

CHART ONE (1)

INTRODUCTION TO HIV/AIDS.

OBJECTIVES

1. To define terms.
2. To give facts and demystify HIV/AIDS.
3. To bring about positive behaviour change in sexual relationships through change in:
 - Attitude
 - Practise
4. To promote prevention as key to the control of the HIV/AIDS epidemic.
5. To encourage VCT for all.

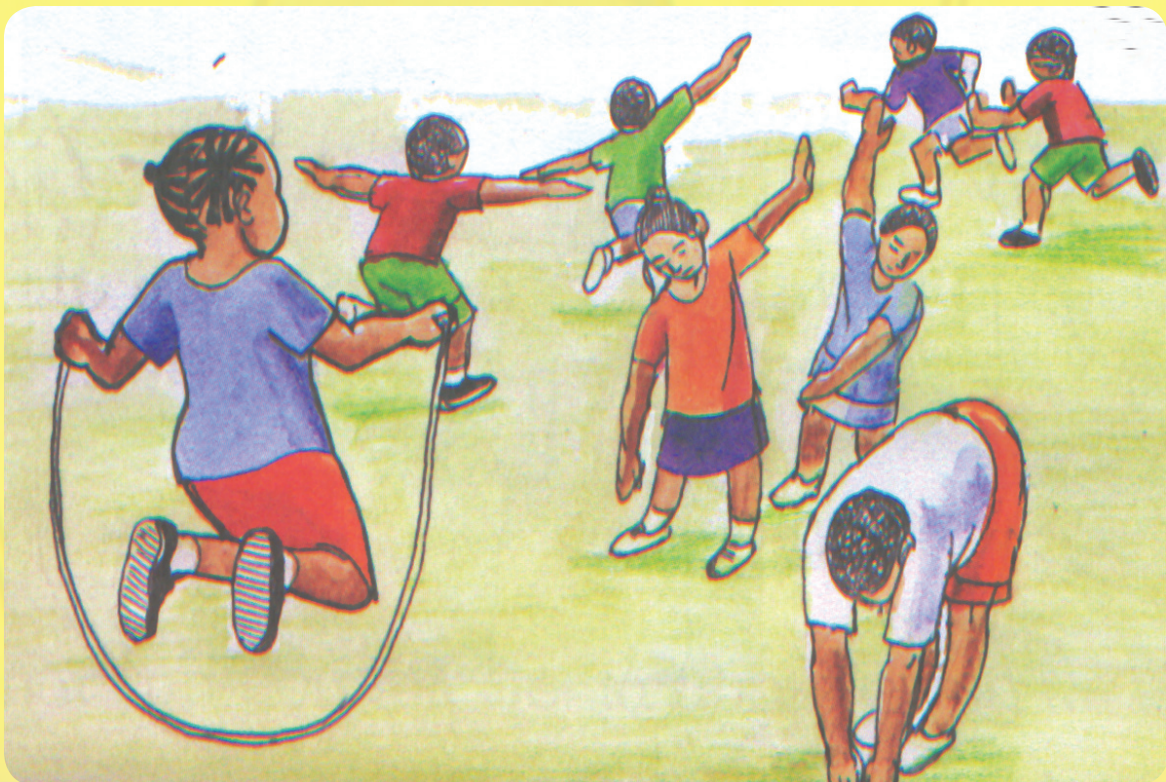


CHART TWO (2)

VOLUNTARY COUNSELLING AND TESTING (VCT)

Definition (VCT)

It is the process by which a person finds out whether or not he/she is infected with HIV the virus that causes AIDS.

Strong government intervention has given rise to high levels of HIV/ AIDS awareness but without corresponding behaviour change.

VCT therefore targets behaviour change. Knowing ones status empowers people to make informed decisions about their sexual lifestyle that would otherwise predispose individuals to HIV infection.

Teaching Notes

According to updates of KHDS 2004.

- 48% of women and 62% of men in Kenya know about VCT.
- VCT awareness is highest in Nairobi and Central province and lowest in North Eastern province.
- More men than women engage in risky sexual behaviours
- Risky sexual behaviour is highest in the 15-19 yr age group.

VOLUNTARY COUNSELLING AND TESTING (VCT)

Voluntary Counselling and Testing.

- VCT services should be completely voluntary and requested by the client.
- Informed consent is always required.
- Confidentiality must always be maintained.
- Anonymus services (no names)provided.

Voluntary Counseling and Testing.

- Pre-test and post-test counseling is always required.
- Counselling emphasizes behaviour change and prevention.
- Couple counselling is recommended.
- Counsellors should refer clients to other appropriate services if needed e.g treatment of opportunistic infections or home based care etc.

CHART THREE (3)

WHO SHOULD RECEIVE VCT?

1. Anyone **SERIOUS** about behaviour change should receive counselling.
2. Those with more than one sexual partner.
3. Those diagnosed with a Sexually Transmitted disease or TB.
4. Anyone 18 and over.
5. Couples before starting a relationship, before marriage, for pregnancy planning.
6. Mature minors (15 and 18) – who have already engaged in risky behaviour

NB:

Children under 15 should be served only with parental consent and only if there is a clear benefit to the child.

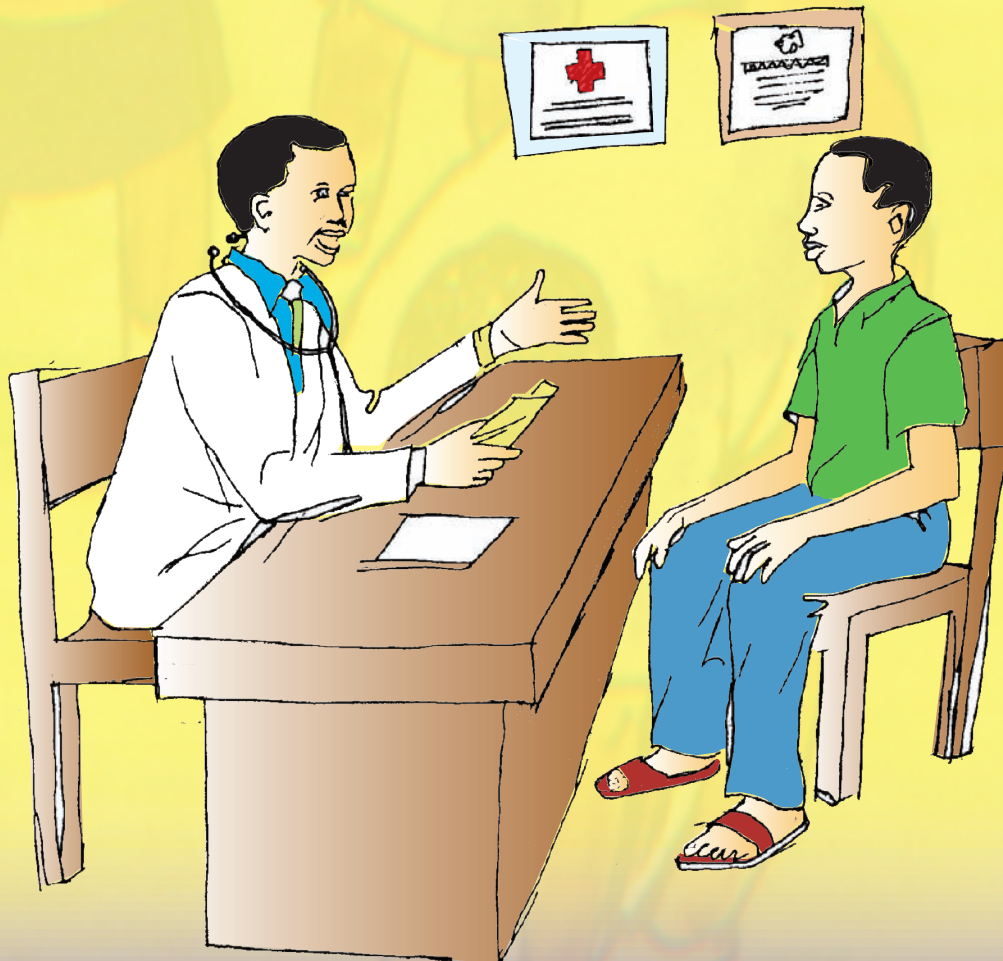


CHART FOUR (4)

BASIC STEPS INVOLVED IN COUNSELLING FOR HIV

- HIV and AIDS information.
- Pre-test and test decision counselling.
- Testing and test results.
- Post-test counselling.
- Plans for reducing risky behaviour.

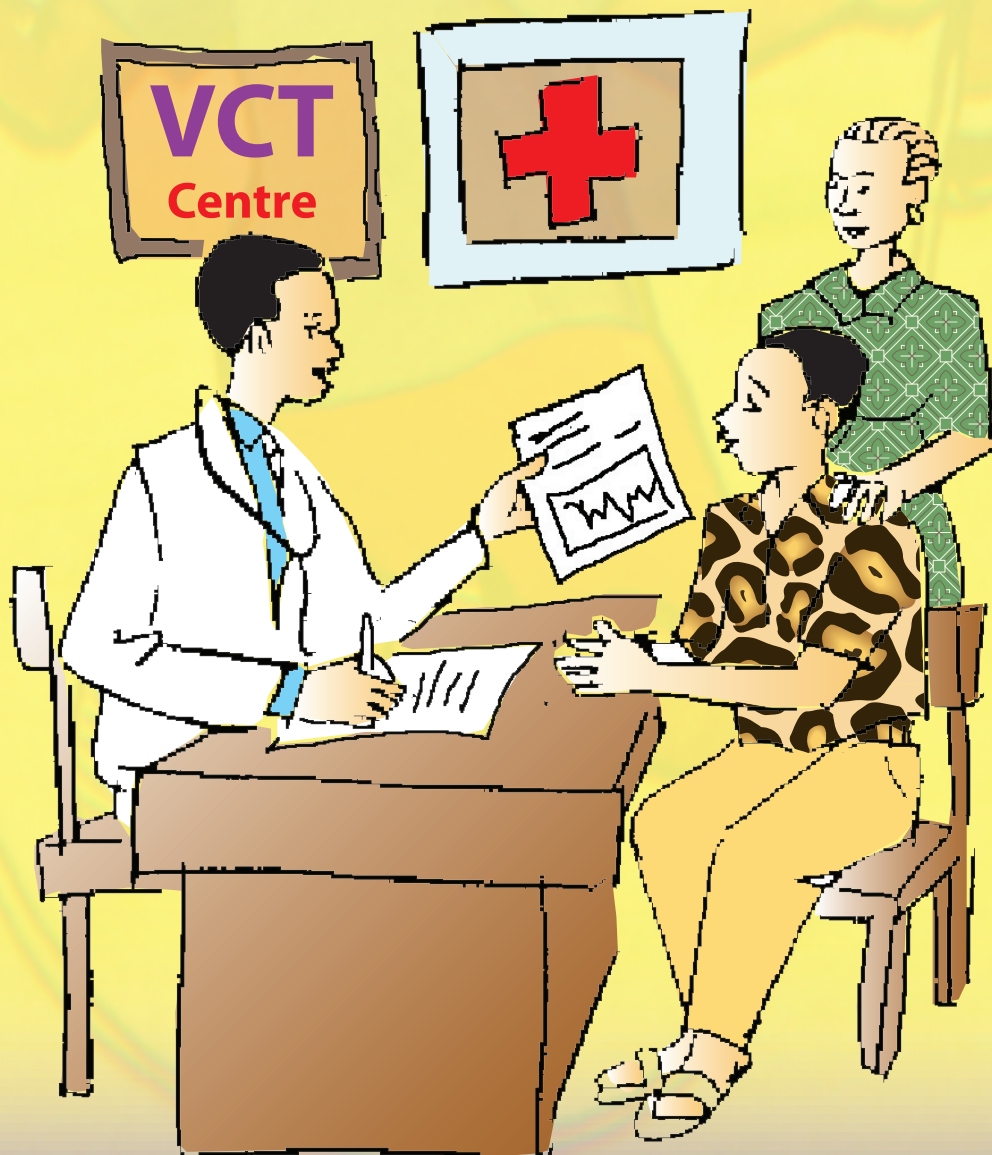


CHART FIVE (5)

BENEFITS OF VCT TO THE INDIVIDUAL

- Empowers the uninfected person to protect him/herself from HIV.
- Assists infected persons to protect others and to live positively.
- Offers the opportunity for treatment of infections associated with HIV.



CHART SIX (6)

BENEFITS OF VCT TO THE COUPLE AND FAMILY

- Supports safer relationships by enhancing faithfulness.
- Encourages family planning and treatment to help prevent peri-natal HIV transmission.
- Allows the couple/family to plan for the future.

BENEFITS TO THE COMMUNITY

- Generates optimism as large numbers of persons test HIV negative. (Currently >80% of people test negative at VCT centres)
- Impacts community norms (testing, risk reduction, discussion of status, and condom use)
- Reduces stigma as more persons go public about having HIV.
- Serves as a catalyst for the development of care and support services.
- Reduces transmission and changes the tide of the epidemic.

CHART SEVEN (7)

VOLUNTARY COUNSELLING AND TESTING (VCT) TEST DONE AT VCT CENTRE

- A simple rapid blood test that tests for anti-bodies to HIV is done.
- The results are available within half an hour of being tested.

How accurate is HIV testing?

HIV test is more than 99% accurate. It will confirm your status with certainty.

Note

- VCT is absolutely free.
- VCT centres are found countrywide.



CHART EIGHT (8)

HIV stands for

Human

- the virus infects human beings only

Immunodeficiency - body defence against illnesses (Related to)

Virus

- smallest known germ

AIDS stands for

Acquired

- to acquire means “to get”

Immunodeficiency - lack of something

Syndrome

- collection of signs and symptoms

VOLUNTARY COUNSELLING & TESTING SUMMARY

VCT AS A CORNERSTONE OF HIV/AIDS PREVENTION AND MANAGEMENT

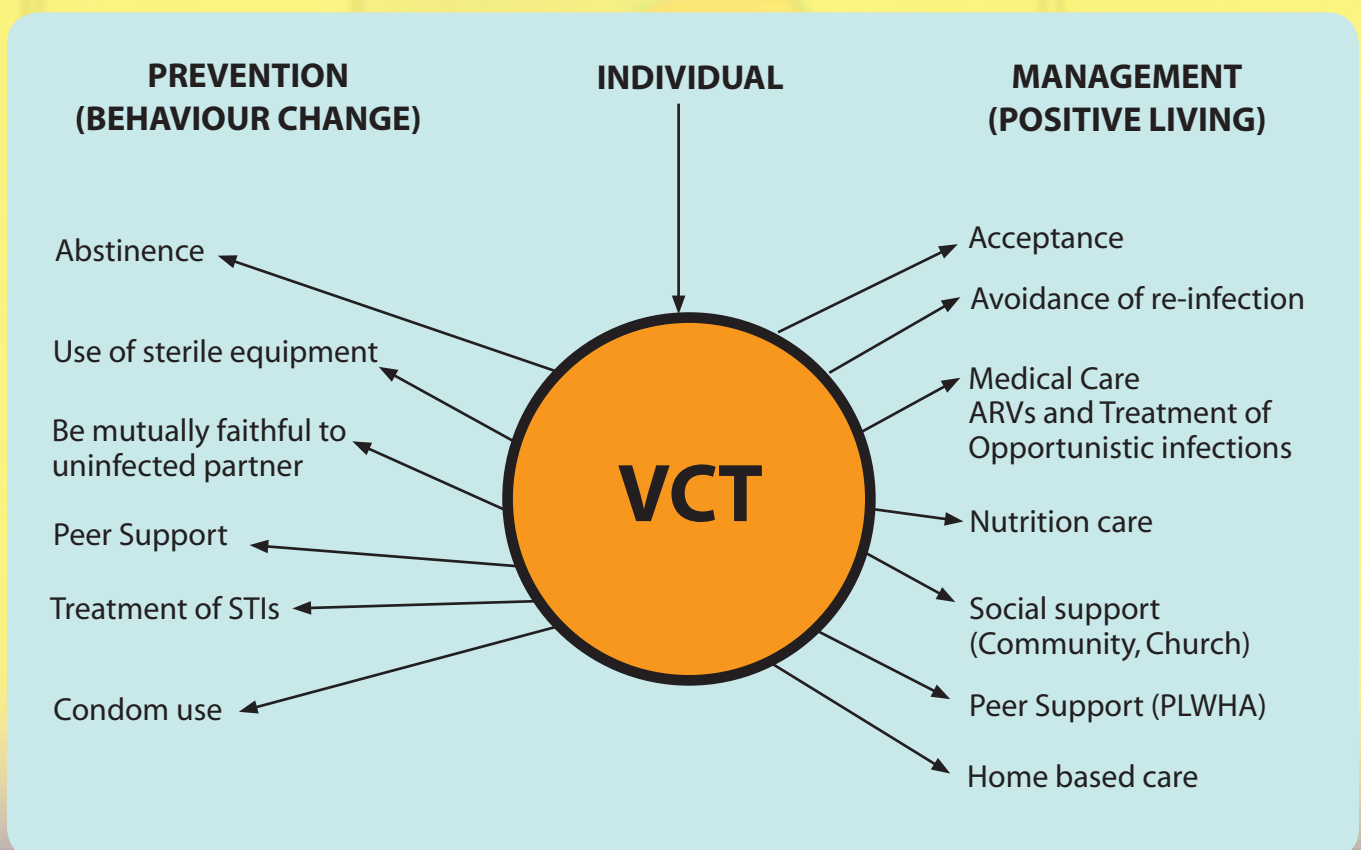


CHART NINE (9)

HISTORY OF HIV

- 1981** - AIDS described in gay men and I.V drug users in America.
- 1983** - Virus is isolated.
- 1984** - First Kenyan case described at KNH by Prof. Obel
- 1999** - AIDS declared a national disaster in Kenya by President Moi.
- 2003** - President Kibaki promotes VCT.

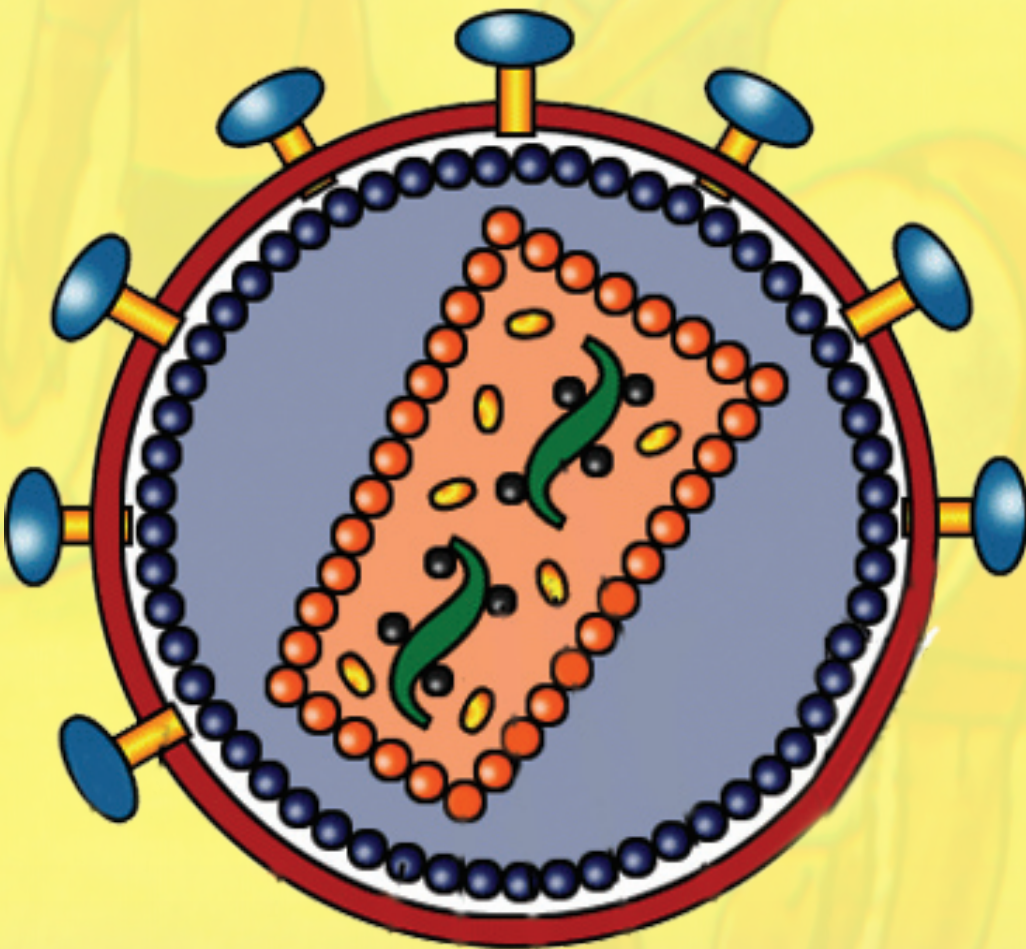


CHART TEN (10)

GLOBAL FIGURES – ESTIMATE FROM THE UNAIDS REPORT FOR 2004



People in the world living with HIV/AIDS	-	39.4 million (35.9m– 44.3m)
HIV infections in		
Sub-Saharan Africa	-	25.4 million (23.1m – 27.9 m)
Global AIDS death in 2004	-	2.3 million
Global New infections	-	3.1 million

GLOBAL FIGURES – UNAIDS REPORT FOR 2004

Sub Sahara Africa has 10% of worlds population yet has 60% of total disease burden

PLWA (15-24yrs)-	women	men
	6.9%	2.2%