

I'm a great believer in luck and I find the harder I work, the more I have of it. Thomas Jefferson

Enhancing knowledge for improved health through Patient Education

Patient Education is an activity wherein the patients admitted in the centre are educated on various aspects of HIV/AIDS. It serves as a forum to seek clarifications on the aspects of HIV and AIDS and also to strengthen their knowledge for better management of the disease.

Topics covered during Patient Education classes:

1. *HIV Basics*

- ♣ Under this topic ,patients are given information on What is HIV, What is the difference between HIV and AIDS, Modes of HIV transmission, misconceptions and Risk factors

2. *HIV progression and stages*

- ♣ HIV infection is categorized into four distinct stages: primary infection, clinically asymptomatic stage, symptomatic HIV infection, and progression from HIV to AIDS and this is explained to the patients in detail.

3. *HIV & TB.*

- ♣ The most prevalent co-infection found among PLHIV is TB and hence the patients are expounded on the Types of TB, Diagnosing of TB, RNTCP Programme, Treatment available, DOTS, and Treatment centres in the area.

4. *ART*

- ♣ Available treatments for HIV, What is ART, When ART is needed, Benefits of ART, How ART works, Possible side effects, How to go about with the side effects, 5 As are discussed with the patients

5. *Adherence to ART*

- ♣ Adherence to ART is an important aspect and this is stressed while it is explained , Ways to maintain adherence, It's a lifelong medication, Dos and Don'ts in ART medicine intake, Implications of missing a dose, Resistance to ART, ART - 2nd line are components covered under this topic

I'm a great believer in luck and I find the harder I work, the more I have of it. Thomas Jefferson

6. Positive Living

- ♣ Positive living after infection, Vocational possibilities, Family planning, Need of regular checkups, Sexual life of PLHIV, Safer sex practices

7. Positive prevention

- ♣ Sexual life of PLHIV, Protective mechanisms, Condoms – its use and benefits, How condoms help in avoiding infected and in avoid getting re-infected, Safer sex practices

8. Nutrition

- ♣ Nutritional needs of PLHIV in general, Importance of diet to those on ART, having a good diet with available food , Food items and calories in the food, Information on locally available food grains, food that should be avoided, Required diet components like Vitamins, Minerals, Protein etc., Best practices of food preparation etc are clarified

9. CD4 Test

- ♣ What is CD4, Importance and Role of CD4 in human immunity, CD4 and viral load, About CD4 test, Relation between CD4 count and starting on ART

10. Sexually Transmitted Infections

- ♣ What are STIs/STDs, Types of STIs/STDs, How it is transmitted, How it could be prevented, Treatment available

11. Home Based Care and any other topic which is pertinent.

- ♣ What is Home Based Care, Who can provide this care and the Importance of this, Management of small OIs at home, Infection prevention methods- personal and surroundings, Emotional support by family, Recreational options for patients at home, Locally available / adoptable infection prevention methods, Cleaning agents to disinfect spilled body fluids, Household materials as protective gears etc are explained in simple terms.

I'm a great believer in luck and I find the harder I work, the more I have of it. Thomas Jefferson

Sessions are facilitated by:

1. Outreach Workers
2. Counsellors
3. Community Care Workers
4. Programme Coordinator

Schedule of the sessions:

1. On a daily basis preferably in the mornings
2. Based on the need, sessions for smaller groups arranged at noon.

I'm a great believer in luck and I find the harder I work, the more I have of it. Thomas Jefferson

Annexure 3: Patient education checklist		√
1	Ensure all patients are present	
2	Check the topics to be covered	
3	Cross check if the patients understand the subject, change the methodology if they find it difficult to understand	
4	Check if the patients want to know about any topic that has not been enlisted	
5.	Plan for the next session	