

January 2006

FLIPCHART for CLIENT EDUCATION:

HIV prevention, treatment and care

SAAIDS Southern Africa
HIV/AIDS information
Dissemination Service



 International Federation
of Red Cross and Red Crescent Societies

The Flipchart is based on input from:

- **Institute of Tropical Medicine, Antwerp, Belgium**
- **Taso Uganda**
- **Family Health International, with a special acknowledgement to the FHI IMPACT Project, Kenya**
- **Mildmay Uganda**
- **People living with HIV/AIDS from Masaka Great Region, Taso Kampala, JCRC Kampala**
- **I-TECH (University of Washington/UCSF)**
- **Malawi TB/HIV Training Programme - Ministry of Health**
- **WHO IMAI Team**
- **International Federation of Red Cross and Red Crescent Societies**
- **Southern Africa Information Dissemination Service**

The Flipchart should be used only after appropriate local and cultural adaptation. Work is ongoing to translate it into several languages.

The protocol is available online at: <http://www.3by5.org/capacity>

Please request the most up-to-date version of this Flipchart prior to use; be sure to provide feedback so that we can continue to improve these materials. Please send comments to: cellettif@who.int

Line drawings by Ugandan artist Jovan Bahizi.

Table of contents

- Who can use the Flipchart? _____ **1**
- Using the Flipchart for client education _____ **2**
- Section 1: **Prevention** _____ **1 - 1**
 - Basic prevention: for all people
 - Additional positive prevention: for HIV+ people
- Section 2: **How HIV attacks your health** _____ **2 - 1**
 - For all people
- Section 3: **Positive living** _____ **3 - 1**
 - For HIV+ people and family members and/or caregivers
- Section 4: **ART basics** _____ **4 - 1**
 - For HIV+ people and family members and/or caregivers
- Section 5: **How to take care of yourself when you are HIV+** _____ **5 - 1**
 - For HIV+ people and family members and/or caregivers

Who can use the Flipchart?

The Flipchart can be used by health facility and community health workers with:

- All clients when educating on basic HIV prevention
- HIV+ people and their families when educating on prevention basics of HIV care and treatment, including ART, positive living, self management
- Treatment supporters when preparing them to support HIV+ people on ART
- Everybody in the community when educating on HIV issues

The Table of Contents (previous page) provide explanation on which Section should be used by whom.

Using the Flipchart for client education



The Flipchart will:

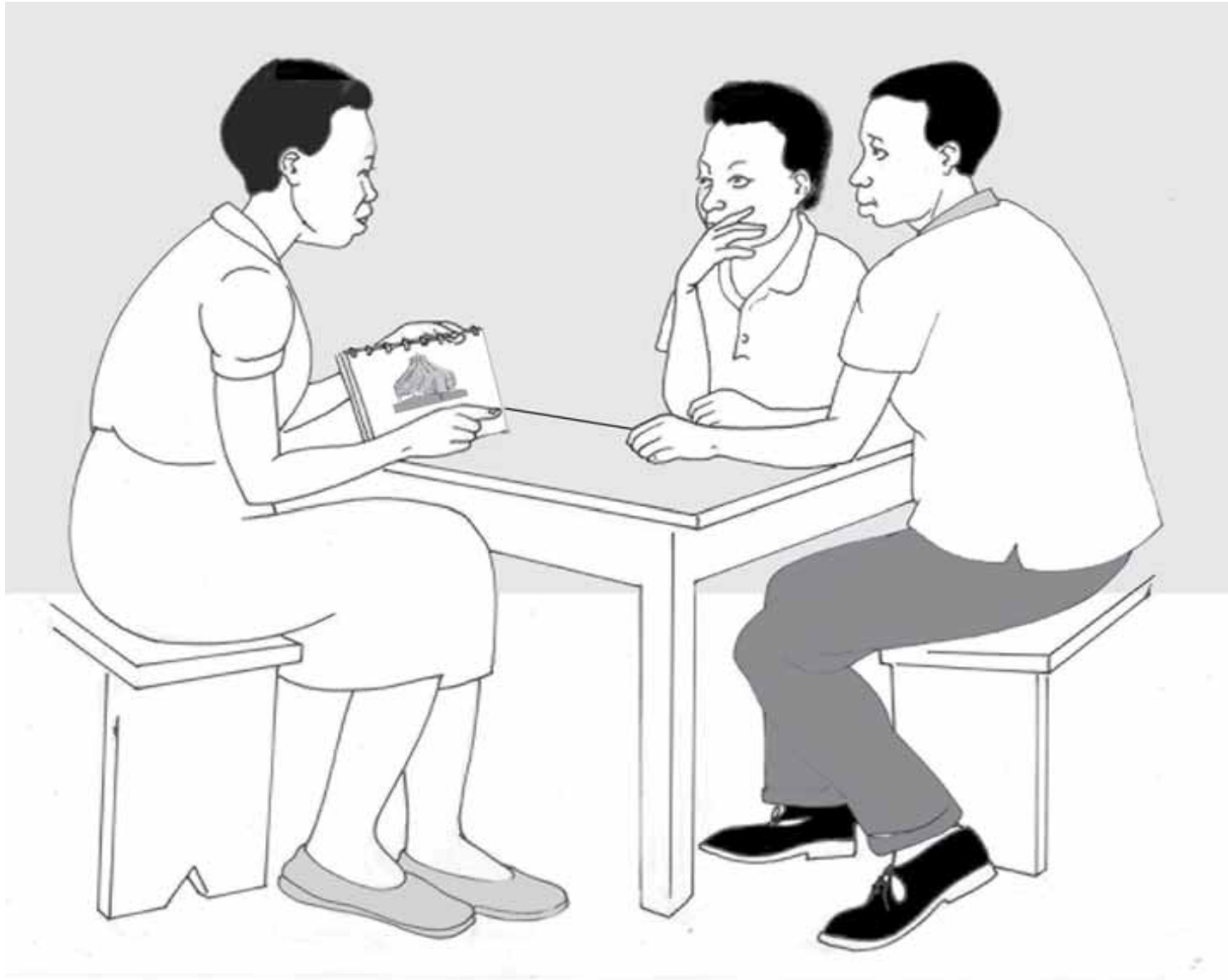
- Provide the essential information you need to offer good advice.
- Offer you tips and guidance on how to communicate with clients.
- Provide you with illustrations to make the information more clear .

The more you use the Flipchart, the more you will become familiar with it

- You will look at the **PROVIDER PAGE**. The client will look at the **CLIENT PAGE** which has less information but has illustrations to clarify the message you are giving. In the provider page you have information on the message to convey to the client and a small box reproducing the client page.
- This guide covers only the **MAIN POINTS** for each topic. However, based upon the training you had, you may want to provide more information, responding to the client's needs.
- USE language that the client can understand and, if possible, DO NOT READ the text. Once the flip chart has become familiar, a glance will remind you of the key information you need to provide. **If the client cannot read well, pointing to the illustrations might be very useful.**

Remember to use key communication skills you have learnt in the training and ASK questions to check to be sure that the client understands.

How to use this tool with the client.



CLIENT

How to use this tool with the client.



The tool stands up so both you and the clients can see the pages on each side.

Place the tool where the client can easily see it. Try not to place the Flipchart directly between you and the client. You can place it somewhat to the side or where both of you look at the client's page.

Tell the client about the tool and explain that it will help meet his/her needs.

Each page shows the client an important question or topic. To use this tool correctly, you usually need the client's answers or information to decide if it will be useful to discuss the topic on the following page. You might need to use only one or all of the pages; it really depends on the case.

Never forget to use the communication skills you have learnt. This is very important to convey the message to the client in the right way.





Section 1: **PREVENTION**

- Basic Prevention for everyone
- Additional Positive Prevention for HIV+ people and family members and/or caregivers

How HIV is transmitted



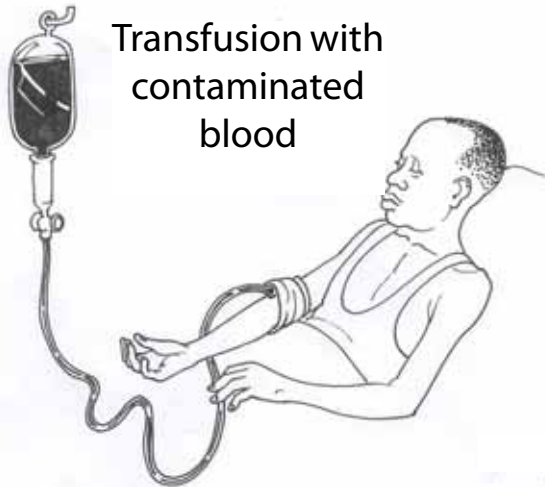
Direct contact with the
blood or body fluids



Unprotected sex



Pregnancy



Transfusion with
contaminated
blood



Breastfeeding



Labour and
Delivery

CLIENT

PREVENTION
BASIC PREVENTION
for everyone

1-2

Client Page



How HIV is transmitted

- Unprotected sexual intercourse.
 - HIV (as well as other sexually transmitted infections, or STIs) can be transmitted during sexual intercourse through:
Contact with the infected blood, semen, cervical fluids or vaginal fluid of the infected person.
 - HIV can be transmitted through **vaginal sex, oral sex** and **anal sex**.
 - Even if on ART, the client having unprotected sex can **transmit HIV and/or get reinfected with a different strain of HIV** which will make him/her **more sick**.
- From an infected mother to her child during pregnancy, delivery or breastfeeding. *(See next pages.)*
- Through direct contact with the blood, or body fluids, of an infected person. *(See next pages.)*

Always use condoms

How you should use condoms:



1 Use a new condom for each sex act and check expiry date.



2 Place the condom on the tip of penis with roll and rim facing away from body.



3 Unroll condom all the way down to base of penis.



4 After ejaculation, hold condom and remove penis from vagina.



5 Knot condom to avoid spilling sperm. Throw used condom away properly.

**CONDOMS
SHOULD BE
PUT ON AT THE
BEGINNING OF
INTERCOURSE,
NOT JUST BEFORE
EJACULATION.**



Always use condoms

Educate on sexual transmission and how to use condoms.

- **Always** use condoms consistently and correctly. (Show clients how to use condoms following the illustration on the next page and, if you have a penis model, have them practice with a condom.) This will prevent HIV and other STI AND pregnancy. If desired, a second method of contraception can be used for additional protection from undesired pregnancy.
- **Give condoms or explain where to buy them. ***

*** For people living with HIV: Remember to apply the same measures even if you are on ART and you and your partner are both HIV+.**



Safer sex behaviour



Even if you are on ART, you can still pass on HIV and/or get re-infected.



Stay faithful to your partner.



Limit the number of sexual partners.



Having sex with young girls does not cure HIV. It may even make things worse by spreading infection.

Client Page

Safer sex behaviour



Safer sex behaviour



- **Educate on safer sex behaviour:** (any sexual behaviour that reduces the risk of HIV and other STIs from one person to another and avoids unwanted pregnancy) and advise to:
 - **Stay faithful** to one partner, and counsel on less risky sex.
 - **Reduce** number of sexual partners. One partner is safest.
- **Explain safer sexual expressions:** (sexual activities which do not allow semen, fluid from the vagina, or blood to enter the mouth, anus or vagina of the partner). Remember to ask how feasible this seems to them.
- **For men, emphasize** that having sex with a young girl or an infant neither cures HIV nor provides protection against it.
- **Educate on how to negotiate.** Discuss appropriate ways to negotiate use of condoms and saying “no” to unwanted sex. **Reinforce skills and confidence.** Make sure girls understand that HIV risk increases with the age and occupation of men.
- **Remember to ask questions to check to make sure the client understands.**

*** For people living with HIV: Even when on ART, safer sex behaviour should be practiced.**

If your client is an adolescent

Delay sexual activity



Explore other forms of sexual pleasure (masturbation, massage, touching, hugging)



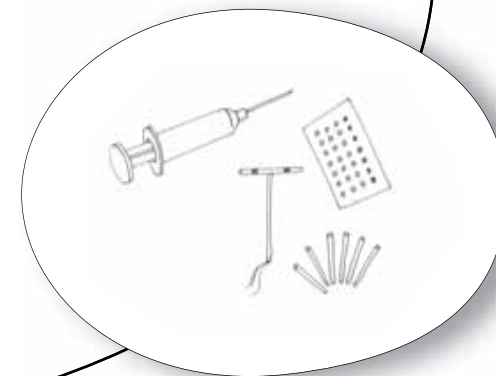
Always use condoms for protection against HIV and STIs. Condoms also prevent pregnancy. If desired, other methods of contraception can be used at the same time, but are *not* a substitute for condoms.



Stay faithful to one partner



Reduce number of partners



CLIENT

PREVENTION
BASIC PREVENTION
for everyone

1-8



If your client is an adolescent



● **Counsel to:**

Delay sexual activity. Sexual activity should start only when ready to deal with challenges that accompany sex–STI and HIV infection, and unwanted pregnancy. Make sure to check what an adolescent knows about HIV and other STIs and explain more if needed.

● **Advise to:**

- **Explore** sexual pleasure in other safe forms of intimacy (masturbation, massage, touching, hugging), avoiding contact with the partner's semen or vaginal secretions and unprotected vaginal, oral or anal sex.
- **Use condoms:** For protection against HIV and STI, and to avoid undesired pregnancy. If desired other methods of contraception can be used at the same time for additional protection from unwanted pregnancy. A condom should also be used when practicing oral sex.

CONDOMS SHOULD ALWAYS BE USED!

- **Reduce** number of sexual partners. One partner is safest.
- **Stay faithful** to one partner.
- **Demonstrate how to use a condom.** (Show previous page and have them practice with condom and penis model.)
- **Give condoms.**
- **Educate on how to negotiate.** Discuss appropriate ways to negotiate use of condoms and saying "no" to unwanted sex. **Reinforce skills and confidence.** Make sure girls understand that HIV risk increases with the age and occupation of men.
- **Warn** on how alcohol/drugs use can decrease control and result in unprotected sex.

For people living with HIV: remember to apply the same measures even if you are on ART and you and your partner are both HIV+.

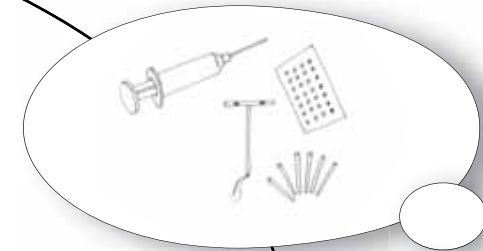
Counselling a couple on protection against HIV and STI:

Even if on ART, HIV virus can still be transmitted.

Explore other forms of sexual pleasure (masturbation, massage, touching, hugging)



Always use condoms.



Condoms also prevent pregnancy; if desired, other methods of contraception can be used at the same time, but are *not* a substitute for condoms.



Refer to family planning



CLIENT

PREVENTION
POSITIVE PREVENTION
for HIV+ people

1-10

Counselling a couple on protection against HIV and STI:



Client Page



Give the same message, regardless of whether one or both partners are HIV+.

If only one partner is HIV+ → Remember this can be a very difficult and sensitive subject.

● Inform that:

- Even if the client is on ART, HIV can be passed on to the partner.
- S/he can be re-infected with another HIV strain **AND GET SICKER.**

● Counsel/advise:

- Always use condoms correctly and consistently to prevent HIV and other STI transmission to the partner and re-infection as well as undesired pregnancies. If desired, other methods of contraception can be used at the same time, but are **not** a substitute for condoms.

● Counsel on:

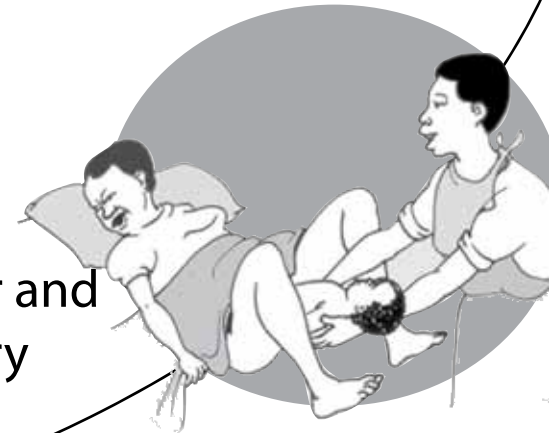
- How the couple needs to discuss family planning and having a child or not together and if needed with a trained counsellor. If this is desired, assist in finding a counsellor and arrange an appointment.
- If the couple wants to avoid pregnancy, provide family planning or refer if services are not available at your clinic provide Family Planning or refer.
- If the couple desires a child, inform and counsel on risks and refer to PMTCT.
- If a sero discordant couple (with male partner HIV+) desire a child inform and counsel about the risk for infection during conception.

Mother to child transmission

Pregnancy



Labour and Delivery



Breastfeeding

CLIENT

PREVENTION
POSITIVE PREVENTION
for HIV+ people

1-12



Mother to child transmission:



- **Inform client** (both men and women) that mother to child transmission (MTCT) of HIV can occur during:
 - Pregnancy.
 - At the time of delivery.
 - After birth, through breastfeeding.
- **Educate the parents** about their options, and the implications for **the health of the mother and the baby.**
- **Prevent** unintended pregnancies among HIV-infected women. If family planning services are not available at your clinic, refer the client so that s/he properly receives support and services to prevent unintended pregnancies.
 - If only one partner is positive, advise on how important it is to use **condoms** to prevent passing infection to the other partner.
- **For all people:** Remember that becoming infected with HIV during pregnancy and breast-feeding poses an increased threat of mother-to-child transmission. HIV prevention efforts must address pregnant and lactating women, especially in high prevalence areas.

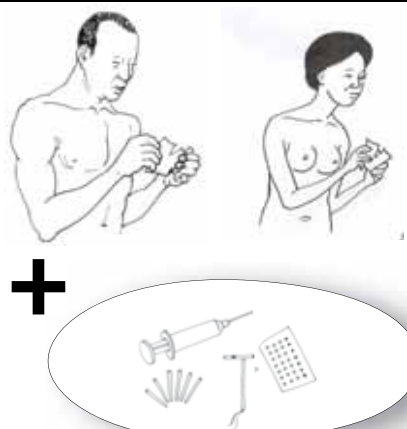
What is your situation?

In need of family planning

Go to the Family Planning Centre



On family planning



Considering pregnancy



PMTCT Service

Pregnant

Go to PMTCT Service



Delivery

Ensure safer labour and delivery



Breastfeeding

PMTCT Service



CLIENT

PREVENTION
POSITIVE PREVENTION
for HIV+ people

1-14

Client Page

What is your situation?



What is your situation?

Check pregnancy status

- Ask if she is using contraception, ask date of last menstruation and assess pregnancy at each visit.

Family planning

- Refer to health worker for family planning counselling.
- Encourage condom use in all to protect from STIs, re-infection by HIV and to avoid transmission to sexual partners and undesired pregnancies (dual protection).
- Demonstrate condom use.
- Give condoms.
- If desired, a second method of contraception can be used along with condoms for added protection against pregnancy (dual method).

If woman is considering pregnancy

- Discuss interventions available for PMTCT.
- Advise to resume condom use once pregnant, during breastfeeding and thereafter .

Remember



Communication skills

Pregnant

Advise on :

- Risk of infection for the baby.
- There are ART drugs to take that can reduce the risk of passing HIV to the baby. The drugs need to be taken as recommended during labour and/or delivery, and given to the baby.
- Continue to use condoms.
- Safer labour and delivery. Advise to deliver with the help of the midwife or at the clinic.

Breastfeeding

Advise on :

- Risk of infection for the baby through breastfeeding.
- Possibility of several options for infant feeding—advise to discuss what is best with a trained provider.
- Continue to use condoms.

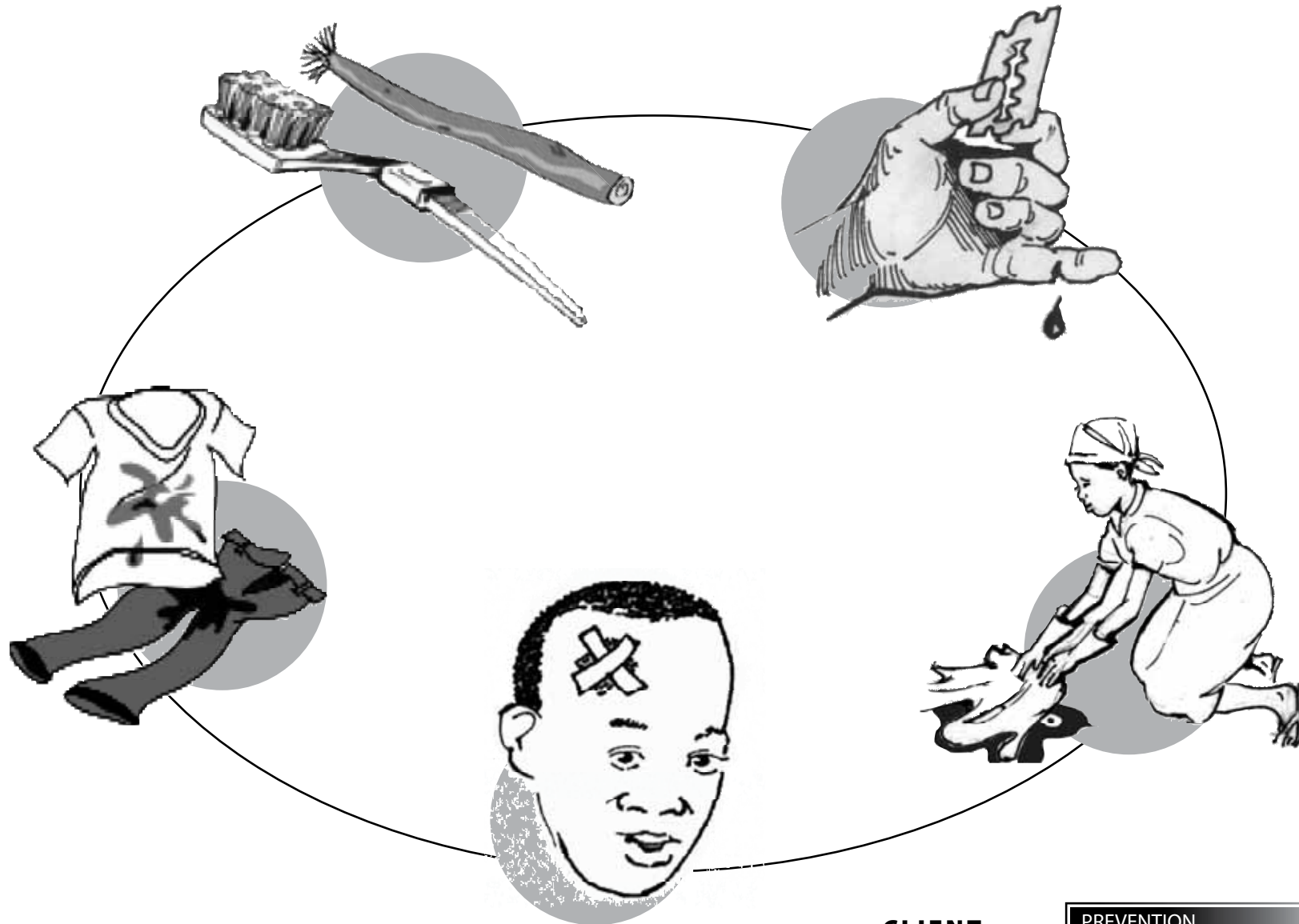
PROVIDER

PREVENTION

POSITIVE PREVENTION
for HIV+ people

1-15

**Risk of HIV Infection through non-sexual spread is low,
but it is very important to be careful.**



CLIENT

PREVENTION
POSITIVE PREVENTION
for HIV+ people

1-16

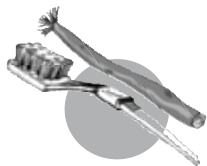
Risk of HIV Infection through non-sexual spread is low, but it is very important to be careful.

(Very low risk, but still possible.)



Client Page

Non-sexual spread of HIV



Main Messages to give

- Do not share sharp objects.
- Clean carefully any blood or body fluids spills.
- Dispose waste contaminated with body fluids.

Risk of HIV infection through non sexual spread is low but it is very important to be careful.

● Advise to:

- Do not share needles, toothbrush, razor blades or other sharp objects.
- Cover any open cuts or sores on client, partner or caregiver.
- Clean up any blood or body fluid with mild disinfectant (diluted bleach), and protect hands with gloves or plastic bags.
- Wash clothes or linen contaminated with body fluids separately.
- Dispose of waste contaminated with body fluids safely.



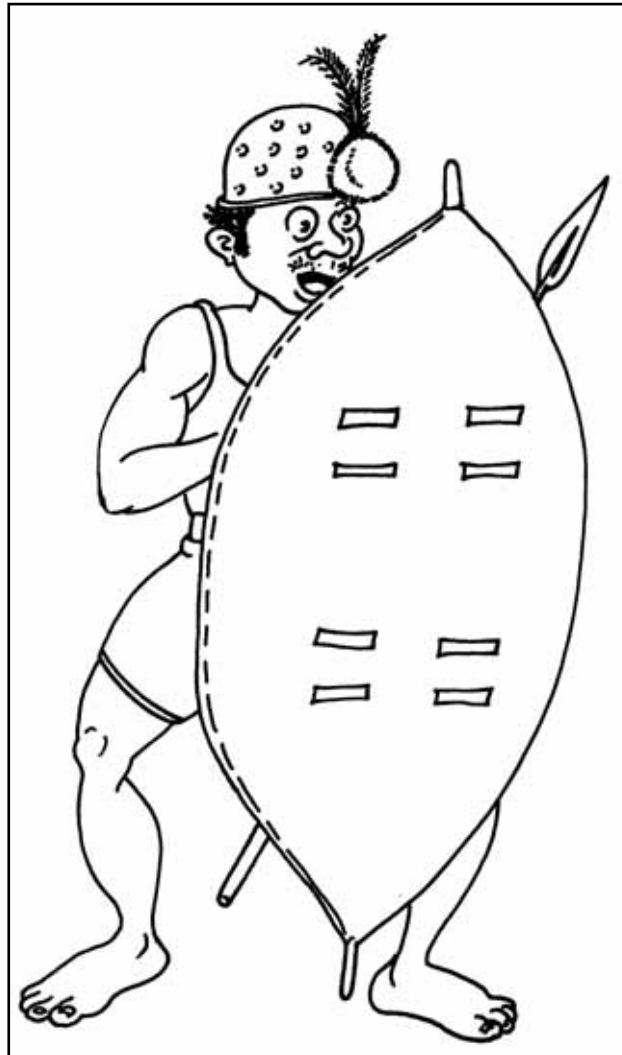
Section 2:

HOW HIV ATTACKS OUR HEALTH



For all people

How your body fights illness



CLIENT

HOW HIV ATTACKS OUR HEALTH

2-2

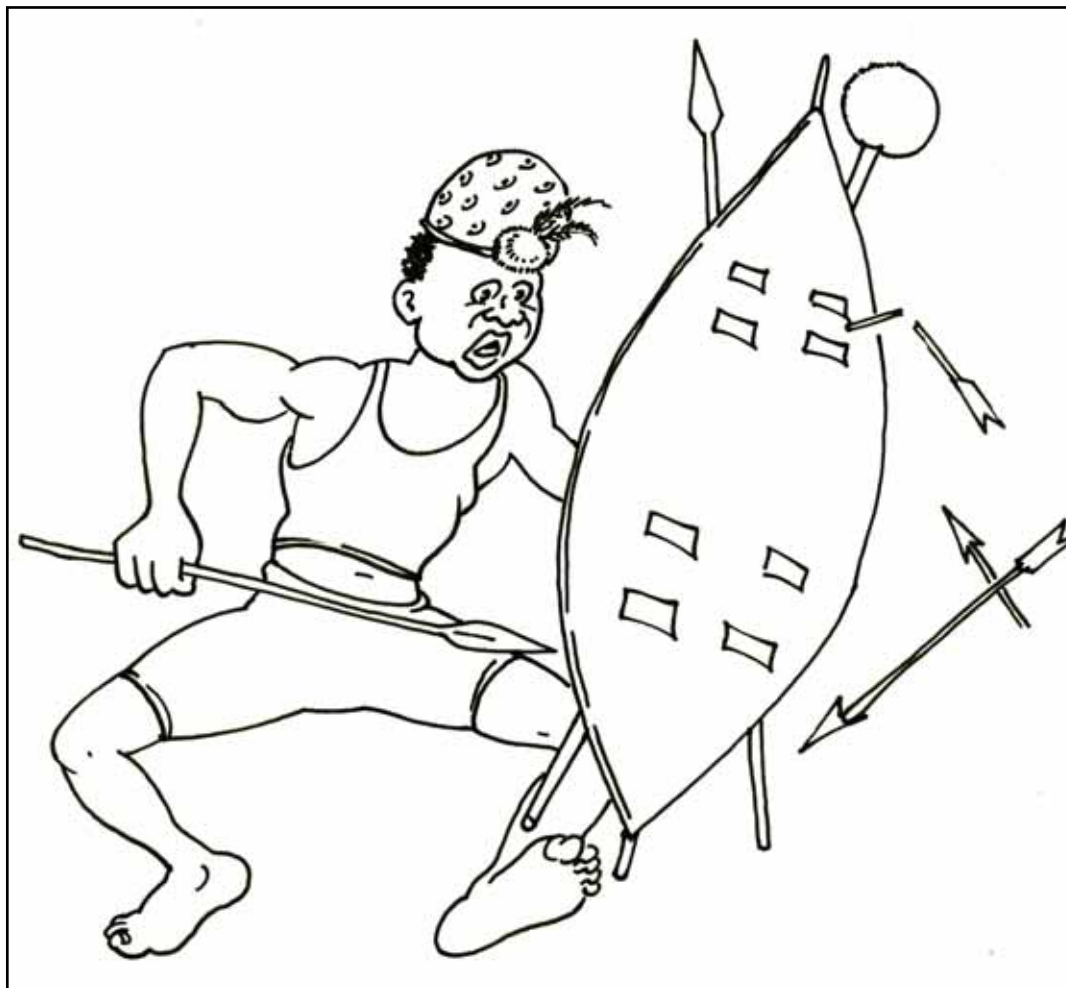
How your body fights illness

- Each of us has a shield that protects us from getting sick. We call this our body defence, or immunity. It helps us to fight diseases.
- We can imagine that our big shield, or body defence, is made up of metal which keeps our shield together and strong. These pieces of metal that form the shield are known as CD4 cells.
- We keep our shield strong by taking care of our health (i.e., good nutrition, how we manage stress, fitness, etc.)

Client Page



How your body fights illness



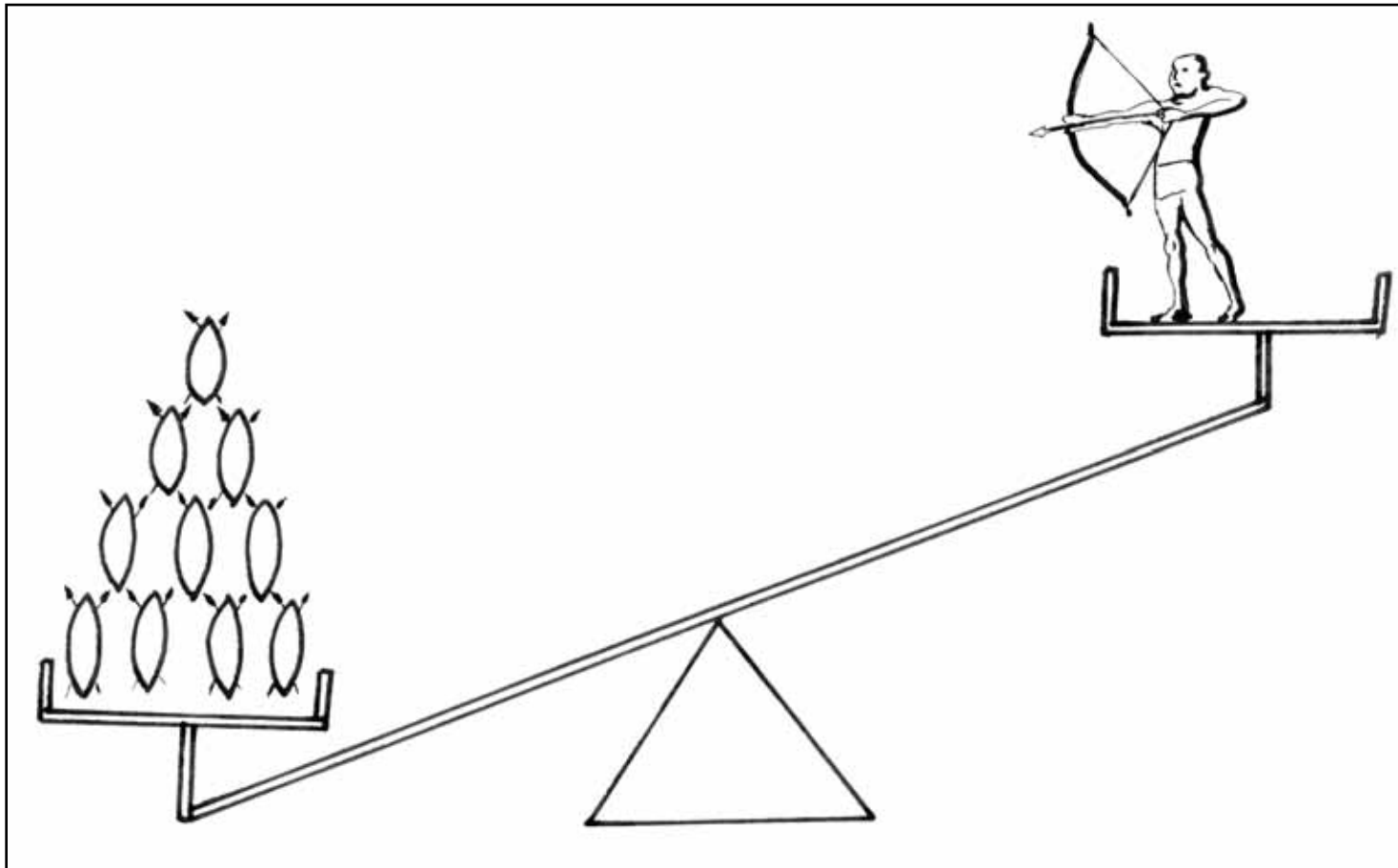
How your body fights illness

- Our shield helps us to fight different kinds of illnesses.
- Of course, our shield cannot prevent all illnesses. Some sickness arrows can pass. This happens more easily when we are tired, fighting other illnesses, etc. Then we get sick.
- But our shield always helps to minimise the impact of illnesses on our body.

Client Page

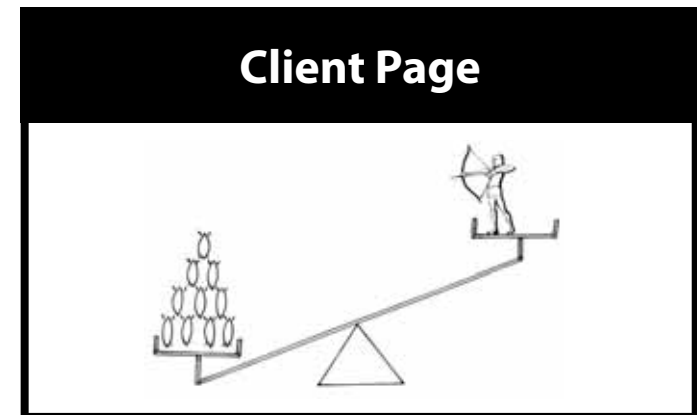


How HIV attacks your body = why you don't get sick at the beginning of the disease



How HIV attacks your body = why you don't get sick at the beginning of the disease

- Even when HIV+, we start out feeling very strong, feeling well.
- This is because we still have many shields, and fewer HIV arrows which attack them.
- Therefore, being HIV+ does not mean that you will feel sick and also why not all people with HIV look sick.



How HIV attacks our body



How HIV attacks our body

- HIV hurts the body by making tears and holes in the shield.
- When our shield gets broken, illnesses like TB and other infections can pass through more easily and can be stronger.
- These illnesses are called opportunistic infections.
- At first, when HIV arrows begin to strike the shield, the shield still holds together and can look normal on the outside.

Client Page



How HIV attacks your body = why your body gets weaker



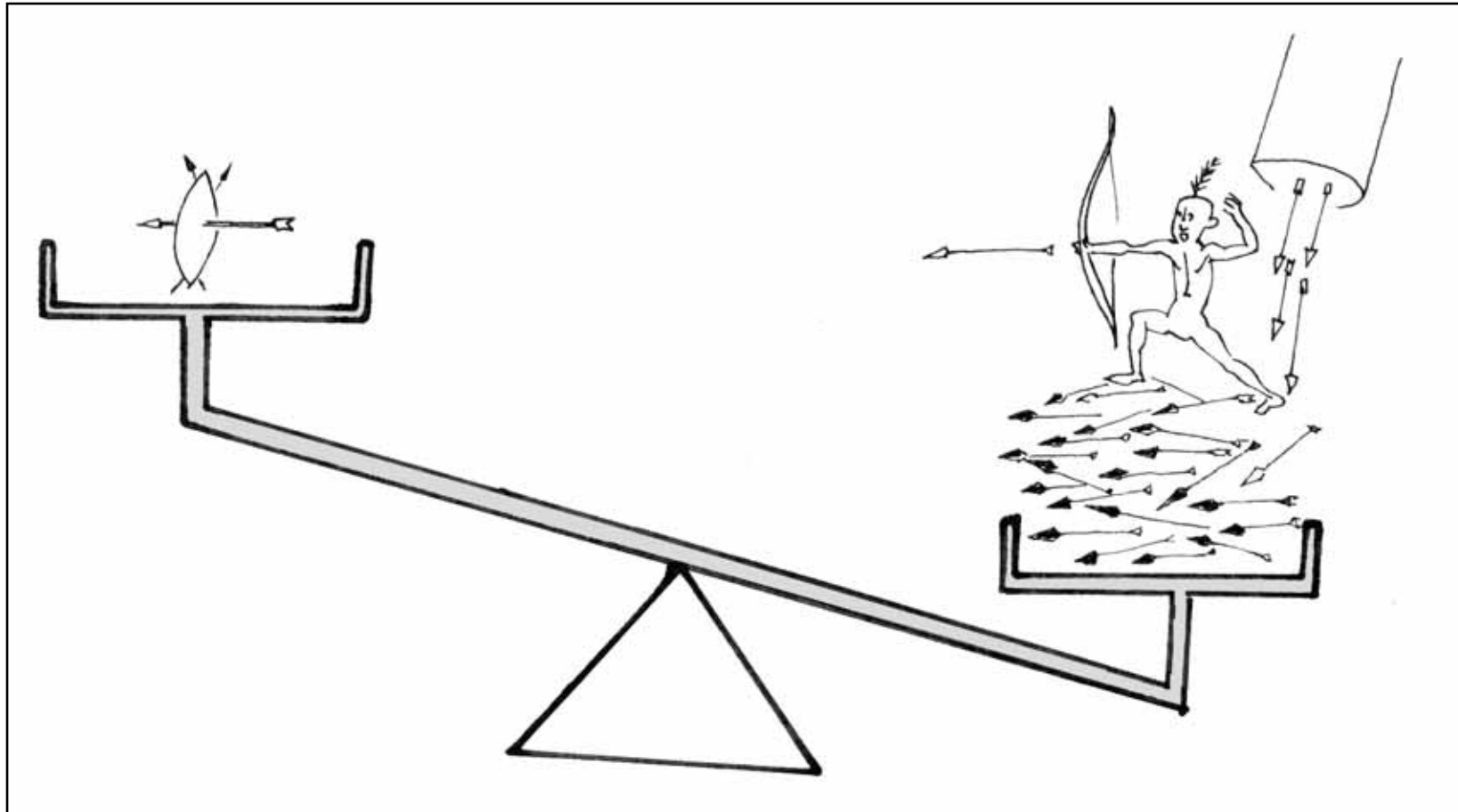
How HIV attacks your body = why your body gets weaker

- Over time, this changes.
- More HIV arrows are produced which attack more of the shields.
- We may feel weaker and have more experiences of getting sick with different illnesses.

Client Page

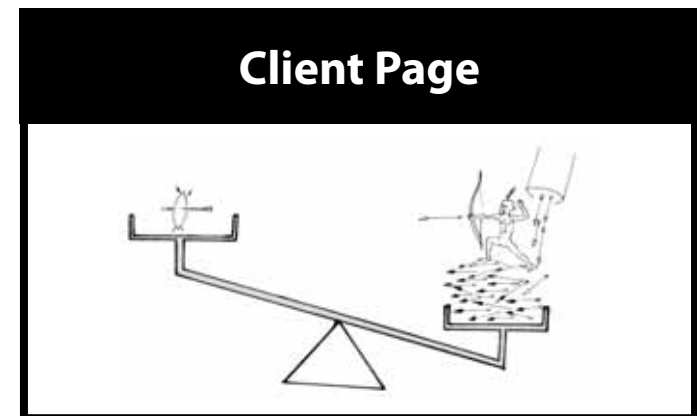


How HIV attacks your body = why you loose your body's defences

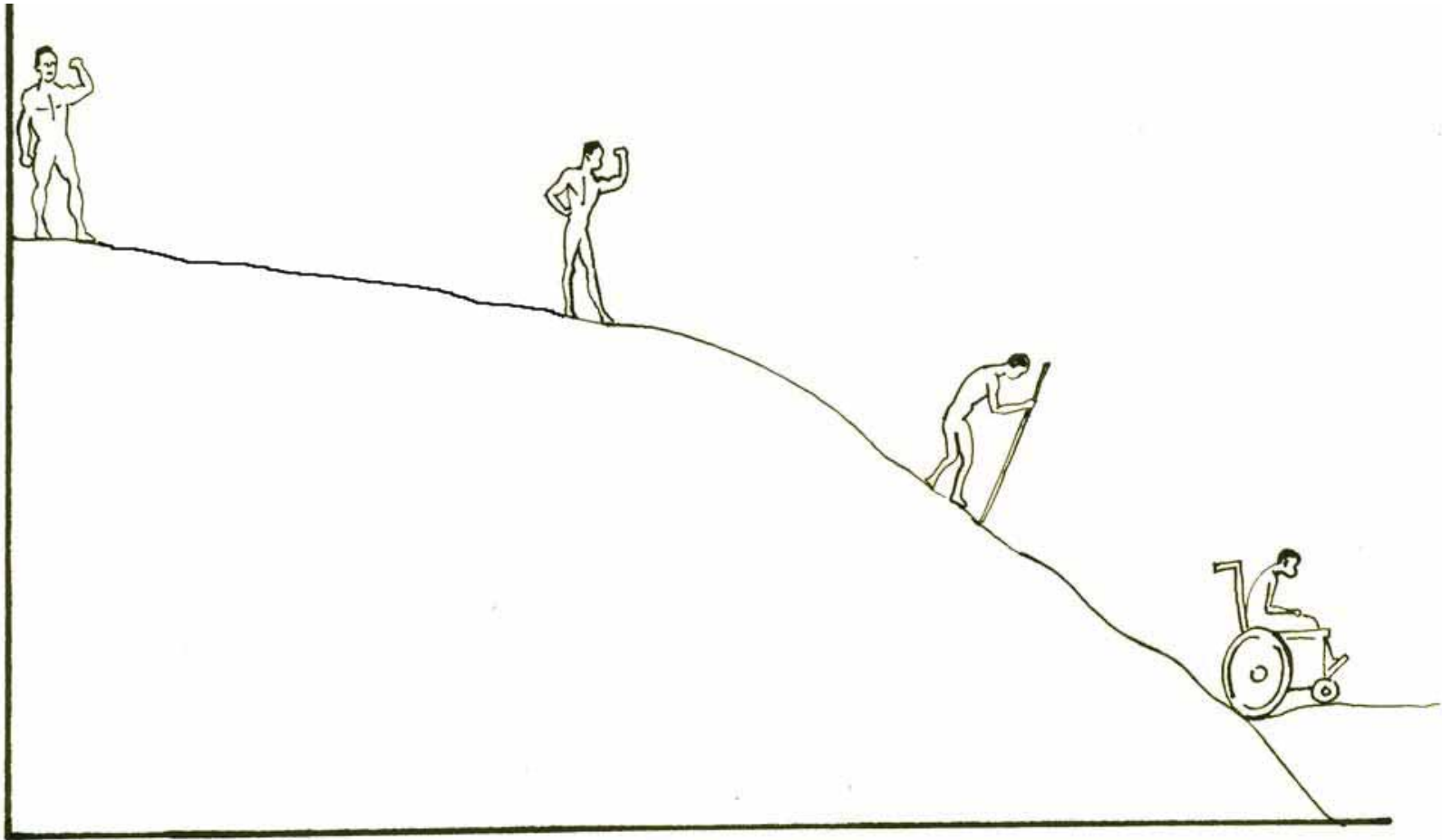


How HIV attacks your body = why you lose your body's defences

- With full-blown AIDS, there are many HIV arrows in our bodies and almost no shields to defend us.
- We may experience many more strong illnesses because there is no defence at all.

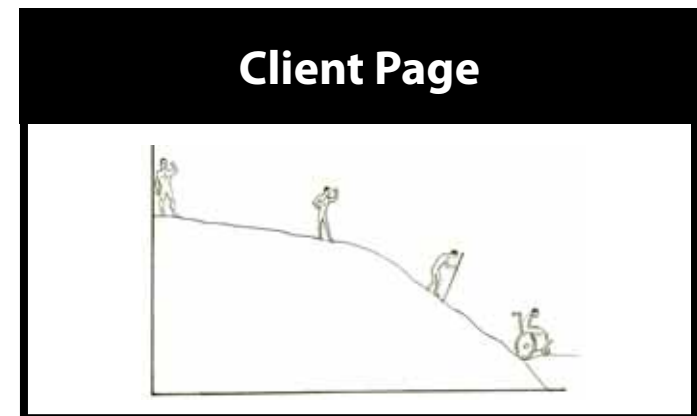


How HIV attacks your body: what happens over time



How HIV attacks your body: what happens over time

- Normally, the progression of HIV looks like this.
- As the number of shields in our body goes down, our health gets worse, until we are very sick.



What can we do?

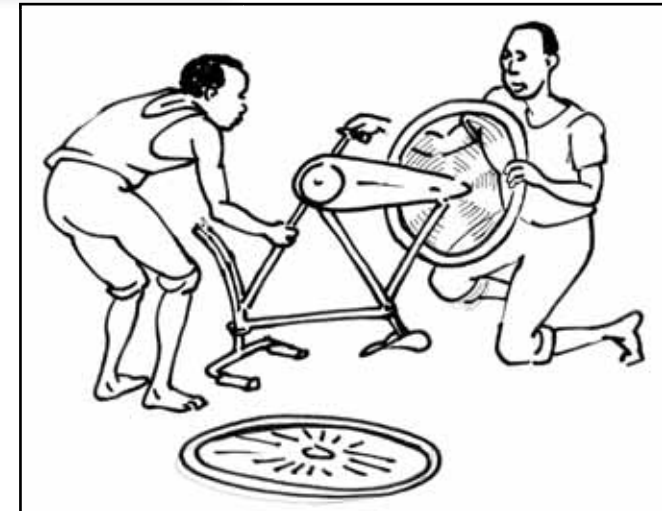
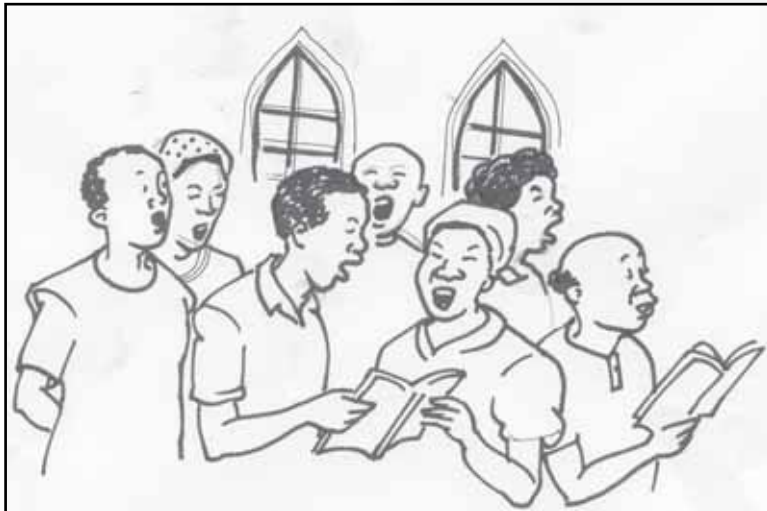


What can we do?

- It is important to remember that even if you are HIV+, there are many things to do to make yourself feel well.
- There are things we can do to repair our shields, and even produce more shields, to protect ourselves against the HIV arrows.
- Maintaining our shields may mean taking extra care to keep yourself strong. This will help strengthen the shield.



What can we do?



What can we do?

- We call this “positive living” It consists of:
- First, live your life as normally as possible.
- Tell someone you trust about your condition.
- Participate actively in life with others and your family.
- Get emotional and spiritual support in times of trouble. This will reduce your stress and keep your mind and body strong.
- Go to the health worker periodically as s/he tells you.

To reinforce message - use section on “Positive Living”.

Emphasize

Positive living should be included in everyday activities, simple things and acts that make the client feel well physically and emotionally.

Client Page

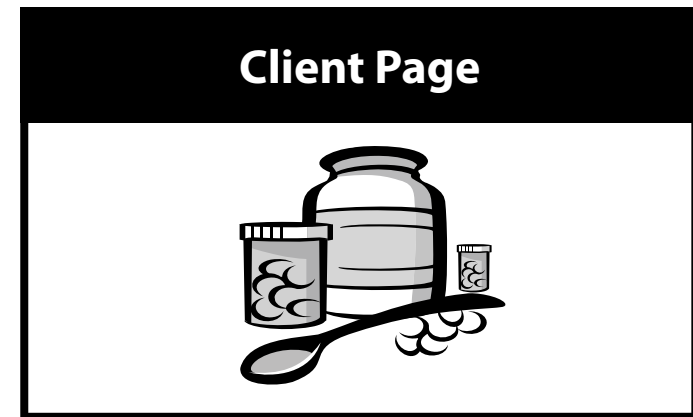


Which are the medicines that can really help you?

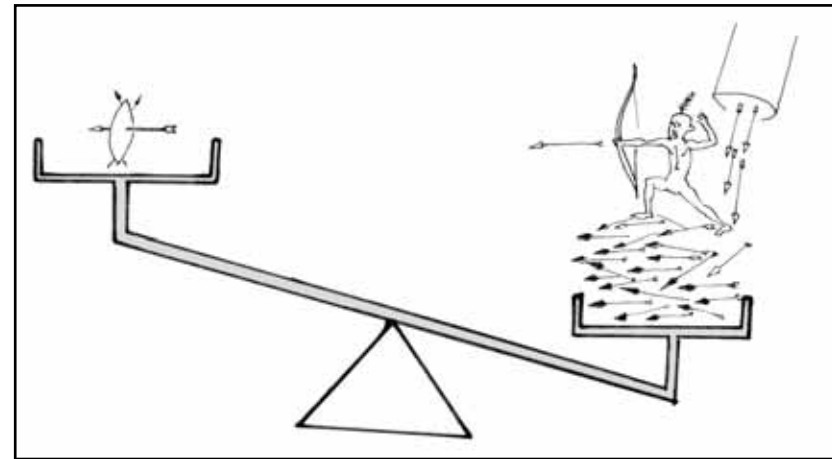


Which are the medecines that can really help you?

- There are medecines the health worker can give you to help prevent infections and avoid having cough, diarrohea, etc.
- This is called “prophylaxis”. Once you are on prophylaxis, it is important for your to take the medecines daily as told by the health worker.
- Even if on prophylaxis, you can still get infections and have cough, diarrohea, etc. You will need to go to your health workers and do what he/she tells you to do.



What can ART do to help?

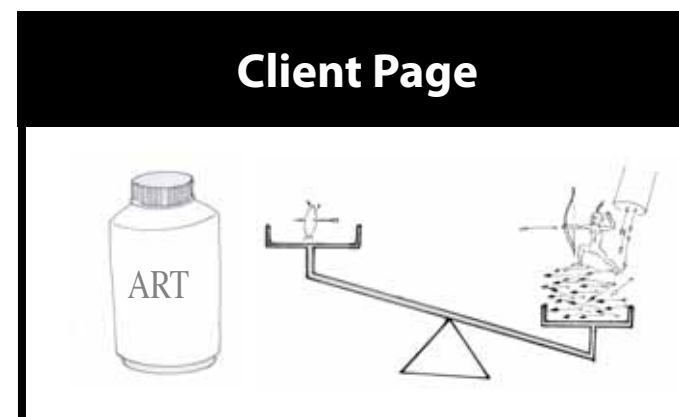


What can ART do to help?

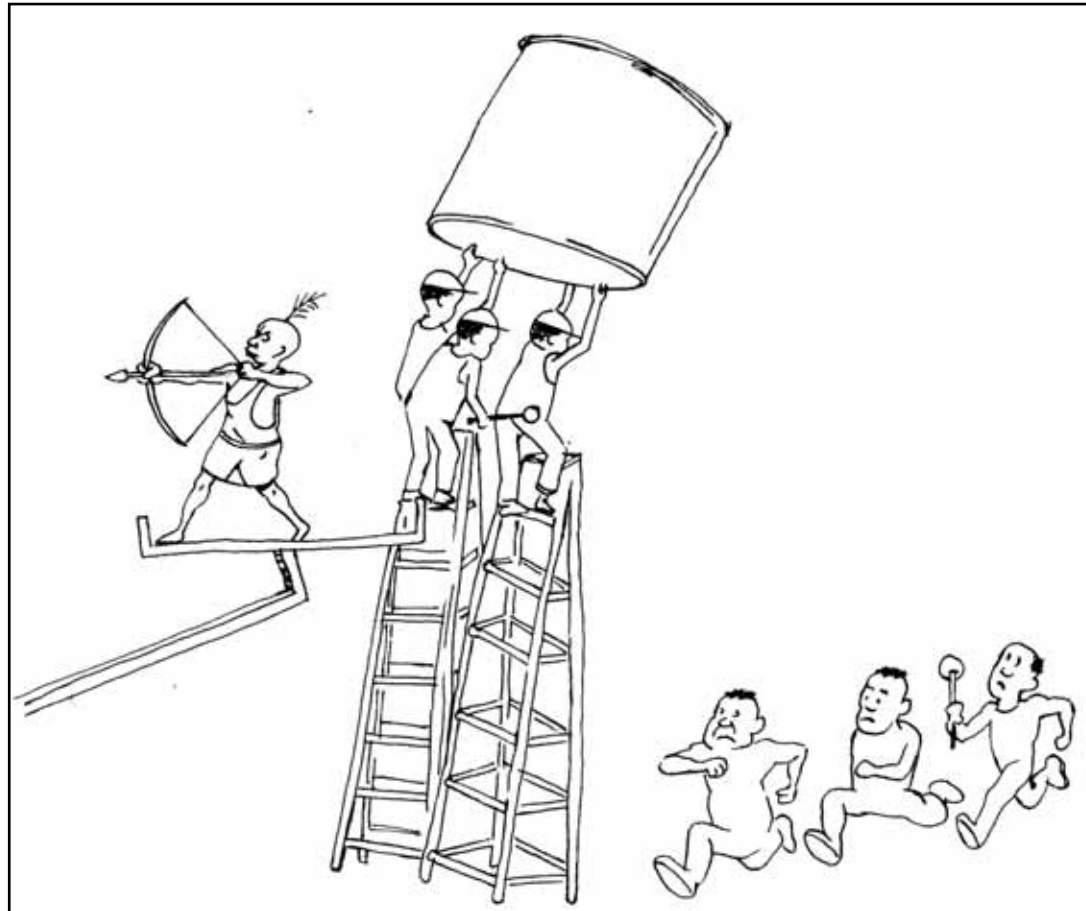
- ART (anti-retroviral therapy) is medicine that works to strengthen your defence system.
- Many people who have taken ART as prescribed find that they feel stronger and healthier.

How do they work?

- ART cuts off the supply of HIV arrows so that their number is reduced. This gives your body time to build/mend the number of shields that will strengthen your big shield to stop the HIV arrows.



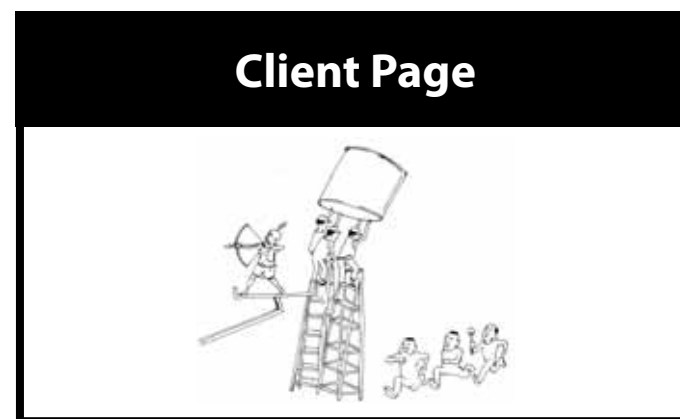
Taking ART medicines



Taking ART medicines

- ART tablets only work for 12 hours. You can imagine that ART workers work in two shifts, a day shift and a night shift. If you don't take your tablet regularly, the tablets are too weak to do their job, so you need to take your pill every morning and evening as prescribed by your doctor.
- Remember: ART is not a cure for HIV. If you forget to take your tablets every day or stop, the HIV arrows will come back even stronger.

Go to Section 4 "ART Basics."



Taking ART medicines = what it means



Taking ART medicines = what it means

- Not everyone does well on ART. In some people the drugs may make you feel even sicker - your health worker will help to adjust the drugs you are taking.
- In some people, the drugs may not work and for some people the help may come too late and they are still going to die.
- Some people come too late for treatment and so have too few shields to fight illness and die.
- ART treatment may seem difficult to take at first, but with the support of family, friends and health staff, you can do very well and live happy healthier lives.

Client Page





Section 3: **POSITIVE LIVING**



For HIV+ people and family members and/or caregivers

How to live well when you are HIV+



How to live well when you are HIV+



Here are some things you can talk about with the client about positive living:

- Advise how to prevent other infections.
- Encourage physical activity as appropriate.
- Advise to avoid harmful or ineffective expensive treatments.
- Support nutrition.
- Have peer demonstrate preparation of nutritious foods.
- Address food security.

Client Page



How you can prevent other infections

Use safe drinking water: drink boiled water or tea when possible.



Wash hands carefully.



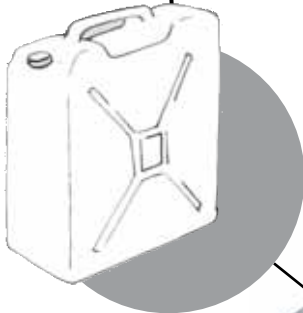
Avoid reinfection and transmission to partners by using condoms.



Apply local antiseptic to minor wounds.



Store water.



Use insecticide-treated bednets.



Eat well-cooked food.



Wash fruits and vegetables with clean water.



Cover food.



Prevent Infections



Preventing other infections

Advise to:

- **Avoid reinfections with other strains of HIV and transmission of HIV to partners by using condoms.**
- **Use safe drinking water: drink boiled water or tea when possible.** Store water in container which prevents contamination (use spigot, do not dip water or used cup into water) Polluted water can cause diarrhoea and other illnesses.
- **Eat well cooked food.** Cook food until it is thoroughly heated and heat liquids until they start to bubble, to kill germs. Do not reheat food more than once. Make sure food is stored away from insects and animals. Cooked food should not be stored for longer than 24 hours.
- **Wash fruit and vegetables (with iodine or chlorine tablets in water especially for lettuce).** Fruit and vegetables can have germs on their skins. Washing them in clean water will make them safer to eat.
- **Practice good handwashing.** Patients and caregivers should wash hands often—after using the toilet, before preparing or eating food, after sneezing or coughing, after handling garbage or touching animals, after touching blood, semen or other body fluids.
- **Use a local antiseptic** (such a gentian violet or chlorhexidine) at home to apply to minor wounds after washing.
- **Use insecticide-treated bednets** to prevent malaria.



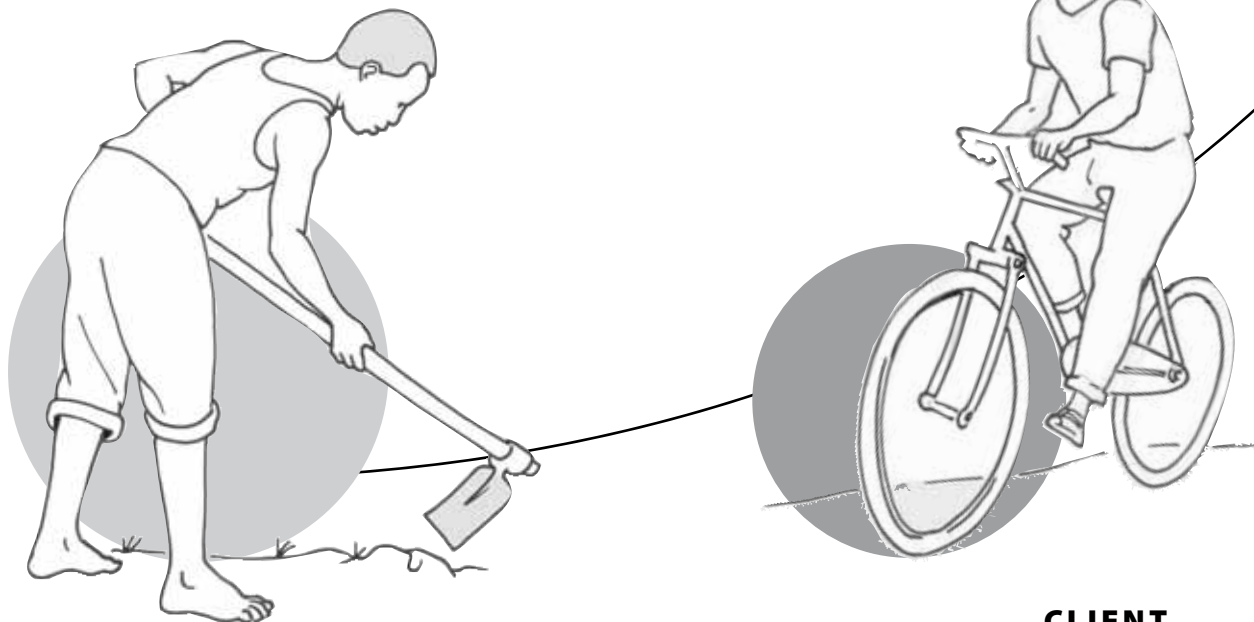
Physical activity—be as active as you can!

Physical activity can make you feel better and maintain muscle tone.

It can prevent weight loss because:

- It stimulates appetite.
- It reduces nausea.
- It improves functioning of the digestive system.
- It strengthens muscles.

Getting fit will help you feel good about your body.



Encourage physical activity as appropriate

Client Page

Be as active
as you can



● Help client develop his/her own programme since:

- Physical activity can make you feel better and maintain muscle tone.
- It is important to keep moving. Moving will help you feel healthier and better. You can walk, work in the fields, do housework, etc.

● It can prevent weight loss because

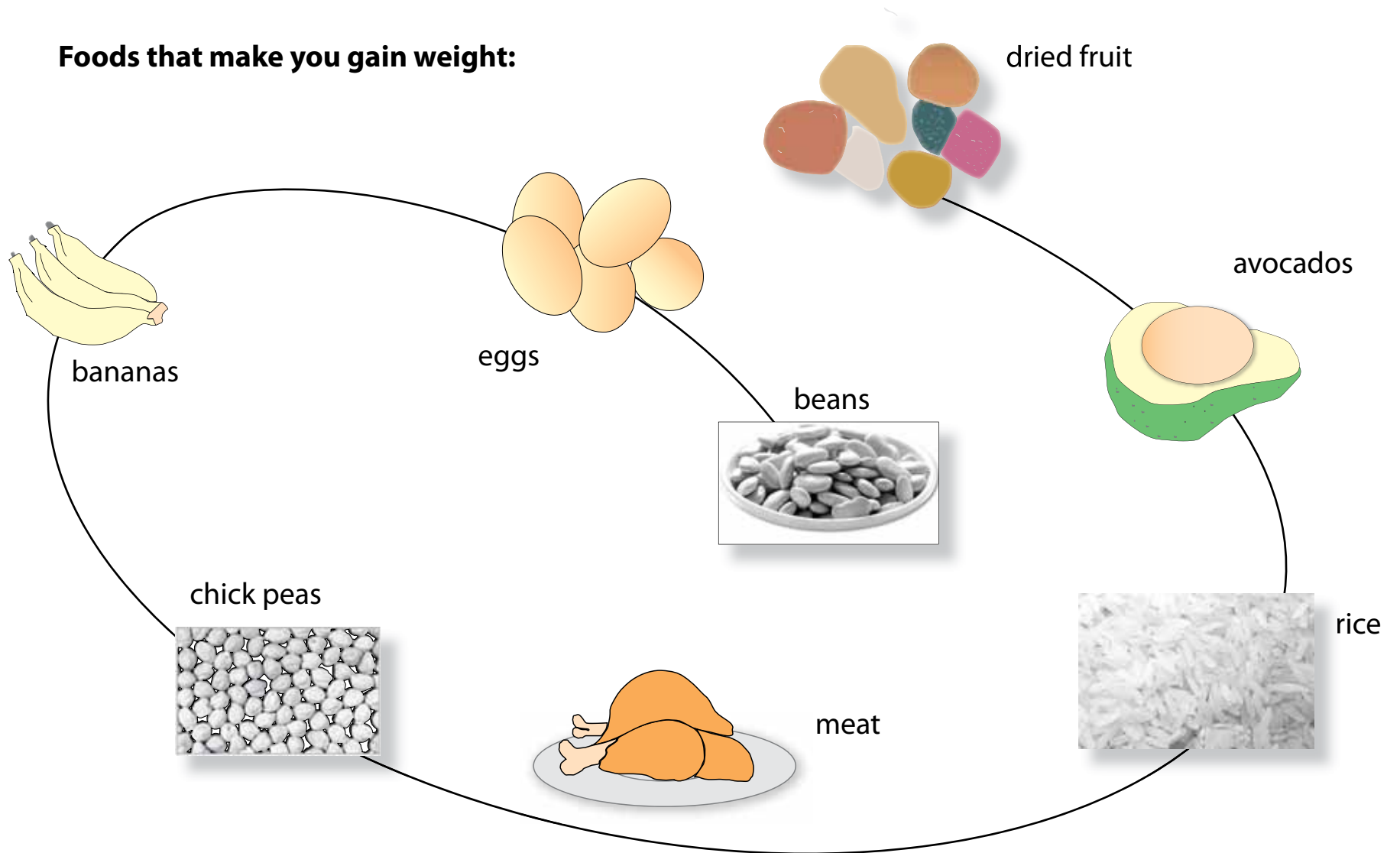
- It stimulates appetite.
- It reduces nausea.
- It improves functioning of the digestive system.
- It strengthens muscles.

Remember that:

Everyone has a different level of exercise tolerance and, as such, everyone will need a different programme.

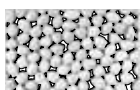
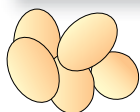
What should you eat?

Foods that make you gain weight:



What should you eat?

Client Page



Advise to:

- **Eat food that stimulate weight gain.** It should have high protein, fat and carbohydrate content.

Examples: Avocado, coconut, full-cream milk powder, yoghurt or sour milk, soya products, cheese, meat, fish, chicken, peanut butter, nuts and seeds, dried fruit, eggs, beans, lentils, potatoes, sweet potatoes, bananas, olives, cassava, millet, sorghum, oats, rice, barley, wheat, maize.

- **Avoid** refined sugar and sweets as these increase the risk of dental and/or oral problems.

Eating tips to help intake and digestion of food

Eat many small meals a day.



Eat papaya with food to help digest it.



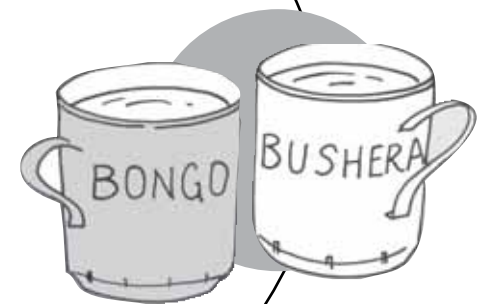
No!



Avoid excessive alcohol, smoking or non-prescribed drugs.



Squeeze fresh lemon juice over meat and nuts.



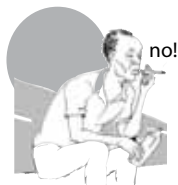
Eat fermented foods.



Drink between meals, not with meals.

Eating tips to help intake and digestion of food

Client Page



Advise to:

- Squeeze fresh lemon juice over fatty foods like meat, chicken and nuts.
- Eat papaya with food to help digest it.
- Eat many small meals a day and chew food well.
- Drink between meals, not during meals.
- Eat fermented or sour foods such as sour milk, sour porridge, etc
- Avoid excessive alcohol, smoking or non-prescribed drugs.

In addition, advise to:

- Maintain good care of your mouth and teeth. People with HIV often develop oral problems. Regular teeth cleaning and mouth rinsing can protect from developing these problems.

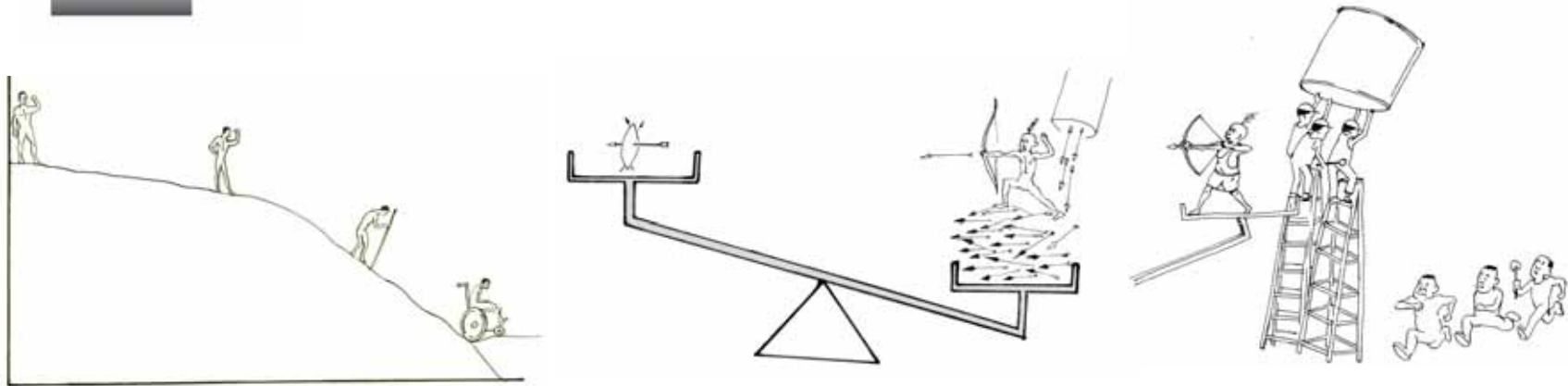


Section 4:

Basic facts about Antiretroviral Therapy (ART)

This section is designed to help you understand the basics about antiretroviral therapy (ART) and how to live healthy while taking ART.

ART Basics



Our body has an immune system that helps to prevent infection the same way a house protects us from rain and cold.

ART Basics

Antiretroviral Therapy

- If your immune system is very weak, you may consider taking a treatment called ART.
- The full name for ART is Anti-Retroviral Therapy.
- If your immune system is still strong you might not need ART, but you still need to protect yourself from opportunistic infections.

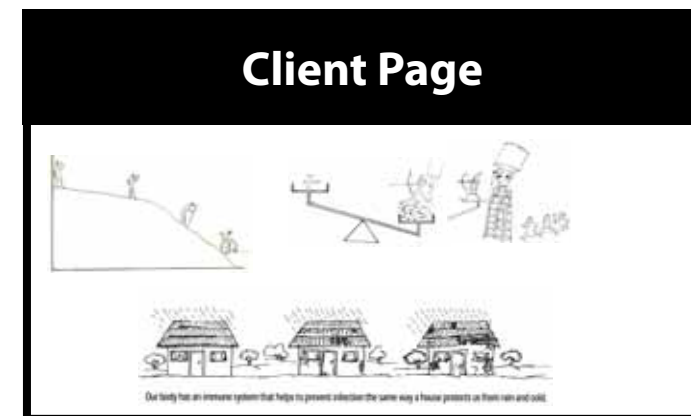
ART does not cure HIV

- When on ART, you must take all the ART tablets at the same time twice a day, everyday.
- If you miss tablets, the HIV virus gets strong again and ART might not be able to slow it down anymore. It will stop working.



How ART works

- ART does not cure HIV. It slows down the HIV virus from multiplying so fewer viruses attack the immune system.
- The immune system gets stronger and can keep out opportunistic infections when on ART.
- ART will make you feel better, have less infection and make you live a normal life.
- You will be able to return to your work and/or school as before.
- When on ART, you will get sick less and feel better for longer periods of time.



ART Basics

Commitment to ART



The decision to start taking ART is a life-long commitment.

You need someone to help you remember to take the tablets twice daily and how to respond to problems.

ART Basics

Commitment to ART

Making a commitment to ART.

Your health worker can help you learn about ART, but the decision to start it has to be made by you.

- Start ART only when you are ready to make a life-long commitment. Remember that you will have to take the tablets twice a day for the rest of your life.
- Stopping and starting, and missing tablets stops the ART from working.
- Taking some of the tablets, but not the others, also stops ART from working.

Ask someone to help you remember.

- The health worker can help you think of ways to help you take your medicines. When taking ART, it will be important to disclose your status to at least one person. S/he can help you a lot.
- It helps to have someone you trust become your treatment supporter to help you remember to take your ART tablets.

Remember

Taking ART is a big commitment. Your health worker and treatment supporter can help you remember to take your tablets and advise if you have problems.



When on ART, remember to continue to live positively.

- Follow instructions on prevention and positive living.
- Do not wait till you feel sick to talk to your health worker. Visit the clinic periodically or as advised by the health worker. Do not skip appointments.

Client Page



ART Basics

ART Side Effects



ART Basics

ART Side Effects



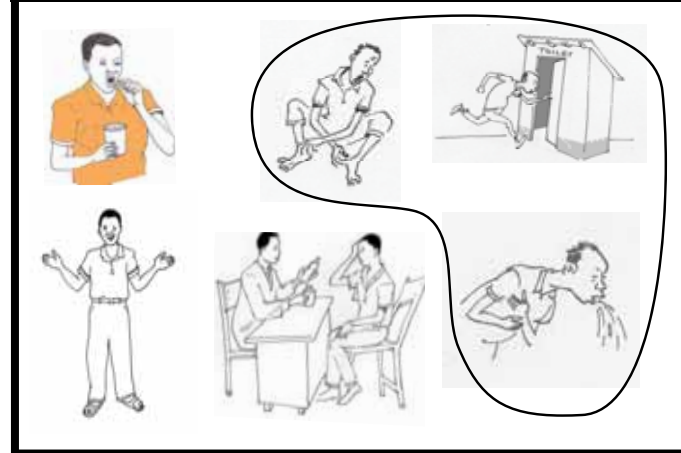
ART side effects

- When you start ART you may have some discomfort called side effects.
- For a few people ART can cause more serious side effects.
- If you have side effects, refer to the client treatment cards the health workers gave you to understand if you have to go to the clinic or can manage it on your own.
- In any case, when you visit the clinic tell the health worker right away about any side effects, even the minor ones. This will help you to make the medicines easier to take and avoid any serious health problems.

Remember

ART sometimes has unpleasant side effects. When you experience these, ask the health worker for advice.

Client Page



ART Basics

ART does not cure HIV



ART Basics

ART does not cure HIV



ART does not cure HIV

- If you are taking ART, you can still pass on HIV to somebody else.

ART does not protect against re-infection of HIV

- If you are taking ART, you can still get infected with HIV again. (There is more than one type of HIV.)
- This may make your immune system weaker.

ART does not protect from infecting others with HIV

- While you are taking ART, continue to protect yourself and others by regularly using a condom when you have sex.

Remember

ART does not cure HIV.
You can protect yourself from re-infection and avoid transmission to others by using condoms. Advise on disclosure, safe sex, and how to negotiate condom use and HIV test.

Client Page



ART Basics

ART and Pregnancy



ART Basics

ART and Pregnancy



ART and pregnancy.

- It is very important to tell the health worker if you are pregnant, or want to have a baby, when you are about to start ART or are on ART.
- You can get pregnant while you are on ART.
- ART can help prevent transmission of HIV to the baby.
- For male clients on ART: if you are planning to have a baby with your partner/wife, come together for further counselling.
- If your partner/wife is already pregnant, you both need to go to PMTCT service.

Remember

Talk to a health worker if you want to have a baby or if you are pregnant.

Some ART medicines are safer during pregnancy than others.

- Tell the health worker right away if you are pregnant or want to have a baby. The health worker can help you make a decision about what to do.
- Some ART medicines are safer to use while you are pregnant. Talk to your health worker about which ART medicines to use.

Client Page



ART Basics

Taking ART—what to do



Take ART as prescribed



Have somebody remind
you to take ART

ART Basics

Taking ART—what to do

Taking ART.

- It helps to have someone you can trust, a family member or friend, to help you remember to take your drugs. This person is called a treatment supporter.
- It takes practise to remember to take ART drugs.

Here are some ways to help you remember.

- Put the ART drugs where you will take them.
- Take the ART drugs at the same time each day, i.e. when you eat your meal.



Remember

It is important to establish a routine for taking your ART drugs. Put them where you can remember them everyday.

Client Page



ART Basics

Taking ART—what to do



You can pack your medicines when going to work or when travelling.
The most important thing is always to have your medicines with you.

ART Basics

Taking ART—what to do



How to remember ART.

- Write notes, use stickers, and look at clocks and calendars to remind you to take your ART or use the radio programme, or the chickens coming out in the morning and going in at night.

Here are some ways to help you remember to take ART correctly.

- Take ART with you.
- Plan ahead for how you will take the ART when you are at work.
- If you go away from home, pack more tablets than you need in case you stay away longer than expected..

Remember

Stick to a routine and plan ahead to take ART correctly.

Client Page



ART Basics

Taking ART—what to do



If you remember within four hours from the time you are supposed to take the drugs, take them, otherwise skip this dose and return to your regular schedule.

Don't take twice the tablets at the same. If you forget a dose, do not take a double dose.

If ART is giving you any problems, talk to the health worker.

ART Basics

Taking ART—what to do



If you forget to take your tablets.

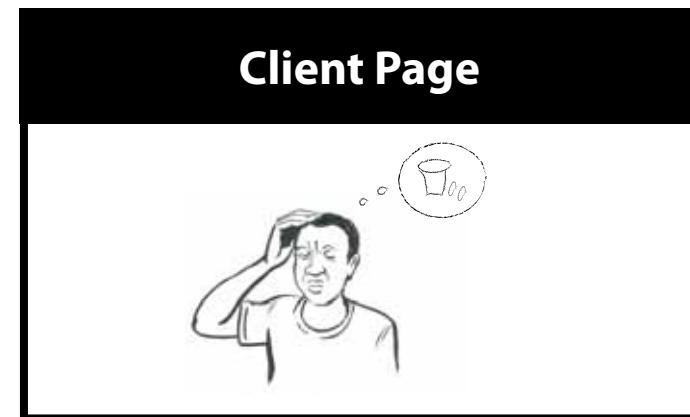
- If it is within four hours from the time you were supposed to take the tablet, take them. If it is later than four hours, take the **next dose** as scheduled, but do **not** double it.

If you are having problems taking your ART drugs.

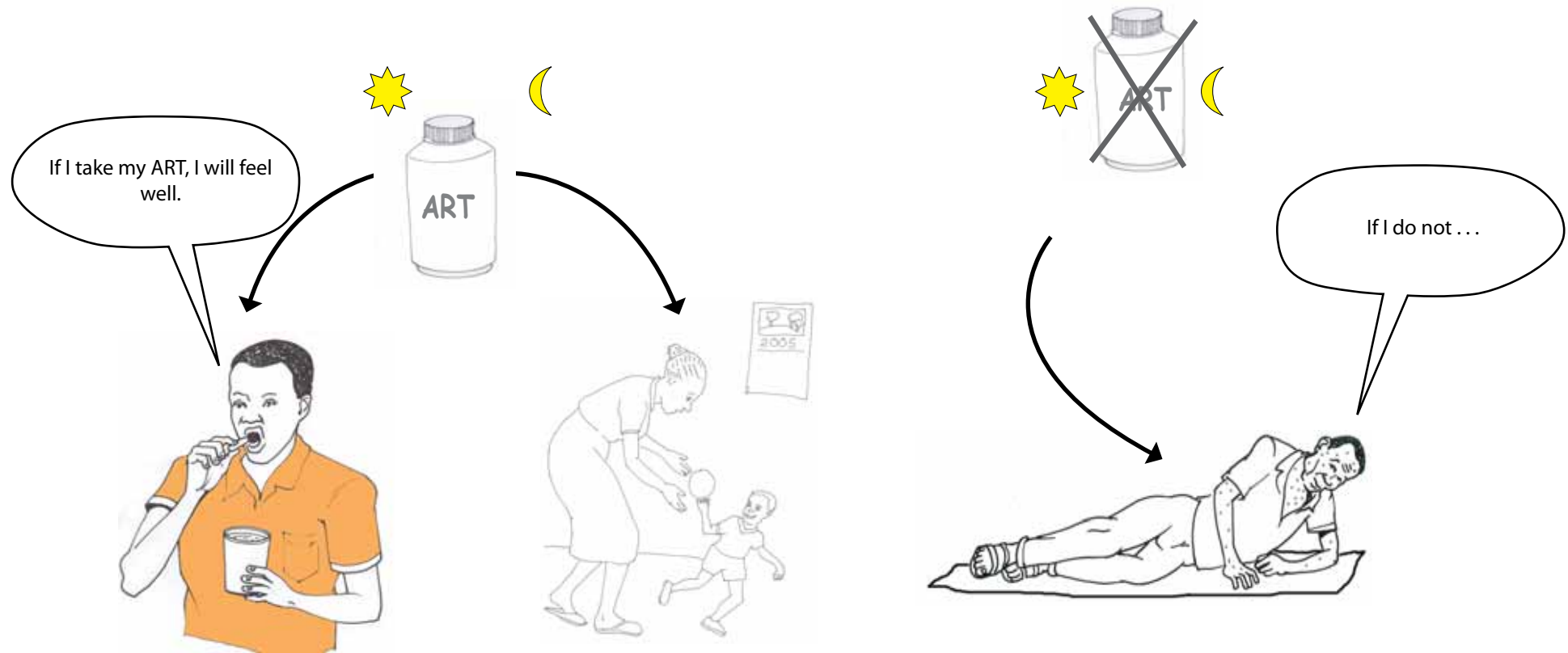
- Inform the health worker team if you have skipped doses.

If you want to stop taking ART.

- Before doing so, inform your clinical team.
- The clinical team can help you in addressing the problems ART might cause you.



ART Basics



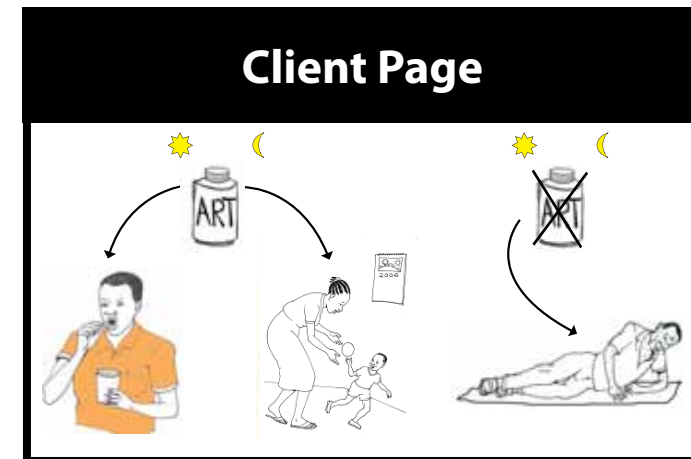
Remember: If ART is giving you any problems, talk to the health worker.

ART Basics



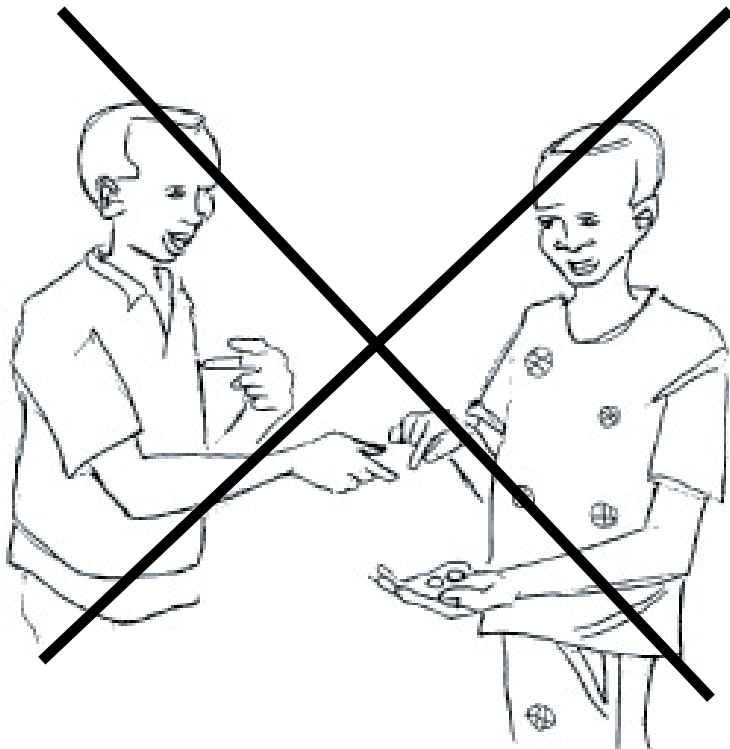
Antiretroviral Therapy

- If you take ART as the health worker prescribes, every day twice a day, you will be able to live a longer, healthier life .
- If you will not take all doses, you might start having problems again.
- Have your treatment supporter assist you in adhering to the therapy especially at the beginning.



ART Basics

Taking ART—what to do



ART Basics

Taking ART—what to do



Never share your ART drugs.

- If you share the drugs, they won't work for you nor for the other person.

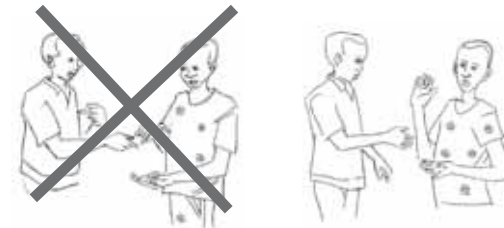
Keep ART in a safe place.

- Like all medicines, keep ART in a safe place and away from children.

Remember

Never share your ART drugs. If you share them they won't work for you nor for the person you are sharing with.

Client Page



ART Basics

Taking ART—you are not alone.



You are not alone!

Remember, many people around the world take ART everyday. You too can take them successfully.

ART Basics

Taking ART—you are not alone.



You are not alone!

Remember, many people around the world take ART everyday. You too can take them successfully.



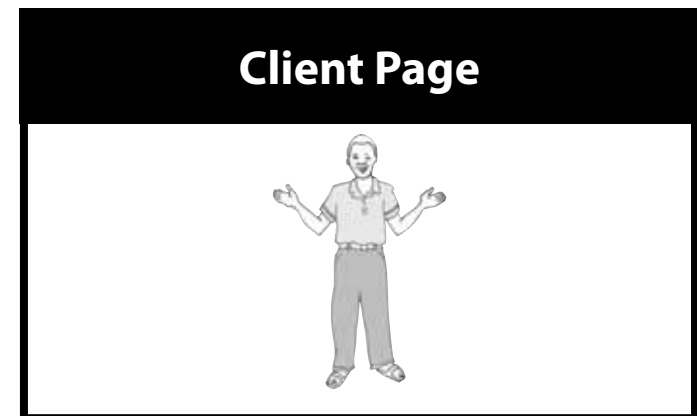
Section 5:
TAKING CARE OF YOURSELF
WHEN YOU ARE HIV+

Be involved in your own health



Be involved in your own health

- With your experience and all the information given by the health worker, most often you can find solutions to the problems you are experiencing. This will include seeking care for those problems that you cannot solve yourself. However, understanding your problems and what you need to do about them will need to come from you. Every day you will need to make decisions about:
 - patterns of sexual behaviour and intimate relationships;
 - prevention and treatment of opportunistic infections;
 - positive living and eating well;
 - taking your medicines as prescribed;
 - understanding the use or abuse of drugs or alcohol.
- Be involved in your health. You should be part of every decision that is made related to your health.
- HIV is a lifelong disease. Although it will take time, it is important for you to understand it, learn to feel comfortable about it and learn how to manage the problems that it might give you.



Talk to the carer



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+

5-4

Talk to the carer

Asking Questions

- If you do not understand something that the health worker tells you, always ask questions. If you do not understand the answer you are given, feel free to say so. You can also ask a family member, a friend or carer to be there with you to help you to remember answers at home.

Feelings and fears

- It is not always easy to talk about your situation, feelings and fears. You might not want to burden someone close to you with your problems, or you may feel that they may not understand you as well. If you talk to your carer, you might be able to offload some of your feelings and talk about ways to cope better with your situation.

It is OK to show your fears, and say what it is that you are afraid of. Your health care worker will be able to explain your problems to you so that you can understand them. Understanding what is happening with you will make you feel better and in control of your health.



Learn More About Your Health and Your Treatment



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+

5-6

Learn More About Your Health and Your Treatment

An Opportunity to Learn More

- Take the visit to the clinic as an opportunity to learn more about your condition, the medicines you are taking, how you can best address problems you are having at home. Also ask about the resources and support that can be available for you and approach them when needed. The more information you have, the better prepared you will be to take care of yourself.

Getting Information

- Collect as much information as you can about your disease and the treatment you will need. Ask your health care worker what you should do in case new symptoms appear and look at the Self-management and Caregiver booklet each time something new comes.

Other Information

- Be sure to know what the risks of the treatment are, and what will happen if you do not take it.



Be careful if new symptoms appear



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+

5-8

Be careful if new symptoms appear

- You should also know how to handle new signs and symptoms that may appear.
- You should remember what the health care worker and the caregiver have told you, However, look at your client card and Self Management and Caregiver Booklet every time you have some doubts. It is important to know if you can manage the problem on your own or you need to seek care from the health facility.



List All of the Medicines You are Taking



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+ **5-10**

List All of the Medicines You are Taking

Making a List

- Get to know the medicines you are taking (including family planning if you are taking those). You can make a list or just memorize the shape and colour. If you have any doubt, ask your health care worker, your treatment supporter, your caregiver or family.
- Remember any problems you have experienced when taking certain medications.
- Make sure your healthcare worker KNOWS about these problems with medications. Ask your health care worker or caregiver what you need to do in case the problems come again, whether you can do something at home or you need to seek care.

You should take your medication with you when you go to see the health worker.



Understand the Medicines You Are Taking



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+

5-12

Understand the Medicines You Are Taking

Knowing All about ARV and other medicines you are taking

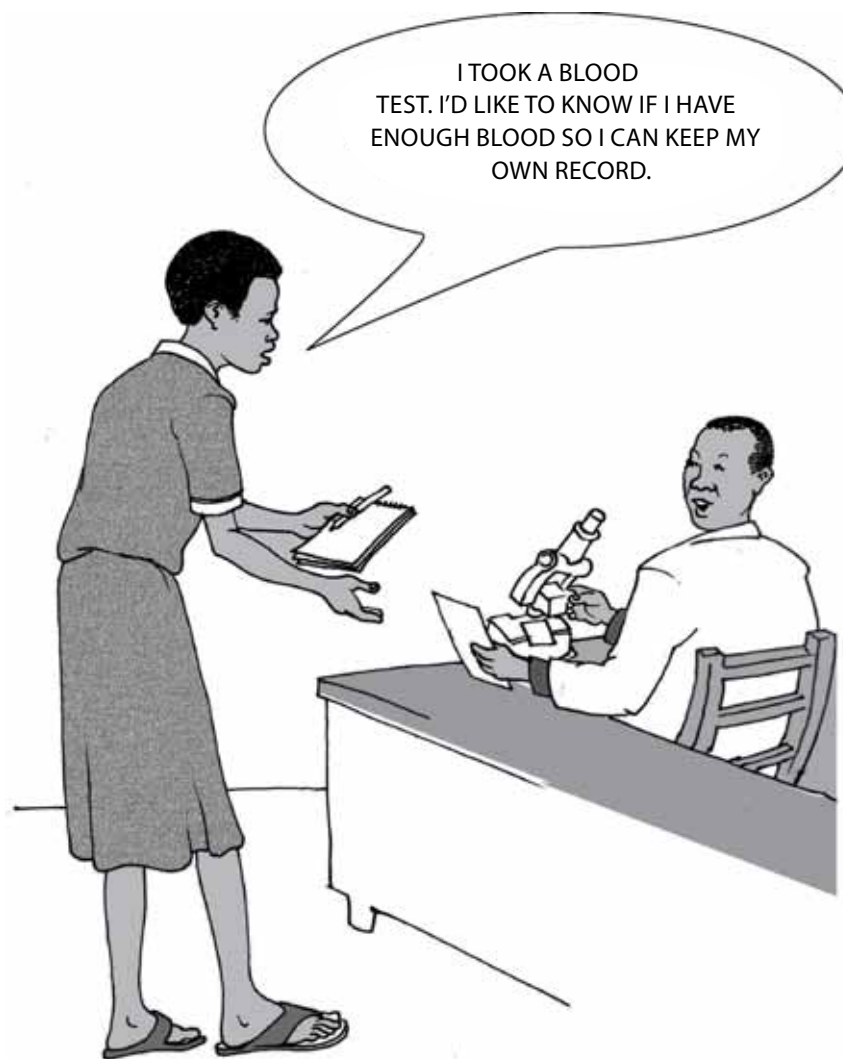
- Before you begin to take your medicines, be sure you know exactly HOW and WHEN to take them. All medicines need to be taken as prescribed. ART, in particular, will lose its effect if not taken every day, twice a day.

Knowing How Long to Take it

- Do not stop taking your ART or other drugs/medicine because you feel better on some days. Your medicine must be taken every day for the rest of your life, or your health care worker will tell you when to stop.



Get the Results of Every Test



CLIENT

HOW TO TAKE CARE OF YOURSELF WHEN YOU ARE HIV+

5-14

Get the Results of Every Test

Asking for Results

- Ask for the results of every test or procedure you have taken. By keeping your own record of test results, you will have more information about your health.

Knowing What it Means

- When you get your results, always remember to ask what the results mean for your health and for your treatment.



What to Do if You are Referred to the Hospital



What to Do if You are Referred to the Hospital

Always ASK:

- Why you are being referred.
- How quickly you will need to go to the hospital, and what will happen if you do not go. If you can't go, you need to understand what is happening with your body. Knowing how quickly you need to go will allow you to plan ahead, so you can tell your husband or wife, your friends, or your caregiver.
- If you will have to pay for treatment at the hospital, and how much it will cost you.
- If there are any services to help pay for your treatment if you are not able to pay all or part of the bill.

Client Page



Know your treatment plan *before* you leave the hospital



Know your treatment plan *before* you leave the hospital

Explaining the Treatment

- Before you leave the hospital, ask the healthcare worker to explain what treatment you had and the new medicines you need to take, if any.
- It is especially important to understand your follow-up care plan, and what medicines you must continue to take at home. Until you visit the health worker at the clinic.



LASTLY...

Remember to visit your health worker as soon as you get back home with the information from the hospital. Both you AND your health worker need to know about your health.

