages to talking with your spouse (or sex partners) about HIV, when you do not have HIV? What are they?

³ Adapt the pregnancy testing recommendation according to MOH guidelines.

⁴ The CDC recommends every 12 months for those in the US. Adapt based on MOH guidelines.

HIV Treatment with ARVs (Picture 3.4)



9. Show

? What do you see in these pictures?

10. Explain

- Begin treatment as soon as possible. You must show signs of AIDS or have weak germ fighters.
 - o Mother A already shows signs of AIDS.
 - o This man's blood shows he has very weak germ fighters.
 - o Both of them need to begin HIV treatment.
- Treatment does not cure HIV. It helps the body gain weight and overcome illness.
 - o Mother A will always have HIV in her body.
 - o Mother A has been taking treatment for two months.
 - o She has gained weight and no longer suffers from many sicknesses.
- Those with HIV will take treatment for the rest of their life. The pills are called ARVs.
 - o Mother A takes nine pills, three times a day.
 - o She will take ARV pills for the rest of her life.
 - o People taking ARVs can live a long, healthy life.
- Take all the ARV pills given by the health worker. Never skip a treatment.
 - o Many pills are needed to help the body fight HIV.
 - o When you skip treatments, HIV learns to resist and overcome the ARVs.
 - o When you start ARVs again, HIV will be too strong.



11. Activity: Talking to your Partner

		14. Practice and Coaching		
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12. Probe	13. Inform		15. Request	16. Examine
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Lesson 4: HIV Prevention

Materials

- 1. Attendance Registers*



1. Game: Transmission



2. Attendance and Troubleshooting

3. Story: Ruth's Husband is HIV Negative (Picture 2.1)

After his HIV test, Ruth and her husband talk. Ruth's husband does not have HIV. Her husband does not blame her for her illness. Ruth's husband is committed to stay with her. The next day, early in the morning, he goes to the VCT center to ask about sex. "My wife is HIV positive. How can I protect myself from HIV? I cannot abstain from sex forever."



4. Ask

- ? Why does Ruth's husband stay with his wife?
- ? Can he and Ruth have sex? What do you think the health worker will say?
- ? If your spouse had HIV, what would you do?

Let's compare your thoughts with the messages on the following pages.

Practices that Protect from HIV (Picture 4.2)



9. Show

? What do you see in these pictures?

10. Explain

- If you and your partner are HIV negative, do not have sex with others. Mary and her husband are HIV negative. They do not have sex with others.
 - Mary says “no” to the men at the bar.
 - Her husband says “no” to the women on the street.
 - Having only one sex partner protects them from getting HIV during sex.
- Use new, unused blades for each person when scarring, cutting, shaving, or circumcising.
 - Use a new razor to cut a newborn's umbilical cord.
 - Use new needles on each person who is tattooed.
 - Use a new razor for each male circumcision.
- If you cannot replace tools, boil them for 20 minutes before using again.
 - Scrub the tools with soap and water.
 - Cover the tools with water in a large pot and boil.
 - Boiling kills the HIV germs on the tools.

? What tools are used for cutting or piercing?

? Are they replaced? Or cleaned? How often?

? What changes can we make to protect our community from HIV?

Practices that Decrease HIV Transmission (Picture 4.3)



9. Show

? What do you see in these pictures?

10. Explain

- If one partner has HIV, use condoms every time you have sex.
 - Ruth's husband is opening a condom so that he can have sex with Ruth.
 - Condoms protect the man and woman from exchanging fluids during sex.
 - Condoms decrease the possibility of getting HIV as compared to sex without a condom.
 - Use a male or a female condom.
 - A female condom fits inside the woman's vagina.
 - A male condom covers the man's penis.
 - Only use one condom at a time. Never reuse a condom.
 - Male circumcision of adults and infants lowers the risk of HIV infection for men.
 - The health worker circumcises Ruth's husband and his son.
 - Male circumcision lowers the possibility of HIV infection.
 - Ruth's husband must wait to have sex until his skin heals.
- ? What if you don't know if your partner has HIV? What should you do?
- Use condoms every time you have sex.
 - Go together to get an HIV test.

Practices that Increase HIV Transmission (Picture 4.4)



9. Show

? What do you see in these pictures?

10. Explain

- During the woman's monthly bleeding, avoid sex or use a condom.
 - o Ruth is bleeding.
 - o She and her husband use a condom to prevent HIV transmission.
 - o If one partner is infected, the blood puts both partners at risk of new HIV infections.
 - If you or your partner has genital sores or scabs, avoid sex or use a condom.
 - o HIV enters the blood through the sores.
 - o This man has red pumps on his penis. Yellow liquid oozes from his penis.
 - o This woman has a red sore near her vagina.
 - o They use a condom to prevent HIV transmission.
 - Avoid sex that causes bleeding or tearing. Forced sex, dry sex and anal sex increase the possibility of HIV transmission.
 - o HIV lives in the blood and easily enters broken skin.
 - o Using herbs, stones, or powders to dry out the vagina increases the possibility of passing HIV.
 - o Anal sex increases the possibility of HIV transmission through blood.
- ? What happens if both sex partners have HIV? Do they have to change their sex practices?
- o Yes. A person can be infected with more than one type of HIV. When both partners are infected, they should use a condom every time they have sex.



11. Activity: Risky Sex

		14. Practice and Coaching		
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12. Probe	13. Inform		15. Request	16. Examine
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Lesson 5: Prevention of Mother-to-child Transmission

Materials:

1. Attendance Registers
3. Soap and water for hand washing (Tippy Tap)
4. Clean cup for each breastfeeding mother*
5. Pot of water, cooking fire, glass jar or small pot with lid *



1. Game: Bottle Caps and HIV



2. Attendance and Troubleshooting

3. Story: Mother A Continues to Breastfeed (Picture 5.1)

Ruth is breastfeeding Of Great Worth. Mary says, "Isn't breastfeeding dangerous? Ruth says, "I spoke with a VCT counselor (or nurse) about the different feeding options. There is a possibility of passing HIV to Of Great Worth in breast milk. However, Of Great Worth is more likely to get sick and even die from diarrhea if I give her infant formula. Both options have risks. My husband and I decided that breastfeeding was the best option for us."



4. Ask

- ? Why is Mary concerned?
- ? Ruth says breastfeeding is best for Of Great Worth. How?
- ? How can an HIV positive mother protect her infant from HIV during pregnancy and breastfeeding?

Let's compare your thoughts with the messages on the following pages.

HIV Treatment and Prevention during Pregnancy, Labor and Delivery (Picture 5.2)



5. Show

? What do you see in these pictures?

6. Explain

- Women taking ARVs will continue treatment during pregnancy.
 - o This woman takes ARVs each day for her own health.
 - o She takes ARVs each day during pregnancy.
 - o ARVs help to protect the child from HIV.
 - o She does not need to take extra pills for her infant.
- HIV positive women not taking ARVs will begin infant prevention pills at the first signs of pregnancy.
 - o This mother's sickness does not need ARV treatment yet.
 - o She takes infant prevention pills to protect the infant from HIV.
 - o She begins these pills during the fourth month (14th week) of pregnancy.
 - o These pills help to protect the child from HIV.
- HIV positive women will take treatment (ARVs or infant prevention pills) on the day of labor, and delivery.
 - o The woman takes ARVs on the day of delivery.
 - o This woman takes infant prevention treatment on the day that her child is born.
 - o Both women take treatment each day.

? What if a woman does not know her HIV status? What should she do?

- o Take an HIV test as soon as you know you are pregnant.

HIV Treatment from Birth to Six Months (Picture 5.3)



7. Show

? What do you see in these pictures?

8. Explain

- Give only breast milk for the first six months of life.
 - Breastfeeding prevents diarrhea and poor health.
 - In this region (where care groups meet), infants given infant formula are more likely to get sick and even die from diarrhea.
 - If you are worried about HIV, talk with a health worker.
 - Even if HIV treatment is not available, breastfeed your child.
- Do not give animal milk, water, tea, porridge or other drinks for the first six months.
 - Animal milk is dangerous for infants less than six months.
 - Adding foods and liquids is dangerous.
 - They increase the possibility of HIV transmission.
 - Breast milk is the only food and drink the infant needs.
- Give infant prevention drops to breastfeeding infants each day.
 - Infant prevention drops are squeezed into the child's mouth.
 - Prevention drops help to protect the infant from HIV.
 - The health worker will tell you when to stop the treatment.
- HIV positive mothers will take treatment each day (ARVs or infant prevention pills) to prevent passing HIV while breastfeeding.
 - This mother takes ARVs to prevent HIV from passing to her infant.
 - Mothers taking infant prevention pills should meet with health worker. He will tell you when to stop taking infant pills.

HIV Prevention and Child Feeding after Six Months (Picture 5.4)



7. Show

? What do you see in these pictures?

8. Explain

- Begin giving foods to infants at six months of age. Breastfeed whenever the infant asks for it.
 - o Follow the same feeding guidelines as children of mothers without HIV.
- In this region (where care groups meet), mothers should continue breastfeeding until 24 months.
 - o Follow the same feeding guidelines as children of mothers without HIV.
 - o Infants given infant formula, boiled milk, or boiled breast milk are more likely to get sick and even die from diarrhea.
 - o If you are worried about HIV, talk with a health worker.
- Mothers and infants will continue taking infant prevention pills and drops until told to stop by the health worker.
 - o This mother is meeting with a health worker.
 - o She tells her when to stop the HIV prevention medicine.



11. Activity: Heat Treating Milk

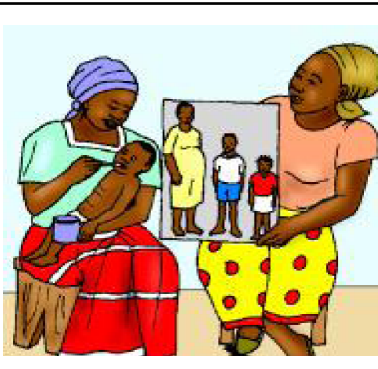


12. Probe



13. Inform

14. Practice and Coaching



15. Request



16. Examine

Lesson 6: Nutrition and Care for the Chronically Ill:

For those with unknown status or when treatment is not available

Materials:

1. Attendance Registers
6. A caregiver, prepared to share with the group*



1. Game: Mirrors



2. Attendance and Troubleshooting

3. Story: Mother A Helps Others Recover (Picture 6.1)

Ruth's husband comes to speak with Ruth. "This man's wife is very ill, just as you used to be. He has heard that you are very wise. You were sick, but now are healthy. He asks that you come and help his wife recover." Ruth remembers her own illness. She quickly agrees and follows the man to his house.



4. Ask

- ? Why does the man come to Ruth's house?
- ? Has anyone come to your house to ask for your help? What did you do?
- ? Have you ever given care to those with chronic illness? How? What did you do?

Let's compare your thoughts with the messages on the following pages.

Feeding Guidelines for the Chronically Ill (Picture 6.2)



5. Show

? What do you see in these pictures?

6. Explain

- Offer foods with vitamin A, vitamin C, iron, and protein each day.
 - These foods will help the immune system to regain strength.
 - Offer foods with Vitamin A: pawpaw, liver, orange sweet potato, carrots, plantain, pumpkin and red palm oil.
 - Offer foods with iron: legumes, organ meat, and dark green leafy vegetables.
 - Offer foods with Vitamin C: oranges, lemons, jackfruit, tomatoes, okra, avocado, and mango.
 - Offer foods with protein: beans, lentils, nuts, split peas, eggs, meat, chicken, and fish.
- Offer small portions of thick porridges and soft foods at least three times a day.
 - Offer thick porridges, soups, and stews.
 - Thick foods fill the stomach with nutrients.
 - Mouth and throat sores make it difficult to swallow.
 - Soft foods are easier to swallow and digest.
- Add fat, oil, and sugar to foods to help the sick gain weight.
 - Fat and oil help the body to gain weight.
 - Sugar adds flavor and increases appetite.
 - Offer sugary snacks between meals.
- Offer purified water and ORS to help the sick recover.
 - Give ORS after diarrhea or vomiting.
 - Offer purified water many times a day.

? How do you make ORS?

- Mix one liter of water with one ORs packet.

Physical Care for the Chronically Ill (Picture 6.3)



7. Show

? What do you see in these pictures?

8. Explain

- Bathe those who are not able to clean themselves.
 - Those who are very sick may not have strength to wash themselves.
 - Use soap and water to clean the skin.
 - Massage petroleum jelly into irritated skin.
 - Petroleum jelly helps to soothe irritated skin.
 - Rub petroleum jelly on skin and bones that rub against the bed.
 - Petroleum jelly will help to prevent skin sores.
 - Help soothe mouth sores by dabbing them with gentian violet liquid.
 - Her husband is dabbing gentian violet onto the woman's sores.
 - This helps to heal sores in the mouth.
 - The liquid is a dark purple.
 - Give the sick person a bucket with a lid for vomiting or to use as a latrine.
 - This woman is too weak to stand up and vomit outside.
 - Wash the bucket each day with soap and water.
 - Her husband is wearing plastic bags to protect himself from HIV in blood in the bucket.
- ? When should a caregiver wear gloves (or plastic bags) to protect themselves from HIV?
- When touching, rubbing, or cleaning broken skin, blood, or genital fluids.

Treatment and Care of the Chronically Ill (Picture 6.4)



7. Show

? What do you see in these pictures?

8. Explain

- Visit the clinic for treatment of severe respiratory infections.
 - Help those who are weak, to get treatment.
 - One out of every three people with AIDS has tuberculosis.
 - Encourage the sick to be tested and begin ARVs.
- Ask the health worker for supplements like zinc, Vitamin A, iron or foliate to help the body heal.
 - Supplements for pregnant women can also help those who have chronic illness.
- Help the chronically ill to sit up and walk.
 - Exercise helps the muscles and bones to stay strong.
 - Support those who can't walk on their own.
- Encourage friends and family to visit those who are sick.
 - Ruth encourages the women's friends to come.
 - She tells them not to be frightened of her illness.
 - The visitors help the woman to laugh.



11. Activity: Caregiver Testimony



14. Practice and Coaching



12. Probe	13. Inform		15. Request	16. Examine
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