

## **Patient Support and Caring for People Living With HIV (PLWHIV)**

# Learning Objectives



By the end of this unit, participants will be able to:

- Define patient support
- Describe the role and activities of lay counselors in regards to patient support
- Explain the concept of comprehensive care

# Why should we care for PLWHIV and how are we supposed to support them?





# What is Patient Support?

- **Patient Support** = All activities aimed at supporting the patient, beyond purely medical aspects
- Three main actors involved in patient support
  - Patient
  - Caretaker or guardian
  - Health worker → **THIS IS YOU!**

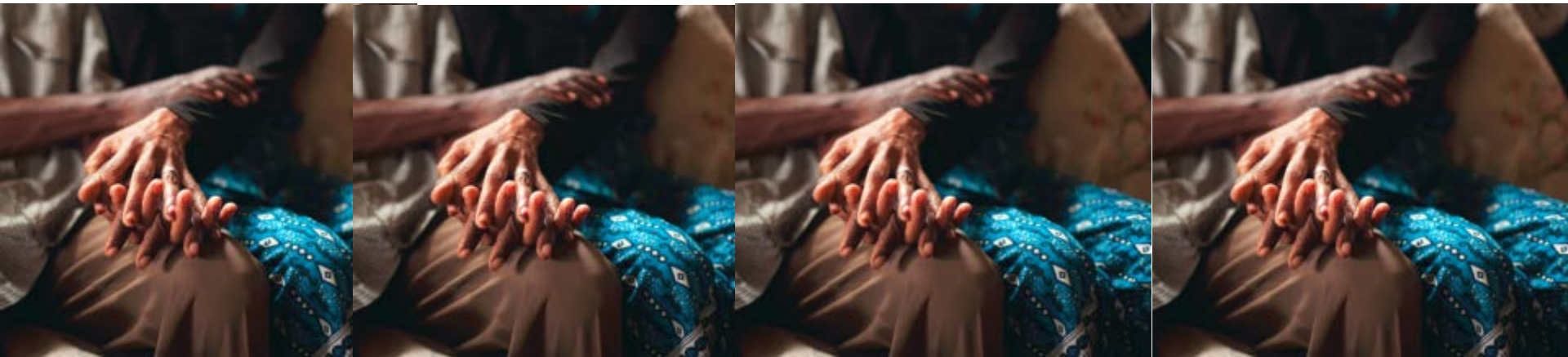
# Components of Patient Support (1)

- **Patient education**
  - The infection and evolution of the disease
  - Transmission of the disease
  - Risk reduction
  - Treatment



# Components of Patient Support (2)

- **Emotional support**
  - Loss of self-image and good health
- **Psychosocial support**
  - helping patients solve their social problems to improve their adherence to treatment



# Patient Support Activities (1)

- **Individual sessions**
  - individual counselling (pre-test, post- test, follow-up, adherence etc.)
- **Group sessions**
  - Health talks, education talks, ART preparation sessions, etc.



# Patient Support Activities (2)

- **Community and family activities**
  - home visits, home based care, defaulter prevention and tracing and other community activities







# Lay Counselor Activities

- Linkages from diagnosis to HIV care & treatment
- Adherence counselling and patient education for:
  - Initiation and continued adherence support for patients on ART; EAC
  - Patients on medication for treatment of drug-sensitive TB and multi- drug resistant
  - Pregnant and breastfeeding women

# Lay Counselor Activities

- Prevention through facility-based health education
- Paediatric & adolescent disclosure counselling
- Facilitation of community-supported models of ART delivery
- Support for monitoring and evaluation

# What is Comprehensive Care?

- HIV treatment involves many other components besides taking ARVs
- It involves many types of information, resources and services to address a range of needs – not just medical needs.





# Goals of Comprehensive HIV/AIDS Care

- Improve the quality of life of PLWHIV
- Improve the lives of families and communities affected by HIV/AIDS especially pregnant women and children
- Prevent further spread of HIV



# Components of Comprehensive Care

- Pre- and post-test HIV counselling, HIV testing and follow-up
- ART initiation
- Adherence counselling and support
- Palliative care, including pain management
- PMTCT, antenatal, and reproductive health services
- Ongoing follow-up of babies that have been exposed to HIV

# Key Messages

- Patient support is more than purely medical
- Patient support is comprised of patient education, emotional support and psychosocial support
- Lay counselors are involved in patient education and counseling tasks for HIV/TB
- Practicing comprehensive care improves the lives' of our patients