

***"The Loving Touch"***  
***Caring for Someone with HIV/AIDS***

**HOME BASED CARE  
FLIP CHART ON HIV/AIDS**



**Joint Project of the General Conference of the Seventh-day Adventist Church Women's Ministries  
Department and the Adventist AIDS International Ministry (AIM)**

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## HOW TO USE THIS FLIP CHART

- Place the flip chart in a clearly visible position, not too far from your audience
- You will focus on the text at the same time that your audience focus on the illustrations (pictures)
- Make sure that the patient follows your explanation by looking to the illustrations (pictures)

## DESIRED OUTCOME

By using this flip-chart it is expected

- That you will be equipped with knowledge and material to provide advice and support on Home Based Care (HBC)
- That you will find this an easy way to communicate using the illustrations and text provided in this flip chart
- That you will use an easy language and vocabulary that will facilitate the understanding by the patient and the people involved in his or her care
- That you will sure your audience fully understands your presentation by asking frequent questions.

## INTRODUCTION

- Since the first cases of Acquired Immuno-Deficiency Syndrome (AIDS) were reported in 1981, infection with Human Immuno-Deficiency Virus (HIV) has grown to pandemic proportions.

### Worldwide:

- Over 22 million people have died from AIDS.
- Over 42 million people are living with HIV/AIDS, and 74 percent of these infected people live in sub-Saharan Africa.
- Over 19 million women are living with HIV/AIDS.
- By the year 2010, five countries (Ethiopia, Nigeria, China, India, and Russia) with 40 percent of the world's population will add 50 to 75 million infected people to the worldwide pool of HIV disease.
- There are 14,000 new infections every day (95 percent in developing countries). HIV/AIDS is a "disease of young people," with half of the 5 million new infections each year occurring among people ages 15 to 24.
- The UN estimates that currently there are 14 million AIDS orphans and that by 2010 there will be 25 million. ([www.unaids.org](http://www.unaids.org))

Effective prevention and treatment of HIV infection with Antiretroviral Therapy are now available, even in countries with limited resources. Maintaining a good and positive lifestyle also contributes to improving one's health and strengthens the immune system.

## IMPORTANT FACTS

### WHAT IS HIV?

- **HIV** is a virus that attacks the body's immune system. The immune system helps to keep us well. When HIV attacks the body's immune system, our bodies are then unable to fight off infections.

### WHAT IS AIDS?

- **AIDS** is the final stage of HIV. It can take years for a person infected with HIV to develop AIDS. **The immune system** is very strong, and so it takes many years before it is weakened so much that we begin to notice. When one's body can no longer fight off infections, then we say the person has AIDS.

### HOW HIV IS SPREAD?

- All kinds of people get HIV; it is found in the rich and the poor communities. It is found among Christians as well as Muslims, but you can not catch it like a cold.
- HIV is found in blood, semen, vaginal fluids and breast milk. If one needs to have a blood transfusion at a hospital, it is generally safe since hospitals use only blood that has been screened and does not contain HIV.
- HIV is spread through unprotected sex. If you have sex with someone who has HIV, then you can get HIV.
- A mother who has HIV can pass it on to her unborn child in the womb and later through breast-feeding.
- You can get HIV through infected blood.
- Traditional customs such as circumcision and face marking which use non-sterilized knives can spread HIV. (Knives used during those practices need to be sterilized and all infectious agents destroyed).
- The making of tattoos with non-sterilized needles can spread HIV.
- Sharing non-sterilized syringes and needles to inject intravenous drugs spreads HIV.

### HOW HIV IS NOT SPREAD?

- But the HIV is not spread through our everyday activity, such as shaking hands, hugging, or casual kissing. You cannot become infected from a toilet seat, drinking fountain, doorknob, public phones, dishes, drinking glasses, food or pets. You cannot get HIV from mosquitoes.

### GET TESTED FOR HIV

- People need to know if they have HIV. Then, they can do things that will slow down HIV and AIDS. The only way to know is to **have your blood tested for HIV.** You can go to your nearest clinic where a Health Care Worker will help you and discuss your results. Only sealed and sterilized injections and needles will be used. If you do have HIV, please do not spread HIV intentionally.

### WAYS TO AVOID GETTING HIV/AIDS

- We have a way of reminding ourselves, since we do not want to get infected by HIV. We remember the A B C of sex.
- **A= Abstinence** means not having sex
- **B= Be faithful** means having sex with only **one** partner
- **C= Condoms** do wear a condom when having sex
  
- No one knows who is infected with HIV because the symptoms are not visible until later when HIV becomes AIDS. So do not take chances. Always protect yourself.

## HOME BASED CARE (HBC)

### DEFINITION OF HOME BASED CARE (HBC)

HBC is the care given in the home of the person living with HIV/AIDS. It is usually given by a family member or friend (primary caregiver), supported by a trained community caregiver.

It is very important to establish "Church Based HIV/AIDS Support Groups" to train caregivers and give them the environment in which to reflect on their work, share their problems and receive counseling and guidance.

The support group can provide educational talks, mentoring, supervision, socializing, and participation in income-generating projects.

### WHAT THE PERSON LIVING WITH HIV (PLWH) NEEDS

Caregivers must find out what the patient's physical, psychological, emotional, spiritual and cultural needs are so that they can make informed decisions about the services to offer.

#### Some questions to help identify the client needs:

- Does the PLWH have medical or nursing problems requiring a referral to a clinic or hospital?
- Does the patient have food, shelter, clothes, blankets, water and sanitation?
- Is the patient active or confined to bed?
- Can the patient eat normally, or does he or she require help to eat?
- Who helps the patient with collecting water, cooking, bathing, washing clothes, shopping, etc?
- Does the patient have family, friends, or neighbors who give their support?
- Does the patient have any income?
- Does the patient belong to a religious group?
- Does the client need to draw up a will?
- Does the patient or family show any psychological problems such as denial, guilt, fear, anger or depression?

### DESCRIPTION OF PATIENT'S NEEDS:

#### *TAKING CARE OF PSYCHOLOGICAL AND EMOTIONAL NEEDS*

#### Emotional support plays a very important role in HBC

- Be loving: show that you care; hug them, hold their hands and reassure them
- Be compassionate
- Listen
- Encourage and give hope
- Use kind words
- Be gentle
- Keep them involved in the activities that are happening around them

## SPIRITUAL NEEDS

Strengthening existing faith and helping spiritual growth helps PLWA to have a positive view of life and be able to:

- Forgive others and accept forgiveness
- Have the reassurance that God loves them

The caregiver may help by:

- Praying with the patient
- Singing hymns together
- Reading encouraging Bible verses
- Having worship together

## SOCIAL NEEDS

PLWA needs to socialize and interact with the community:

- They need to associate without stigma and discrimination
- They need to be accepted and respected
- They need to be supported by family members, friends, and neighbors

## PHYSICAL NEEDS

The main and basic physical needs are:

- Shelter
- Food
- Water

## ADHERENCE TO ANTI-RETROVIRAL (ARV) THERAPY

- Involves giving the medication every day, every month, every year as prescribed
- Missing even a few doses may lead to the development of drug resistance and drug failure
- Patient should be warned of possible side effects or intolerance and be advised to report them immediately
- ARV (Anti-Retro-Viral Drugs) are medicines that slow down the multiplication of HIV and give one a longer, more healthy and comfortable life.

*It is very important to start this treatment at the right time, so the sooner that you know if you are infected with HIV the more sure you can be that your treatment will better help you to improve your health. Remember to accompany your treatment with a good lifestyle.*

## LIFESTYLE

The following section on lifestyle will describe how to enhance your immune-system based on the following physical needs: **Nutrition, Exercise, Water, Sun, Temperance, Clean Air, and Rest.**

If you have HIV, try these 'feel good' secrets:

## NUTRITION

People living with HIV need to have a **balanced, healthy diet:**

- A healthy diet does not necessarily have to be expensive
- Locally available, natural, unrefined and unprocessed foods are sufficient and adequate to protect the immune system and to keep a person healthy
- It is very important to have the right composition of the meal

### THE FOOD CAN BE DIVIDED INTO THREE GROUPS:

#### 1. ENERGY-GIVING FOODS

**Carbohydrates or starchy foods**

**Two fifths or 40% of a person's plate should consist of energy-giving foods:**

- Use potatoes, yams, wheat, brown rice, maize meal, oats, sorghum, and rye
- Avoid refined starches such as white bread, white rice, white pasta, and refined cereals
- Sugar, fats and oils are also energy-giving foods and are beneficial for patients who are trying to gain weight; however, HIV/AIDS patients should avoid sugar because it encourages the growth of the fungi that causes thrush

#### BODY-BUILDING FOODS

**Proteins**

**One fifth or 20% of a person's plate should consist of body-building foods:**

- Proteins are very important in building muscles, immune cells such as T and B cells, and bones
- Use protein such as beans, soy, lentils, peanuts (or peanut butter), eggs, milk, and cheese.
- Milk is an important source of protein, calcium and vitamins. Milk needs to be boiled or pasteurized
- Yoghurt or sour milk is also very beneficial

*Since there are a number of good sources of high grade protein other than meat, it is not necessary for people to eat meat every day*

#### PROTECTIVE FOODS

## Vitamins and Minerals

### Two fifths or 40% of a person's plate should consist of vegetables and fruits:

- Vegetables and fruits contain important vitamins and minerals vital for fighting infections, recovering from infections, and strengthening the immune system
- Dark green, dark yellow, orange, and red fruits and vegetables are the most nutritious. Examples: carrots, pumpkins, sweet potatoes, cabbage, guavas, green beans, spinach, beetroot leaves, etc
- Vegetables should be steamed or cooked lightly to avoid destroying the vitamins
- Eat at least one portion of raw vegetables every day (they should be well washed or peeled)
- Do not throw nutritious foods away. Example: The cooking water of vegetables can be reused in a soup or for further cooking

## HEALTHFUL TIPS ON NUTRITION

- Prepare food in a clean environment
- Wash hands before and after handling food
- Use clean utensils
- Always cook your meat, chicken, and fish well, and avoid raw meat, raw eggs and raw dairy products
- Be aware that microbes in the food can cause infections and food poisoning
- Water should be boiled
- Fruits and vegetables should be washed properly
- Serve foods in small amounts, and allow the patient to chew it very well
- Give small amounts of a drink to ease the swallowing
  
- *Allow the patient to feed self as long as they can do it*
- *Assist when help is needed*

### **Be Aware**

- *Some conditions, such as diarrhea, vomiting, sores in the mouth or loss of appetite, will determine the way food is to be prepared*
- *Mash for those who have difficulty in chewing or have sores in the mouth*
- *Do not prepare oily food for those who are vomiting*
- *Prepare juices, for example carrot juice, for those who are vomiting or have diarrhea.*

## HEALTHFUL LIVING TIPS

### EXERCISE

- Exercise is another 'feel good' secret that can help you feel strong and good. Walking is good, but don't overdo it as it puts your body under stress; try for 30 minutes a day 5 or 6 times a week.

### WATER

- Drink at least 8 glasses of fresh water every day to flush out your body. Wash your body well every day with clean water and soap too. Don't forget to always wash your hands with soap and water before preparing any food and after you have been to the toilet.

## SUN

- Spend a little time in the sun every day because it is very good for you. The sun's rays have healing properties.

## TEMPERANCE

- Don't smoke; it damages your immune system, and you are more likely to get infections. Avoid other harmful habits such as like taking drugs and drinking alcohol, as they are harmful to your body too.

## AIR

- Your body needs plenty of fresh air daily. Make sure you breathe deeply, and the room you sleep in gets enough fresh air and sunlight.

## REST

- Get enough sleep because it repairs the body and helps your immune system. Rest when you are tired, and get at least 8 hours of sleep every night.

## TRUST IN GOD

- Belief in God gives you a positive set of rules and values to live by. Believing in God helps you to overcome your daily stress and bad habits. Be positive and know that you are loved. Face each day with hope and renewed strength, and you will cope better with your health.

## CARE OF GENERAL HEALTH PROBLEMS

**It is very important to prevent and treat symptoms at home with the most basic and inexpensive available resources. The caregivers need to watch for changes in the condition of the patient, and seek medical help when necessary**

### FEVER

- High body temperature is usually caused by the HIV infection itself, by opportunistic infections, or other diseases

### WHAT TO DO

- Remove unnecessary clothing or blankets
- Give sponge bath to keep temperature down
- Encourage the patient to drink cool fluids like water or juice
- Use paracetamol or aspirin, but read dosage instructions first
- Seek medical help if the temperature is very high and remains for a long time or is accompanied by coughing, severe pain, unconsciousness, convulsions, severe diarrhea

- Watch children with fever very carefully, and take them to a clinic if the fever persists

## DIARRHEA

Diarrhea is one of the most common problems in patients with HIV /AIDS.

- A person has diarrhea when he/she has three or more loose or watery stools per day
- The most common causes are gastrointestinal infections from food or water that is not clean and fresh. It may also be a side-effect of medicines or a symptom of disease

### WHAT TO DO

- Drink more than eight cups of fluid per day, such as water, soups, unsweetened juices, and ORAL REHYDRATION SOLUTIONS
- Eat soft mashed vegetables and fruits, such as squash, pumpkins and carrots, bananas and mangoes
- Eat refined foods like white rice, maize meal, noodles and potatoes
- Avoid fat, milk, acid fruits and green vegetables, coffee, tea, alcohol, spicy foods
- Eat small and frequent meals
- If oral rehydration solutions are not available, prepare your own: to one liter of clean water, add half a teaspoon of salt and eight teaspoons of sugar. Stir or shake well
- Seek medical help if the patient's skin has lost elasticity and is very dry, if the patient is confused, irritable or lethargic, or if the patient is also vomiting or has blood in the stools

## NAUSEA AND VOMITING

PLWH often experience nausea and vomiting as a result of side effects of medication, infections, constipation, and others.

### WHAT TO DO

- Stop intake of food and fluids for 1-2 hours if the patient is vomiting
- Introduce sips of cold water or ice. Increase the amount of water as soon as it is well tolerated
- Sit the patient upright while eating or drinking and keep him/her in that position for 20 or 30 minutes after meals
- Introduce low fat foods, and plain foods such as bread or rice
- Keep the mouth clean
- Seek medical help if the vomiting lasts more than 24 hours, or if it is accompanied by pain, fever, or the presence of blood

## CONSTIPATION

PLWH may suffer from constipation

### WHAT TO DO

- Drink plenty of fluids through the day
- Eat insoluble fiber contained in raw vegetables, fruits and cereals
- Encourage mobility and exercise to stimulate bowel movement and improve digestion

- Check stools for blood

## INCONTINENCE

\*Loss of control over bladder or bowels  
Incontinence needs careful attention

### WHAT TO DO

- Keep the patient clean and dry
- Protect the skin with creams such as Vaseline
- Protect the bed with plastic sheet or with newspaper
- Use disposable diapers or large towel as diaper

## SKIN PROBLEMS

- Skin is a barrier against infections. It is very important to keep it in good condition
- People living with HIV infection will develop at least one skin problem in the course of the disease
- The skin problems may be due to fungal infections (ringworm), bacterial infections (abscess), viral infection (Herpes Zoster), parasites (scabies, lice), allergies, etc.

### WHAT TO DO

- Keep skin clean. Wash it with soap and water
- Keep skin dry. Keep nails short to avoid damaging skin during scratching
- If skin is very dry apply Vaseline, glycerin, or vegetable oil
- Itching can be reduce by cooling the skin with water and applying lotions such as calamine
- For simple infections, keep lesions clean, apply topical antiseptic agents like Dettol, or gentian violet paint
- Seek professional help if there is fever, redness, pus, severe pain, allergic reaction, bad smell, blisters, grey or brown liquid, black of the skin around a wound with air bubbles( indication of gangrene)

## MOUTH AND THROAT PAIN

- 90 % of PLWH will present oral lesions, sore mouth, and have difficulty swallowing
- It is very important that the patient's mouth is healthy to be able to swallow, eat and drink properly

### WHAT TO DO

- Encourage PLWH who are able to, to do the mouth care themselves
- The caregiver should wear protective materials like gloves or polythene bags when assisting a patient with open sores in the mouth
- Check the inside of the mouth every day before breakfast
- Assist in maintaining good oral hygiene. Patients should have mouth washes after every meal
- Use a stick or spoon padded with a piece of clean cloth to keep mouth open while cleaning
- Apply Vaseline/honey to soothe the lips

- Cold foods and drinks or ice will help with discomfort
- Advise to take soft foods and avoid spicy foods
- Seek professional help if the patient is not able to swallow, there is burning pain, or the patient is dehydrated

*If the tongue is coated, scrub the white plaque with a soft brush 3 to 4 times a day, rinse with mouth wash, salt water or lemon water and apply gentian violet solution 3-4 times a day ( 1 tea spoon of gentian violet crystals in half a liter of water)*

## RESPIRATORY PROBLEMS

The most common respiratory problems of PLWH are chronic coughing, increase production of mucus, difficulty in breathing, or chest pain. They may be caused by colds, flu, bronchitis, TB, pneumonia, others.

### WHAT TO DO

- Keep the patient in a well ventilated room, ideally near an open window
- Keep the area free of dust. Avoid smoking, charcoal or paraffin fumes
- Help the patient to find a comfortable position to breathe freely; use pillows if necessary
- Help patients to cough by massaging or patting the back over the lungs
- Teach the PLWH to cover their mouth with cloth when coughing to avoid passing germs to others
- Keep sputum (mucus) in a closed container and dispose of it safely
- Encourage patient to drink lots of fluids
- Seek professional help if there is difficulty in breathing, high fever, severe pain, or blood in sputum

## PREVENTING PRESSURE SORES

Pressure sores are areas of damaged skin and tissue due to pressure. They appear on patients who are very ill and unable to turn in bed. They may form on any part of the body where there is bone prominence: e.g., buttocks, back, elbows, feet, ankles.

### WHAT TO DO

- Get the patient out of bed as much as possible
- Turn the patient every 2 hours
- Massage and stimulate blood circulation in areas over prominent bones
- Use soft bed sheets and change bedding when bed is wet
- Straighten the bedding often
- Put cushions under the body to keep body parts from rubbing together
- Treat pressure sores
- Explain to the patient what you are going to do
- Wash hands with soap and water before the procedure. Wear protective materials, e.g. gloves
- Seek professional help if the pressure sores do not heal conveniently

## PAIN

- PLWH in the later stages have different kinds of pain. Pain may be due to different causes: immobility, pressure sores, swelling of legs and feet, infections (herpes), headache, nerve pains, others
- Patients may react to pain in different ways. Some may not be able to deal with any pain; others suppress their reaction even when the pain is great
- Some people have constant pain, and others have pain occasionally

#### WHAT TO DO

- Keep the environment as calm as possible, with dim lighting
- Ask the patient what you can do to ease the pain
- Talk calmly and in gentle tones to the sick person. A pleasant conversation may help the patient not to think about pain
- The caregiver can help the patient manage the pain by giving medicine, applying cold compresses to the forehead, light massage, and exercising the affected parts
- Nerve pain may be caused when the HIV infects the nerve cells; it can be relieved by pressure on the painful part, applying cold water, and medicine
- Seek professional help if the pain becomes unbearable or is associated with other symptoms such as headache or weakness

### PERSONAL HYGIENE

#### BATHING

- Bathing ensures personal cleanliness, refreshes the patient, and contributes to his/her comfort
- Bathing can be done in a bathroom, in the bedroom, or in bed
- After a bath, clothes, bedding, and linen should be changed as necessary

#### WHAT TO DO

- Ensure privacy
- Talk to the patient as you provide assistance
- Assemble the materials needed for bathing like water, soap, and towel
- If the patient is able to bath him or her self, help by carrying water, bringing a stool to sit on, etc
- Ask the patient to call for help when needed
- If the patient needs assistance, prepare the bath place and all the materials. Help the patient to reach places they can't reach: e.g., back, feet

#### If the patient is bedridden:

- Protect the bed with a plastic sheet
- Expose only the parts of the body you are cleaning at the time to prevent the patient from getting cold
- Wash the patient with soap and warm water using a small towel or cloth, beginning with the face and moving down to the legs
- Dry each part as you go. Wash private parts last
- Dress patient in clean clothes and comb hair

### COPING WITH SOME EMERGENCIES:

## **TIREDDNESS AND WEAKNESS**

AIDS can make the person very tired and weak, especially in the later stages.

### **WHAT TO DO**

- Help the patient to adjust to his or her ability and encourage regular rest, good nutrition, nutrition supplements, and relaxation techniques
- Give plenty of fluids such as juice, energy drinks or oral glucose
- Seek professional help if the patient becomes very weak and confused

## **FAINTING**

### **WHAT TO DO**

- Lay the patient flat on the back with the head lower than the body. Fan the patient to increase air intake.
- Splash a little cold water on their face. When revived, give juice or oral glucose—a beverage containing sugar

## **BREATHLESSNESS**

### **WHAT TO DO**

- Place patient in a sitting up position to raise his or her head
- Open the window. Ask extra people to leave the room
- Fan the patient to increase air intake
- Release tight clothing, remove extra bedding

## **CONCLUSION**

People living with HIV/AIDS can cope and live well if they do all they can do to help themselves as well as having caring assistance.