

INFORMATION BUNDLE TO PEOPLE LIVING WITH HIV / AIDS

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Introduction:

The HIV/AIDS is a major public health problem all over the world. In the overwhelming majority of HIV infected people, more than 90% live in developing world and most of them do not even know that they are infected. This epidemic has killed about 3 million people all over the world in the year 2004. The epidemic is going steadily and no signs of coming down globally. HIV/AIDS is a multi -faceted disease and is not only a problem of medical fraternity, also a problem to social, economic and industrial fronts. In 2009, the total number of people living with HIV (PLHIV) in India were estimated at 2.4 million. Among PLHIV, by sex approximately 61% were male and 39% were female. 4 % were children below the age of 15 years, 83% were adults, and the rest 13% were over 50 years of age. Supply of Information Bundle therefore, taken into an account not only the most immediate social and medical environment of clients, but also their social relationships, attitudes, beliefs about HIV / AIDS, life style modification and constructive adaptation to have good quality of life.

Need for Information:

- ❖ It is of great importance, since the individual diagnosed with HIV is confronted with a condition for which there is no cure and he / she is heavily stigmatized.
- ❖ The newly diagnosed patient may be in a state of shock or denial. It may take time to accept and understand the complexities associated with living with HIV.
- ❖ Wide range of issues arise after HIV diagnosis ranging from biological, psychological, social, environment etc.,

- ❖ They need an outlet for emotions, exact management during crises and decision making.
- ❖ The HIV status necessitates every positive individual to address each issued by himself, to change his / her life style to live physically and emotionally a healthy life, to address any doubts or concerns that may come up from time to time.

Information Bundle Helps in

- Improving quality of life of people living with HIV / AIDS.
- Reinforcing adherence to treatment and behaviour change.
- Enabling the physical & psychological well being of clients.
- Addressing several issues that impact their HIV status.
- Identifying and prioritizing problem.

Information Bundle Involves

Ways to live healthy with HIV

- a. Practice safe sex.
- b. Get tested for others STDs.
- c. Prevent infection and illness.
- d. Follow doctor's orders about your prescriptions.
- e. Don't abuse drugs or alcohol.
- f. Omit smoking
- g. Manage physical & emotional health problems.

Exercise mind & body

- Exercising will benefit to produce more blood cells, which means a better immune system. Swimming in a good exercise. Dancing is a great way to feel better. By dancing they

will feel happy and the body will benefit extra oxygen. Oxygen will help to kill infection.

- Yoga & stretch exercises are excellent methods to destress the mind and strengthen the body.

Nutritional education

- Eat something yellow (like pumpkin or carrot) something red (like beetroot or tomatoes) and something green (like spinach) every day.

- Eat soya or eggs instead of meat. If you do eat meat, cook it well. Avoid pork.

- Drink at least eight glasses of water every day.

- Daily take

- 1) 1 glass of lemon juice,

- 2) 1 table spoon of fresh garlic.

- 3) 1 teaspoon of ginger (not raw)

- 4) 1 table spoon of pumpkin seeds

- 5) 6 table spoon of butter milk or yoghurt.

- If they get cold, they can increase the amount to garlic to at least 5 table spoons a day.

- Avoid sugar and cool drinks with sugar.

- Drink unsweetened fruit juices.

- Avoid peanuts and peanut butter.

- Multivitamin supplements are very good for people with HIV/AIDS. Multivitamin are costly. Refer to NGOs/ART centers for free vitamins supplementation.

- Eat 5 to 6 servings of fruits and vegetables each day or about 3 cups.

- Eat whole grain such as whole wheat, whole bread or whole wheat pasta.

- Choose skinless chicken breast.

- Eat 2 to 3 servings of high protein foods each day, including meat. Fish, poultry, eggs and legumes.

- Choose low fat dairy products and eat 2 to 3 servings of them each day.

- Limit sugary foods & soft drinks.

- Eat nuts, seeds, dried beans or peas each day.

- Drink plenty of water and limit how much alcohol, coffee, tea and colas you drink.

ART – managing common side effects

Like most medicines, ART can cause side effects. These unwanted effects are often mild but sometimes they are more serious and can have a major impact on health or quality of life. Variation in side effects differ how commonly they cause particular side effects.

Diarrhea

It is a common side effect of many ARV drugs- especially PI (Protease Inhibitors). 60% of people living with HIV report HIV severity of diarrhea also varies. Health educate the patients to

- Drink plenty of fluids to replace the electrolytes that will reduce dehydration.

- Diluted fruit juices, soups and homemade rehydration mixtures (8 level teaspoon of sugar & 1 level teaspoon of table salt per lit of water)

- Eating bananas, potatoes, fish or chicken will help to replace potassium.

- Eating bananas helps recovery from diarrhea.

- Eat less insoluble fiber (raw vegetables, fruit skin, whole grains, cereals & nuts)

- Eat more soluble fiber (wheat, oats)

- Cut down caffeine, alcohol & the sweetener.

- Avoid greasy, fatty, spicy & sugary foods.

Nausea & vomiting:

- Eat several small meals instead of a few large meals.

- Avoid spicy, greasy and rich foods, choose bland foods.

- Eat cold rather than hot meals.

- Avoid alcohol, aspirin & smoking

- Avoid cooking smells
- Ginger & peppermint may help against nausea

Rash

- ❖ Avoid hot showers or baths
- ❖ Use mild soaps.
- ❖ Wearing cool fibers such as cotton and avoiding wool.
- ❖ Humidified air.
- ❖ Apply moisturizers/emollients or calamine lotion.

Lipodystrophy

It involves gaining body fat & also losing. Losing fat on face, arms results in sunken eyes and shrunken buttocks. Treatment for lipodystrophy is limited.

Managing stress

- Identify the factor that makes you stressful.
- Be organized – organizing your life can put down stress in all perspective.
- Learn to prioritize.
- Manage your emotions.
- Get depression under control, healthy lifestyle help to manage depression.
- Set a daily goal of good health.

Spiritual health

Qualities like faith, hope, forgiveness and social support and prayer seem to have a noticeable effect on health & healing.

Faith: It helps to reduce stress & lower the hormone level. Faith helps to cope up with stress.

Hope: It develops a positive attitude to face difficulties.

Forgiveness: Is a release of hostility and resentment from past hurt. Willingness to forgive oneself, feeling one have beneficial health effect.

Love & social support: Close network of family and friends that lends help and emotional support has been found to offer protection against many diseases.

Prayer: Putting oneself in the presence of conversing with a higher power has been used as a means of healing across all cultures throughout the ages.

Tips to improve quality of life

- Never stop taking your medications.
- Reach out to loved ones.
- Love yourself.
- Take advantage of group and individual therapy.
- Get help for sexual health issues.
- Look for assistance with financial issues.
- Stay connected.
- Practice healthy lifestyle habits.

REFERENCES:

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4. www.sciencedirect.com
5. www.naco.gov.in