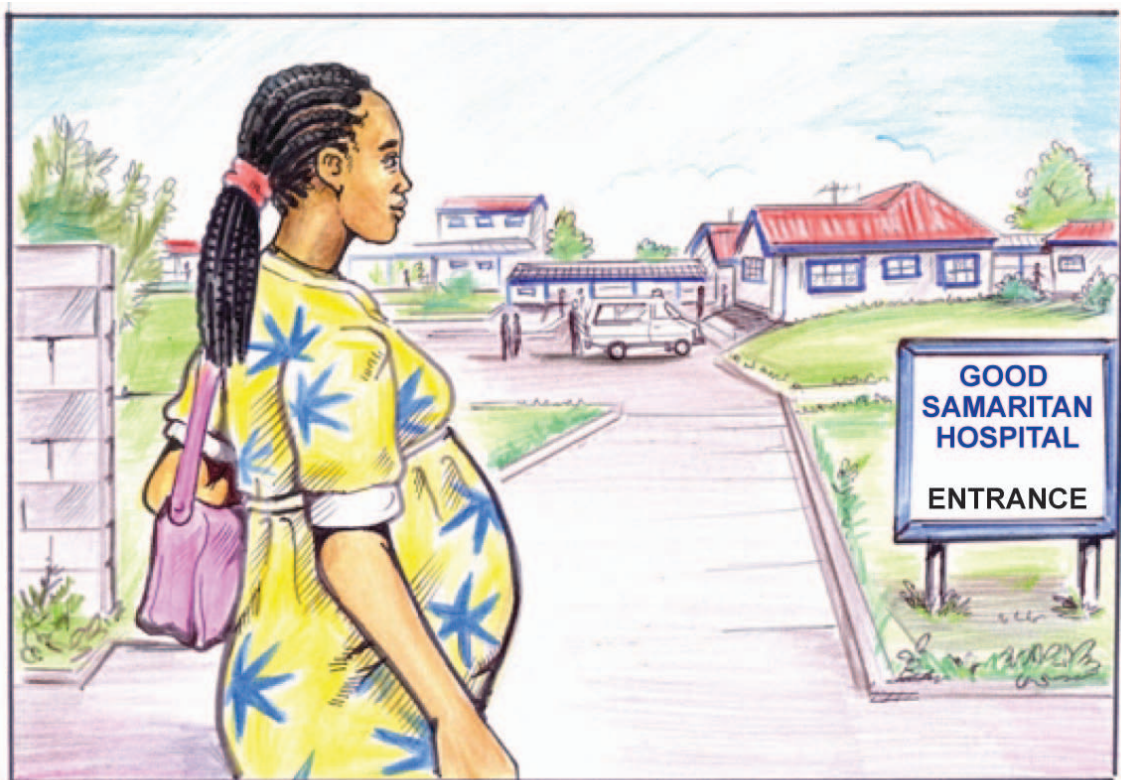


Break the silence

Susan's story
A community's response to HIV

Let's talk HIV

Volume 1



In spite of the many efforts by various stakeholders to fight back HIV, the disease continues to take its toll around the world. For those living with the disease, understanding it is key to staying healthy. For those who aren't infected, an important key to staying that way is to get equipped with information with all its aspects, including infection, prevention, care and treatment. This series of EPN comic strips presents messages on various HIV issues that everyone should know about.

These comic strips were developed by EPN to provide information to the general public, through graphic art. This edition is also available in French.

Getting to Zero:
Zero new HIV infections
Zero AIDS related deaths
Zero stigma and discrimination

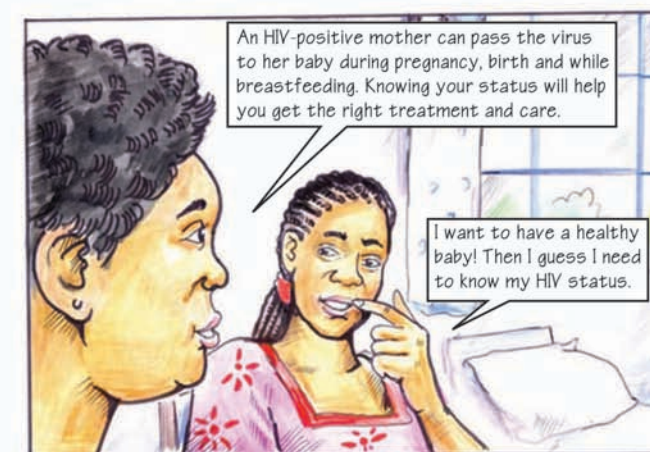
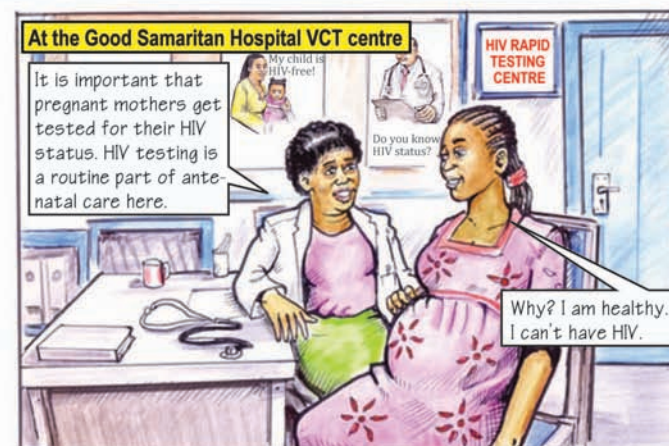


Storylines: Grace Wambui, Donna Kusemererwa, Elisabeth Goffin, Andreas Wiegand
Design and layout: Elisabeth Goffin
Illustrations: David Radoli

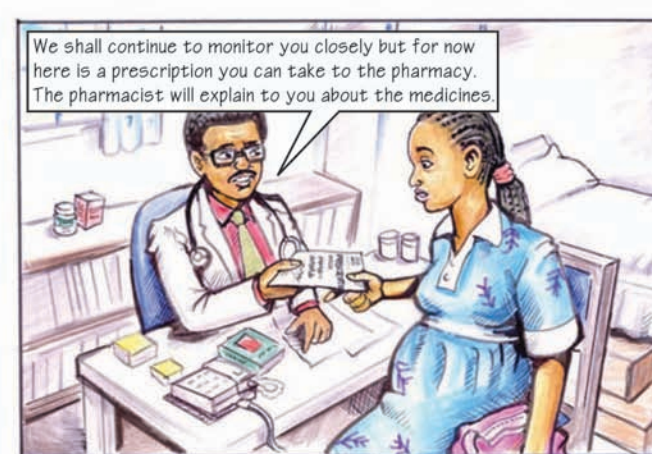
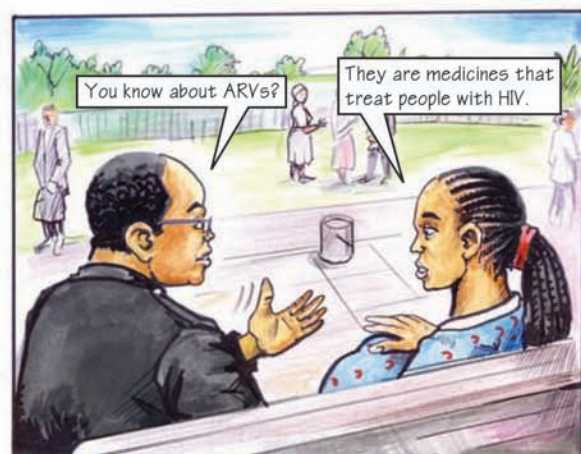
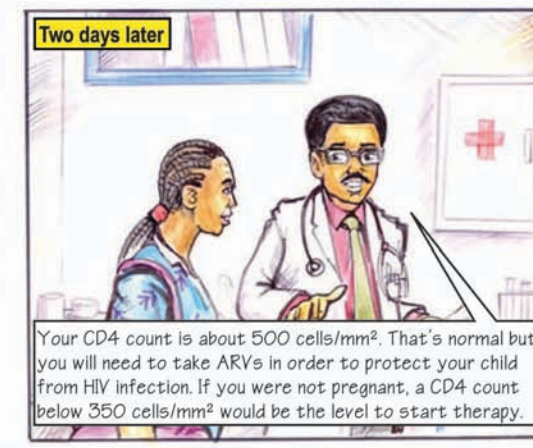
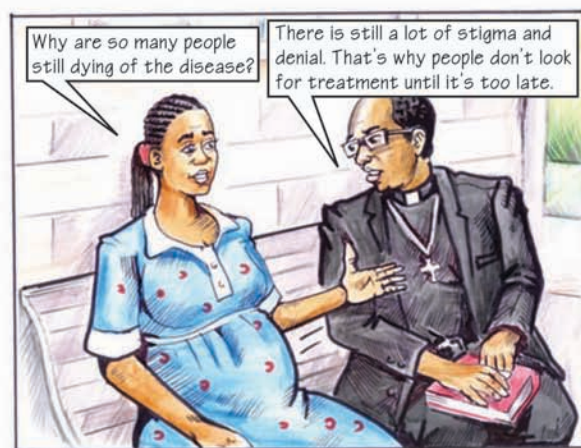
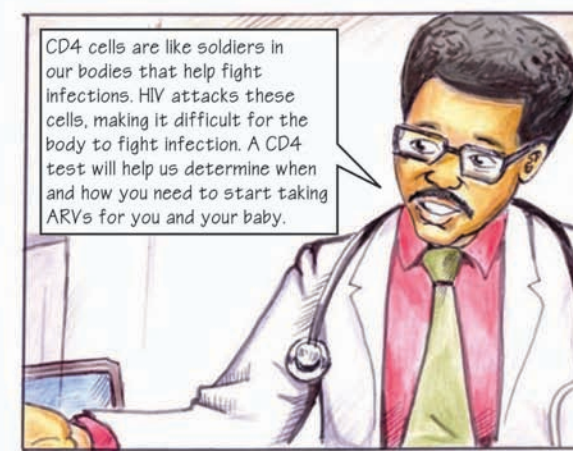
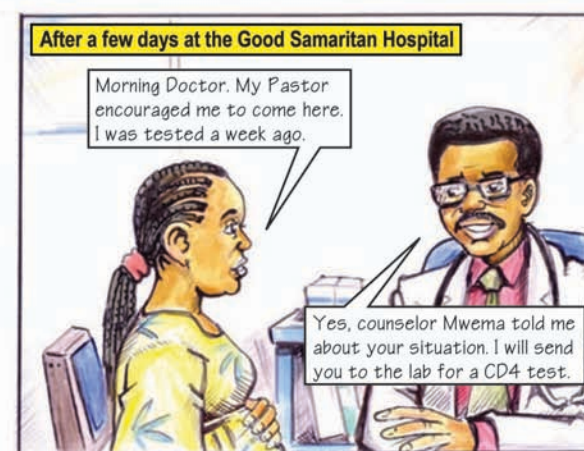
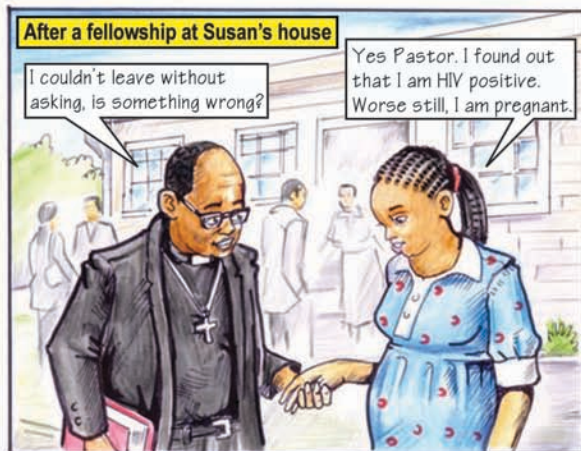


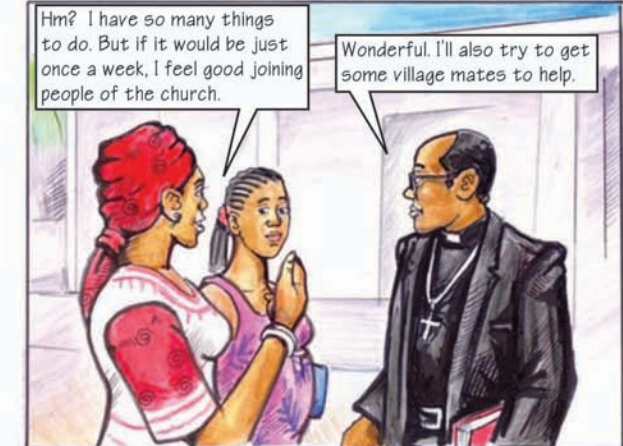
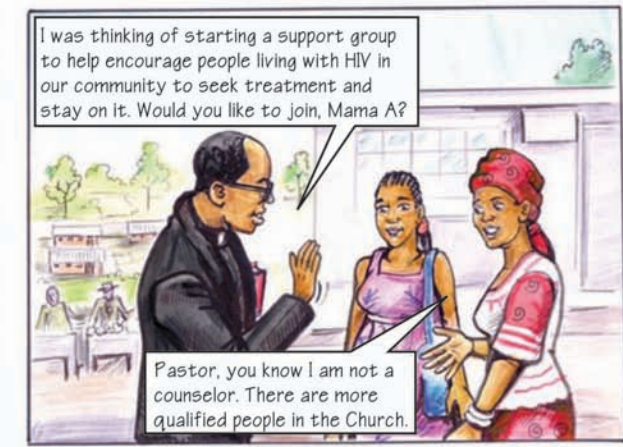
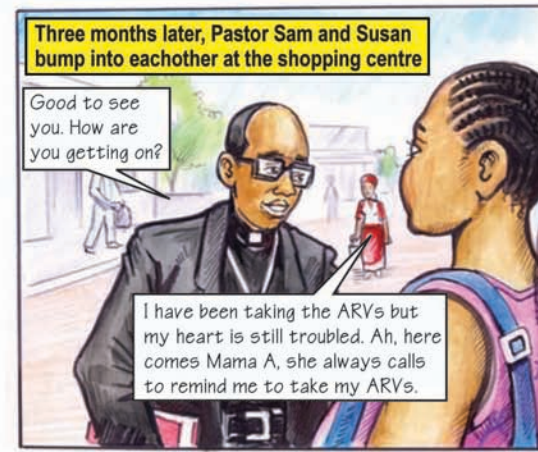
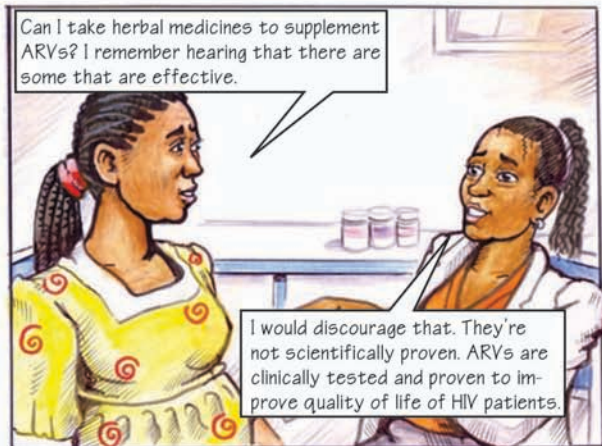
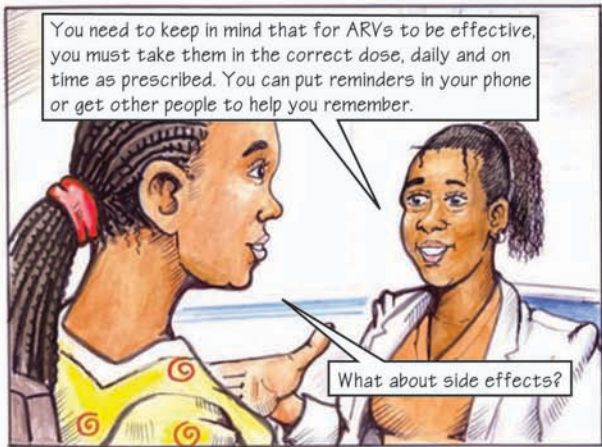
EPN wishes to thank its partners for supporting the development of these strips.

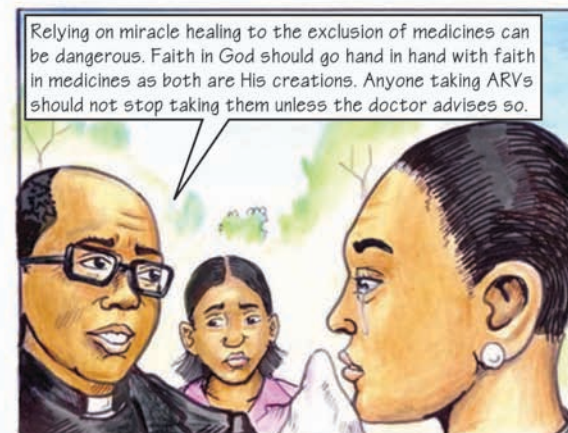
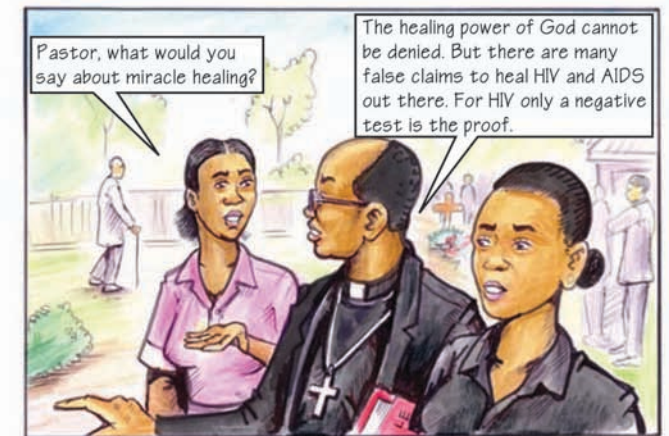
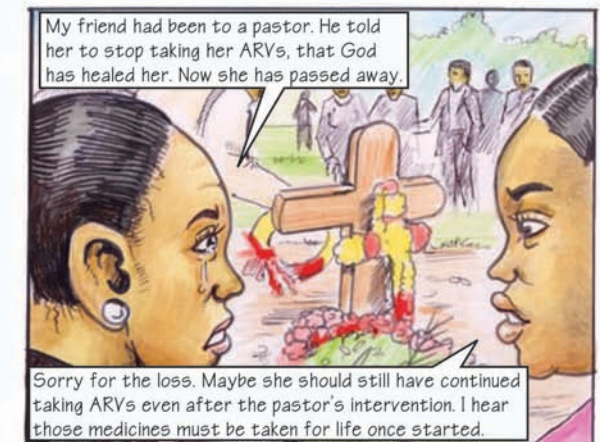
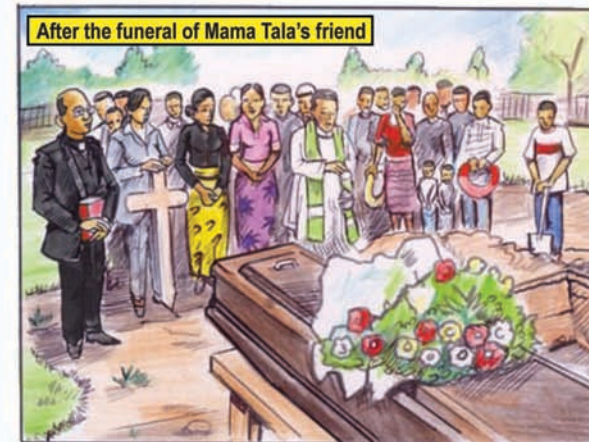
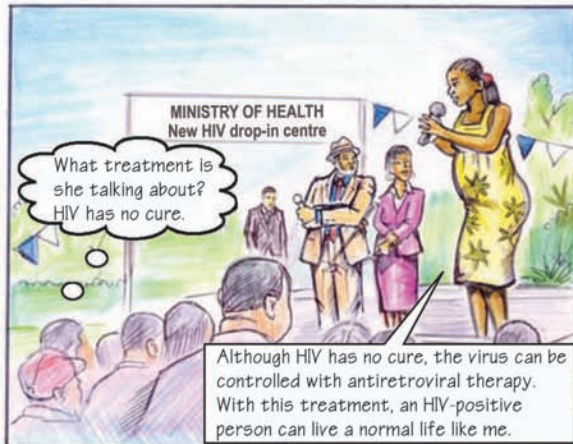
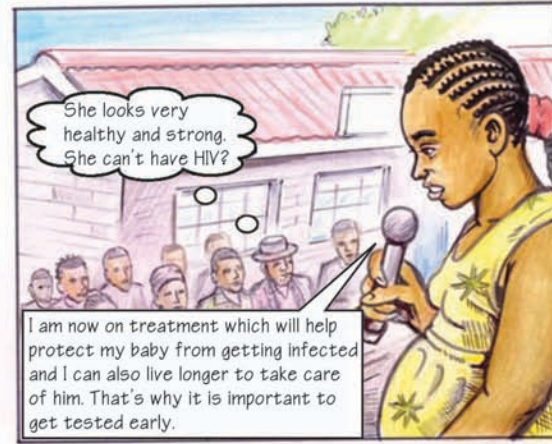
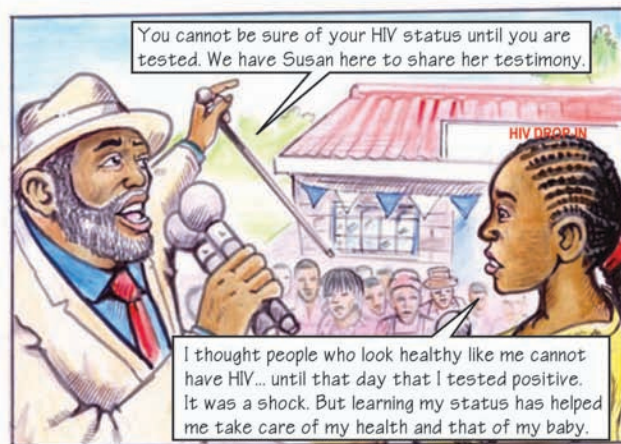
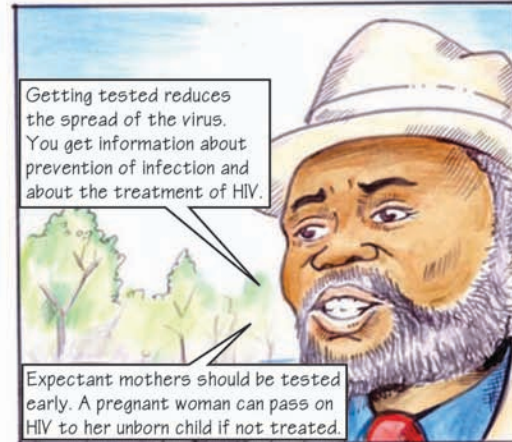
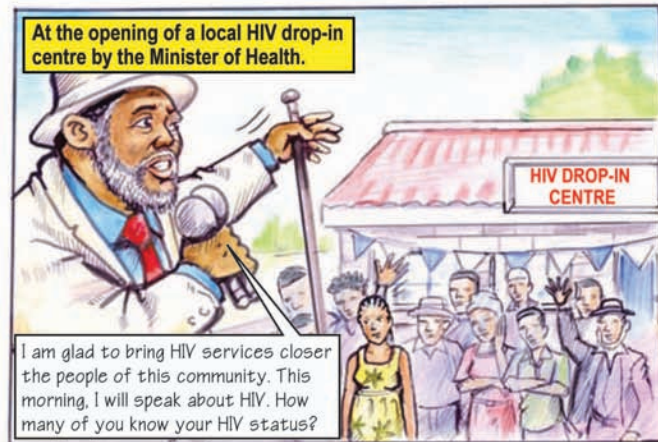
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VCT informs and encourages HIV treatment







THE SAVE COMPREHENSIVE FRAMEWORK

For a very long time the response to HIV and AIDS has been focused on the ABC approach to prevention (Abstinence, Being Faithful to one partner, and Condom use). While this has worked in the past, there is need to focus on a broader strategy, which incorporates ABC, and other focus areas. SAVE is this new and all inclusive strategy. SAVE provides a more holistic and non-judgmental approach to HIV by incorporating the principles of ABC, whilst addressing its gaps and confronting all structural drivers of the epidemic. SAVE stands for:

- S - Safer Practices
- A - Access to Treatment
- V - Voluntary Testing and Counseling
- E - Empowerment

The SAVE approach advocates that we multiply Safer Practices, Access to Treatment and Nutrition, Voluntary Counseling and Testing and Empowerment of all communities.

The SAVE approach also involves an analysis of the main factors underlying the HIV epidemic, identified as: **S**: Stigma, **S**: Shame, **D**: Denial, **D**: Discrimination, **I**: Inaction, **M**: Mis-action. These six factors are summarized as SSSDDIM. Overcoming the HIV pandemic cannot be achieved without eliminating SSSDDIM associated with the virus.

It is possible to have zero new infections!
It is possible to have zero deaths!
It is possible to have zero stigma!

Why SAVE?

1. SAVE promotes the inclusion of PLHIV and is seen by PLHIV as a message of hope geared to Prevention, care, support and treatment.
2. It is an enabling framework that provides for dissemination of information on a range of aspects surrounding HIV (One stop Shop)
3. SAVE incorporate both sexual and non sexual modes of HIV transmission
4. SAVE addresses stigma and discrimination
5. SAVE is an integrated approach to health messaging
6. SAVE opens dialogue on most health issues and much more

S

Practicing Sexual Abstinence
Being faithful to one partner
Condom use
Sterilized needles
Safe male circumcision
Positive Prevention
Total elimination of Mother to Child transmission and keeping mothers alive
Pre and Post Exposure prophylaxis
Screening of blood for transfusion
Use of gloves and other hygiene Measures
Zero tolerance to all forms of gender based violence including Female Genital Mutilation (FGM) and Violence against Women

A

Treatment of opportunistic infections especially TB
Access to good nutrition and clean water
Adherence to treatment
Access to antiretroviral therapy for both adults and children
Access to quality medical supplies and infrastructure
Palliative and home based care
Access to pathological tests

V

Access to stigma and Routine free testing
Confidential testing
Free counseling
Prevent dangers of late diagnosis
Advocate for VCT access
Testing for serodiscordancy

E

Empowerment of all communities
Greater focus on youth and children
Gender mainstreaming
Access to Gender appropriate information
Empower women and girls with a goal to promote gender equality.
Promoting inclusion and social transformation
Meaningful involvement and inclusion of PLHIV and affected communities
Economic Empowerment and support for PLHIV
Empowerment on Sexual & Reproductive Health and Rights (SRHR)

Access to Treatment

1. Treatment of Opportunistic Infections (OIs)

A lot of HIV related morbidity and mortality is occasioned by opportunistic infections, key among them, Tuberculosis (TB). Diagnosis and treatment of TB among other opportunistic infections should be a key policy and programmatic focus by stakeholders in the race towards the three zeros.

2. Access to adult and pediatric ART

Everyone who is HIV-positive has a right to treatment and medication. Advances in medicine have made it possible to prolong lives of people living with HIV through anti-retroviral therapy. Availability and easy access to both pediatric and adult ART is a key to success in reducing the impact of HIV. PLHIV are able to live long and productive lives, lessening the burden of HIV on households and countries.

3. Treatment Literacy and drug adherence

Medical and health professionals, PLHIV, and care givers among others will require continued education in order to attain and keep high levels of treatment literacy. This will in turn increase adherence to medication hence reducing emergence of resistance to drugs and deaths that are connected to non-adherence.



The World Council Churches

The World Council of Churches Ecumenical HIV & AIDS Initiative in Africa WCC-EHAIA works with Churches and Theological Institutions, to build their Capacity, and competency in HIV response.

WCC-EHAIA is one of the most evolving entities working on HIV in Africa. EHAIA is where people are, together with people. It formulates questions and together with people it finds answers. EHAIA listens and learns, it reflects and studies. It consults and it exposes new ideas and issues. It takes the tough issues by the horns, and is neutral and non judgemental. It creates safe spaces where people can have a dialogue without fear.

We focus on:

Reduced Stigma and Discrimination

- a) *Prevention, Stigma, care and Support*
- b) *Contextual Bible Study*

Transformed life affirming Theology

- a) *Culture, Religion and Sexuality*
- b) *Masculinity, Femininity and Sexual Gender Based Violence*

Increased Capacity of Churches to respond effectively and compassionately

- a) *Mainstreaming HIV Competence in Churches and Theological institutions*
- b) *Publications*

Are you a church or an institution struggling with issues of SGBV, HIV and sexualities? Would you like to assistance as to how to respond compassionately and competently? For Contextual Bible Study TOT, Facilitation for seminars, workshops and talks in your church or institution; please contact:

The Revd Pauline Wanjiru Njiru - Eastern Africa Regional Coordinator

Tel: +254 721 858 714 email address: pnjiru@wcckenya.org



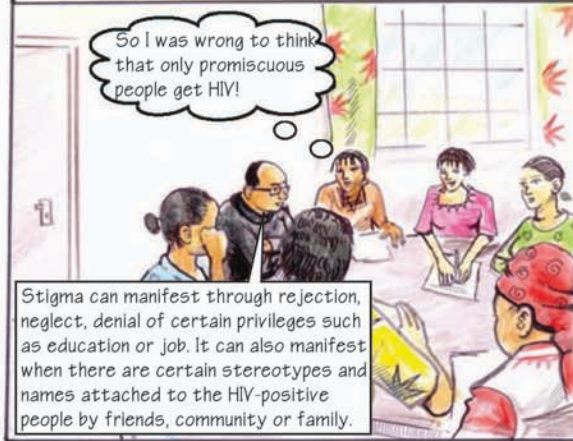
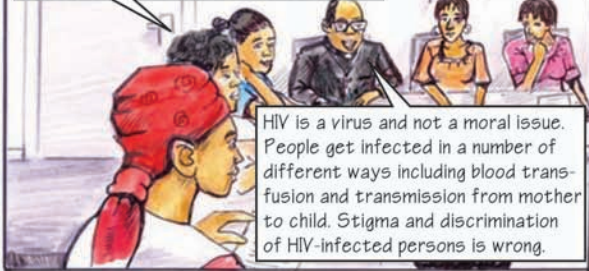
visit us on www.chak.or.ke

A publication of the Christian Health Association of Kenya (CHAK)

After a women's group meeting at Pastor Sam's house

People living with HIV suffer more when discriminated. In fact, most die not from the disease but mainly due to lack of love and support from others. My husband is here to tell us more about the issue.

HIV is a virus and not a moral issue. People get infected in a number of different ways including blood transfusion and transmission from mother to child. Stigma and discrimination of HIV-infected persons is wrong.



So I was wrong to think that only promiscuous people get HIV!

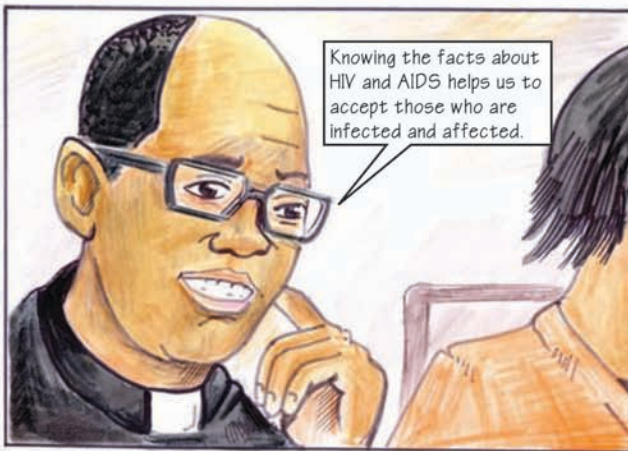
Stigma can manifest through rejection, neglect, denial of certain privileges such as education or job. It can also manifest when there are certain stereotypes and names attached to the HIV-positive people by friends, community or family.

A session on HIV prevention for high school students about to graduate

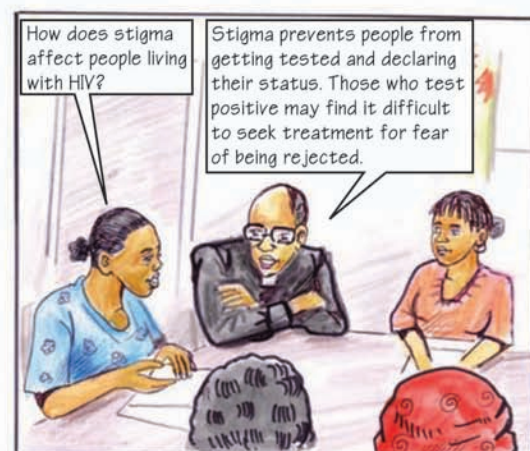
Hello students. I'm counselor Maura. Today we will discuss about HIV prevention. HIV can be transmitted in 3 main ways: sexual transmission, transmission by blood and from mother to child.



The first step is engage in safe practices such as abstaining from sex, drugs and alcohol, using a condom, being faithful to one partner whose status you know, not sharing needles or body piercing gadgets and screening blood before transfusion.

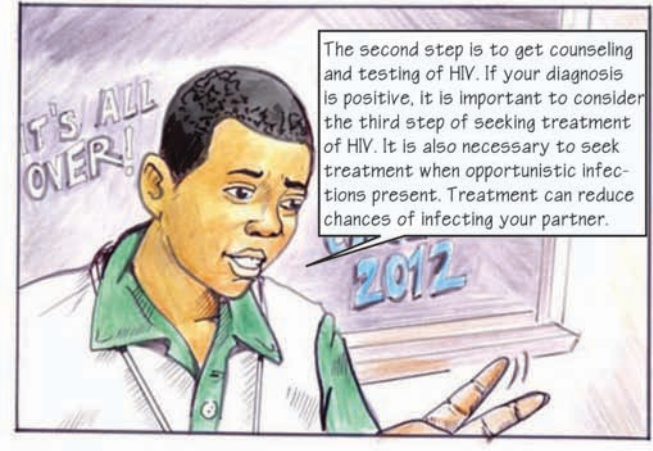


Knowing the facts about HIV and AIDS helps us to accept those who are infected and affected.

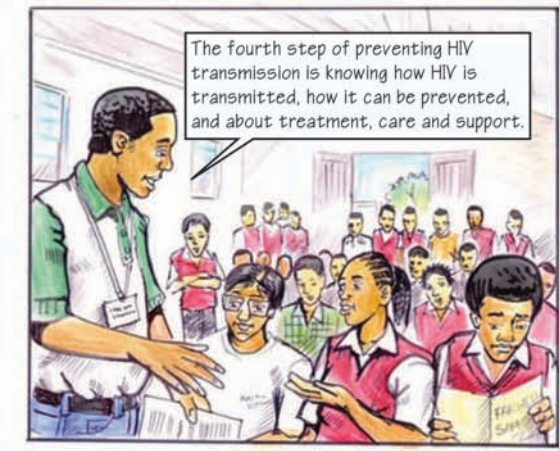


How does stigma affect people living with HIV?

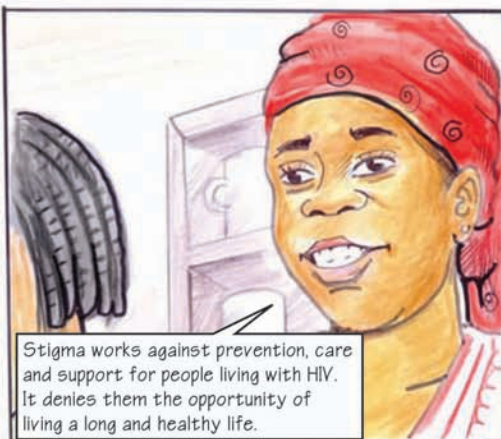
Stigma prevents people from getting tested and declaring their status. Those who test positive may find it difficult to seek treatment for fear of being rejected.



The second step is to get counseling and testing of HIV. If your diagnosis is positive, it is important to consider the third step of seeking treatment of HIV. It is also necessary to seek treatment when opportunistic infections present. Treatment can reduce chances of infecting your partner.



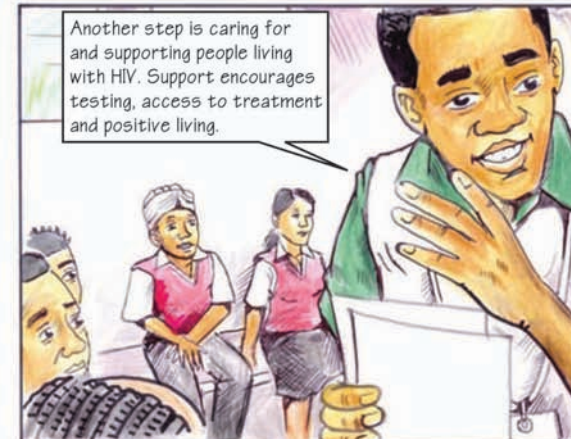
The fourth step of preventing HIV transmission is knowing how HIV is transmitted, how it can be prevented, and about treatment, care and support.



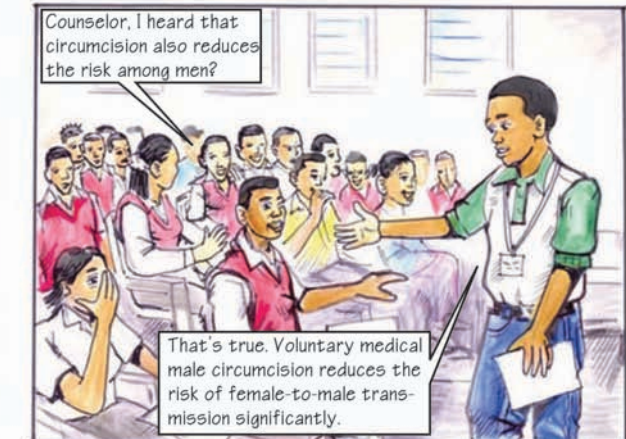
Stigma works against prevention, care and support for people living with HIV. It denies them the opportunity of living a long and healthy life.



No one likes to live in fear. With our support, HIV patients can live fulfilling lives and help reduce the spread of the disease.



Another step is caring for and supporting people living with HIV. Support encourages testing, access to treatment and positive living.



Counselor, I heard that circumcision also reduces the risk among men?

That's true. Voluntary medical male circumcision reduces the risk of female-to-male transmission significantly.

A session during an HIV and AIDS community outreach programme

HIV affects all dimensions of a person's life and can create negative emotions such as anger, denial, depression, self hate and fear of death. Supporting HIV-positive people helps them cope with the illness.

When supported, HIV-positive people are able to overcome fear and anxieties that result from HIV infection.

It also encourages them to accept their status, seek medication and stay on it.

Susan is on her way to the prenatal clinic

GOOD SAMARITAN HOSPITAL ENTRANCE

Hi Susan, how are you getting on with your treatment?

It has not been easy taking medicines every day but I haven't missed a dose. These are the herbs I had talked to you about earlier.

HIV patients can get support from family and friends, support groups, churches, the hospital and the community in general.

In my support group, we share experiences, learn about HIV and get emotional support.

Care and support of HIV-positive persons helps in prevention. It encourages others to get tested and access HIV treatment services without fear.

Yes, one also benefits from counseling and can learn how to live a long and healthy life.

Good that you brought them. There are so many quacks out there offering alternative medicines, claiming to cure HIV. These meds could have serious consequences on health.

But some people say that they feel better after taking the herbs.

It's likely some of them are beneficial but since they are not clinically proven, their effectiveness and safety are not guaranteed. ARVs are the only clinically proven medicines to prolong the life of HIV patients.

Maintaining the health status of an HIV+ person may be expensive. Financial support from family and friends is necessary to sustain treatment and good nutrition.

Access to relevant facts, having the confidence to make good choices and economic empowerment will ensure people living with HIV live fulfilled lives.

- Information
- Counseling
- Emotional support
- Financial support
- Treatment

Claims of HIV cures have led to misconceptions. Many HIV-positive persons go off their ART to pursue the alternative cures. Some of these complimentary or alternative medicines have harmful side effects.

B. Melon
Natural Remedy
Use for HIV,
Cancer,...

Herbal or nutritional therapies may interact with ARVs, making them less effective or worsening their side effects. No matter how great their appeal, it is important to approach alternative therapies with caution and to get a doctor's opinion like you did.

In that case my decision is not to use the herbs at all. I'll give my ARVs a chance.

30 years of strengthening pharmaceutical services in church health systems

Professionalism and good governance

Institutional strengthening through capacity building and distribution of tools to impact governance

Training on pharmacy for health facility staff as well as provision of guidelines and standards to strengthen pharmacy practice



Access to medicines

Addressing supply systems, medicine use, quality of medicines, pharmaceutical care and affordability



HIV and AIDS Treatment Literacy Guide for Church Leaders available in English and French.

EPN also offers Treatment Literacy Courses for Church Leaders on invitation from any church or other group.



Campaign against antimicrobial resistance

Activities on rational use of antibiotics and implementation of hospital-based infection control interventions reached more than 500 health professionals in 9 countries in 2010.



Ecumenical Pharmaceutical Network

Gatundu Villas No.1, Gatundu road, Kileleshwa. P. O. Box 749 - 00606 Nairobi, Kenya
Tel: +254 724 301755 info@epnetwork.org <http://www.facebook.com/EPN.epnetwork>

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