

Staying strong with HIV/AIDS

**Five ways to maintain your
strength when you are HIV-
positive**



Five ways to maintain your strength when you are HIV-positive

1. Eat more and different kinds of foods and drink plenty of fluids.
2. Practice good food hygiene.
3. Make food a social activity.
4. Maintain a healthy lifestyle.
5. Treat symptoms that can prevent you from eating.

Eat more and different kinds of foods and drink plenty of fluids

Explain:

- To maintain your strength and keep up your weight, every day:
 - Eat three meals and regular snacks in between. Adequate meals and snacks include:
 - ✦ Meals: Injera with two sauces, porridge, or pasta with tomato sauce and bread
 - ✦ Snacks: Bananas, mangos, bread, kolo, porridge, and boiled milk
 - Always eat different types of food:
 - ✦ Vegetables and fruits such as kale, pumpkin, carrot, potato, tomato, banana, oranges, papaya, avocado, and mango
 - ✦ Injera, bread, and porridge
 - ✦ Shiro, lentils, beef, chicken, fish, mutton, liver, and eggs
- Drink at least eight glasses of boiled or treated water and fresh fruit juices. Avoid soft drinks and packaged juices, as they can reduce appetite.
- When you don't feel hungry:
 - Eat small amounts of food 5-6 times a day
 - If you don't have mouth sores, use mild spices for better test

Ask:

- Why should you eat three meals and regular snacks every day? What can happen if you don't?
- Which of the different kinds of food can be easily found in your community? (Help patients to identify sources of different kinds of foods.)

FOOD HELPS YOU STAY STRONG AGAINST HIV/AIDS.

Practice good food hygiene

Explain:

Improper storage and preparation of food and dirty hands can lead to diarrhea and vomiting, which reduce energy, vitamin, and mineral intake.

- Wash your hands with soap and water before eating or preparing food.
- Wash fruits and vegetables with boiled or treated water before cooking or eating.
- Keep food and water covered and stored away from insects, flies, and rodents.
- Clean food preparation area and utensils with soap and water after every meal and cooking session.
- Avoid raw meat and eggs, spoiled or moldy foods, and juice made from unboiled water.

Ask:

- Why is it important to store and practice good food hygiene? What can happen if you don't?
- Name three ways of practicing good food hygiene.

PREVENTING WATER-BORNE DISEASES IS ESSENTIAL TO MAINTAINING YOUR STRENGTH.

Make food a social activity

Explain:

- Eat together with family or friends. This will encourage you to eat more and maintain a regular schedule. Family and friends can also help prepare and clean-up, particularly when you are sick.
- If possible, help create a garden or raise small livestock with family, friends, neighbors, or a PLWHA association.
- When you are eating less because you are stressed or depressed, spend time with family or friends or talk to a spiritual leader.

Ask:

- Why is it important to eat with other people?
- Who can you prepare and eat with regularly?

LINK PLWHA TO PEER-TO-PEER SUPPORT GROUPS AND ASSOCIATIONS ASSISTING WITH FOOD PRODUCTION.

Maintain a healthy lifestyle

Explain:

- Walk, jog, or garden to improve blood circulation, stimulate appetite, reduce fat, and maintain muscle tone.
- Abstain completely or significantly reduce your consumption of alcohol, cigarettes, and chat. Alcohol and chat can reduce appetite and make anti-HIV drugs less effective.
- Avoid coffee and tea when you are out with friends; instead, drink fruit juices and eat kolo and fruit like bananas and oranges.

Ask:

- Why is it important to continue physical activity? What kind of physical activity can you do to stay healthy?
- Why should you avoid alcohol, cigarettes, and chat? Coffee and tea? What CAN you consume instead?

PHYSICAL EXERCISE HELPS YOU STAY STRONG.

Treat symptoms that can prevent you from eating

Explain:

- If you have mouth sores:
 - Clean at least twice daily with cotton and lightly salted warm water.
 - Eat cooked and soft foods and avoid acidic ones like lemons and oranges as well as spicy foods.
- Seek medical advice immediately if:
 - Mouth sores do not improve.
 - You lose weight or your appetite decrease.
 - You have persistent diarrhea.
 - You feel discomfort when swallowing.

Ask:

- What should you do if you have mouth sores?
- Name two reasons you should seek medical advice for symptoms that can prevent you from eating.

HAVE YOUR WEIGHT MONITORED REGULARLY.

Nutrition and HIV medication (ARVs)

Explain:

- Even if you are taking ARVs, practice the five ways to maintain your strength and to maintain the body's muscles which process the medicine.
- You may experience vomiting, diarrhea, and loss of appetite caused by ARVs. However, continue eating and taking the drugs regularly

Ask:

- Why is it important for people taking ARVs to eat well?
- Why is it important to know when and what types of food can be taken with the ARVs you are taking?

FOLLOW THE ADVICE OF HEALTH WORKERS TO AVOID NEGATIVE INTERACTIONS BETWEEN THE FOOD AND MEDICINE YOU ARE TAKING.

Nutrition and HIV medication (ARVs) (cont'd)

Ask:

- What ARV medicines are you taking?

Explain the following food recommendations and possible effects according to the patient's drug regimen.

ARV	How to take the drug and food recommendations	Possible side effects
Zidovudine	Take 60 minutes before breakfast or dinner. If side effects arise, take the drug with food, but WITHOUT fat or oil.	Anaemia, nausea, vomiting, fatigue, constipation, fever, headaches, change in the taste of food, weight loss.
Nevirapine	Can be taken with or without food.	Nausea, vomiting, fever, weight loss, skin rash.
Lamivudine	Can be taken with or without food.	Nausea, vomiting, diarrhea, bloody vomiting, anaemia, fatigue, abdominal pain, loss of appetite.
Efavirenz	Can be taken with or without food Should NOT be taken with fat or oil.	High blood-fat levels, loss of appetite, nausea, vomiting, diarrhea, abdominal distension, dizziness, lack of sleep, nightmares
Stavudine	Can be taken with or without food.	Nausea, vomiting, diarrhea, fever, loss of appetite, lipodystrophy, abdominal pain

Nutrition and HIV/AIDS in Home-base Care (HBC)

Explain:

- Practice the five ways to maintain your strength as all PLWHA.

- After each episode of diarrhea, drink one full glass of the following oral-rehydration solution (ORS):

1 glass of cool, boiled or treated water + 1 pinch salt + ½ teaspoon

- When having difficulty chewing or swallowing, mash all food into pastes and eat energy-rich liquids like wheat or rice and vegetable soup.

Ask:

- Should HBC patients wash their hands with soap and water before eating?

What else should they do?

- When is it appropriate to give an HBC patient oral rehydration solution?

For how long?

How to use the flipchart

- Use in individual or group counseling sessions.
- Counsel all clients on the five ways to maintain strength.
- In addition, counsel ART and HBC patients on pages specifically for these groups.

Tips for Conducting Sessions

- Greet your patient.
- Listen attentively and maintain eye contact.
- Ask questions in ways that encourage patients to talk about her/himself. If conducting group sessions, invite different people talk, including quiet individuals.
- Be empathy; imagine yourself in the patient's position so s/he knows you understand.
- Indicate that PLWHA may have difficulty following all the recommendations.