

**Session 14 Home Based Care.....1 hour 30 minutes**

**Step 1** Start this session by asking participants what they understand by the term Home Based Care. Have them write the definition on a card and put it up on the wall for sharing. Point out that home based care involves providing all the physical, social, emotional, and psychological support for person living with HIV and AIDS. It is a holistic approach to taking care of an individual.

**Step 2** Form three groups and give each group a card. Ask each group to list down all of the tasks that are required to provide care and support for a person living with HIV and AIDS. Allow about 10 minutes for this activity and then share the groups' responses with the whole group.

Treating Common Ailments	Nutrition	Palliative Care
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*The following points should come out:*

**Treating Common Ailments**

The following are common ailments a person living with HIV and AIDS may experience and how they should be handled.

<b>Common Ailment</b>	<b>How to handle/treat</b>
Diarrhoea	<ul style="list-style-type: none"> <li>• Drink lots of fluids (non-alcoholic) to prevent dehydration.</li> <li>• Eat soft, mashed, liquid foods that are easy to eat and swallow, such as porridge and soup.</li> <li>• Eat small meals five or more times a day.</li> <li>• Eat food low in fat. Do not add cooking oil and margarine. Boil food rather than fry it. Cut away visible fat in meat and skin on chicken.</li> <li>• Eat food high in carbohydrates to provide energy (e.g., rice, potatoes, maize, bread).</li> <li>• Eat soft fruits and vegetables, such as banana, pawpaw, watermelon, pumpkin, squash, and potatoes.</li> <li>• Avoid milk and milk products.</li> <li>• Avoid acidic fruits and vegetables, including onions, tomatoes, and pineapple. Do not use</li> </ul>

	<p>“hot” spices like curry or piri-piri.          Prepare vegetable soups and stews using a refined meal of rice, barley, or potatoes and soft vegetables such as squash, pumpkin, or carrot.</p> <ul style="list-style-type: none"> <li>• Be creative in preparing soups and meals, starting with food you like.</li> <li>• Prepare fresh food from fresh ingredients. Do not store prepared food and risk food poisoning.</li> </ul>
Lack of appetite	<ul style="list-style-type: none"> <li>• Try different foods until you find those that you like and try to have a mixed diet.</li> <li>• Eat smaller meals more often. Eat whenever your appetite is good - do not be too rigid about fixed times for meals.</li> <li>• Try to drink a lot of water, milk, yoghurt, soups, herbal teas or juices throughout the day.</li> <li>• Drink mainly after, and in between meals - do not drink too much before or during meals.</li> <li>• Add flavour to food and make it look and taste interesting. Squeeze some lemon juice over it or add spices such as cardamom, fennel, coriander and cinnamon.</li> <li>• Avoid fizzy drinks, beer and foods such as cabbage, broccoli and beans that create gas in the stomach and can make you feel bloated.</li> <li>• Try rinsing your mouth out before eating as this can make food taste fresher.</li> <li>• Take light exercise such as walking outdoors, for example, and breathing plenty of fresh air to stimulate an appetite.</li> <li>• Eat in a well-ventilated room away from cooking or unpleasant smells.</li> <li>• Eat with your family or friends. If you have to stay in bed, they can join you at your bedside.</li> <li>• Avoid alcohol. It reduces appetite, weakens the body and interferes with medicines.</li> </ul>
Nausea and	<ul style="list-style-type: none"> <li>• Sit up when eating. Try not to lie down until</li> </ul>

vomiting	<p>one or two hours after eating.</p> <ul style="list-style-type: none"> <li>• Drink plenty of fluids after meals.</li> <li>• Try not to prepare food yourself. The smell of preparing or cooking food may worsen the feeling of nausea.</li> <li>• Ask somebody else to prepare food or eat foods that require little preparation.</li> </ul>
Sore mouth	<ul style="list-style-type: none"> <li>• Eat soft, mashed, smooth or moist foods such as avocados, squash, pumpkins, papaya, bananas, yoghurt, creamed vegetables, soups, pasta dishes and minced food.</li> <li>• Add liquids to foods or soften dry food by dipping in liquids.</li> <li>• Drink cold drinks, soups, vegetable and fruit juices.</li> <li>• Use a straw for drinking fluids.</li> <li>• If the gums are painful and brushing the teeth is not possible, rinsing the mouth with bicarbonate of soda mixed with water will make the mouth feel fresh.</li> <li>• Chewing small pieces of green mango, kiwi or green papaya may help to relieve pain and discomfort.</li> <li>• Drinks such as spice teas, fermented sour cabbage water or yoghurt may help to ease a sore mouth when eating is painful</li> </ul>
Other digestive problems	<ul style="list-style-type: none"> <li>• Chewing food well will make it easier to digest.</li> <li>• Chopped papaya added to meat acts as a tenderizer and helps digestion.</li> <li>• Fermented foods such as sour cabbage water, sour porridge, yoghurt and sprouts can be easier to digest and help the digestion of other foods.</li> <li>• Use recommended foods as if they were medicine, particularly during and after antibiotic treatment.</li> <li>• Eat three times a day before or with meals and continue for two weeks.</li> </ul>
Changes in the taste of food	<ul style="list-style-type: none"> <li>• Experiment with different foods and spices until you find foods you like. Try to have a varied diet.</li> </ul>

	<ul style="list-style-type: none"> <li>• Mint, garlic, ginger and other herbs and spices may seem to lose their taste when medicines are being taken.</li> <li>• Try preparing food with sugar, vinegar or lemon instead.</li> </ul>
Skin problems	<ul style="list-style-type: none"> <li>• The addition of foods rich in vitamin A and/or B6 to the diet may help to prevent skin problems or improve the condition over time.</li> <li>• Good sources of vitamin A are yellow, orange and green vegetables and liver.</li> <li>• Good sources of vitamin B6 are cereals, kernels, whole grains, seeds and nuts as well as figs and green leafy vegetables.</li> </ul>
Colds, coughs and influenza	<ul style="list-style-type: none"> <li>• Drink plenty of water or other fluids and have plenty of rest.</li> <li>• Crush a lemon and mix it with honey. Take a large spoonful as necessary.</li> <li>• Gargle with a strong solution of salt and water several times a day.</li> <li>• Prepare teas and plant extracts for sore throats.</li> </ul>

### Step 3

Explain to participants that nutritional care and support promote well-being, self-esteem and a positive attitude to life for people and their families living with HIV and AIDS.

Healthy and balanced nutrition should be one of the goals of care and support for people at all stages of HIV infection. An effective programme of nutritional care and support will improve the quality of life of people living with HIV and AIDS, by:

- maintaining body weight and strength;
- replacing lost vitamins and minerals;
- improving the function of the immune system and the body's ability to fight infection;
- extending the period from infection to the development of the AIDS disease;
- improving response to treatment; reducing time and money spent on health care;
- keeping HIV-infected people active, allowing them to take care of themselves, their family and children; and

- keeping HIV-infected people productive, able to work, grow food and contribute to the income of their families.

#### **Step 4**

Ask participants to brainstorm and give reasons why people living with HIV and AIDS may not eat well. The following points should come out:

##### **HIV and AIDS reduces food intake**

People with HIV and AIDS often do not eat enough because:

- the illness and the medicines taken for it may reduce the appetite, modify the taste of food and prevent the body from absorbing it;
- symptoms such as a sore mouth, nausea and vomiting make it difficult to eat;
- tiredness, isolation and depression reduce the appetite and the willingness to make an effort to prepare food and eat regularly;
- there is not enough money to buy food.

##### **HIV and AIDS reduces the absorption of food**

- Food, once eaten, is broken down by digestion into nutrients.
- These nutrients pass through the gut walls into the bloodstream and are transported to the organs and tissues in the body where they are needed.
- One of the consequences of HIV and other infections is that since the gut wall is damaged, food does not pass through properly and is consequently not absorbed.
- Diarrhoea is a common occurrence in people with HIV and AIDS. When a person has diarrhoea the food passes through the gut so quickly that it is not properly digested and fewer nutrients are absorbed.
- Reduced food intake and absorption lead to weight loss and malnutrition.

#### **Step 5**

Ask participants what else caregivers need to do to support a person living with HIV and AIDS. Make sure the following points come out:

- Exercise improves well-being
- Preventing weight loss during and after illness

**Step 6**

Explain to participants that when a person is living with HIV and AIDS, he/she requires a great deal of care and support. Ask participants to brainstorm on what kind of care and support such a person needs.

Explain that ***palliative care*** involves providing psychosocial care and support during the last days of a person's illness and learning how to cope with loss and grief. It is the active total care of a person whose disease is not responsive to curative treatment. It therefore involves the control of pain, of other symptoms, and of psychological, social, and spiritual problems.

The goal of palliative care is the achievement of the best quality of life for a PLHA and their families.

**Step 7**

Show **PowerPoint Day 2 Session 14** on Home Based Care and explain each slide as you present it.

**Step 8**

Distribute the **Handouts 14A, 14B, and 14C** on nutrition and HIV and AIDS, Caring for a Person with HIV and AIDS and on palliative care. Ask participants to read it and answer any questions they may have.

**Step 9**

End this session by using the discussion points.

**Discussion/  
Evaluation**

1. What advice would you give to a person who living with HIV and AIDS?
2. What advice would you give to a person who cares for a person living with HIV and AIDS?
3. How can the community be involved in care and support for people living with HIV and AIDS?
4. What change in behaviours are required to enable PLHA to adhere to their drug regimens?

5. How can communities be more actively involved in care and support of PLHA?

**Title:** **Overview of Strategic Communication for Behaviour and Social Change**

- Objectives:** By the end of this session, you should be able to:
- explain basic concepts of health communication;
  - describe various theories and models of communication for behaviour and social change;
  - explain how to combine and apply these theories to your communication interventions and programmes;
  - explain how to develop a communication strategy.

**Purpose:** The purpose of this session is to introduce the basic concepts of communication and theories of behaviour change and to explain how to develop a communication strategy.

**Time:** 2 hours

**Session**

**Overview:** 15. Theories and models of communication for behaviour and social change (1 hour)

16. Developing a communication strategy (1 hour)

**Materials:** Newsprint and markers, or board and chalk, masking tape, participants' files, copies of objectives in participants' files, VIPP cards.

**Advanced**

**Preparation:** Prepare PowerPoint presentations on theories and models of communication for social and behaviour change and how to develop a communication strategy.