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