

Welcome!

1. Orientation and Introduction

- Hours - Tea / Lunch / Closing time
- Cell phones on silent and in your bag
- Toilets

2. Ground Rules

- Respect / Humility
- Conduct ~ Punctuality

3. Expectation

- You
- DOH
- MSF

Programme Overview

- **Day 1 / Monday**
 - Module 1 - Stigma, Disclosure & Positive Living
 - Pre-test Knowledge Assessment
- **Day 2 / Tuesday**
 - Module 2 – HIV/TB Basics, Opportunistic Infections
- **Day 3 / Wednesday**
 - ARV Treatment and guidelines
 - Post Assessment
- **Day 4/Thursday**
 - Basic Counselling Skills
- **Day5/ Friday**
 - Pre- Counseling
 - Testing Procedure
 - Post Test Counselling

Aims of this Workshop

1. Empower CHW with accurate knowledge about HIV and TB

2. Allow CHW to become a resource for HIV & TB information for the community

3. Provide CHW with an opportunity to connect & form a resource for each other

4. Provide training that will allow CHW to become certified HIV Counselors

ANY QUESTIONS?

Let us look through
the patient's eyes





Where can you get an
HIV test in South Africa?





How much does an HIV test cost?



How do you think it feels
to hear you are HIV+ for the first time?



What thoughts can enter your mind?



Today we get ARV drugs one the same
day we test HIV+



How does that feel?

Leaving the clinic...
What are you thinking & feeling?



What do you see in this picture?



What is stigma?

Is it easy to go home & tell the family?





disclosure

If you don't tell anyone at home,
what do you do with your pills?

stigma

fear

disclosure



1

acceptance



decision

acceptance

1

Self-love

Self-care



Disclose

Support

decision

2

acceptance

1

Self-love

Self-care



Disclose

Support

decision

2

**Drug
resistance**

**Poor
health**

Fear

Doubt

Anger

Alone

**Bad
decisions**

Default



Recap: Why is **disclosure** so important?



No need to
hide ARVS



Gain help
with ARV
adherence



Family will
understand your
clinic visits &
transport needs

POSITIVE+LIVING



acceptance

Self-love

Self-care



Disclose

Support

decision

Take care of your health (self-love)



ARV drugs are critical
to keep HIV+
persons healthy and
to live long life.

But it is also
important
for us to take care
of our body
and to keep a
positive mental attitude.



What about Immune boosters?

Herbal treatment, Vitamins & Supplements



- There are no cures for HIV, though some claim this about their boosters
- Most boosters contain vitamins plus supplements & can be good for you.
- But they can be very expensive & buying them may mean you can't afford food for you & your family.

Remember: A good diet is the best immune booster

Nutrition

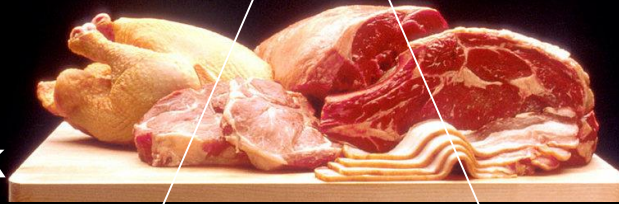


- Balanced nutrition is important to keep HIV+ persons healthy
- Healthy food does not have to be expensive food
- Healthy food must come before buying expensive herbal medications or immune boosters

Healthy food is the best immune booster

PROTEIN

Meat, bean, chicken,
fish, eggs, cheese, milk



- Increase CD4 cells
- Builds muscles

CARBO' s

Bread, samp,
millies, rice,
potatoes



- Our bodies fuel
- Gives energy

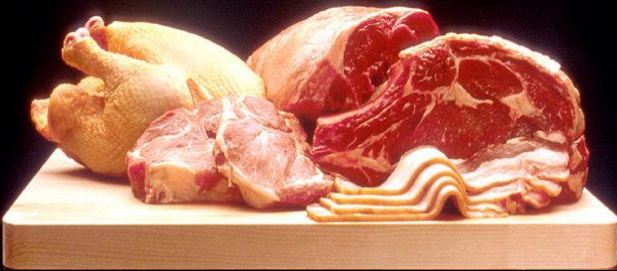
VITAMINS

Spinach, apples,
banana, butternut



- Full of essential
vitamins & minerals
- Promotes healing

Eat protein everyday



Meat

Too expensive
everyday!



Beans + Rice

- Whenever you are not serving meat
- Rice + beans together, provide healthy, complete protein
- **Eat protein everyday**, not just the first days of the month when we have more money

Exercise



- Maintaining good fitness keeps us prepared for physical challenges
- Exercise should be regular & moderate
- For example walking 20 minutes a day & stretching to keep our bodies flexible
- A strong/fit person is better able to fight off infection & recover from illness

Try changing cooking habits...

Try steaming or lightly boiling instead of frying. This will leave more of the nutrients in the food.



Try eating your vegetables cooked when they are still slightly crunchy or firm and still have good color. You can be sure the ACN vitamins are still there!

Food safety



Wash fruits & vegetables



- Raw chicken is covered with bacteria that will cause diarrhea
- Keep separate from fruit/veg during preparation
- Wash hands, knife & cutting board afterward



Avoid under-cooked meats & soft eggs

Food safety

Be careful of leftover food



- Try not to eat left over food that has been **out at room temp** (not refrigerated for more than a few hours). If it is older than a few hours, it is best if it can be refrigerated, and **fully re-heated before eating**.
- Cooked food that is **more than a day old** may go off, especially in the hot weather
- Re-heating food that is already spoiled will not make it safe to eat. **Spoiled food is loaded with bacteria** that can cause stomach upset and diarrhea.

Consider minimizing or avoiding...



Fried food

Fried food can be difficult to digest & can lead to excess gain of fat (which is bad).

Also, frying vegetables until they are very soft & lose colour, destroys the vitamins & nutrients.



Sugar

Sugar & sweets can cause thrush to grow in your mouth and teeth to decay. Brush your teeth after every meal, especially after sweets.

Sugar does not add too good nutrition.



Spicy food

Spicy food can irritate the stomach & cause heartburn.

Fluid needs & safety

Good hydration essential.

Boil water if the source is not clean.



- We need to drink 2 liters of clean water every day
- We need more if we have fever or diarrhea



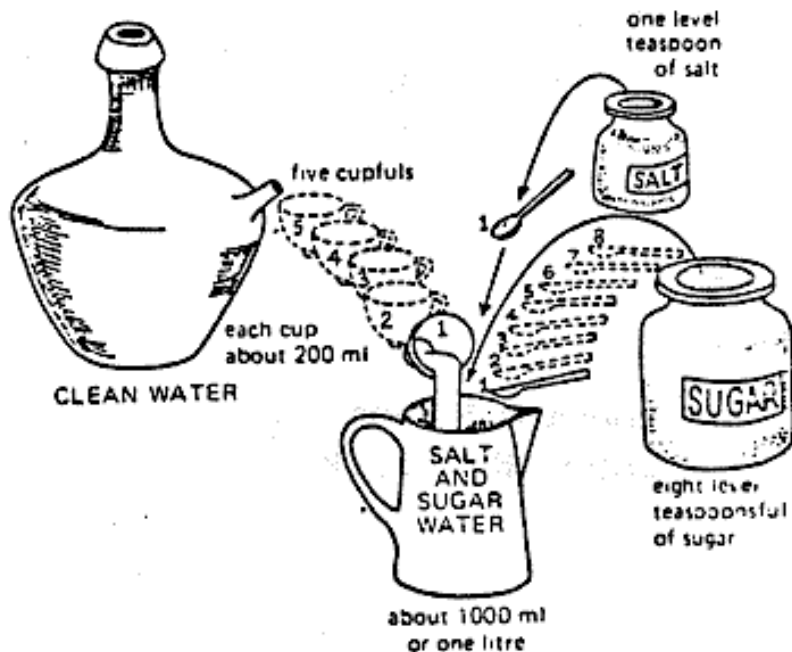
Diarrhea

- Diarrhea can be very dangerous if it lasts more than 3 days
- It can even kill an HIV+ person

Diarrhea

Take it very seriously, keep hydrated
& go to clinic if it lasts more than 3 days

MAKING SALT AND SUGAR WATER



Home: 1 liter + 1 salt + 8 sugar



Clinic: Sachets of 'glucose'
& anti-diarrheal medications

Vomiting & Laxatives

When you are actively sick, you must keep fluid inside your body



- Cultural practices like *ukuchatha* and *ukuphalaza* will cause loss of fluid
- These should be avoided by HIV+ persons who are actively sick and not yet on ARVs
- Negotiate with ancestors to avoid *ukuchatha* and *ukuphalaza* until patient is not sick and stable on ARVs

End of day 1



ANY QUESTIONS?