

Lend a caring hand: tips for home health care



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Correspondence regarding this publication should be addressed to:
United Nations International Research and Training Institute
For the Advancement of Women (INSTRAW)
P.O Box 21747
Santo Domingo, Dominican Republic
Te: (809) 685-2111, Fax. (809) 685-2117

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A yellow line art illustration on a white background. It depicts two figures in a close embrace. The figure on the left is shown from the side, with their arms wrapped around the other person. The figure on the right has curly hair and is wearing a long-sleeved shirt. The lines are simple and expressive, capturing a moment of care and support.

Lend a Caring Hand:

Tips for Home Health Care

Author: Izaskun Gaviria
illustrations: Lorena Espinoza
Layout: Martha Lamarche

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Introduction

As with other chronic illnesses, the ideal AIDS care model is a holistic combination of public health, home and community care. The World Health Organization (1996) believes that HIV/AIDS should be managed at home because home care is more comprehensive, more compassionate, less expensive, and allows the patient to maintain a certain level of dignity and normality. However, caring for a family member with advanced HIV infection or AIDS is a physically challenging and emotionally draining task. In the developing world, many families of people living with HIV/AIDS have low incomes and lack the requisite knowledge of how to care for their family members. INSTRAW believes that providing home caregivers with education and support is essential to ensuring that people living with HIV/AIDS (PLWHA) receive the proper care.

Home-based care (HBC) contributes to HIV/AIDS prevention efforts. By involving community members in prevention, care, and support, HBC brings issues surrounding HIV/AIDS into the open, creating opportunities to clarify myths, reduce stigma, empower those infected and affected by HIV/AIDS, and influence people's willingness to know their own HIV status or change risky behaviours.

INSTRAW seeks to "praise" and support care-givers. In developing countries, mainly in Africa, the burden of caring for the sick falls on women, and very often on girls. Girls, older women, and young women all over the world are expected to take on responsibility for domestic work and providing care to family members. HIV and AIDS have significantly increased the burden of care for many women. Poverty and inadequate public services combined with the demands of the AIDS pandemic have turned women's burden of care into a crisis with far-reaching social, health and economic consequence.

The term 'care economy' is sometimes used to describe the many tasks carried out mostly by women and girls at home, such as cooking, cleaning, fetching water and other activities associated with caring for the young, sick and elderly in the household. The economic and social value of the time, energy and resources required to perform this unpaid work is barely recognized and poorly accounted for, despite its critical contribution to the functioning of households, public and private health systems, and national economies.

Beginning with this manual, INSTRAW issues a call for action to all actors involved in the fight against HIV/AIDS. It is high time that the unacknowledged victims of this pandemic - those women and men who are charged with caring for the sick - receive the support and care they need to ensure a decent and comfortable standard of living for their patients and a higher quality of life for themselves.

Questions and Answers

A family member tested HIV positive. What does this mean? Does it mean that he/she has AIDS?

A positive HIV test result means that the person is infected with HIV (Human Immunodeficiency Virus), the virus that causes AIDS (Acquired Immune Deficiency Syndrome). Being infected with HIV does not mean the person has AIDS right now. However, if left untreated, HIV infection damages a person's immune system and can progress to AIDS.

Why is it important to get tested for HIV?

Even though there is no cure for HIV, it is important to get tested for it. There are drugs that can slow down the progress of the virus, help the person feel better and prevent some HIV infections. Pregnant women can also help prevent passing HIV to their babies. A person that knows if he/she is positive can take measures not to transmit the virus to his/her partner. There are several types of HIV tests:

Blood. This is the most common test. Blood is drawn to find the antibodies your body makes to fight HIV. The results are usually available within a few days or up to two weeks.

Urine. The patient gives a urine (pee) sample to find the antibodies in the urine. The results are usually available within a few days and or up weeks.

Rapid tests. These are tests that give you results quickly. There are 2 types:

blood tests and oral (mouth) tests. For the blood test, blood is taken from your finger, and you can get your results in 20 to 60 minutes. For the oral test, a pad is used to swab your gums. Results are ready in 20 minutes.

Will the doctor keep the results secret?

People can get tested without giving their names. This is called “anonymous” testing. When you get an anonymous HIV test at a testing site, they record a number or code with the test result, not your name. A counsellor gives the person this number at the time they take the test. Then they return to the testing site or call and give them their number or code to learn the results of the test.

What is AIDS?

AIDS is the most serious stage of HIV infection. It results from the destruction of the infected person's immune system. The immune system is the body's defense system. Cells of the immune system fight off infection and other diseases. If the immune system does not work well, the person is at risk for serious and life-threatening infections and cancers. HIV attacks and destroys the disease-fighting cells of the immune system, leaving the body with a weakened defense against infections and cancer.

Who gets HIV/AIDS?

Anybody can get infected

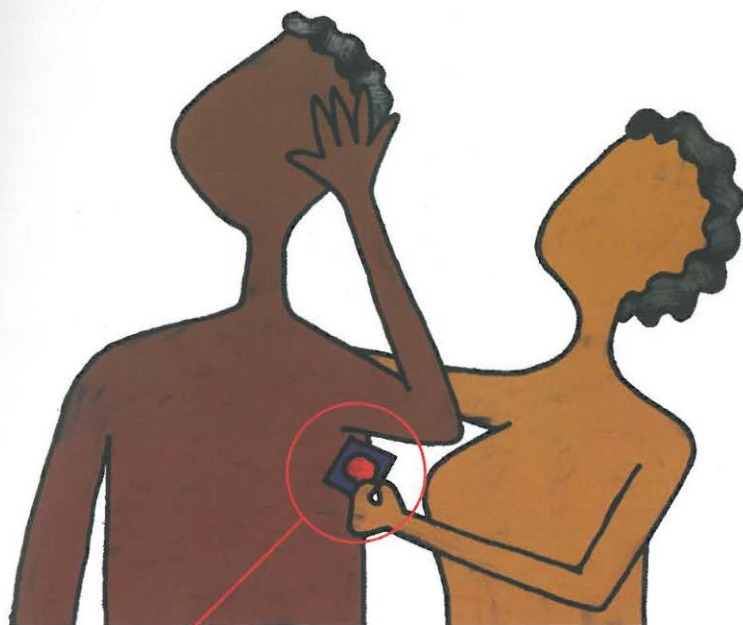
Young men, young women, old men , old women, healthcare workers, sex workers, sexual abuse victims, prisoners, military personnel, newborns, people who get blood transfusions.

Can HIV and AIDS be cured?

To date, there is NO cure for HIV or AIDS and there are no vaccines to prevent HIV infection.

How HIV can be transmitted

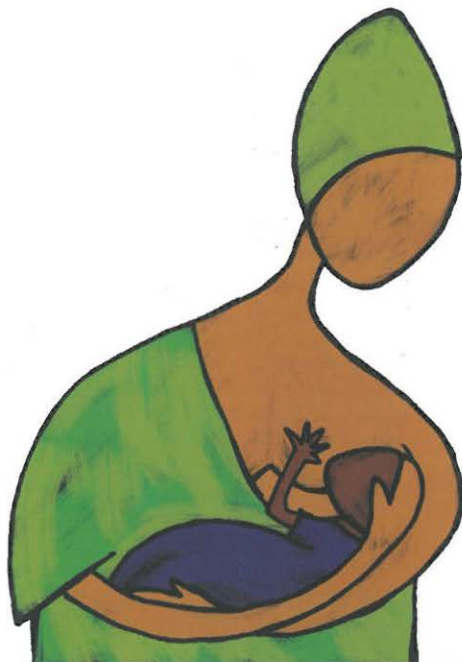
1. by having unprotected sex



Condom

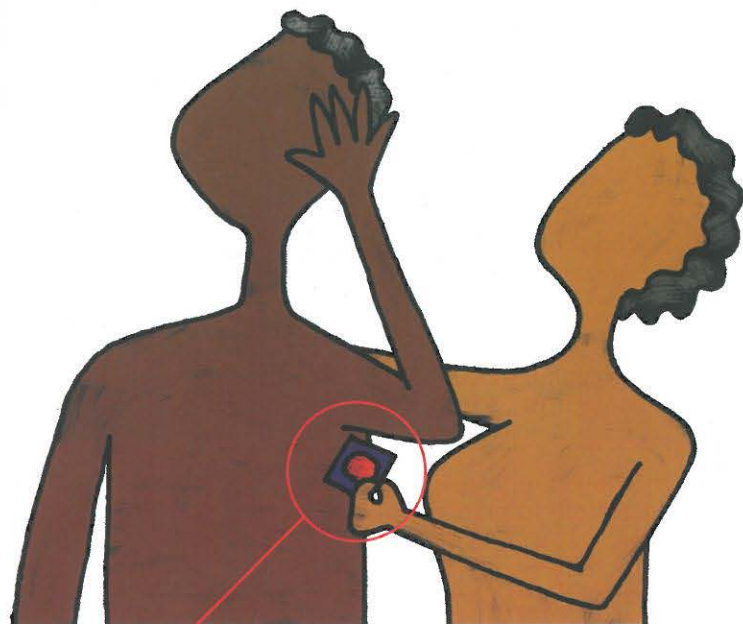
3. from mother to child during pregnancy, childbirth or breastfeeding

2. transfusion of contaminated blood or dirty needles, razors, etc



How HIV can be transmitted

1. by having unprotected sex



Condom

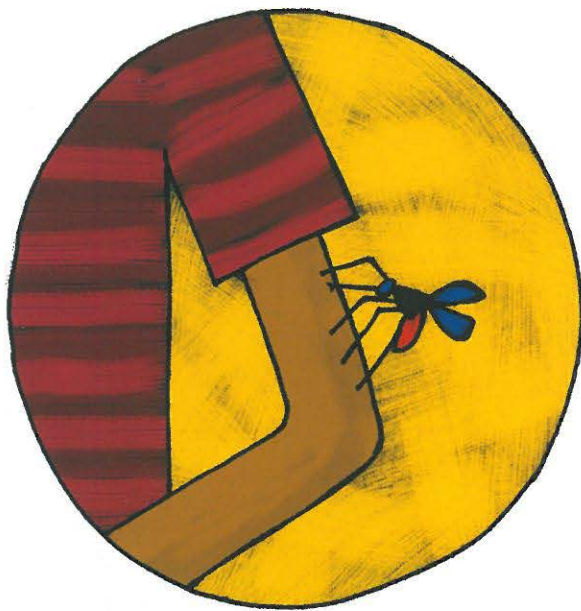
2. transfusion of contaminated blood or dirty needles, razors, etc



3. from mother to child during pregnancy, childbirth or breastfeeding

HIV cannot be transmitted by...

1. Handshakes
2. Hugs
3. Food eaten from a plate shared with an infected person



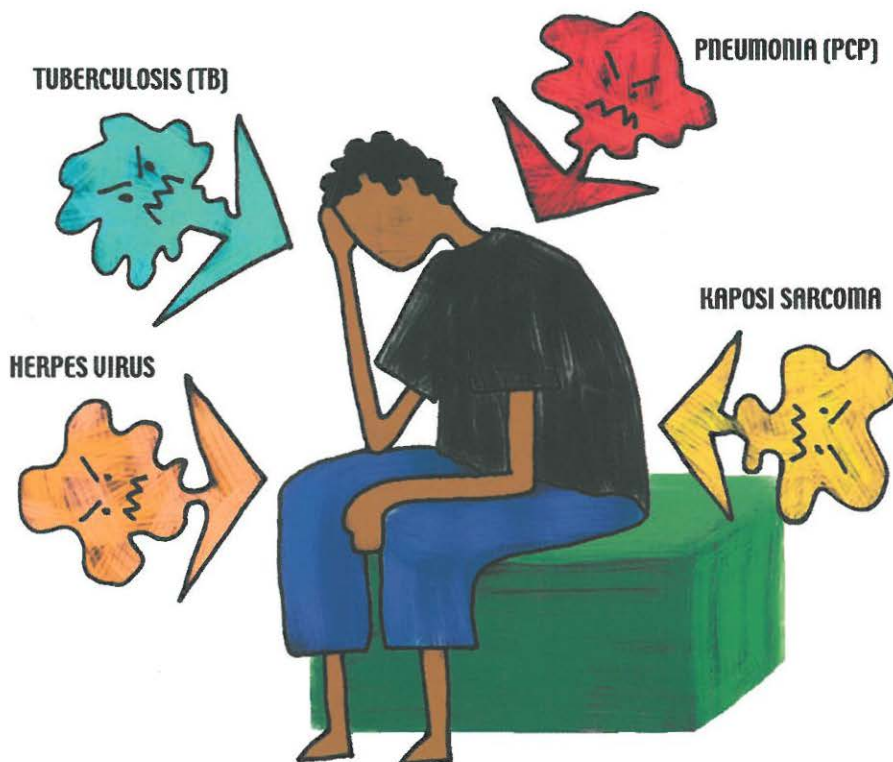
4. Mosquitos or other insects
5. Kisses
6. Latrines

What are opportunistic infections?

When the immune system is weakened by HIV or by some medications, other germs and viruses can get out of control and cause health problems.

Infections that take advantage of weakness in the immune system are called "opportunistic". The phrase "opportunistic infection" is often shortened to "OI".

If you are HIV-infected and develop opportunistic infections, you might have AIDS.



What is HIV antiretroviral treatment?

This is the main type of treatment for HIV or AIDS. It is not a cure, but it can stop people from becoming ill for many years. The treatment consists of drugs that have to be taken every day for the rest of someone's life.

ANTIRETROVIRAL DRUGS MUST ALWAYS BE PRESCRIBED BY A DOCTOR AND PATIENTS SHOULD FOLLOW INSTRUCTIONS VERY CAREFULLY.

PATIENTS SHOULD NEVER MISS A DOSE.

IF HARMFUL SIDE EFFECTS OCCUR, PATIENTS SHOULD SEE A DOCTOR IMMEDIATELY.

HIV is a virus. Like other viruses, when HIV is in a cell it produces new copies of itself. These new copies can infect other previously healthy cells. It is easy for HIV to spread quickly through the billions of cells in the body, if it is allowed to reproduce (make more copies of itself). Antiretroviral treatment for HIV infection consists of drugs that slow down the reproduction of HIV in the body. The drugs are often referred to as:

- antiretrovirals
- anti-HIV drugs
- or HIV antiviral drugs

What is combination therapy, what is HAART?

For antiretroviral treatment to be effective for a long time, patients sometimes need to take more than one drug at a time. This is what is known as Combination Therapy. The term Highly Active Antiretroviral Therapy (HAART) is used to describe a combination of three or more anti-HIV drugs.

The general recommendation is to use a minimum of two antiretroviral drugs. If one drug is taken on its own, it may stop working after a while. HIV reacts to the drug in the person's body and changes, so that the virus is no longer affected by the drug. The virus then starts to reproduce itself the same way as before. This is known as the virus becoming resistant to the drug. If two or more antiretrovirals are taken together, there is less chance that the virus will become resistant.



Importance of food safety and hygiene



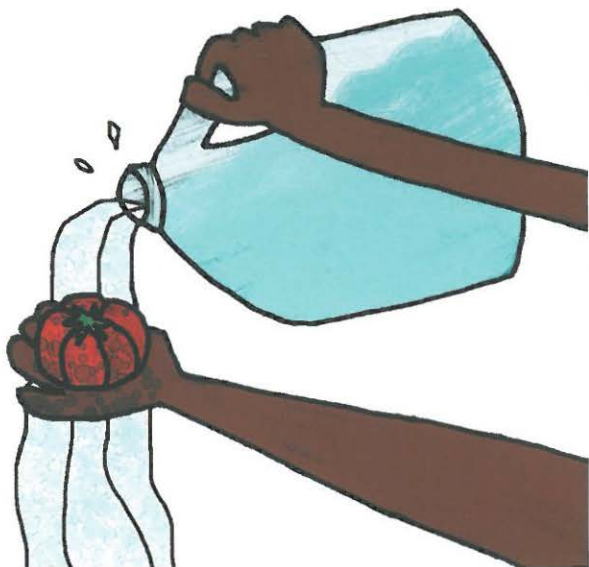
People living with HIV/AIDS are more vulnerable to infection because their immune systems have already been weakened. It is extremely important to handle water, animal products, fruits and vegetables with care.

Water: be sure that water is clean and store boiled water in a clean container with a lid. Do not dip hands or cups into the container. Instead, pour water from the container. Always wash your hands with soap before and after touching foods and using a latrine.

Animal products: Cook ALL animal products (chicken, beef, fish, pork, eggs) completely. DO NOT eat meat that has a red juice. DO NOT eat soft-boiled eggs, cracked eggs or any food containing undercooked eggs. Wash hands and utensils that have touched raw meat before

touching other foods. Cover meat, poultry, or fish with a clean cloth or plastic bag and separate them from other foods.

Fruits and vegetables: To avoid contamination, use boiled, clean water to wash all fruits and vegetables. If you want to eat them raw, remove the skin of the vegetables. Remove the bruised or very soft parts of fruits and vegetables. Boil all vegetables thoroughly before you eat them.



General food storage and handling:

Make sure that all food preparation and eating areas are free of flies and other insects. Keep all food preparation surfaces clean. Use clean dishes and utensils to store, prepare and eat food. Cover all food storage containers. Keep hot foods hot and cold food cold before eating them. Throw away all foods that have gone bad. Avoid leftovers unless you have a refrigerator. Always reheat leftovers at a high temperature before eating them, boil them for at least 5 minutes.



Do not store raw meat close to cooked food, vegetables, fruit or dairy products.

General hygiene: ALWAYS wash hands with clean water and soap or ashes before, during and after preparing food or visiting the latrine. Cover all wounds during food preparation. Use a latrine and keep it clean from flies and other insects.

Safe disposal of waste

Encourage the patient to spit into a container with a lid.

Always keep the lid of the container closed when it contains spit.

When the container needs emptying, carefully empty it into a pit latrine. If you are disposing of it elsewhere, add a disinfectant (preferably 10% calcium hypochlorite if available) to the sputum before disposing of it.

Wash the container thoroughly with soap and water ready for the next use. If the sputum was not disinfected put the container in boiling water for 20 minutes before reusing.

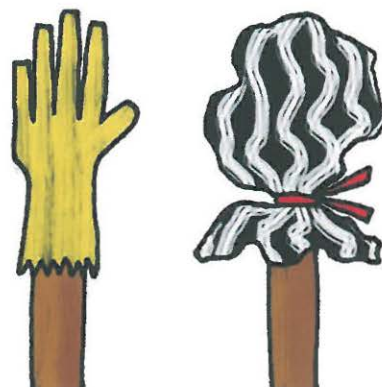


Changing bed linen for an incontinent patient

If possible pad the patient with pads/pampers. If these are not available use clean old clothes, which should be washed thoroughly and dried before reuse.

Cover any cuts and bruises on your skin with waterproof adhesive plasters when changing the patient's soiled linen.

Wear gloves if they are available, but if you don't have gloves use plastic bags to protect your hands.



Disposal of soiled dressings

Always ensure that before dressing the patients' wounds you have:

- A plastic bag to put used dressings into.
- Dressing packs and solutions.
- Sterile gloves.

Wear the sterile gloves when you are cleaning the wound, applying the new dressing and disposing of the used dressing.

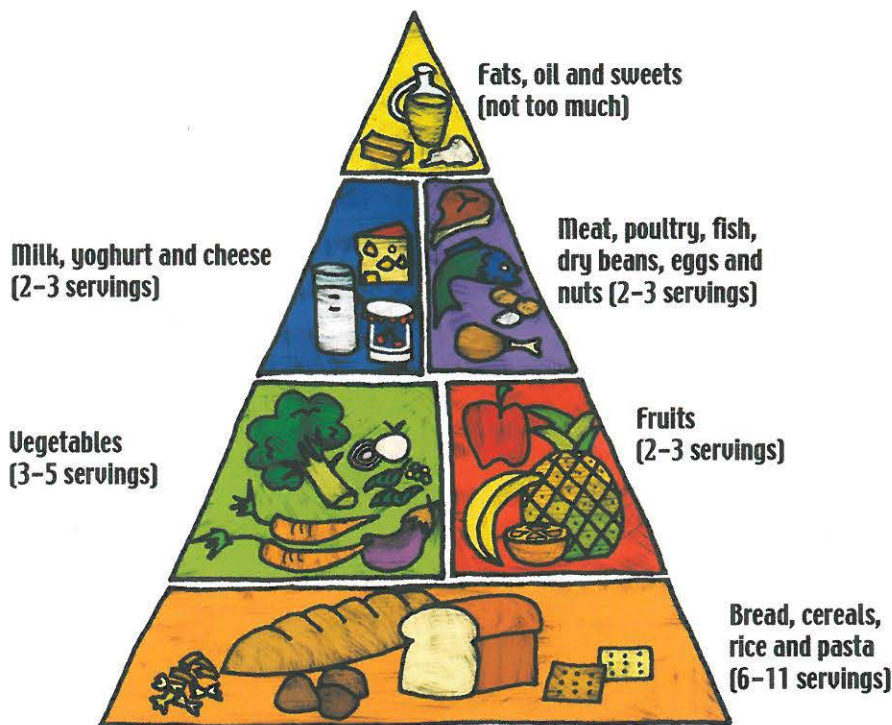
Burn or bury the soiled dressings.



Importance of eating well

People infected with HIV need to eat healthy meals because:

- It helps fight the disease and improves quality of life
 - Good nutrition helps the body process the antiretroviral drugs much better
 - A good diet helps with symptoms such as diarrhea, nausea, fever and fatigue.
- Malnutrition contributes to a more rapid progression of HIV. A person infected with HIV/AIDS need to eat 10% more than a non-infected person. If there are opportunistic infections or side-effects from antiretroviral drugs, this should increase to 20% or 30% more.



Daily servings are in brackets

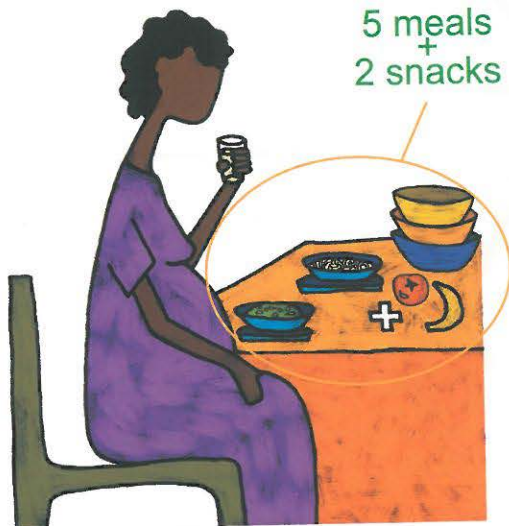
Nutrition for pregnant women with HIV/AIDS (per day)



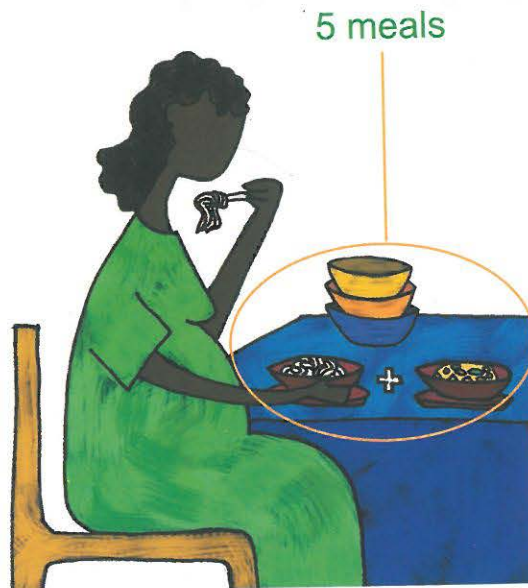
4 meals

- Pregnant women with no symptoms should eat the equivalent of 1 extra full meal per day to support pregnancy.

- Pregnant women with early symptoms should eat the equivalent of 2 extra full meals per day to support their pregnancy.



5 meals
+
2 snacks



5 meals

- Pregnant women with full symptoms should eat the equivalent of 2 extra full meals per day and two snacks during the day.

Nutrition for breast-feeding women with HIV/AIDS (per day)

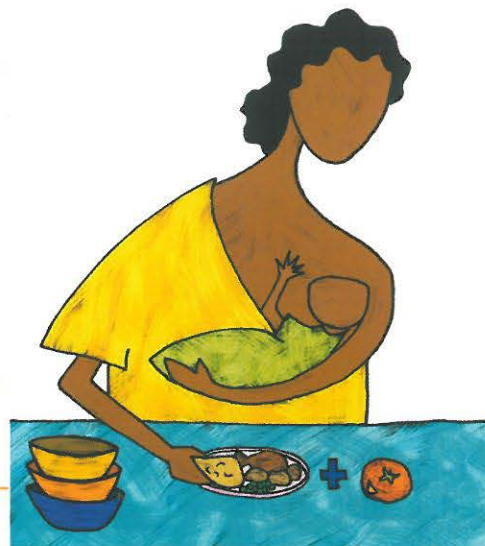


• Breast-feeding women with early symptoms should eat the equivalent of 2 extra full meals + one snack per day to support breast-feeding.

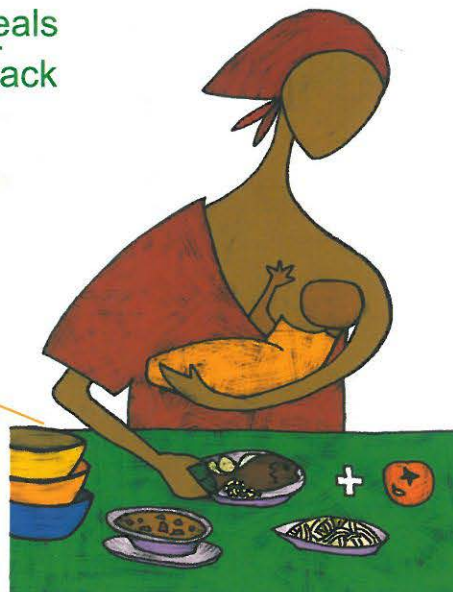
5 meals
+
2 snack

• Breast-feeding women with full symptoms should eat the equivalent of 3 extra full meals per day to support breast-feeding.

4 meals
+
1 snack



• Breast-feeding women with no symptoms should eat the equivalent of 1 extra full meal + one snack per day to support breast-feeding.

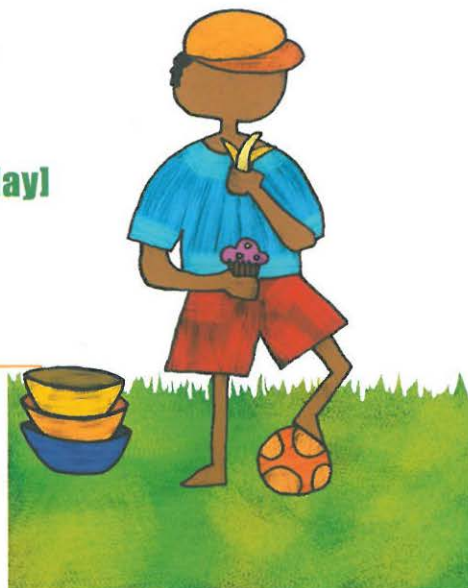


Nutrition for children with HIV/AIDS (per day)



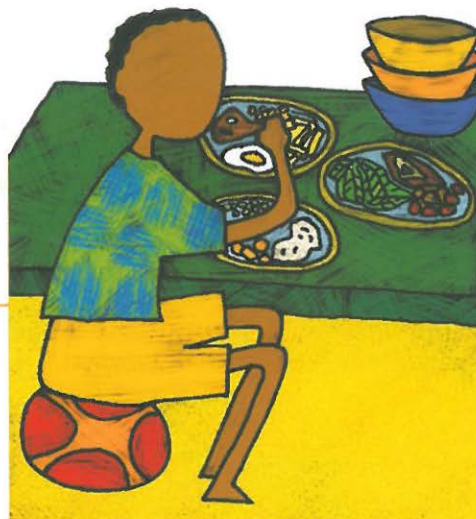
- Children with symptoms but no weight loss. These children need the equivalent to 1 full extra meal.

3 meals
+
2 snacks



- Children with no symptoms. These children need the equivalent of 2 extra snacks.

6 meals



- Children with symptoms and losing weight. These children need the equivalent for 3 extra full meals a day.

MOST COMMON SYMPTOMS OF PEOPLE LIVING WITH HIV

1. Fever

Why:
What to do:

Infection
Drink citrus (e.g., lemon, orange) juice several times throughout the day.



Pound lemon or orange peel with a small amount of water. Rub on the patient's back or add to bathwater before bathing. Pound gum/eucalyptus leaves in a mortar with a small amount of cooking oil. Rub the oil onto the patient's chest. Or place a large number of gum leaves in a pot of boiling water. Leave the pot in the patient's room so the vapors can be inhaled.

Cut a fresh twig from a neem tree (i.e., *Azadirachta indica*). Remove the leaves, and have the patient chew the bark; or boil some water with the bark and have the patient drink the tea.

When to go to a health center: If fever lasts more than three days. If the patient is very hot or delirious. If fever is accompanied by other signs of serious illness.

2. Lack of appetite

Why:

Infection
Pain
Depression
Poor nutritional intake

Effects on body:

Tiredness
Weight loss
Malnutrition



What to do:

Eat small amounts.
Eat when your appetite
is good, do not force
yourself.

Drink lots of water,
soups, juices, teas but
not before or during
meals.

Add flavor to food, use
spices you like.

Avoid fizzy drinks, and
avoid drinking alcohol.
Avoid foods like beans,
cabbage and broccoli
because they create
gas in the stomach.

Exercise lightly
outdoors so you can
breathe fresh air.

Eat with family and
friends.

3. Nausea and vomiting

Why:

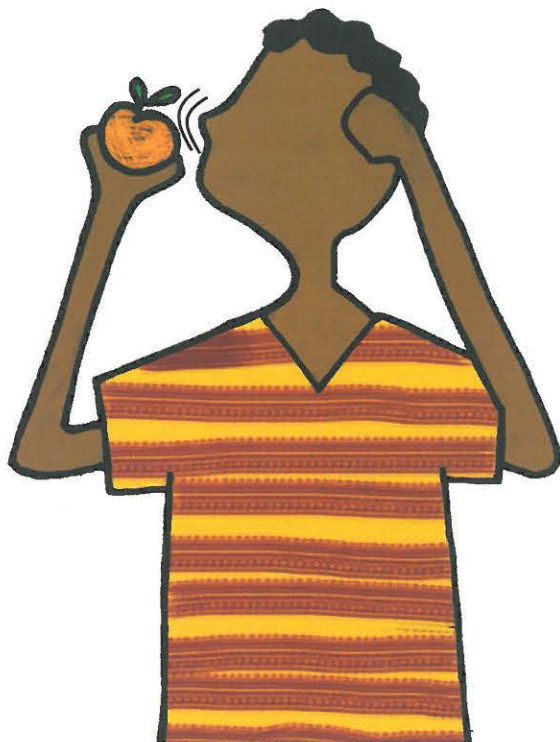
Hunger
Infections
Stress
Lack of water
Side effects of some antiretroviral drugs

Effects on body:

Dehydration
Loss of weight and weakness

What to do:

Drink plenty of fluids
Sit up when eating; do not lie down for 2 hours after eating.
Do not prepare food yourself because the smell might make you sick.
Drink small amounts of liquids frequently; you can also drink soups, herbal teas and try solid foods when the vomiting stops.
Smell fresh orange or lemon peel; drink lemon juice, ginger tea, herbal tea.
Eat dry and salty foods such as toast, crackers and cereal.
Ask your doctor about medicines to reduce nausea.
Different foods make different people sick - find out which foods are upsetting your stomach, such as fatty, greasy or sweet foods, and avoid them.



4. Diarrhea

Why:

Symptoms of HIV or opportunistic infection
Side effect of drugs
Contamination of food.

When:

3 or more watery stools a day.

Effects on body:

Dehydration
Weight loss
Malnutrition
Weakness, further illness.

What to do:

Drink plenty of fluids (more than 8 cups per day), mainly soups, juices diluted with water or an oral dehydration solution.

Good foods to eat:

soft vegetables and fruits such as pumpkin, carrots or bananas, vegetable soup
white rice, porridge from cereal, white bread.
Eat warm food, in small and frequent meals.



What NOT to do:

Do not stop eating and drinking.
Cut fats only if really necessary as fat is a very important source of energy (add less cooking oil, cut off fat or skin from meat, boil food rather than fry it).
Avoid green unripe and acidic vegetables and fruits like tomatoes, pineapples, lemon, etc.
Avoid milk it might be difficult to tolerate
Avoid coffee, tea, alcohol, spicy foods, beans, broccoli, cauliflower, cabbage, onions and foods that produce gas.



1/2 teaspoon salt
+
8 teaspoons sugar
+
1 litre water



How to prepare an oral rehydration drink:

Add half a teaspoon of salt, and eight teaspoons of sugar to one litre of clean water and shake well.

With powdered cereal: Add half a teaspoon of powdered cereal (rice is best but you can use ground wheat flour, maize or cooked mashed potatoes) to one litre of clean water, boil for 5-7 minutes to make it a liquid, cool it down and drink.



When to go to health center:

If diarrhea persists for more than 3 days
If blood appears in stool
If fever develops

5. Skin problems

Why:

Skin problems such as rashes and sores are common in HIV/AIDS patients; they are caused by lack of vitamins.

What to do:

Although many skin problems might need specific medical treatment, you can try to improve the condition by adding extra vitamins to your diet. Good sources of vitamin **A** are yellow, orange and green vegetables.



Good sources of vitamin **B6** are cereals, kernels, whole grains, seeds, nuts, figs, and green leafy vegetables.

6. Sore mouth or pain when eating

Effects on body:

A sore mouth is very common in people with HIV/AIDS and can make it difficult to eat, thus reducing food intake and causing malnutrition and weakness.

What to do:

Eat soft, smooth or moist foods such as avocados, squash, pumpkins, bananas, creamed vegetables, soups, pasta and minced food.

Add liquids to food to soften them. Drink cold drinks, soups and juices. If brushing the teeth is painful, rinse the mouth with bicarbonate of soda mixed with water - which will make the mouth feel fresher.

Drinking spice teas or yoghurt may help.



What not to do:

Avoid very spicy or salty foods such as chillies and curries.

Avoid acidic or sour foods such as oranges, lemons, pineapples, vinegar and tomatoes.

Avoid drinks that are either too cold or too hot.

Avoid foods that need lots of chewing, are sticky or are hard to swallow such as peanut butter.

If candida (oral thrush or mouth fungus) is diagnosed, cut down on sweet foods such as sugar, honey, sweets and fruits because it may make the condition worse.

7. HIV Wasting Syndrome

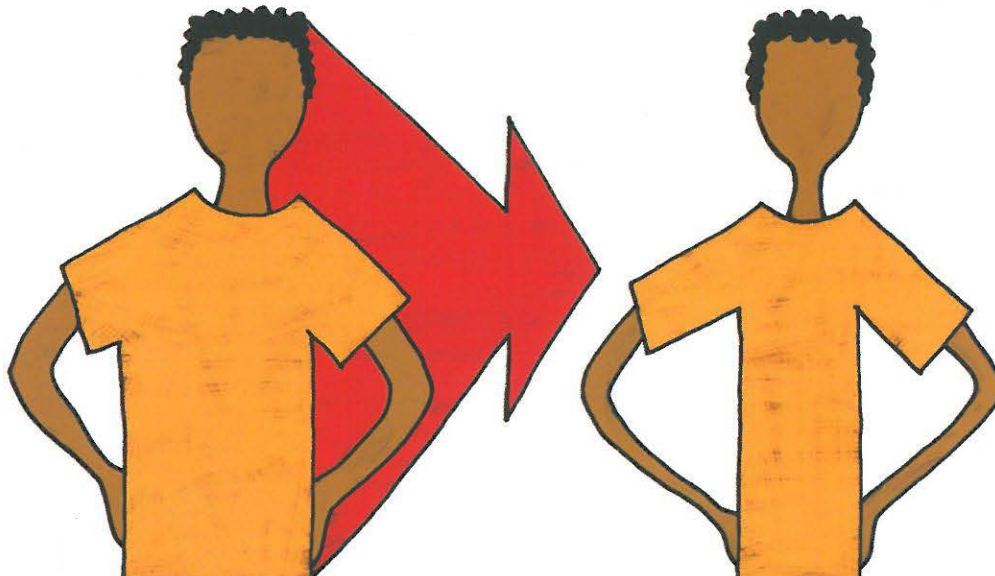
AIDS wasting is the involuntary loss of more than 10% of body weight, plus more than 30 days of either diarrhea, or weakness and fever. Wasting is linked to progression of HIV/AIDS and death.

Part of the weight lost during wasting is fat. More important is the loss of muscle mass. This is also called "lean body mass", or "body cell mass." Lean body mass can be measured by bioelectrical impedance analysis (BIA.) This is a simple, painless office procedure.

What to do:

Reducing nausea and vomiting can increase food intake and slow wasting.

Poor nutrient absorption can be improved by treating diarrhea and opportunistic infections in the stomach.



8. Changes in the taste of food:

Why:

As a result of drug side-effects and infections, people with HIV or AIDS may find that food has a different taste or may develop cravings for food that they did not like in the past.

What to do:

Experiment with different foods and spices until you find what you like, vary your diet.

Mint, garlic, ginger and other herbs might seem to lose their taste when medicines are being taken. Try preparing food with sugar, vinegar or lemon instead



9. Bloating

What to do:

Do not drink too much while eating.

Avoid foods such as cabbage, beans, onions, broccoli, brussels sprouts and cauliflower. Avoid cold fizzy drinks.

Try to exclude excess sugar and sugary foods from the diet for a while.

10. Constipation

What to do:

Eat fibre, which is found in foods such as raw vegetables and fruits, dried fruits, wholemeal, dark bread, whole-grain cereals, nuts and seeds. Eat frequent and small meals regularly during the day. Drink plenty of fluids during the day. Exercising regularly will stimulate the bowels.

11. Other digestive problems

Why:

People with HIV or AIDS might have problems digesting certain foods or might suffer from constipation and bloating because antibiotics and medicines destroy the bacteria in the intestine.

What to do:

Chew food well.

Fermented foods such as sour cabbage water, sour porridge, yoghurt, and sprouts can be easier to digest.

What not to do:

Avoid fatty foods like fried foods, chips, peanut butter, etc., as they may be difficult to digest.





12. Fatigue

Why:

Lack of energy, exhaustion, and prolonged tiredness.

What to do:

Eat every 1-2 hours.

Limit caffeine.

Eat calories, any type.

Focus on your favorite foods.

Drink a lot (juice, cocoa, peanut).

Sleep enough.

Exercise.

Go to a health center if you are experiencing prolonged fatigue.

13. Colds, cough and influenza

Effects on body:

Colds, cough and influenza are common virus infections that can cause a running nose, sore throat and sometimes fever. These infections will disappear without medicine if you follow these tips:

What do to (colds and flu):

Drink plenty of water or other fluids and rest.

Prepare special teas and drink them for as long as symptoms last.



Special recommendations:

A cold normally lasts about a week. If it lasts longer or is accompanied by other symptoms such as high fever or a cough with lots of mucus, blood or odorous discharge, see a health worker.



What to do (coughs):

Coughing is a normal process of the body to clean the lungs and throat by getting rid of the mucus; therefore, you don't need to take any medicine to stop coughing but try to loosen the mucus by:

Breathing in hot vapors. Take a bowl or pot filled with very hot water and cover the head with a towel. Breathe in vapors deeply for ten minutes twice a day. Eucalyptus, mint or thyme leaves can be added, but hot water works just as well on its own.

What to do (sore throat):

This is normally caused by colds or flu and is normally not serious; however, if it persists for several weeks, see a health worker.

What works best in this case is to swallow a large spoonful of honey mixed with lemon juice. Try gargling a strong solution of salt and water several times a day.

Prepare teas and plant extracts for sore throats and take them for as long as the symptoms last.



SPECIAL RECOMMENDATIONS

- The body needs extra rest. The patient needs to sleep for eight hours every night. Make him/her rest whenever he/she is tired.
- Try to encourage him/her not to worry too much. Stress can harm the immune system. Make him/her relax with people he/she loves, family, children and friends. Encourage him/her to do things he/she enjoys.
- Encourage the patient to keep a positive attitude. Feeling good is part of being healthy.
- The patient should exercise gently, doing something he/she enjoys.
- Find support and get good advice. Ask for advice from health workers. Many medical problems can be treated.



- Ask for help and accept help when it is offered.
- Ask the patient to stop smoking. It damages lungs and many other parts of the body and makes it easier for infections to attack the body.
- Alcohol is harmful to the body, especially the liver. It increases vulnerability to infection and destroys vitamins in the body.
- Avoid unnecessary medicines. They often have unwanted side-effects and can interfere with food and nutrition. If you give him/her medicines, read the instructions carefully.

SPECIAL RECOMMENDATIONS FOR CAREGIVERS

- Spend time with the patient.
- Discuss the foods they need to eat to maintain and gain weight and manage their illness.
- Get to know what kind of foods they like and do not like. Involve them in planning their meals.
- Keep an eye on the weight. If possible, weigh them regularly and keep a record.
- Look out for any unexpected weight loss and take action.
- Check the medicines they are taking. Read the instructions to find out when they need to be taken, what foods are to be avoided and if there are any side-effects.
- Be encouraging and loving. If people want to have food of their choice at any time

of the day, try to get it for them. They might suddenly stop liking a food, refuse what has been prepared and want something different. They are not trying to be difficult. These sudden changes in taste are a result of their illness.

- Be firm about the importance of eating and encourage them to eat frequently, but do not force them to eat. Giving them too much food at one time might cause them to refuse.



- If they are too sick to leave their beds, make sure that they have something to drink and a snack nearby.
- Keep a watchful eye. Look around to see if the house is clean, that there are no hygiene problems and there is enough food.
- If the sick person lives alone, invite them to join your family for a meal. Encourage others in the community to visit and invite them over.



ANNEX 1

Important vitamins and minerals for people living with HIV or AIDS

Micronutrient	Role	Source
Vitamin A	Makes white blood cells - essential for vision, healthy skin and mucosa, teeth and bone development. Protects against infection associated with accelerated HIV progression, increased adult mortality, increased mother to child transmission, higher infant mortality and child growth failure.	All yellow and orange fruit and vegetables, dark green leafy vegetables, alfalfa, liver, oily fish, dairy products and egg yolks
Vitamin B1- Thiamine	Important for energy & metabolism, supports appetite and nervous system functions.	Whole-grain cereals, beans, meat, poultry and fish
Vitamin B2 - Riboflavin	Important for energy & metabolism, supports normal vision, health and integrity of skin.	Milk, yoghurt, meat, green leaves and whole-grain cereals
Vitamin B3 - Niacin	Essential for energy & metabolism, supports health and integrity of skin, nervous and digestive systems.	Milk, fish, eggs, meat, poultry, peanuts, whole-grain cereals
Vitamin B6	Facilitates metabolism and absorption of fats and proteins, helps to make red blood cells.	Sweet potatoes, white beans, maize, avocados, cabbage, whole-grain cereals, seeds, Brazil nuts, walnuts, eggs, leafy green vegetables, alfalfa, bananas, legumes, meat and fish
Folate	Required for building new cells, especially red blood cells and gastrointestinal cells.	Liver, red meat, green leafy vegetables, fish, oysters, legumes, groundnuts, oilseeds, whole-grain cereals, egg yolks and avocados

Vitamin B12	Important for new cell development and maintenance of the nerve cells.	Red meat, fish, poultry, seafood, sardines, cheese, eggs, milk, whole-grain cereals and seaweed.
Vitamin C	Helps the body to use calcium and other nutrients to build bones and blood vessel walls. Increases non-haem iron absorption. Increases resistance to infection and acts as an antioxidant. Important for protein metabolism.	Citrus fruits (such as baobab, guava, oranges and lemons), cabbage, green leaves, tomatoes, sweet peppers, potatoes, yams and cooking plantains. Vitamin C is lost when food is cut up, reheated or left standing after cooking.
Vitamin E	Protects cell structures and facilitates resistance to disease.	Leafy vegetables, vegetable oils, peanuts, egg yolks, dark green vegetables, nuts and seeds, whole-grain cereals.
Calcium	Builds strong teeth and bones Aids heart and muscle functions, blood clotting and pressure and immune defences.	Milk, green leaves, shrimps, dried fish (with bones), nuts, beans and peas
Iodine	Ensures the development and proper functioning of the brain and the nervous system.	Fish, seafood, milk and iodized salt
Iron	Transports oxygen to the blood, eliminates old red blood cells and builds new cells.	Red meat, poultry, liver, fish, seafood, eggs, peanuts, beans, some cereals, green leafy vegetables, seeds, whole-grain cereals, dried fruit and alfalfa.
Magnesium	Strengthens the muscles and is important for proper functioning of the nervous system. Involved in bone development and	Cereals, dark green vegetables, seafood, nuts and legumes.

Selenium

Prevents damage to the heart muscle.

Seafood, liver, meat, carrots, onions, milk, garlic, alfalfa, mushrooms and whole-grain cereals.

Zinc

Reinforces the immune system, facilitates digestion and transports vitamin A.

Meat, chicken, fish, cereals, leafy green vegetables, seafood, oysters, nuts, pumpkin seeds, milk, liver, whole-grain cereals, egg yolks, garlic and legumes.

ANNEX 2

TRADITIONAL TREATMENTS: LOCALLY PROMOTED APPROACHES

HERBS AND SPICES

Herbs and spices can improve digestion, stimulate appetite and preserve foods. A list of herbs and their beneficial effects for people living with HIV/AIDS are listed below. The effects may not be the same for all people. People can try these herbs and decide for themselves whether they are helpful. They may also know of other remedies used in their country that they want to add.

Remember that all herbs and spices should be used in moderate amounts. Exceeding these amounts may cause problems and have a toxic effect; moreover, the function of the herbs and spices will not be increased. They cannot replace healthy eating and should not be used in place of a healthy and balanced diet.

Sometimes certain herbs can make antibiotics and other drugs less effective, so check with a health worker just to be sure.

Herbs	Benefits found by some people living with HIV/AIDS	How to use
Aloe	Helps to relieve constipation.	Use as extract; boil and drink the concentrated water. To be used in limited amounts; stop immediately if it causes cramps or diarrhea.
Basil	Helps to relieve nausea and aid digestion; has an antiseptic function for mouth sores.	Add to food to treat nausea and digestive problems. Use as gargle for mouth sores.
Calendula	Flower heads have antiseptic, anti-inflammatory and healing function. Helps with infections of the upper digestive tract.	Use as a compress to treat infected wounds. Prepare as tea to help digestion.
Cardamom	Helps with digestive problems, pain, diarrhea, nausea, vomiting and loss of appetite.	Add to food during cooking or prepare as tea.

Cayenne	Stimulates appetite, helps fight infection, heals ulcers and intestinal inflammation.	Add a pinch to cooked or raw foods. For an energizing drink add to fruit juice or water.
Camomile	Helps digestion and provides relief for nausea.	Prepare tea from the leaves and flowers and drink several cups throughout the day.
Cinnamon	Good for colds and for weakness after colds or flu. Also used for diarrhea and nausea. Stimulates appetite. Gently stimulates digestive juices, encouraging bowel movements.	Either add to meals or in tea, particularly ginger cinnamon tea for chest colds or tuberculosis.
Cloves	Stimulates appetite, helps weak digestion, diarrhea, nausea and vomiting.	Use in soups, stews, warmed fruit juice and tea.
Coriander	Helps to increase appetite and reduce flatulence. Controls bacteria and fungi.	Add herb to meals.
Eucalyptus	Has an antibacterial function, particularly for lungs and during bronchitis. Eucalyptus oil from leaves increases the blood flow and reduces the symptoms of inflammation.	Prepare tea from the leaves or extract.
Fennel	Helps to increase appetite, combat flatulence and expel gas.	Add as spice to foods or prepare tea from the seeds. Use in limited amounts.
Garlic	Has antibacterial, antiviral and antifungal functions, particularly in the stomach, intestines, lungs and vagina. Helps digestion and feeling of weakness. Also good for thrush, throat infections, herpes and diarrhea for thrush, throat infections, herpes and diarrhea.	Prepare tea or energy drink, or use in food.

Ginger	Improves digestion, energizes, relieves diarrhoea and stimulates appetite. Used for treating common colds, flu and nausea.	Use either as a spice in meals or prepare a ginger tea.
Lemon	Is antibacterial and helps digestion.	Add lemon juice to food or drinks.
Lemongrass	Has a calming effect as well as soothing digestion and alleviating stress.	Use as tea.
Mint	Has an anti-inflammatory effect and helps digestion.	Use as tea or gargle for mouth sores. Chew mint leaves to aid digestion.
Neem	Brings down fever.	Cut a fresh twig, remove the leaves and boil the bark in water; drink as tea. The bark can also be chewed.
Parsley	Reduces intestinal colic. Stimulates stomach secretions and activities and produces a feeling of hunger. The seed is used to remove excess water from the body, reducing bloating.	Add raw or cooked to food.
Peppermint	May help nausea. Reduces colic (abdominal pain and cramps), helps to control diarrhea and stop vomiting. Used for relieving tension and sleeplessness.	Prepare as tea, by boiling the leaves for about ten minutes. Add to food. (Peppermint can easily be grown in the garden and/or in a pot near the house).
Thyme	Has antiseptic and antifungal function. Relaxes nervous coughing and increases mucosal secretions. (particularly effective in the gut) Stimulates digestion and the growth of the good intestinal flora in the gut.	Use as gargle or mouthwash, as a vaginal douche or as tea. Use powdered in rice, cereals, etc.

Turmeric/yellow root

Digestive aid, antiseptic and antioxidant.

Use powdered in rice, cereals, etc.

ANNEX 3

Contents of the home-based care kits

Basic Medicines

painkillers to relieve headaches and aching bones
anti-diarrhea tablets
anti-vomiting tablets
multi-vitamins as nutritional supplements
antiseptic cream to apply to broken skin or lesions to avoid infections
calamine lotion to stop the itching associated with shingles
sterile gauze patches to cover open sores or wounds
salt and sugar to make oral rehydration solution
liquid paraffin to treat constipation

Personal Hygiene

soap to supplement family toiletries
aqueous cream to soften and moisturise the skin and stop chapped skin
face cloth for personal use by the patient
toothpaste and toothbrush for personal use by the patient
sponges for washing the client
towels to supplement household linen
bicarbonate of soda to mix as a mouth wash and for general dental hygiene
chlorhexidine to mix as a mouth wash
gloves and wiping cloths to clean the body

Household

Jik (bleach) to disinfect spilled blood, vomit and sputum
Straws for patients for whom drinking is painful and difficult
Drinking cups to give liquid medication
Tape to keep bandages and dressings in place
Linen savers to absorb diarrhea and night sweats to save sheets and bedding
Note book and pen to record medications, write down feelings and note questions to ask buddy team or clinic visitors

ANNEX 4

Color the drawings







