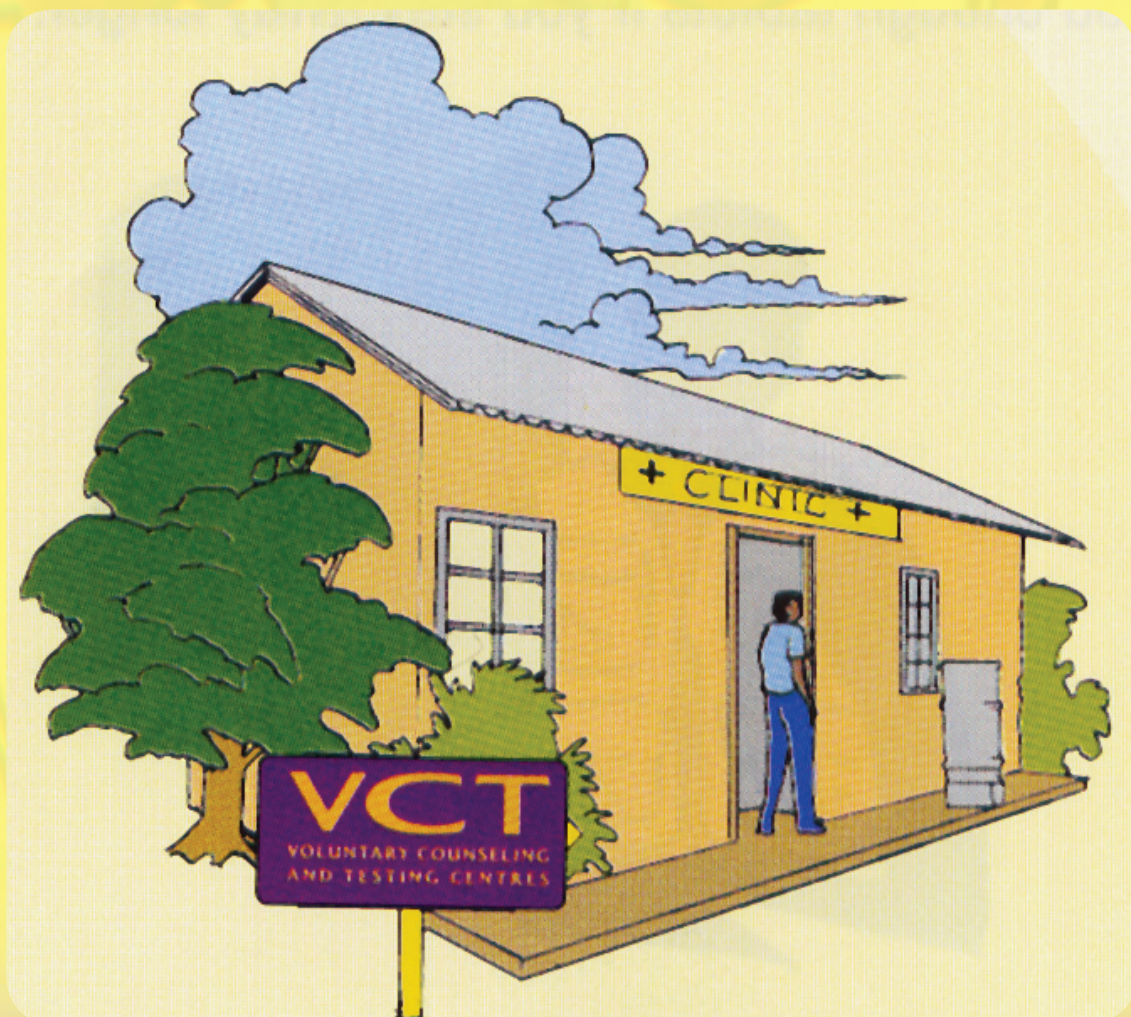


## CHART THIRTY- ONE (31)

### HOW TO AVOID VULNERABILITY

1. Give correct information.
2. VCT.
3. Discourage discrimination of HIV positive people.
4. Address poverty.
5. Education level improvement.
6. Gender sensitivity.
7. Care of orphans and children.
8. Advocacy of human rights.



## CHART THIRTY-TWO (32)

### ANTI RETROVIRALS (ARVs)

#### Definition

These are drugs that have been developed to fight HIV/AIDS by :

- Delaying the progression of HIV/AIDS to an early death.
- Reduce the viral load burden in the body.

#### NOTE:

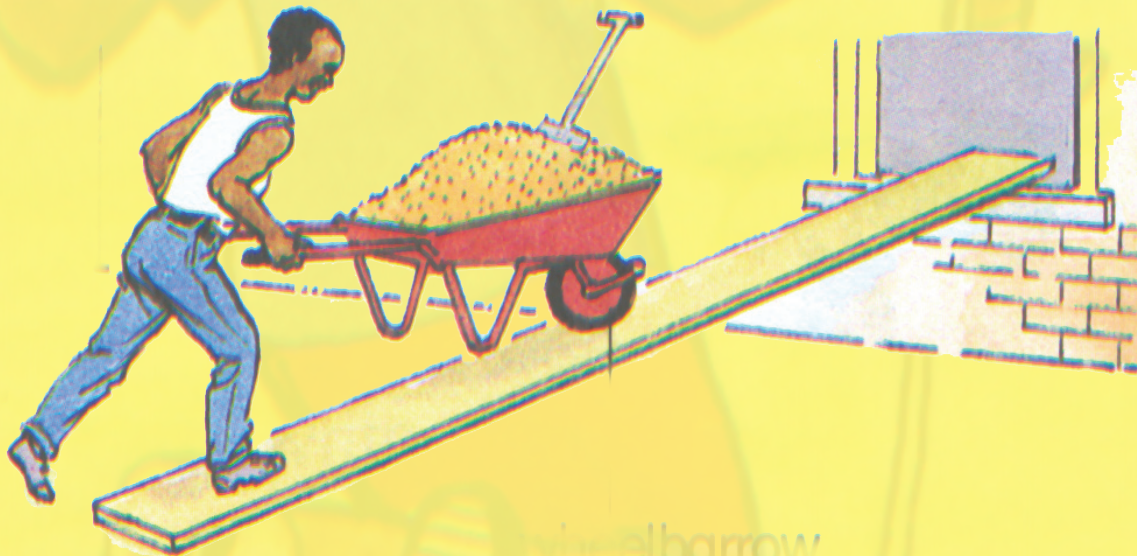
There is no cure for HIV/AIDS.



## CHART THIRTY-THREE (33)

### BENEFITS OF TAKING ARVs

1. To reduce plasma viral load levels.
2. Reduce incidence of opportunistic infections.
3. Boost immunity shown by increased CD4 cells.
4. Reduce mother to child transmission.
5. Prophylactic use in: (a) accidental inoculation - Health  
(b) Rape - within 72hrs
6. Increase life span of people living with HIV/AIDS. (there is still no cure).



## CHART THIRTY-FOUR (34)

### A. The commonly prescribed anti-retrovirals are:

1. Zidovudine (AZT), Videx, Zerit
2. Stocrin, viramune
3. Indinavir, Ritonavir, Saquinavir

### B. The gold standard of antiretroviral therapy is HAART (Highly Active Antiretroviral therapy)

#### NOTE

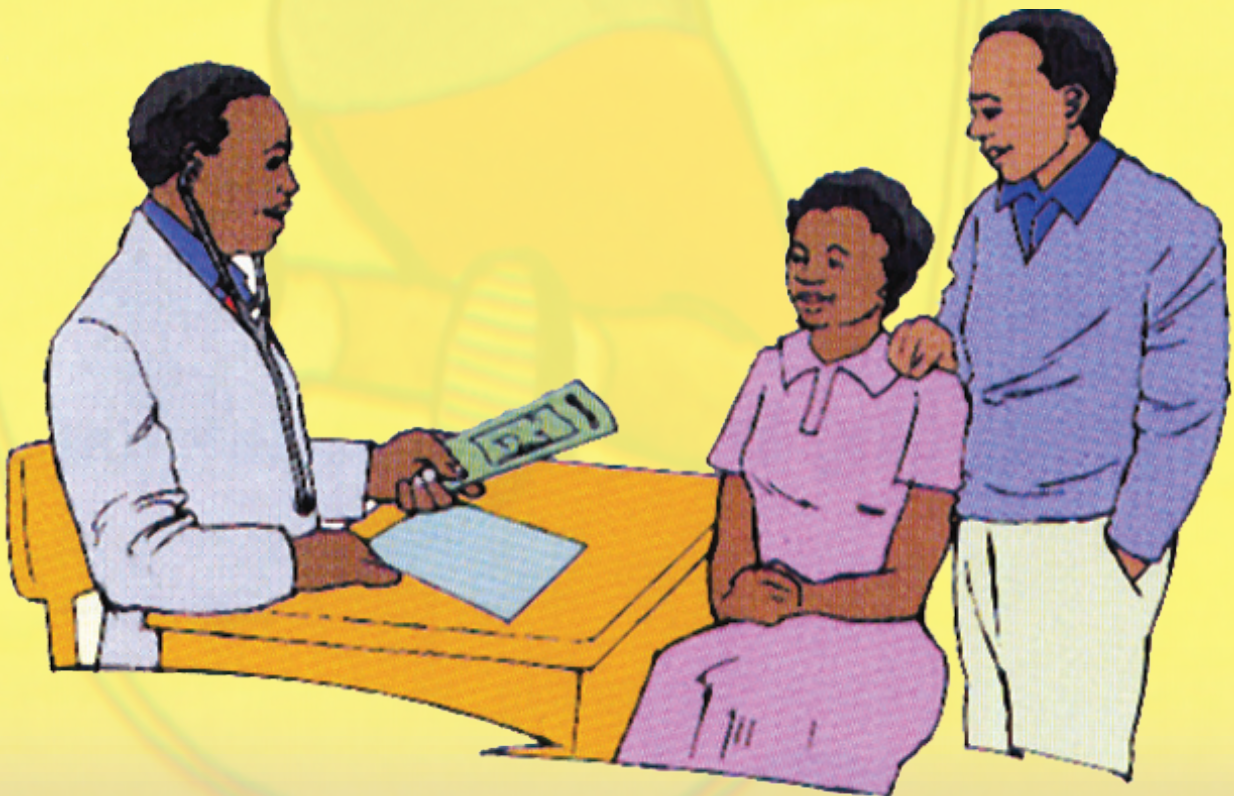
HAART is a combination of three or more antiretroviral drugs in treatment of HIV infection. HIV has the ability to rapidly develop resistance if one is used alone.



## CHART THIRTY- FIVE (35)

**The decision to start therapy should be made after considering:**

- Patients acceptance or readiness.
- Probability of adherence/compliance.
- Clinical state i.e. symptomatic HIV
- CD4 cell count  $<200\text{mm}^3$
- Viral burden/load  $>100,000$  copies/ml.



## CHART THIRTY - SIX (36)

The access to drugs in Kenya is increased due to:

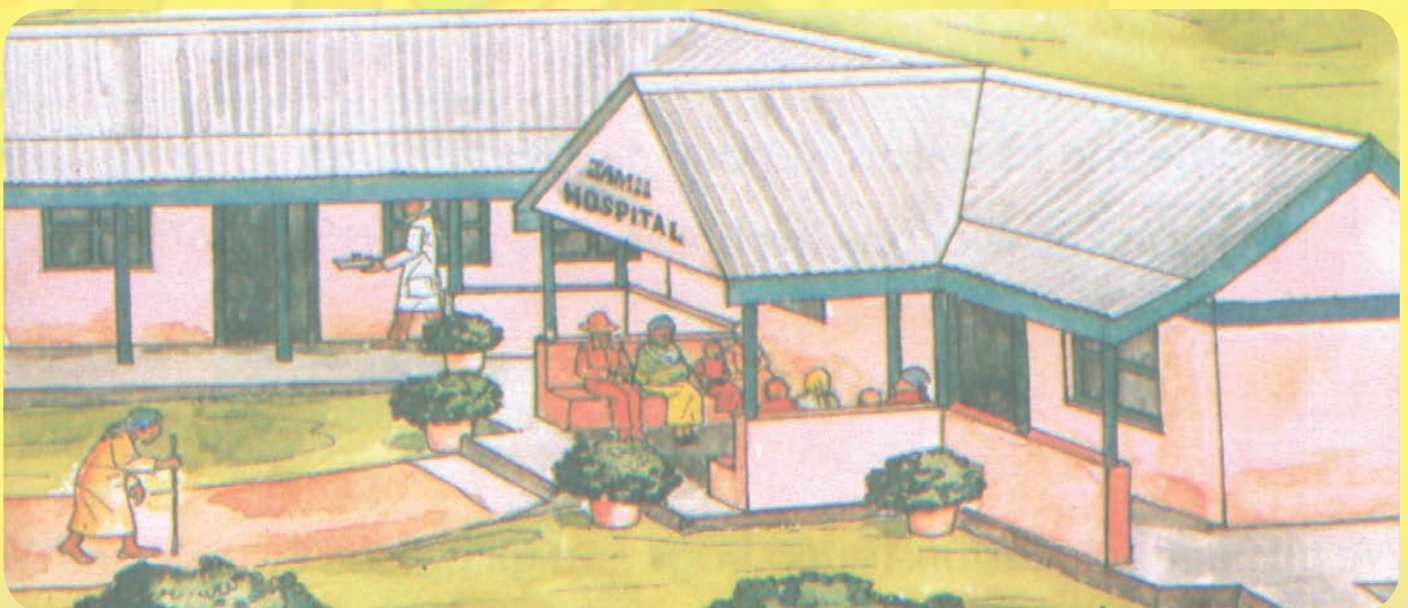
### (a) Reduced cost

- Triple therapy (HAART) is now Kshs 100/= in Government of Kenya hospitals and Kshs 1,500/= (cheapest) combination in the private sector.

In KNH - 100 per month.

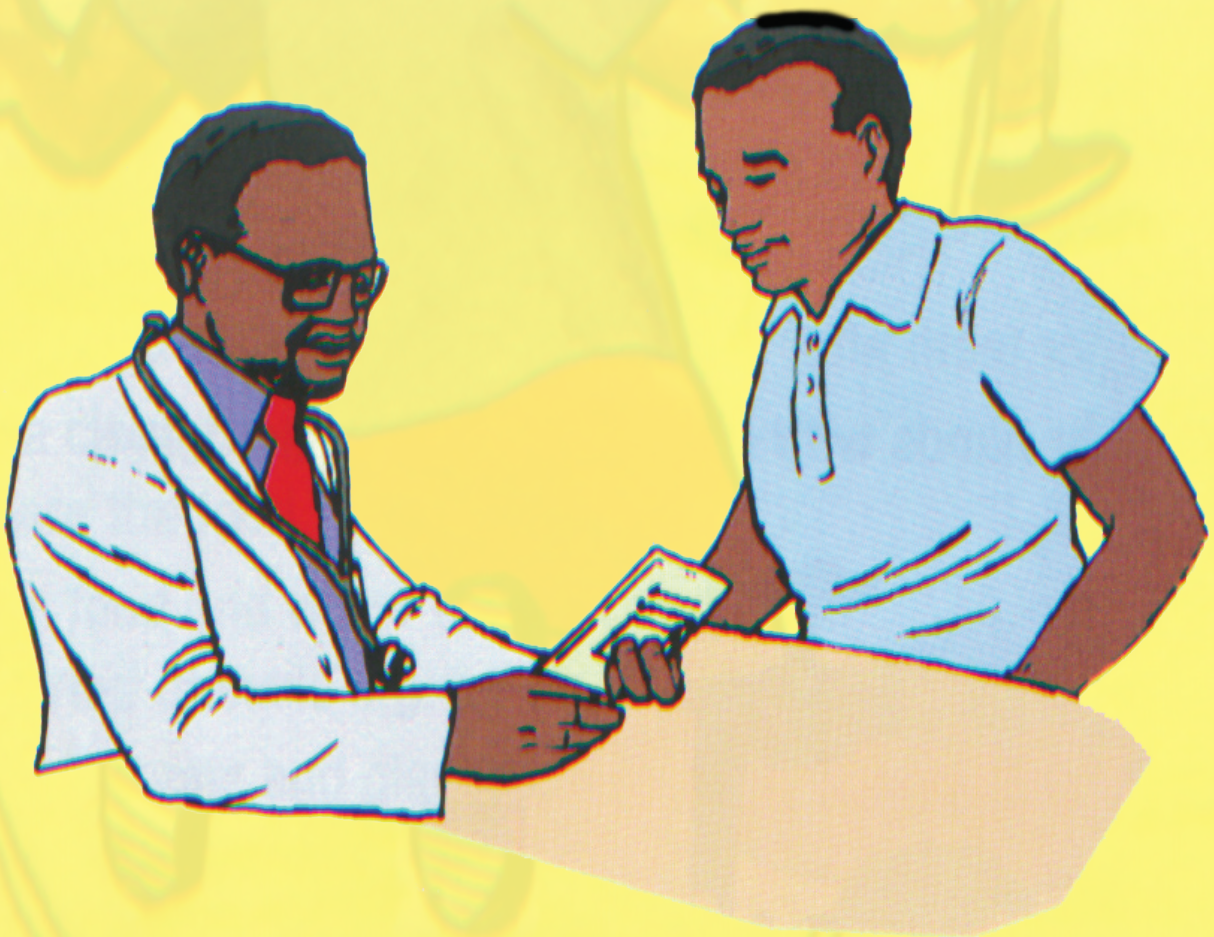
### (b) Increased availability in many centres.

- Mission for Essential Drugs.
- Mission hospitals.
- Private hospitals - Aga Khan and Nairobi Hospital -ART clinics
- Coptic church hospital - those who cannot afford get free drugs on arrangement



## CHART THIRTY - SEVEN (37)

- **ARVs** need to be initiated by people trained in treatment and monitoring them.
- Compliance is very important to get desired results.
- Recommended drug combinations keep changing according to need, development of resistance and tolerability.



## CHART THIRTY - EIGHT (38)

### NUTRITION AND HIV/AIDS

#### Why do you eat?

#### Generally, we eat so that our bodies can:

- a) Develop, repair and replace cells, tissues and muscles.
- (b) Produce energy to keep us warm and enable us to move and work.
- (c) Develop resistance and protection against infections.
- (d) Fight and recover from sickness.





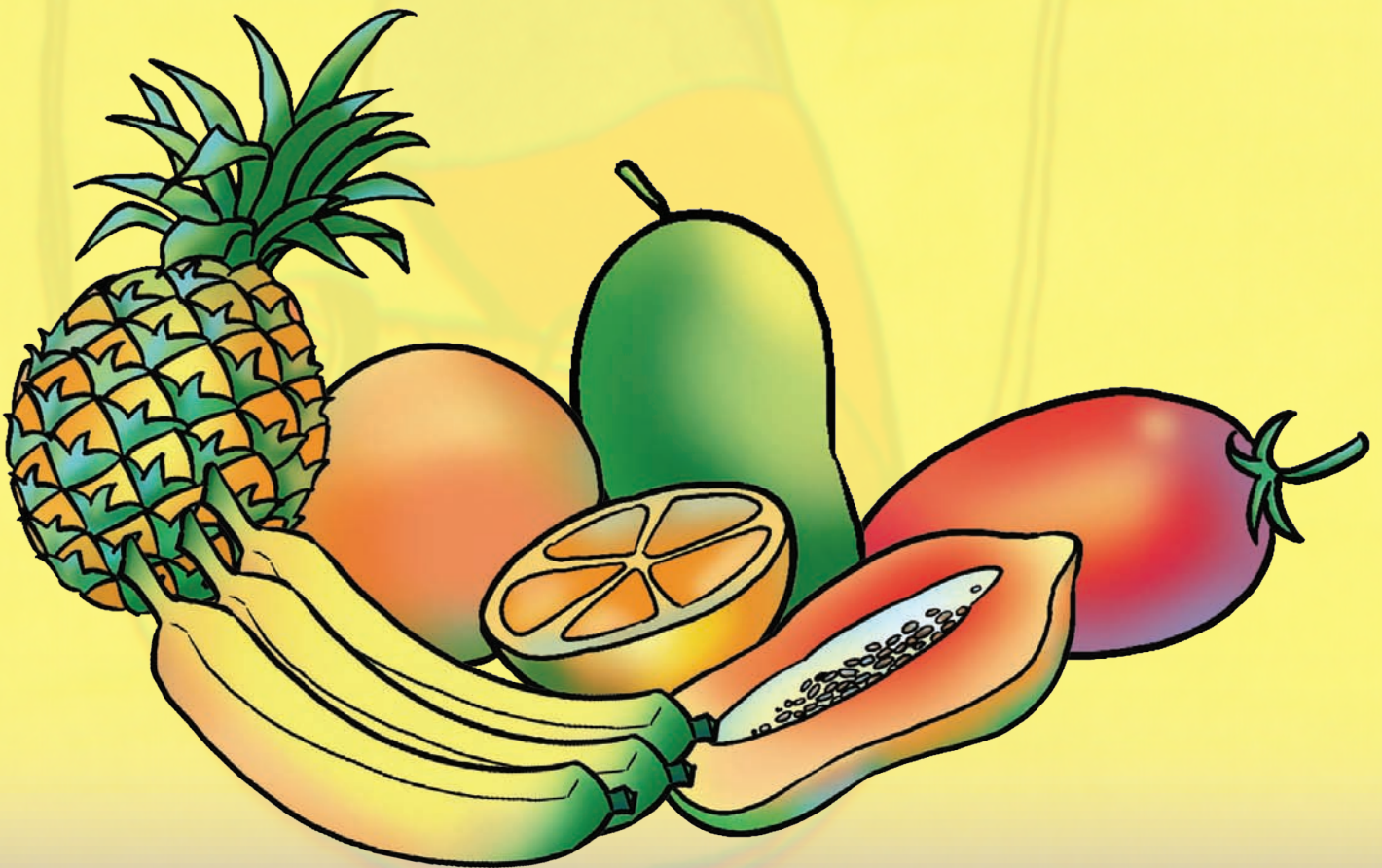
## CHART THIRTY-NINE (39)

### IMPORTANCE OF GOOD NUTRITION IN HIV

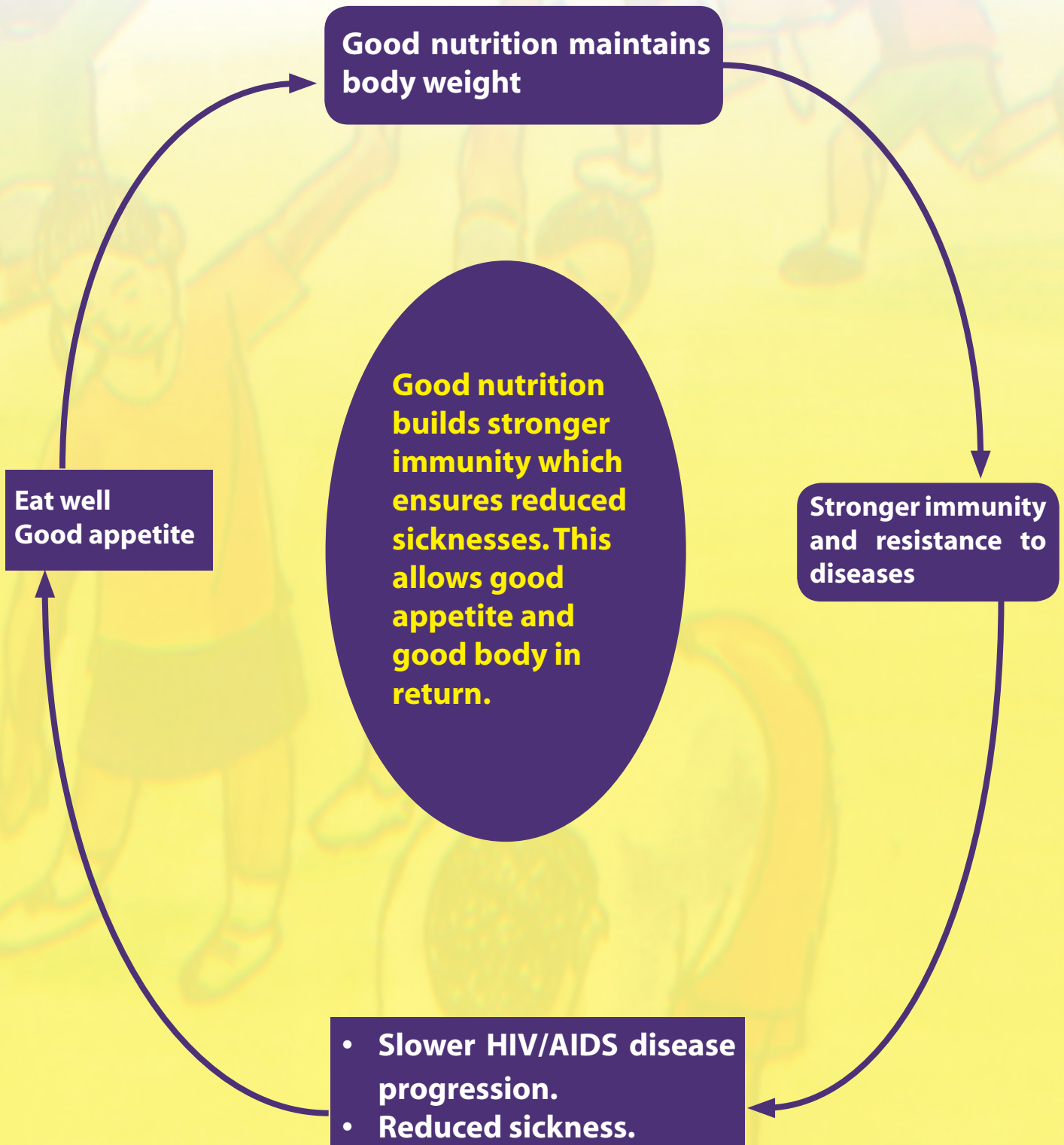
- (a) It enables an infected person to cultivate healthy eating habits.
- (b) Helps an infected person maintain good health and quality life.
- (c) It reinforces the effect of medications.
- (d) Nutrition education allows for “all time” food security.

#### NOTE:

Good nutritional status is important from the onset of HIV infection



## CHART FORTY (40)

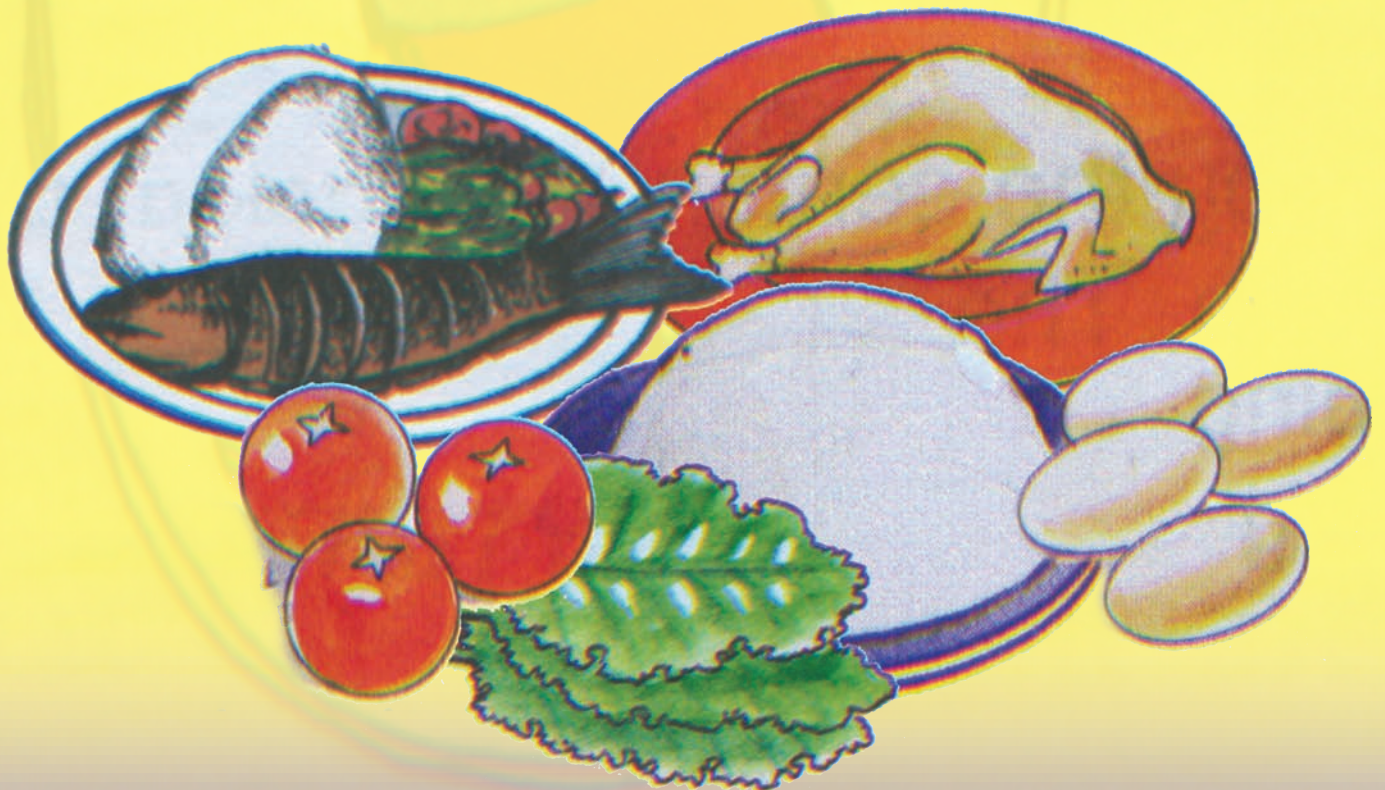


## CHART FORTY- ONE (41)

### WHAT SHOULD YOU REALLY EAT?

Enjoy a variety of foods in order to get adequate supply of all nutrients. They should include:

- (a) Staple cereals with every meal e.g. rice, maize, irish potatoes, cassava, yams, banana. They supply energy and some proteins.
- (b) Legumes e.g. Soya, peas, beans, groundnuts, simsim. They provide proteins, vitamins, minerals and fibre needed to develop and repair tissues as well as build muscle.
- (c) Dairy and animal products e.g. eggs, fish, meat. They supply high quality proteins, vitamins and minerals which help to strengthen muscle and the immune system.
- (d) Vegetables and fruits e.g. pumpkin, spinach, pepper. They help the body to fight infections.
- (e) Fats, Oils and Sugar are a good source of energy and they also help stimulate appetite.
- (f) Drink clean boiled water.



## CHART FORTY-TWO(42)

### POSITIVE LIVING IN HIV/AIDS

#### Definition

Positive Living encompasses what one needs to do to stay healthy longer when one is HIV positive.

In positive living, we advocate five basic/essential “Ls”

- Believe in yourself that you can do it.
- **L**earning all you can do.
- **L**istening to your doctor/health care provider.
- **L**eaning on others.
- **L**etting be (relieve stress, anger, negative emotion)



## CHART FORTY-THREE (43)

### POSITIVE LIVING ENCOMPASSES

1. Maintaining body weight through proper nutrition.
2. Maintaining personal hygiene.
3. Regular physical exercises.
4. Behaviour modification. Practising responsible sexual behaviour.
5. Continuing with work.
  - Important as a means of raising income.
6. Continue with social life **BUT** avoid alcohol, tobacco and addictive drugs.
7. Seek medication and medical advice.
8. Regular counselling:
  - To be able to share and explore your problems and situations.
  - Helps to deal with day-to-day problems.

