

SWT 04204

SOCIAL WORK PRACTICE

IN HEALTH CARE

Topic1:

Understanding of HIV and AIDS concepts

Learning tasks

By the end of the topic learners are expected to:

- Define the terms HIV and AIDS
- Describe factors contributing to HIV infection (Social, economic, cultural)
- Describe modes of HIV transmission.
- Identify causes of AIDS (Underlying cause, Contributing factors)
- Describe methods of preventing chronic diseases

Activity: Buzzing

**Buzz on the following
question:**

- Define HIV and AIDS

Definition of HIV and AIDS

- Human Immunodeficiency Virus (HIV) is a disease that attacks the human immune system.
- AIDS is a spectrum of chronic, potentially life threatening conditions caused by infection with the human immunodeficiency virus

Factors contributing to HIV infection (Social, economic, cultural)

Activity :

Small group discussion

- Discuss on the factors contributing to HIV infection (Social, economic, cultural)

Cultural Factors

- The most common cultural factors fueling the spread of HIV/AIDS in the developing world include polygamy and wife inheritance. These cultural practices are specifically common in Africa.

Cont...

- In the case of polygamy, if one partner gets infected, he or she is highly likely to spread the virus to all the other partners. In these countries, most partners in a polygamous marriage are usually unfaithful which means that many of them introduce the virus to their marriages. In wife inheritance, HIV spreading occurs if the new husband or the widow has the virus. According to researches, a large percentage of the widows are usually HIV positive.

Social factors

- Adolescents sexual practices
- Heterosexual behavior
- Alcoholism
- Night traditional dances
- Urban social recreations such as night clubs
- Sinful behavior such as promiscuity

Economic factors

- **Prostitution**
- **Commercial sex workers**
- **Poverty**

Modes of HIV transmission

- HIV cannot be transmitted through day to day activities such as sharing a meal, doing dishes or laundry, touching someone, having a conversation, working with a person living with HIV. None of these activities carries any risk of transmission.

HIV is transmitted by:

- Sexual intercourse
- Blood to blood contact
- From mother to child during pregnancy, childbirth or breastfeeding

Sex

- Sexual relations without a condom with either vaginal or anal penetration are the primary modes of transmission for the virus. It doesn't take much; a single sexual encounter is enough for the virus to be transmitted.

Cont...

- During oral sex, if there are any lesions present in the mouth (ulcers, irritation of the gums), then contact between the oral and genital mucosa can become an entry point for HIV.

Cont...

- Even sex toys should be used with a condom, and should be changed with each use

Blood

- Intravenous drug use is also a common mode of transmission of the virus. It is imperative to use only sterile injection material and never share syringes to shoot up

Cont..

- Acupuncture, tattooing, and piercing also carry a risk if the rules of sterilization and hygiene are not respected, or materials are used more than once

Mother/child

- When a woman has HIV, pregnancy, childbirth and breastfeeding all carry a risk of transmitting the virus to the child. Where available, treatments have greatly reduced these risks.

Personal hygiene commodities

- Avoid sharing any personal hygiene items that could come in contact with blood: razors, toothbrushes etc.

Causes of HIV/AIDS (Underlying cause, Contributing factors)

- Promiscuity
- Ignorance
- Illiteracy
- Poverty
- Drug and alcohol use

Cont....

- HIV/AIDS stigma
- Lack of access to maternal services
- Tribal conflicts and civil wars
- Immigration and movement of people

Promiscuity

- Promiscuity is now the leading cause of the spread of HIV in the developing regions. Many people are having more than one sexual partner, and also prostitution is common in the regions

Cont...

- Promiscuity is being practiced by both young adults and married people. A big number of people in relationships are practicing infidelity without caring about its consequences. Surprising studies show that more than 60% of new infections are occurring in married people.

Ignorance

- Most people living in these regions are fully aware of the disease, but they continue to get involved in practices that fuel its transmission. This is ignorance, and it is adversely driving the HIV/AIDS epidemic in the whole world, not just the developing countries.

Cont...

- Recently, an international media house reported that many Africans do not care about protecting themselves from the infection. HIV transmission can be prevented by condoms, but many people are reluctant to use them even when getting intimate with new partners.

Illiteracy

- The Third World countries have a large percentage of people who know very little about HIV/AIDS. Most people know the disease exists, but they lack information about its aspects.

Cont...

- Generally, the illiterate people don't know anything about the HIV transmission ways and preventative measures, and they continue to engage in unsafe practices that spread the virus. These people are also easily influenced by the beliefs, myths, and misconceptions about the disease.

Poverty

- The developing world has a large population of people living in poverty. Most poor people are forced to do anything to earn a living, including engaging in sexual activities which are a high risk factor for the disease.

Cont..

- There have been many cases of young people getting involved in commercial sex in these countries. This activity has been studied to tremendously increase the disease prevalence. Poor people also have limited access to education which means that illiteracy is common among them.

Drug and Alcohol Use

- Drug and alcohol use is quite common among the youth in the developing regions. According to studies, there have been consistent new HIV infections resulting from sharing of injectors among the drug users in these regions.

Cont....

- There are also other ways in which alcoholism and drug use affects the spread of the disease in these countries

HIV/AIDS Stigma

- People living with the virus are still stigmatized in the developing world, and this is causing many people to avoid HIV testing. Most people who manage to get tested do not reveal their status if they have been found to have the virus. They also find it difficult to get antiretroviral (ARV) drugs or to use them in the presence of other people.

Cont...

- Those who do not know their status continue to get involved in high risk behaviors and activities. According to HIV/AIDS specialists, people who are infected with the disease and are not using ARVs are spreading the virus more easily compared to those who are using them.

Lack of Access to Maternity Services

- The developing countries lack enough maternity services for all their pregnant women. Most women, especially those in remote areas, bear children without the help of trained healthcare providers

Cont...

- Also, expectant mothers who are infected find it hard to get medical advice on how to keep their newborns free from the virus. So there are usually many cases of mother-to-child transmission in places with scarce maternity services in these countries.

Tribal Conflicts and Civil Wars

- The Third World has been experiencing tribal conflicts and civil wars for along time. The areas hit by these conflicts and wars do not have enough healthcare services to cater for the HIV/AIDS victims. These areas also do not get enough disease awareness programs and VCT services.

Cont....

- Most people affected by the conflicts and wars live in refugee camps. The camps are well known to be home to all sorts of evil, including drug abuse and prostitution which fuel the epidemic

Immigration and Movement of People

- First, HIV/AIDS was introduced in most of these developing regions by people from other countries (i.e., the developed ones). And even today, there is a big number of new infections that are caused by immigrants.

Cont...

- Second, the movement of people within these regions has been increasing the spread of the disease. Infected people spread the virus when they move to work or study in areas that are free from the disease. This is one of the reasons for the high prevalence rates in urban centers that are located along the major highways.

Methods of preventing HIV and AIDS

Activity:

Small group discussion

**In groups discuss the
following question**

- What are the methods of preventing HIV and AIDS

Methods of preventing HIV and AIDS

- Safe Sex
- Male Circumcision
- Microbicides
- Other methods of prevention

Other methods of prevention

- Making blood and blood products safe before transfusion
- Early and effective treatment of STIs in health facilities, with special emphasis on high risk behavior groups, and early diagnosis of HIV infection through voluntary counseling and testing.
- Prevention of Mother to Child Transmission

Key Points

- Human Immunodeficiency Virus (HIV) is a disease that attacks the human immune system.
- AIDS is a spectrum of chronic, potentially life-threatening conditions caused by infection with the human immunodeficiency virus

Cont...

- Modes of transmission includes; Promiscuity, Ignorance, Illiteracy, Poverty, Drug and alcohol use, HIV/AIDS stigma, Cultural factors, Lack of access to maternal services, Tribal conflicts and civil wars and Immigration and movement of people

Cont....

- Methods of preventing HIV transmission includes safer sex, male circumcision, safe blood transfusion and early detection and treatment of STI's and HIV/AIDS

Evaluation

- What do you understand by the terms HIV and AIDS?
- What are the factors contributing to HIV infection?
- What are the modes of HIV transmission?
- What are the methods of preventing HIV and AIDS?

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Topic 2

Understanding of chronic diseases concepts

Learning tasks:

By the end of the topic learners are expected to:

- Define the term chronic disease
- Explain common chronic diseases (type 1& 2 diabetes, stroke, asthma, arthritis, cancer, obesity, blood pressure)
- Describe resilient factors for chronic diseases
- Identify methods of preventing chronic diseases

Definition the term chronic disease

Activity: Think, pair and share

Think pair and share on the following question.

- Define the term chronic disease

Definition of the term chronic disease

- Chronic disease has various definitions:
- Chronic disease: A disease that persists for a long time. A chronic disease is one lasting 3 months or more

Cont...

- OR Chronic disease refers to long in duration often with a long latency period and protracted clinical course; of multi- factorial etiology; with no definite cure; gradual changes over time, asynchronous evolution and heterogeneity in population susceptibility.

Cont...

- Diseases referred to as chronic include both non-communicable diseases, such as diabetes, heart disease, chronic obstructive pulmonary disease, cancer, and depression, and communicable diseases, such as AIDS

Common chronic diseases:

Prevention and control of Diabetes Mellitus

Activity: Brainstorming

- Pair up and answer the following questions:
- What is diabetic mellitus

Definition of Diabetes Mellitus

- Diabetes mellitus is a metabolic disease in which a person has high blood sugar, either because the body does not produce enough insulin, or because cells do not respond to the insulin that is produced.

Causes and Risk Factors of Diabetes Mellitus

- There is no specific cause for diabetes mellitus but the following triggers may be involved:

Cont...

- Viral or bacterial infection
- Chemical toxins within food
- Unidentified component causing autoimmune reaction
- Diabetes mellitus causes vary depending on the genetic makeup, family history, ethnicity, health and environmental factors.
- Diabetes mellitus may be due to insufficient production of insulin(either absolutely or relative to the body's needs)or inability of cells touse insulin properly

Signs and Symptoms of Diabetes Mellitus

Activity: Buzzing

- Pair up and answer the following questions
- What are the signs and symptoms of diabetes mellitus

Diabetes mellitus presents with the following signs and symptoms:-

- Fatigue
- Increased thirst
- Increased urination
- Nausea and vomiting
- Weight loss in spite of increased appetite

Cont...

- Blurred vision
- Polydypsia – excessive thirst
- Muscle cramps

Therapeutic approaches in managing Diabetes mellitus

- The patient is the most important member of the diabetes care team and full participation of the patient is necessary to achieve the following aims

Cont...

- Attainment and maintenance of normoglycemia- normal sugar
- Monitoring of response to therapy
- Prevention and detection of diabetes-associated complications
- Facilitation of self- care through education
- Promotion of social and psychological adjustment

The four main therapeutic approaches to this management

- **Dietary therapy**
- **Exercises**
- **Oral hypoglycemic therapy**
- **Insulin therapy**

Dietary therapy

- A healthy diet is key to controlling blood sugar levels and preventing diabetes complications.

Cont.....

- Eat a consistent, well-balanced diet that is high in fiber, low in saturated fat, and low in concentrated sweets.

Exercise

- Regular exercise, in any form, can help reduce the risk of developing diabetes. Activity can also reduce the risk of developing complications of diabetes such as heart disease, stroke, kidney failure, blindness, and leg ulcers.

Cont....

- As little as 20 minutes of walking three times a week has a proven beneficial effect. Any exercise is beneficial; no matter how easy or how long, some exercise is better than no exercise.

Oral hypoglycemic therapy

- Oral hypoglycemic medication can be effective only if pancreatic cells are capable of secreting some insulin

Insulin therapy

- Is essential to maintain life and will be required thought life for all patient who are not able to produce insulin care

The roles of social worker in diabetes care Support

- Social workers intervene in a number of different ways to address these issues. Some of the different methods of intervention employed by social workers in order to provide psychosocial support to people who have diabetes and their families as may have poor coping strategies.

The following are roles of social worker in diabetes care Support

- **Counseling**
- **Cognitive therapy**

Counseling

- It is widely acknowledged that a person's emotions, beliefs and self-esteem have an impact upon the way that one thinks and behaves.
- Through counseling, social workers can help people to acknowledge and share the emotional challenges raised by diabetes. They are able to create a space in which clients may freely discuss how they feel about themselves and their diabetes.

Cognitive therapy

- Cognitive therapy (or cognitive behavioral therapy, CBT) is based on the premise that behavior and emotions are in constant interaction with cognition (understanding). The aim of CBT is to help patients modify their emotions and improve coping behavior by assisting them to identify their dysfunctional beliefs and replace them with more appropriate or realistic beliefs.

Cont....

- By using some of the methods of cognitive behavioral therapy(CBT) social workers can facilitate examination and modification of negative thoughts or beliefs, thus improving self-esteem. At the same time, other psychosocial issues outside diabetes which may affect a person's ability to cope may be identified and managed

Other models of intervention

- Social workers may use a variety of models of intervention:
- Working with the individuals who are affected by diabetes.
- Group work—with parents/siblings/adolescence; family therapy—can be used to facilitate higher levels of family cohesion and communication, which enhance a person's ability to cope with
- diabetes.

Cont....

- Joint work—with other members of the diabetes team such as a specialist diabetes nurse or a psychologist.
- Social workers can liaise with community agencies such as housing departments or other stakeholders in the community to improve a client's environmental or financial situation.

Complications of Diabetic Mellitus and their specific signs and symptoms

- Hyperglycemia
- Fatigue
- Increased thirst
- Increased urination
- Nausea and vomiting
- Weight loss in spite of increased appetite

Cont...

- Electrolyte imbalances are also common and are always dangerous
- Lethargy which may progress to coma
- Polydypsia
- Muscle cramps

Prevention and Control of Hypertension

Activity: Brainstorming

- Pair up and brainstorm on definition of hypertension and risk factors

Definition:

- Hypertension is elevation of blood pressure noted on at least three separate occasions OR Is the persistent elevation of the systolic blood pressure at a level of 140 mmHg or higher and a diastolic pressure at a level of 90 mmHg or higher.

Risk Factors and Cause of Hypertension

- The causes of hypertension are not known but there are several hypotheses like
- Age: between 30 and 50 years.
- Race
- Hyperlipidimia.- High blood pressure
- History of smoking.
- The higher the blood pressure, the greater the risk.
- Familial tendency.
- Hyperactivity of sympathetic vasoconstriction nerves.

There are two major types of hypertension namely:-

- **Primary hypertension** is the most common type and the cause in most cases is unknown.
- **Secondary hypertension** develops as a consequence of some underlying disease or condition like renal disease, adrenal and endocrine diseases, oral contraceptives, corticosteroid

Primary hypertension or idiopathic hypertension (essential hypertension)

The cause of hypertension is unknown but there are predisposing factors:-

- Life style
- Obesity
- Cigarette smoking
- Diet

Secondary hypertension:

- Causes are known (identifiable causes), i.e. it apparently follows other pathology such as renal pathology, Coarctation of aorta (stenosis of aorta), Endocrine disturbance, Arteriosclerosis and Pregnancy Induced Hypertension

Signs and Symptoms of Patient with Hypertension

Activity: Think, pair and share

- Pair up and brainstorm on signs and symptoms of hypertension and risk factors

Signs and Symptoms of Patient with Hypertension includes:

- Persistent headache
- Fatigue.
- Dizziness.
- Palpitations.
- Blurred vision or double vision.
- Epistaxis.
- Papilloedema (swelling of the optic disc) in severe hypertension.

Prevention of hypertension

Lifestyle Modification

- Weight reduction
- Exercise, minimum of 30 minutes brisk walking 3 times per week, at a level of perceived exertion with no distress
- Moderation of alcohol intake

Cont.....

- Sodium restriction (Approximately 50% of hypertensive patients are salt sensitive)
- Adequate dietary potassium in form of fresh fruits and vegetables.
- Smoking cessation.

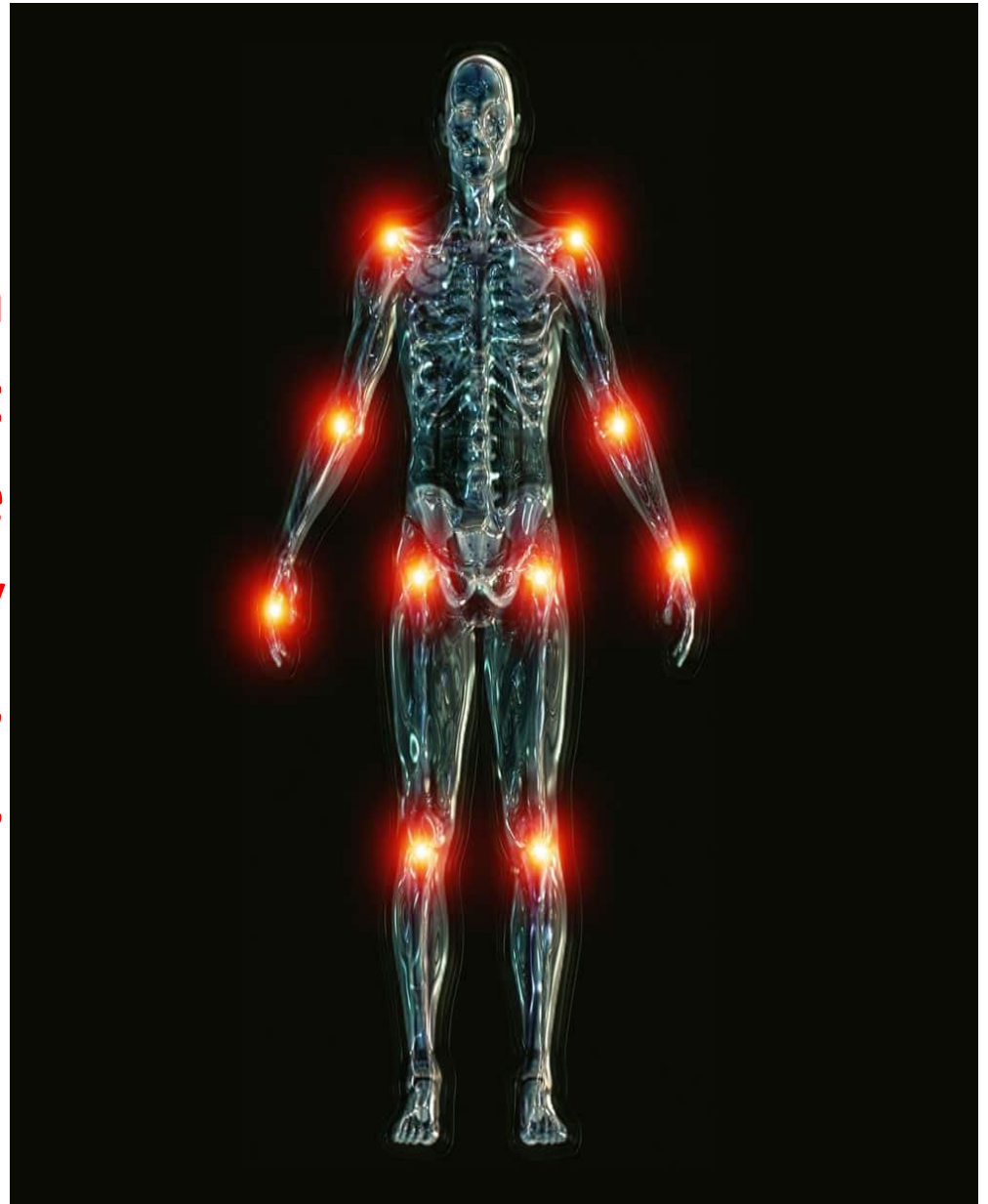
Complications of Hypertension

- Atherosclerosis
- Cardiovascular accidents(stroke)
- Heart
- coronary artery disease
- Renal disease
- Peripheral arterial disease
- Hypertensive retina
- Glomerular injury

Prevention and control of arthritis

Definition of arthritis

Arthritis is an autoimmune disease: The body's immune system mistakenly attacks the joints, causing inflammation, joint pain and swelling.



Causes of arthritis

- There is no single cause of all types of arthritis. The cause or causes vary according to the type or form of arthritis. Possible causes may include:

Cont....

- Injury, leading to degenerative arthritis
- Abnormal metabolism, leading to gout and pseudogout
- Inheritance, such as in osteoarthritis
- Infections, such as in the arthritis of Lyme disease
- Immune system dysfunction

Signs and Symptoms of Patient with arthritis

Activity: Think, pair and share

- Pair up and brainstorm on signs and symptoms of arthritis

Signs and Symptoms of Patient with arthritis

- Arthritis almost always affects your joints. It may take a few weeks or months for the first signs to show.

**The inflammation it causes results in
classic symptoms like**

- **Stiffness**
- **Swelling**
- **Pain**
- **Redness and warmth**

Cont...

- **Stiffness** The joint is harder to use and doesn't move as well as it should. It's especially common in the morning. While many people with other forms of arthritis have stiff joints in the morning, it takes people with rheumatoid arthritis more than an hour (sometimes several hours) before their joints feel loose

Cont....

- **Swelling:** Fluid in the joint makes it puffy and tender.
- **Pain.** Inflammation inside a joint makes it hurt whether you're moving it or not. Over time, it causes damage and pain
- **Redness and warmth.** The joints may be warmer and show color changes related to the inflammation

How to prevent arthritis

- The fact is, there is no sure way to prevent arthritis. But you can help to prevent, that is, reduce your risk, and delay the potential onset of certain types of arthritis.

Cont....

- Rheumatoid arthritis—Do not smoke
- Osteoarthritis—Maintain a healthy weight
- Gout—Eat a healthful diet, low in sugar, alcohol and purines

Prevention and control of stroke

Definition of a stroke

- A stroke is the disruption of oxygenated blood to the brain. There are two main types of stroke, ischaemic and haemorrhagic, while there is a third more minor stroke called transient ischaemic attack (TIA).

Signs and Symptoms of Patient with stroke

Activity: Think, pair and share

- Pair up and brainstorm on signs and symptoms of a stroke

Signs and Symptoms of Patient with stroke

- The signs and symptoms of stroke can vary from person to person and also depends on not only the size of the embolus but also the region of the brain that is being deprived of blood due to the blocked vessel.

The most common symptoms usually include:

- Dizziness
- A sudden and severe headache unlike any experienced before, especially if associated with neck stiffness.
- Blacking out
- Sudden loss of vision
- Difficulty in understanding what others are saying

Cont...

- Problems with balance and coordination
- Difficulty swallowing
- Numbness or weakness that can cause complete paralysis

Social work interventions in stroke management

- Social work covers diverse aspects of care such as counseling, liaison with other services, provision of information (eg advice on how to obtain benefits, contact details of medical doctors and self-help groups) and help with arranging housekeeping or nursing interventions (including assistance with personal care and medication for secondary prevention).

Cont...

- Social workers work with stroke patients in the out-patient phase of the disease but are also members of the multi-disciplinary teams taking care of stroke patients in acute hospitals and during in-patient rehabilitation (in-patient phase). Often social work commences during the acute phase of stroke and is required long after discharge from hospital.

Cont...

- Social workers assist stroke patients in the process of adjustment to disability and where possible facilitate the patient's return to the community at the highest possible functional, social and economic level.

Prevention and control of cancer

Definition of cancer

- Cancer is a term that we use to describe a complex group of more than 100 different types of disease which causes the growth and spread of abnormal cells. Cancer can affect just about every organ in the body, ranging from the lungs and stomach to the eyes and heart.

Cont...

- Each type of cancer is unique with its own causes, symptoms, and methods of treatment, with some forms being more common than others

The Biology of Cancer

- The organs in our body are made up of cells. These cells divide and multiply as the body needs them. But when cells suddenly change and multiplying when the body doesn't need them, they can consolidate into masses or growths we call tumors.

Cont....

- Cancer cells are considered "immortal" because they can continue to multiply without end. Normal cells, by contrast, have a limited lifespan and will eventually die off to be replaced with others. It is why certain cancers are able to invade healthy tissue since there is nothing in their genetic makeup to temper growth

Cont...

- Tumors can either be benign or malignant. Benign tumors are considered non-cancerous (meaning they can't invade neighboring tissue) while malignant ones are cancerous (meaning they have the potential to spread and invade)

Signs and Symptoms of Cancer

- While the symptoms of cancer can vary based on the type of cancer involved, there are some commonalities. As cancer progresses, it is not unusual to experience things like unexplained weight loss fever fatigue.
- These are non-specific signs easily attributed to other conditions.

Cont...

- As cancer continues to advance, people will often experience organ-related issues specific to where the tumor is located. People with brain tumors, for example, might experience neurological or eyes problems, while those with colon or stomach cancer will often develop a range of gastrointestinal disorders.

Treatment of Cancer

- There are four standard methods of treatment for cancer: surgery, chemotherapy, radiation therapy, and immunotherapy/biologic therapy. When diagnosed with cancer, a cancer specialist, called an oncologist, will outline the various available treatment options

cont...

- A treatment plan will then be formulated based on the type of cancer involved, how far a malignancy may have spread, and the general health/history of the individual.

Cancer Prevention Tips

- Smoking is the perhaps most significant risk factor that we can act upon. It is responsible for not only lung cancer but many other types of cancers, as well. As an independent factor, cigarettes can complicate almost all forms of the disease by harming the very organs key to our immune defense.

Cont....

- In fact, excessive sun, alcohol, fats, sugars, and other lifestyle/dietary choices have a cumulative effect that can not only increase the risk of specific cancers (including skin, liver, and colorectal) but undermine a person's biological ability to heal and thrive.

Prevention and control of asthma

Definition of asthma

- Asthma is a condition in which your airways narrow and swell and produce extra mucus

Signs and Symptoms of Asthma

Activity: Think, pair and share

- Pair up and brainstorm on signs and symptoms of asthma.

Signs and Symptoms of Asthma

- Asthma symptoms vary from person to person. You may have in frequent asthma attacks, have symptoms only at certain times such as when exercising or have symptoms all the time.

Asthma signs and symptoms include:

- Shortness of breath
- Chest tightness or pain
- Trouble sleeping caused by shortness of breath, coughing or wheezing
- A whistling or wheezing sound when exhaling (wheezing is a common sign of asthma in children)
- Coughing or wheezing attacks that are worsened by a respiratory virus, such as a cold or the flu

Causes of Asthma

- It isn't clear why some people get asthma and others don't, but it's probably due to a combination of environmental and genetic (inherited) factors.

Asthma triggers

- Exposure to various irritants and substances that trigger allergies (allergens) can trigger signs and symptoms of asthma. Asthma triggers are different from person to person :

Asthma triggers can include

- Airborne substances, such as pollen, dust mites, mold spores, pet dander or particles of cockroach waste
- Respiratory infections, such as the common cold
- Physical activity (exercise-induced asthma)
- Cold air

Cont..

- Air pollutants and irritants, such as smoke
- Certain medications, including beta blockers, aspirin, ibuprofen (Advil, Motrin IB, others) and naproxen (Aleve)
- Strong emotions and stress
- Sulfites and preservatives added to some types of foods and beverages, including shrimp, dried fruit, processed potatoes, beer and wine

Cont...

- Gastroesophageal reflux disease (GERD), a condition in which stomach acids back up into your throat

Risk factors for Asthma

- A number of factors are thought to increase your chances of developing asthma.

These include:

The following are the risk factors for Asthma

- Having a blood relative (such as a parent or sibling) with asthma
- Having another allergic condition, such as atopic dermatitis or allergic rhinitis (hay fever)
- Being overweight
- Being a smoker

Cont..

- Exposure to secondhand smoke
- Exposure to exhaust fumes or other types of pollution
- Exposure to occupational triggers, such as chemicals used in farming, hairdressing and manufacturing

Prevention of Asthma

- While there's no way to prevent asthma, by working together, you and your doctor can design a step-by-step plan for living with your condition and preventing asthma attacks.

Cont...

- **Follow your asthma action plan.**
With your doctor and health care team, write a detailed plan for taking medications and managing an asthma attack. Then be sure to follow your plan.

Cont...

- **Get vaccinated for influenza and pneumonia.** Staying current with vaccinations can prevent flu and pneumonia from triggering asthma flare-ups

Cont...

- **Identify and avoid asthma triggers.** A number of outdoor allergens and irritants ranging from pollen and mold to cold air and air pollution can trigger asthma attacks.

Cont...

- **Monitor your breathing.** You may learn to recognize warning signs of an impending attack, such as slight coughing, wheezing or shortness of breath.

Cont....

- **Identify and treat attacks early.** If you act quickly, you're less likely to have a severe attack

Cont...

- **Monitor your breathing.** You may learn to recognize warning signs of an impending attack, such as slight coughing, wheezing or shortness of breath.

Cont...

- **Identify and treat attacks early.** If you act quickly, you're less likely to have a severe attack.
- **Take your medication as prescribed.** Just because your asthma seems to be improving, don't change anything without first talking to your doctor.

Cont....

- **Pay attention to increasing quick-relief inhaler use.** If you find yourself relying on your quick-relief inhaler, such as albuterol, your asthma isn't under control. See your doctor about adjusting your treatment

Complications of asthma

Asthma complications include:

- Signs and symptoms that interfere with sleep, work or recreational activities
- Sick days from work or school during asthma flare-ups
- Permanent narrowing of the bronchial tubes (airway remodeling) that affects how well you can breathe

Prevention and control of obesity

Definition of obesity

- Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have a negative effect on health.

Causes of Obesity

- **Weight gain:** this occurs when you eat more calories than your body uses up. If the food you eat provides more calories than your body needs, the excess is converted to fat

Cont....

- Genes: Your genes may play a role in efficiency of metabolism and storage and distribution of body fat.

Cont...

- **Family lifestyle:** Obesity tends to run in families. This is caused both by genes and by shared diet and lifestyle habits. If one of your parents is obese, you have a higher risk of being obese.

Cont.....

- **Emotions:** Some people overeat because of depression, hopelessness, anger, boredom, and many other reasons that have nothing to do with hunger.

Cont...

- **Environmental factors:** The most important environmental factor is lifestyle. Your eating habits and activity level are partly learned from the people around you. Overeating and sedentary habits (inactivity) are the most important risk factors for obesity

Socioeconomic factors

- **Sex:** Men have more muscle than women, on average. Because muscle burns more calories than other types of tissue, men use more calories than women, even at rest.

Cont...

- **Age:** People tend to lose muscle and gain fat as they age. Their metabolism also slows somewhat. Both of these lower their calorie requirements.
- **Pregnancy:** Women tend to weigh an average of 4-6 pounds more after a pregnancy than they did before the pregnancy

How to Prevent Obesity

- There are a number of steps you can take to help prevent overweight and obesity during childhood and adolescence. These include:

Cont...

- Gradually work to change family eating habits and activity levels rather than focusing on weight.
- Be a role model. Parents who eat healthy foods and are physically active set an example that increases the likelihood their children will do the same.
- Encourage physical activity. Children should have an hour of moderate physical activity most days of the week.
- Reduce time in front of the TV and computer to less than two hours a day.

Cont....

- Encourage children to eat only when hungry, and to eat slowly.
- Avoid using food as a reward or withholding food as a punishment.
- Keep the refrigerator stocked with fat-free or low-fat milk and fresh fruit and vegetables instead of soft drinks and snacks high in sugar and fat.

Cont....

- Serve at least five servings of fruits and vegetables daily.
- Encourage children to drink water rather than beverages with added sugar, such as soft drinks, sports drinks and fruit juice drinks.

Making the Diagnosis of obesity

- The diagnosis of obesity is usually based on a physical examination and a patient history.
- A measurement called the body mass index (BMI) does not directly measure body fat, but it is a useful tool to assess the health risk associated with being overweight or obese. BMI is calculated as follows:

Cont...

- BMI = body weight (kg) ÷ height² (m) Example: if you weigh 68 kg and 1.73 m tall, divide 68 by (1.73 × 1.73), or 2.99. The result is 22.74, which is right in the middle of the healthy range

Cont.....

- Health Canada classifies BMI according to the associated risk of developing health problems:

Cont...

BMI value	Classification	Health risk
Less than 18.5	Underweight	Increased
18.5 to 24.9	Normal weight	Least
25.0 to 29.9	Overweight	Increased
30.0 to 34.9	Obese class I	High
35.0 to 39.9	Obese class II	Very high
40 or higher	Obese class III	Extremely high

Resilient factors for chronic diseases

- The capacity to make realistic plans and take steps to carry them out.
- A positive view of yourself and confidence in your strengths and abilities.
- Skills in communication and problem solving.
- The capacity to manage strong feelings and impulses.

Methods of preventing of Chronic Disease

Recommended Lifestyle Changes

- Avoid Tobacco Use
- Maintain a Healthy Weight
- Maintain Daily Physical Activity and Limit Television Watching
- Eat a Healthy Diet
- Promote Walking and Bicycle Riding

Avoid Tobacco Use

- Avoidance of smoking by preventing initiation or by cessation for those who already smoke is the single most important way to prevent CVD and cancer. Avoiding the use of smokeless tobacco will also prevent a good deal of oral cancer.

Maintain a Healthy Weight

- Obesity is increasing rapidly worldwide even though obesity a body mass index (BMI) of 30 or greater has received more attention than overweight, overweight (BMI of 25 to 30) is typically even more prevalent and also confers elevated risks of many diseases.

Maintain Daily Physical Activity and Limit Television Watching

- Contemporary life in developed nations has markedly reduced people's opportunities to expend energy, whether in moving from place to place, in the work environment, or at home

Eat a Healthy Diet

- Medical experts have long recognized the effects of diet on the risk of CVD, but the relationship between diet and many other conditions, including specific cancers, diabetes, cataracts, macular degeneration, cholelithiasis, renal stones, dental disease, and birth defects, have been documented more recently.

Promote Walking and Bicycle Riding

- Walking or cycling for transportation and leisure are effective and practical means of engaging in physical activity and are still the most common ways to travel in many developing countries

Key points

- Chronic disease refers to a disease that persists for a long time. A chronic disease is one lasting 3 months or more.
- Common chronic diseases includes diabetes, stroke, asthma, arthritis, cancer, obesity and hypertension

Cont....

- Common causes of main chronic diseases are unhealthy diet and excessive energy intake, physical inactivity and tobacco use.
- Methods of preventing chronic diseases include life style changes, improve health eating and promote walking and bicycle riding.

Evaluation

- What is chronic disease?
- What are the methods of preventing chronic diseases?

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End of topic 2

Questions/comments

Topic 3:
**Methods of creating awareness
of HIV, AIDS and other
chronic diseases**

Learning tasks

- **By the end of the topic learners are expected to:**
- Conduct awareness meetings on HIV, AIDS and other common chronic diseases
- Design information, education and communication materials on
- HIV, AIDS and other common chronic diseases
- Conduct outreach programmes on HIV, AIDS and other common chronic diseases

Cont..

- Disseminate information about HIV, AIDS and other common chronic diseases

**Conduct awareness meetings on
HIV, AIDS and other common
chronic diseases**

Activity: Buzzing

Buzz on the following questions:

- Define the terms awareness and meeting
- What are the tips for conducting awareness meeting

Definition of awareness

- Awareness means the knowledge that something exists, or understanding of a situation or subject of the present time based on information or experience.

Definition of meeting

- Meeting is an assembly of people for a particular purpose, especially for formal discussion.

Tips for awareness Meeting

- Keep it Short
- Agenda
- Accountability
- Go Virtual
- Standing Room Only

Keep it Short:

- Keep it Short: Calendar software often defaults to 30 minutes or an hour. Don't just take the default—consider how much time the discussion should take, then only request the necessary time.

Agenda

- Agenda: Common sense is not so common. Those that lack it often lack agendas too. Meetings should include a list of items to enable others to prepare and set expectations. These do not have to be lengthy or detailed—a brief list of topics goes a long way in preparation and alignment

Accountability

- Accountability: Ensure accountability and expectations. I do this by capturing action items and bold in meeting notes, along with the accountable person.

Go Virtual

- Go Virtual: Studies suggest productivity is reduced by as much as 40% when switching between activities. If the meeting is short, why add 15 to 30 minutes onto it by making attendees lock their PC, walk (or worse,

Cont...

drive) to the meeting room, wait for others to attend and then reset themselves when they get back? Try a teleconference and / or web session instead.

Standing Room Only

- Standing Room Only: Insist on your attendees standing throughout the meeting especially on routine check-ins. I admit, I rarely make others stand. However, I do find that standing myself—especially on conference calls, keeps my own focus on brevity and helps me drive the meeting to conclusion quickly.

Steps of preparing awareness meeting

- Identify the purpose of the meeting
- Make sure you really need a meeting
- Develop a preliminary agenda

Identify the purpose of the meeting

- Do you need to make a decision, solve a problem, rally the troops, or inform your team about a new initiative? Clarifying the purpose of your meeting is the first and most important planning step this will drive all of the other elements of your prep.

Make sure you really need a meeting

- Don't pile on another meeting without thinking about other ways to accomplish your goal first. It's better not to meet if:
 - you don't have time to prepare
 - another method of communication would work just as well
 - you're dealing with a sensitive topic or a personnel issue that would be better handled one-on-one
 - you need to solicit a number of individuals' opinions

Develop a preliminary agenda

- Lay out a sequence for the meeting. Plan time for a brief introduction to provide context, and for a discussion of next steps at the end. Decide how much time to devote to each item and what order makes sense.

Cont..

- The longer your meeting, the harder it will be for people to remain focused, so it's wise to underestimate how much your group can cover in the allotted time.

Select the right participants

- Consider who can help you accomplish your goal and who will be affected by the meeting's outcome. Identify key decision makers, people who are knowledgeable about (or have a stake in) the topic at hand, those who need to be informed in order to do their jobs, and anyone who will be required to implement decisions made.

Assign roles to participants

Giving participants a specific role to play can increase focus and engagement.

Consider the following roles:

- A facilitator
- A scribe
- A timekeeper
- A contributor
- An expert

Cont..

- **A facilitator** guides the discussion, making sure all sides of the issue are raised (this is a good job for someone who is developing leadership skills and practicing neutrality).
- **A scribe** captures key ideas and decisions and distributes notes (this gives shy people a way to participate.)

Cont...

- **A Timekeeper** helps move the discussion along efficiently.
- A contributor keeps the discussion lively and on track.
- **An expert** shares knowledge on particular issues. One advantage:
- You can ask an expert to attend just part of the meeting, keeping their contribution focused.

**Decide where and when to hold the meeting
and confirm availability of the space**

- The meeting space helps to set the tone. Choose a small room and set the chairs up in a circle. A conference room will probably work best. Make sure your equipment allows everyone to hear, participate, or see people in the room (if using video conference).

Send the invitation and preliminary agenda to key participants and stakeholders

- Make sure attendees know the purpose of the meeting. Consider sending personal invitation in addition to a calendar invite or chatting in person with the invitee if there's a chance the invitation will go unnoticed or if you want to make sure that a key participant will attend.

Send any reports, pre-reading, or requests for materials that may require preparation from participants

- Send out any pre-reading a day or two in advance of your meeting and make it clear that participants are expected to review materials before they arrive. Also, be prepared to highlight key takeaways from the reading for those who haven't had time to comply

**Identify the decision-making process
that will be used in the meeting**

- Choose a decision-making method ahead of time to ensure that you leave your meeting with a clear outcome.

Cont...

- **Majority vote** allows every voice to be heard and is generally viewed as fair—but be aware that it may be difficult for some to declare their opinion publically.

Cont...

- **Group consensus** allows participants to share their expertise and enhances the chance for buy-in from all parties.

Cont..

- **Leader's choice** is usually the fastest approach, so is most appropriate in a crisis. The risk is that some ideas will go unheard. As a result, you may need to work harder to get skeptics on board, especially during implementation

Cont....

Identify, arrange for, and test any required equipment

- Decide if you'll be using collaboration or productivity tools during your meeting. Confirm and check the meeting space and set up or test any necessary equipment ahead of time.

Cont...

- This step seems like a no brainer, but sometimes it's hard to make time for logistical details and you don't want to waste any of your carefully planned meeting troubleshooting technology issues. If you're struggling, ask for help from a colleague who's used the equipment before (or enlist an IT services representative).

Cont..

- **Finalize the agenda and distribute it to all participants.** If the agenda has changed, distribute the final version to participants. Make sure you're ready to lead the discussion for each agenda item or that you've assigned items to appropriate attendees.

Cont..

- **Follow up with invitees in person, if appropriate.** Check in with people who haven't responded to your invitation or who need to be in the room in order to have a productive meeting. If you've assigned roles, verify that attendees understand the parts they will play

- **Prepare yourself,** Have you drafted and practiced your presentation, printed handouts, and taken care of any other last-minute details? Doing the work to prepare will boost your confidence and set you up for a successful meeting.

Meeting preparation checklist

Activity :Small group discussion

Into small groups discuss
and prepare a meeting
preparation checklist

Checklist

S/N	Criterion	YES	NO
1.	Identified the purpose of meeting?		
2.	Made sure you really need meeting?		
3.	Developed a preliminary agenda?		
4.	Selected the right participants and assigned roles?		

Cont..

5.	Decided where and when to hold the meeting?		
6.	Confirmed availability of the space?		
7.	Sent the invitation to participants?		
8.	Sent the preliminary agenda to key participants and stakeholders?		
9.	Sent pre-readings or requests which require advance preparation?		
10.	Followed up with invitees in person if appropriate?		

Cont..

11.	Chosen the decision making process that will be used (majority vote, group consensus or leaders choice)?		
12.	Identified, arranged for and tested any required equipment?		
13.	Finalized the agenda and distributed it all participants?		
14.	Verified all key participants if will attend and know their roles		
15.	Prepared yourself (drafted presentations, printed handouts etc)		

**Designing information, education
and communication materials on
HIV, AIDS and other common
chronic diseases.**

Activity : Buzzing

Buzz and respond to the following questions:

- Define information, education and communication and IEC materials

Definition of information, education and communication

- Information, education and communication is an approach which attempts to change or reinforce a set of behavior in a target audience regarding a specific problem in a predefined period of time.

Definition of IEC materials

- IEC materials are tools used to transfer the knowledge to target audience to assist promoting positive behaviors.

Importance of information, education and communication materials

- They are easy to store and can be used without any special equipment.
- They are an excellent tool to reinforce messages presented verbally during interpersonal contacts.
- They can be used to remind the health provider or outreach worker not to forget any important messages

Cont...

- They can reach target populations beyond the initial recipient, since people often share their print materials with friends, relatives, or neighbors.
- They can usually be produced locally and thus can be tailored to the needs of specific target populations.

Cont..

- They can counteract rumors, reduce fears of possible side effects, and reassure people that the technologies and behaviors needed to reduce and/or prevent transmission of STIs are effective and safe.

A Guide to Developing Materials on HIV/AIDS and other chronic diseases

A Guide to Developing Materials on HIV/AIDS and other chronic diseases

- Step 1: Plan Your Project
- Step 2: Identify and Study Your Audience
- Step 3: Develop Messages
- Step 4: Create Draft Materials
- Step 5: Pretest and Revise Draft Materials
- Step 6: Produce Materials
- Step 7: Distribute Materials and Train on Their Use
- Step 8: Evaluate Materials

Step 1: Plan Your Project

- The first step in materials development is a well-designed plan. Planning provides a clear and concise summary of your project, project justification, project goals, a work plan, a realistic timeline, and a detailed budget.

Step 2: Identify and Study Your Audience

- A “target population” or “target audience” is the specific group of people whom materials developers are trying to reach. A primary audience includes individuals whose behavior is most important to influence. In HIV/AIDS programs, it is usually those groups who are most affected by HIV/AIDS, are at highest risk of HIV and or are most vulnerable in society.

Cont...

- A secondary audience includes people who can influence the primary audience, such as family and peer educators, and allies, such as decision makers, community leaders, teachers, and health authorities, who can help improve the social infrastructure for addressing a health problem

Step 3: Develop Messages

- What Is a Message?
- A message is a short phrase or sentence that summarizes an idea in simple and understandable terms. It's the "take-away" information that is repeated to friends, colleagues, and other interested parties. A good messages short and to the point.

Step 4: Create Draft Materials

The following tips may be useful in developing quality print materials.

- **Present One Message per Illustration.** Each illustration should communicate a single, distinct message.
- **Limit the Number of Concepts/Pages per Material.** If there are too many messages, readers may become restless or bored or may find the information hard to remember

Cont....

- Make the Material Interactive Whenever Possible. If appropriate, include simple question-and-answer sections that allow readers to “use” the information in the material.

Cont...

- **Leave Plenty of White Space.** This makes the material easier to read, follow, and understand. Arrange Messages in a Sequence That Is Most Logical to the Audience.
- **If the material includes several steps or multiple messages,** ensure that they are presented in a logical order

Cont...

- **Use Illustrations to Supplement Text.** Placing illustrations throughout the text makes the material more appealing and can help the reader to absorb the information

Step 5: Pretest and Revise Draft Materials

- **What Is Pretesting?**
- Once the first drafts of the messages and a series of visuals are prepared, interviews are conducted with representatives of the target population to test the messages and visuals and to validate that messages are correctly understood and well received.

Step 6: Produce Materials

- Creating print materials requires considerable effort by those responsible for developing and testing them and those who actually print them.

Step 7: Distribute Materials and Train on Their Use

- Once materials are developed, tested, and printed, train health workers, counselors, social workers, or other community development staff in how best to use these new teaching aids them will make their job easier, more pleasant, more efficient, and more effective.

Step 8: Evaluate Materials

Evaluating materials:

- Shows how the materials are actually being used by community workers and clients.
- Shows whether the materials were effectively distributed.
- Provides more information about whether the materials are accepted and clearly understood by the target population.

**Conducting outreach programmes
on HIV,AIDS and other common
chronic diseases)**

Activity: Think, pair and share

- Pair up and brainstorm on the definition of outreach

Definition of outreach

- Outreach means extending of services or assistance beyond current or usual limits

Ten tips for conducting effective community outreach

- Community-based organizations (CBOs) and advocacy groups can be important allies that identify discrimination and assist investigations and compliance reviews. CBOs and advocacy groups can introduce you to potential victims or witnesses, explain complex neighborhood dynamics, and serve as a voice for underserved populations facing bias or prejudice

Communicate

- CBOs and advocacy groups will not know if your agency takes action (or even receives) their complaint or concern unless you tell them. CBOs and advocacy organizations invest considerable time and resources in preparing a complaint or approaching you to voice a concern

Explain Your Process

- On your first day, make it easy to understand the role of each section, division, mode, and component within your agency. If you think it's hard to navigate from the "inside," it's even more difficult for a CBO or advocacy organization to understand an agency's structure or chain of command. Be patient. Take some time to explain your office's roles and responsibilities, approval process, and any limitations in authority or remedies.

Do Your Homework

- Gathering evidence of a systemic violation is very hard to do without reliable local contacts. Before you reach out to a CBO or advocacy organization, spend some time researching their mission, work focus areas, constituents, and current and past projects.

Cont...

- Ask your colleagues, especially if they work in the same geographic area, if they have any experience communicating with this particular CBO and familiarize yourself with any recent news involving this organization.

Listen.

- In rural or remote locales, communicating with you may be the rare (or first) occasion that a CBO has to interact with the federal government. Consequently, you may hear complaints or concerns that are unrelated to the matter at hand or outside of your office's jurisdiction.

Cont...

- Be open-minded to the topics that may arise, the conversational style, or the number of conversations that may take place before you can elicit information helpful for your investigation

Speak Their Language

- Effective communication can only occur when both parties understand each other

Keep in Touch

- To the extent possible, provide updates to your community contacts even after the initial conversation or interview whenever there are important developments. In some cases, CBOs can also suggest remedies, set priorities, and play a formal role in monitoring compliance.

Respect People's Time

- Allocate enough time for interviews or conversations. Schedule interviews or conversations at a time and place that is accessible and convenient for your community contact. Be on time.

Understand Your Role

- There will be times when your agency cannot take any action because of jurisdictional, legal, or resource constraints. Manage expectations and avoid overpromising results at the outset.

Update Your Community Outreach Database

- Keep the information about a CBO or advocacy organization up to date by entering data about new personnel or position changes during breaks between meetings, flying home from a site visit, or as soon as you get back to your office.

Cont...

- Maintaining accurate information about your contacts will make it easier for you (and your colleagues) to keep in touch over time.

Share Your Contacts and Stay Connected

- . Eliminate having your colleagues recreate or reestablish contact with your connections by maintaining a community outreach database and staying in touch with your community contacts.

Cont...

- Staying in touch, even after a matter is resolved, helps you monitor compliance to ensure that no further discrimination takes place and may help you build connections for future cases and matters.

**Disseminating information about
HIV, AIDS and other common
chronic diseases**

Definition of the term dissemination

- Dissemination is the process of spreading information, knowledge or opinion widely.

Activity :Small group discussion

- Into small groups discuss on the methods of disseminating information

Methods of disseminating information

- Once the dissemination objective and the audience are identified, there are a variety of ways to share the developed content. Common methods of disseminating information:

Cont...

- Publishing program or policy briefs
- Publishing project findings in national journals and statewide publications

cont...

- Presenting at national conferences and meetings of professional associations
- Presenting program results to local community groups and other local stakeholders

Cont....

- Creating and distributing program materials, such as flyers, guides, pamphlets and DVDs
- Creating toolkits of training materials and curricula for other communities

Cont...

- Sharing information through social media or on an organization's website
- Summarizing findings in progress reports for funders
- Disseminating information on an organization's website

Cont...

- Discussing project activities on the local radio
- Publishing information in the local newspaper
- Issuing a press release
- Hosting health promotion events at health fairs and school functions

Cont....

- Submitting information about a rural health project to be included in the Rural Health Information Hub's Rural Health Models and Innovations.

Step 6: Key Points

- Awareness means the knowledge that something exists, or understanding of a situation or subject of the present time based on information or experience

Cont...

- Steps for preparing awareness meeting includes identifying the purposes of the meeting, making sure that you really need the meeting, developing preliminary agenda, selecting right participants, assigning roles to participants, designing where and when to hold

Cont...

- the meeting and sending the invitation and preliminary agenda to very participants.
- IEC materials are tools used to transfer the knowledge to target audience to assist promoting positive behaviors.
- Dissemination of information is the process of spreading information, knowledge or opinion widely.

Evaluation

- What is awareness meeting?
- What are the tips for awareness meeting?
- What are the methods of disseminating information?

References

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End of Topic 3

Questions/comments

Topic 4: Demonstration of social work values and ethics in managing relationship with clients related to HIV and AIDS, and other chronic diseases

Learning Tasks

At the end of this topic learner are expected to:

- Explain terms used in managing clients (PLHIV and AIDS and related Family members, relatives, People with other chronic disease)
- Explain the concepts of social work ethics in managing clients

Social work ethics in managing clients

Activity: Buzzing

- Buzz on the following question:
- What are Social Work ethics in managing clients

Cont....

- Demonstrate dignity and worth of a person in managing relationship with clients related to HIV and AIDS and other chronic diseases
- Demonstrate integrity in managing relationship with clients related to HIV and AIDS and other chronic diseases.

Cont..

- Social Work ethics are fundamentals foundations informing Social Work practice.
- Ethical awareness is a fundamental part of the professional practice of social workers. Their ability and commitment to act ethically is an essential aspect of the quality of the service offered to those who use social work services

Explaining terms used in managing clients (PLHIV and AIDS and related Family members, relatives, People with other chronic disease

- AIDS- Acquired Immune Deficiency Syndrome
- HIV- The human immunodeficiency virus (HIV) is a lent virus (a subgroup of retrovirus) that causes HIV infection and over time acquired immunodeficiency syndrome - AIDS.

Cont..

- PLHIV- People living with HIV and children living with HIV as they reflect the fact that persons with HIV may continue to live well and productively for many years.

Cont...

- The term people affected by HIV encompasses family members and dependents who may be involved in care giving or otherwise affected by the HIV- positive status of a person living with HIV.

Cont...

- **Safe sex-** The term safer sex more accurately reflects the idea that choices can be made and behaviors adopted to reduce or minimize the risk of HIV acquisition and transmission.

Cont..

- Safer sex strategies include postponing sexual debut, non-penetrative sex, correct and consistent use of male or female condoms, and reducing the number of sexual partners.

Demonstration of dignity and worth of a person in managing relationship with clients related to HIV and AIDS and other chronic diseases

- Respecting the right to self-determination .
- Promoting the right to participation .
- Treating each person as a whole
- Identifying and developing strengths

Demonstration of integrity
in managing relationship
with clients related to HIV
and AIDS and other chronic
diseases.

Activity : Small group discussion

- Role play on integrity in managing relationship with client related to HIV&IDS & other chronic diseases

Role play should depict the following

- **Confidentiality**
- **Privacy**
- **Informed consent**

Key Points

- HIV
- AIDS
- Safer sex
- Ethical Social work practice in relation to work with HIV/AIDS

Evaluation

- What is HIV/AIDS?
- What ethics needed in Social Work practice with HIV/AIDS clients?

References:

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End of topic 4

Questions/comments

**Demonstrate social work values
and ethics in working with
PLHIV and people living with
chronic diseases including AIDS**

Learning tasks

- **By the end of the topic learners are expected to:**
- Describe the concept of social work values in dealing with PLHIV and people living with chronic diseases including AIDS.
- Describe the concept of social work ethics in dealing with PLHIV and people living with chronic diseases including AIDS.

Cont...

- Demonstrate social justice in working with clients related to HIV and AIDS, and other chronic diseases
- Demonstrate dignity and worthy of the person in working with clients related to HIV and AIDS, and other chronic diseases
- Demonstrate integrity in working with clients related
- to HIV and AIDS, and other chronic diseases

Concept of social work values in dealing with PLHIV and people living with chronic diseases including AIDS

Activity : Think, pair and share

- Think, pair and share on the following question:
- What are the social work values?

SOCIAL WORK VALUES

- The mission of the social work profession is rooted in a set of core values.
- These core values, embraced by social workers throughout the profession's history, are the foundation of social work's unique purpose and perspective

Cont...

- Service
- Social Justice
- Dignity and worth of the Person
- Importance of human relationships
- Integrity
- Competence

Cont...

- Core values, and the principles that flow from them, must be balanced within the context and complexity of the human experience. The Council on Social Work Education endorses the six core values identified in the NASW Code of Ethics and adds two more:

Cont...

- Human Rights
- Scientific Inquiry

Cont...

- These fundamental social work values serve as an extremely useful foundation for thinking critically about practice issues and ethical dilemmas.

**Concept of social work ethics in
dealing with PLHIV and people
living with chronic diseases
including AIDS.**

Activity: Small group discussion

- Into small manageable groups
discuss on the Social Work
ethics

Social work ethics

- The most concrete expression of social worker's ethical guidelines is embodied in the ISW Code of Ethics adopted from the NSWA code of ethics. This code helps social workers to make their inevitable moral choices that arise in their daily practice and is intended to assure clients that the professional monopoly given to social workers will not be abused.

Cont..

- The ISW Code of Ethics sets forth these values, principles and standards to guide social worker's conduct. The code is relevant to all social workers and social work students, regardless of their professional functions, the settings in which they work, or the populations they serve.

Ethical Principles

- The following broad ethical principles are based on social work's core values of service, social justice, dignity and worth of the person, importance of human relationships, integrity and competence. These principles set forth ideals to which all social workers should aspire.

Cont...

- **Value: Service**
- **Ethical principle: Social workers' primary goal is to help people in need to address social problems.** Social workers elevate service to others above self interest. Social workers draw on their knowledge, values and skills to help people in need and address social problems Social workers are encouraged to volunteer some portion of their professional skills with no expectation of significant financial return.

Cont...

- **Value: Social justice**
- **Ethical principle: Social workers have to challenge social injustice.** Social workers pursue social change, particularly with and on behalf of vulnerable and oppressed individuals and groups of people. Social workers' social change efforts are focused primarily on issues of poverty, unemployment, discrimination, and other forms of social injustice.

Cont...

- These activities seek to promote sensitivity to and knowledge about oppression, cultural and ethnic diversity. Social workers strive to ensure access to needed information, services and resources; equity of opportunity; and meaningful participation in
- decision making for all people.

Cont...

- **Value: Dignity and worth of the person**
- **Ethical principle: Social workers respect the inherent dignity and worth of the person.** Social workers treat each person in a caring and respectful fashion, mindful of individual differences, cultural and ethnic diversity.

Cont...

- Social workers promote client's socially responsible self determination. Social workers seek to enhance client's capacity and opportunity to change and to address their own needs. Social workers are cognizant of their dual responsibility to clients and to the broad society.

Cont..

- **Value: Importance of human relationship**
- **Ethical principle: Social workers recognize the central importance of human relationships. Social workers understand that relationships between and among people are an important vehicle for change.**

Cont...

- Social workers engage people as partners in the helping process. Social workers seek to strengthen relationships among people in a purposeful effort to promote, restore, maintain, and enhance the wellbeing of individuals, families, social groups, organizations and communities.

- They seek to resolve conflicts between client's interests and the broader society's interests in a socially responsible manner consistent with the values, ethical principles, and ethical standards of the profession.

Cont...

- **Value: Integrity**
- **Ethical principle: Social workers behave in a trustworthy manner.** Social workers are continually aware of the profession's mission, values, ethical principles and ethical standards and practice in a manner consistent with them. Social workers act honestly and responsibly and promote ethical practices on the part of the organizations with which they are affiliated.

- **Value: Competence**
- **Ethical principle: Social workers practice within their areas of competence and enhance their professional expertise.** Social workers continually strive to increase their professional knowledge and skills and to apply them in practice. Social workers aspire to contribute to the knowledge base of the profession.

**Demonstrating social justice
in working with clients related
to HIV and AIDS, and other
chronic diseases.**

Activity: Roles Play

CHARACTERS:

- **MARY:** A social worker who is newly employed and working at a certain VCT clinic
- **JANE:** First client attended at social welfare office (a poor client wearing torn clothes)
- **HILDA:** Second client attended at social welfare office (marginal client wearing normal clothes)
- **JOYCE:** Third client attended at social welfare office. (Looks well financially wearing descent clothes)
- **JOHN:** A Para-social worker who registered the above clients and gave them numbers following FIFO principle and shown them a place to sit to wait for the social worker

Cont...

- Volunteer yourself for the role play, being roles of the names as above

Scenario:

- **MARY** a social worker arrives at the social welfare office and found JOHN already arranged clients following FIFO principle. MARY Without following FIFO principal she comes out of the office and looks at the clients hence picks JOYCE to enter. After attending JOYCE, she then come out and calls HILDA. After HILDA she asks an excuse to go for a cup of tea. After 40 minutes she comes back and calls JANE.

Evaluation of role play;

- What did you observed regarding to social justices?
- 5minutes discussion in the class
- what have you learnt from the role play?

Demonstrating dignity and worthy of the person in working with clients related to HIV and AIDS, and other chronic diseases.

Activity: Roles Play

CHARACTERS:

- **JAY:** A social worker who is newly employed and working at a certain CTC clinic
- **LESS:** A client attended at CTC clinic waiting to be attended by a social worker. She is with other clients waiting to be attended too.
- volunteer for yourself for the role play, being roles of the names as above

Cont...

- Volunteer themselves for the role play, being roles of the names as above

Scenario:

- JAY a social worker is attending clients in his office. While LESS is waiting to be called she felt tired and asleep at the bench. Her time commenced and JAY called her three times but she didn't respond as she was asleep. JAY moved out of the attending room and asked

Cont....

other clients in a harsh voice! Where is LESS? Why is she not responding to my calls? At the time asking those questions; LESS woke up and responded “I am here” JAY started to accuse and confronting her in front of other clients! “Look at her with dirty and torn clothes! Will you pay my wasted time? Will you pay as for lodging?” After those words he told her to come in otherwise will call another client.

Role play evaluation

- What did you observe in regard to respecting dignity and worthy of the client?
- 5minutes discussion in the class
- What have you learnt from the role play?

Emphasize the respect of dignity and worthy of a person

**Demonstrate integrity in working
with clients related to HIV and
AIDS, and other chronic diseases.**

Activity: Buzzing

- Buzz among each other in pairs; and answer the following question:
- What things will you do that will show your client that you are providing services to them with integrity

Integrity

- Social workers behave in a trustworthy manner. Social workers are continually aware of the profession's mission, values, ethical principles and ethical standards and practice in a manner consistent with them. Social workers act honestly and responsibly and promote ethical practices on the part of the organizations with which they are affiliated.

Cont....

- Integrity is one of the fundamental values that employers seek the employees that they hire. It is the hallmark of a person who demonstrates sound moral and ethical principles at work. Integrity is the foundation on which coworkers build relationships, trust, and effective interpersonal relationships. Any definition of integrity will emphasize these factors.

Cont....

- A person who has integrity lies his or her values in relationships with coworkers, customers, and stakeholders. Honesty and trust are central to integrity. Acting with honor and truthfulness are also basic tenets in a person with integrity.

Cont...

- People who demonstrate integrity draw others to them because they are trustworthy and dependable. They are principled and you can count on them to behave in honorable ways even when no one is watching or even knows about their performance.

Key Points

- Social work values includes; Service, Social Justice, Dignity and worth of the Person, Importance of human relationships, Integrity, Competence, Human Rights and Scientific Inquiry
- Social work ethics were derived from social work values.

Evaluation

- What are the 8 social work values?
- What does “social justice” mean?

References

- Barclay Committee (1982) *Social Workers: Their Role and Tasks*. Bedford: Square Press.
- Banks, S. (2001). *Ethics and values in social work*. Basingstoke: Palgrave.
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End of topic 5

Questions/comments

**Topic 6: Demonstrate social work
values and principles in working with
systems linked to clients with HIV
and chronic diseases
including AIDS**

Learning tasks

- **By the end of the topic learners are expected to:**
- Explain system linked to clients with HIV, AIDS and other chronic diseases
- Describe knowledge of referral and linkage systems regarding clients with HIV and chronic diseases including AIDS.

Cont...

- Identify challenges related to systems linked with clients with HIV and chronic diseases including AIDS.
- Demonstrate confidentiality in working with systems linked to clients with HIV and chronic diseases including AIDS.

Cont...

- Demonstrate acceptance in working with systems linked to clients with HIV and chronic diseases including AIDS.
- Demonstrate objectivity in working with systems linked to clients with HIV and chronic diseases including AIDS.

**Systems linked to clients with
HIV, AIDS and other chronic
diseases**

Activity: Think, pair and share

- Think in pair and share on the following question:
- Define community clinical linkage

Definition of community - clinical linkage

- Community- clinical linkages are defined as connections between community and clinical sectors to improve population health.

Reasons for linking clients with HIV, AIDS and other chronic diseases

- Public health leaders have prioritized community- clinical linkages as an effective approach to prevent and control chronic diseases.

Cont....

- For example, CDC's National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) recommends coordinating chronic disease prevention efforts in four key areas or domains, one of which is "community programs linked to clinical services.

Cont...

- When clinical and community sectors work synergistically, they can improve care and support patients better than either of these sectors could do alone.

Cont..

- NCCDPHP promotes community - clinical linkages as helping to “ensure that people with or at high risk of chronic diseases have access to the resources they need to prevent, delay, or manage chronic conditions once they occur.”

**Public sectors used to link
clients with chronic diseases**

Activity: Buzzing

- Buzz and respond to the following question:
- What are the public sectors used to link clients with chronic diseases?

Cont...

- Public sectors used to link clients with chronic diseases composed of organizations that provide services, programs, or resources to community members in non-health care settings.

Public Health Sector

- The Public Health Sector is composed of public health organizations that can lead efforts to build and improve linkages between community and clinical sectors.

Cont....

- The community sector is composed of organizations that provide services, programs, or resources to community members in non-health care settings. Examples include:

Cont...

- Community pharmacies (as opposed to a pharmacy in a health care setting, such as a hospital).
- Employers.
- Prisons and jails.
- Faith-based organizations.

Cont...

- Barbershops.
- Community centers.
- Volunteer organizations.
- Nonprofit organizations.

Clinical Sector

- The clinical sector is composed of organizations that provide services, programs, or resources directly related to medical diagnoses or treatment of community members by health care workers

Cont...

- (e.g., physicians, nurses, nursing assistants, physical therapists, emergency medical service personnel, dentists, pharmacists, laboratory personnel) in health care settings. Examples of these include

Cont...

- Hospitals.
- Federally Qualified Health Centers (e.g., community health centers, public housing primary care programs, migrant health centers).
- Rural clinics

Knowledge of referral and linkage systems regarding clients with HIV and chronic diseases including AIDS

- An effective referral system ensures a close relationship between all levels of the health system and helps to ensure people receive the best possible care closest to home. It also assists in making cost-effective use of hospitals and primary health care services

Cont...

- A good referral system can help to ensure patients receive optimal care at the appropriate level, hospital facilities are used optimally and cost - effectively, patients who most need specialist services can access them in a timely way, primary health services are well utilized and their reputation is enhanced.

Cont...

- A referral system at all levels is used as a means to facilitate flow of patient referrals among healthcare providers. It is an important activity in any healthcare system for it is a critical component of quality clinical care.

Cont...

- An optimal referral process should be in place for the effectiveness, safety and efficiency of high standard medical care

Cont...

- Referral communication deals with subsequent interactions that exist between referring and referred - to providers once a referral decision is made. These two key aspects of a referral process require the transfer and coordination of complex and diverse forms of information distributed between providers..

Cont...

- The complexity of the process often causes inefficient referral decisions and referral communication, which in turn affects the quality and cost of care

Cont...

- Referral does not mean only the forward referrals. Equal importance should be given to the downward referrals as well. If the patients are treated at the first level referral centre they may be referred back to the original primary health care centre with the necessary follow-up advices.

Cont...

- This will enhance the trust towards the primary care centers by the patients from the catchments areas.

**Challenges related to systems linked
with clients with HIV and chronic
diseases including AIDS.**

Activity: Small group discussion

- Read the case study below and respond to the following question:

Case study:

- Mr. X suffering from HIV/AIDS and Tuberculosis had been receiving care in station Y. According to the nature of his problem you need to refer him and link him to advanced level for proper care. What are the challenges will you face in the transfer and linking Mr. X to advanced service centre?

Challenges for referral and linking client to other service unit

Infrastructure

- Transport is identified as a key constraint in achieving the child and maternal health goals in most of the developing countries in Africa as per.
- Transport and Health are inextricably linked.

Capacity of health care workers

- Performance is considered to be a combination of staff being available that is retained and present being competent and responsive. Referrals are a link between primary and specialty care.

Health information systems to quality of health care referral

- Communicating patient's information at the time of specialty referral is essential to high quality consultation and coordinated safe patient care.
- Both primary and specialist physicians value this information exchange for shared patient.

Cont...

- Web-based Referrals systems have improved scheduling benefits of e-mail communication about referrals and include the option for asynchronous communication, increased flexibility, opportunities for back-and-forth exchange and enhanced rapport.

Financial resources to quality of health care referral services

- In developing countries appropriate allocation of resources to referral hospitals within national health system has long been a controversial issue in health system planning.

**Demonstrating confidentiality in
working with systems linked
to clients with HIV and chronic
diseases including AIDS**

Activity: Panel discussion

- Four learners volunteer for panel discussion on ways to maintain confidentiality at work place:

CHARACTERS:-

- Moderator
- Discussants
- Observe and writing your observation
- Finally give out your observation

Confidentiality agreements

- Most organizations start with the confidentiality agreement. This is a legal document that specifies what information can and cannot be shared with people outside the facility.

Cont...

- You must have every new hire sign this as part of their orientation package. Make sure they understand the consequences of sharing the wrong thing, such as patient information.

Patient information.

- Speaking of patient information, this is probably the most sensitive topic right now. Patients are becoming very concerned about new policies for privacy, and want to know they are protected. Your staff needs to understand that posting pictures or updates about patients at work will not be tolerated.

Be diligent about online content.

- If you catch wind of a healthcare professional conducting themselves unprofessionally online, you need to take action. But you should also be aware of any and all mentions of your company online. Look at reviews. Leverage positive information and mitigate anything that is negative.

Don't allow cell phones on the floor.

- Probably the simplest way to ensure that your staff is compliant with your social media policies is to have a no cell phone rule. Ask them to leave their phones at their desk or locker. While there may be reasons they need to have their phones on them, make it as easy as possible to avoid a problem.

Provide training regularly.

- Finally, you need to make sure that your nursing and other healthcare staffing fully understand all of the issues surrounding patient confidentiality. Whenever you can provide training opportunities for people to learn more about these privacy issues and the ways they can help ensure patients are safe and protected.

**Demonstrating acceptance
in working with systems
linked to clients with HIV
and chronic diseases
including AIDS**

Acceptance:

- this is a fundamental social work principle that implies a sincere understanding of clients. Acceptance principle is conveyed in the professional relationship through the expression of genuine concern, receptive listening, intentional responses that acknowledge the other person's point of view, and the creation of the mutual respect climate.

Activity: Demonstrate acceptance

- 2 learners volunteer for acceptance demonstration :

CHARACTERS:-

- Social worker
- Client other learners to observe and writing their observation

**Demonstrating objectivity in
working with systems linked to
clients with HIV and chronic
diseases including AIDS**

Cont...

- A therapeutic relationship is a connection between a healthcare professional and a client in which both communicate with each other to accomplish the client's goals.

Cont....

- These goals can be either short-term or long-term. Most importantly, the counselor remains objective in their perspective and discussions with the client. This means that the counselor reserves any personal judgments or notions about the conversation and topic at hand.

Activity: Demonstrate objectivity

- Two learners demonstrate objectivity:

CHARACTERS:-

- Social Worker-
- Client

Key Points

- Community-clinical linkages are defined as connections between community and clinical sectors to improve population health.
- Challenges for referral and linking client to other service unit involves infrastructure, capacity of health care workers, health information systems and financial resources.

Evaluation

- What are the systems linked to clients with HIV, AIDS and other chronic diseases
- What are the challenges related to systems linked with clients with HIV and chronic diseases including AIDS.

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- Adams, R., Dominelli, L. and Payne, M. (2002) *Social Work: Themes, Issues and Critical Debates*, 2nd edn. Basingstoke: Palgrave.

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- Banks, S. (2001). *Ethics and values in social work.* Basingstoke: Palgrave.
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End of topic 6

Questions/comments

Topic 7:

**Determine Social welfare
resources required for clients
with HIV and chronic diseases
including AIDS**

Learning tasks

By the end of the topic learners are expected to:

- Identify social welfare resources for clients with HIV and chronic diseases including AIDS.
- Prioritize the social welfare service for clients with HIV and chronic diseases including AIDS
- Map resources for clients with HIV and chronic diseases including AIDS.

Social welfare resources for clients with HIV and chronic diseases including AIDS

Activity: Think, pair and share

- Think in pair and share on the following question:
- What are the social welfare resources required for clients with HIV and chronic diseases including AIDS

Social welfare resources required for clients with HIV and Chronic disease including AIDS includes:-

- Human resource
- HIV testing and counseling resources
- Medical transportation resources

Cont...

- Food services
- Personal protective gears such as male and female condoms
- Antiretroviral Treatment (ART)
- Opportunistic infection treatment drugs

Cont...

- Information, Education and Communication materials (IEC)
- Personal Protective Materials such as gloves (PPE)
- Stationary facilities
- Information Management System books and guidelines

**Prioritization of the social
welfare service for clients with
HIV and chronic diseases
including AIDS**

Activity: Small group discussion

- Divide your self in small groups and respond to the following question:
- Discuss on how to prioritize social welfare services for clients with HIV and AIDS?

Structure of Priority Interventions

The health sector response to HIV/AIDS

- This level discusses the basic principles of strategic planning for HIV and its linkage with broader health sector planning. It also provides guidance on critical issues to consider when selecting and prioritizing interventions in different types of HIV epidemics

Priority interventions for HIV/AIDS prevention, treatment and care in the health sector

- This describes the priority health sector interventions for HIV/AIDS that are recommended by WHO. It summarizes relevant technical recommendations in each intervention area and provides references to the Key resources, with links to online versions if they are available.

Operationalizing the priority interventions strengthening health systems

- This level discusses specific components of health system strengthening that need to be considered when scaling up the priority health sector interventions for HIV/AIDS. These components include integration and linkage of health services, infrastructure and logistics, human resource

Cont...

- development, equitable access to medical products and technologies, health financing, advocacy and leadership, mobilizing partnerships including with people living with HIV, and addressing gender, stigma and discrimination.

Investing in strategic information

- This chapter highlights the importance of strategic information about the epidemic to guide planning, decision-making, implementation and accountability of the health sector response to HIV/AIDS.

Mapping resources for clients with HIV and chronic diseases including AIDS

Activity: Brainstorming

- Brainstorm and respond to the following question:
- What is resource mapping

Definition of resource map

- Resource Map is a free, open - source tool that helps you make better decisions by giving you better insight into the location and distribution of your resources. With Resource Map, you and your team can collaboratively record, track, and analyze resources at a glance using a live map.

Cont....

- Resource Map works with any computer or cell phone with text messaging capability, putting up-to-the - minute alerts and powerful resource management always within reach, wherever you go.

Benefits of resource mapping

- Get updates as they happen, using a live map or text message request
- Visualize and update resource allocations without a complex and
- expensive geographic information system (GIS)

Cont...

- Update resource data from any text messaging-capable phone
- [?] Identify distribution patterns and anomalies with visual mapping
- and trend analysis

Cont...

- Receive important alerts instantly and address them proactively
- Collaborate easily on resource allocation decisions
- Maintain complete control over the visibility of resource allocation data

Simple lists or diagrams can be used to map resources:

- ***Human resources: this refers to number of health and social welfare staff available to deliver the service in the community***
- ***Financial resources: this refers to the funds available to achieve***
- running costs of different programmes.

Cont...

- ***Networks: this refers to means of contacting each other and achieving interdisciplinary communications***
- ***Institutional assets: these are available equipments useful in different situations.***

Cont...

- *Material assets: these are consumable items used during service provision to clients.*

Key Points

- Social welfare resources required for clients with HIV and Chronic disease
- including AIDS are:-
- Human resource
- HIV testing and counseling resources

Cont...

- Medical transportation resources
- Food services
- Personal protective gears such as male and female condoms
- Antiretroviral Treatment (ART)
- Opportunistic infection treatment drugs

Cont...

- Information, Education and Communication materials (IEC)
- Personal Protective Materials such as gloves (PPE)
- Stationary facilities
- Information Management System books and guidelines

Evaluation

- What are the required resources for clients with HIV and chronic disease including AIDS

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- Allen-Meares, P. & Garvin, C. (2000). *The handbook of social work direct practice*. Thousand Oaks, CA: Sage.
- Mwabu G. (2006). *Referral systems and health care seeking behavior of patients: An economic analysis*. World Development 17:85–92.

End of Module

Questions/comments.

Thank you