



Wear RED December 1



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## B4H HIV World AIDS Day 2023 Toolbox Session 2: ACRONYMS or What the heck does that mean?

### HIV Acronyms: AIDS, VL, ART PrEP PLHIV, PEP and a game to help you learn them all - HIV "SPOT IT!"

#### Objective:

The goal of this toolbox session is to familiarise participants with the various acronyms used in HIV and AIDS programs. By engaging in a game-based activity inspired by the children's card game "Spot It," participants will learn the acronyms, understand their meanings and significance in the context of HIV and AIDS awareness and prevention.

#### Preparation and Materials:

1. Watch the You Tube Introduction <https://youtu.be/besU5I9R8fl?si=01w1Oaqtkd-Y9jtf>
2. Download, print and display the list for TB/HIV acronyms and their meanings for participants' reference (on TB/HIV notice board)
3. HIV Spot It Cards: Download - <https://businesses4health.com/hiv-2023>
  - Print and cut up decks of "spot it" cards with HIV and AIDS-related acronyms.
  - Make one "Spot It" card deck for each 3-6 person group.
4. Timer to keep the game rounds quick and on time.
5. Prizes: Small incentives for winners to encourage active participation.

#### Session Outline:

##### Introduction (10 minutes)

- Welcome and explain the purpose of the session: to decode and understand common HIV and AIDS-related acronyms.
- Discuss the importance of these acronyms in the context of HIV and AIDS awareness and prevention efforts.



- Participants will be playing a game like "Spot It," but instead of matching pictures, they'll be matching acronyms with their meanings.

##### Game Rules and Demonstration (15 minutes)

- Distribute Spot It cards and explain the rules
- Each card has several acronyms printed on it.

- Participants must match the acronyms on their cards with the corresponding meanings.
- The person who spots the match first shouts “SPOT IT” (1 point) and for 2 points explains the acronym to the group.
- The player with the most points at the end of the session wins.

#### **Game Rounds (timed to fit session)**

- Conduct several rounds of the game, each lasting around 5 minutes.
- After each round, discuss the meanings of the acronyms, ensuring everyone understands their significance and commonly misunderstood concepts eg HIV is transmitted not AIDS.
- Encourage participants to ask questions about specific acronyms they find confusing.

#### **Review and Discussion (5 minutes)**

- Review the acronyms that were particularly challenging for the participants.
- Facilitate a discussion about the importance of understanding these acronyms in the context of HIV and AIDS awareness ahead of world AIDS day, the increasing numbers of new HIV infections and new services.
- Share real-life examples of how these acronyms are used – eg PEP and sexual assault, VCT – before getting married or having children

#### **Q&A and Prizes (5 minutes)**

- Open the floor for questions and encourage participants to share their insights about the session.
- Award prizes to participants who demonstrated exceptional understanding or made significant progress during the game.

#### **Closing Remarks (5 minutes)**

- Reiterate the importance of using accurate language that people understand and the importance of explaining HIV and AIDS acronyms in the broader context of kindness, respect, health education and health promotion
- Encourage participants to share the activities and HIV and AIDS-related information with partners, family and friends
- Thank everyone for their participation, and remind them about World AIDS Day, wear red and the sessions ahead related to HIV and AIDS awareness.

**By turning a lesson into a game, participants are more likely to engage, making the process of talking about and understanding issues related to HIV and AIDS both educational and enjoyable.**

**Acronyms list for NOTICE BOARD next page.**

**Download Card Deck here: <https://businesses4health.com/hiv-2023>**



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<b>HIV Acronym</b>	<b>Explanation</b>
<b>AIDS</b>	acquired immunodeficiency syndrome
<b>ANC</b>	Antenatal Care
<b>ARI</b>	Annual risk of infection
<b>ART</b>	Anti-retroviral therapy. Class of medications that obstruct the HIV virus life cycle
<b>BCG</b>	Bacillus Calmette-Guérin infant vaccination for TB
<b>CD4+</b>	A type of T cell found in the blood that is involved in protecting the body against infections. CD4+ cells normally orchestrate the immune response, signalling other cells in the immune system to perform their special disease-fighting functions.
<b>CNS</b>	Central nervous system
<b>CPHL</b>	Central Public Health Laboratory
<b>PICT</b>	Provider initiated counselling and Testing for HIV
<b>CXR</b>	Chest X-ray
<b>DOT</b>	directly observed treatment
<b>DR-TB</b>	drug-resistant tuberculosis
<b>DSTB</b>	drug sensitive Tuberculosis
<b>E</b>	Ethambutol (1 of 4 drugs in FCD TB treatment)
<b>ECG</b>	electrocardiogram
<b>EPTB</b>	Extrapulmonary tuberculosis
<b>FDC</b>	Fixed-dose combination
<b>FNA</b>	Fine needle aspiration
<b>H</b>	Isoniazid (1 of 4 drugs in FCD TB treatment)
<b>HCT</b>	HIV counselling and Testing
<b>HIV</b>	human immunodeficiency virus
<b>VCT</b>	Voluntary Counselling and Testing for HIV
<b>HPV</b>	Human Papilloma Virus

HREZ	NTP approved FCD treatment for DSTB isoniazid–rifampicin–ethambutol–pyrazinamide
IPT	Isoniazid preventive therapy
LFT	Liver function test
LPA	line probe assay
LTBI	latent tuberculosis infection
LTFU	Loss to follow Up
MDR-TB	multidrug-resistant tuberculosis
MTCT	mother-to-child transmission of HIV Nucleic Acid Test using venous blood to see if HIV is present in the blood also called Viral Load tests
NAT	
NCD	non communicable disease
NTM	Non Tuberculous mycobacteria
NTP	National TB programme
OD	once a day
PCP	Pneumocystis carinii pneumonia (PCP): A pneumonia that strikes individuals with weakened immune systems.
PCR	Polymerase chain reaction
PEP	Post Exposure Prophylaxis

PLHIV	people living with HIV
PO	Orally (per os)
PrEP	Pre Exposure Prophylaxis
R	Rifampicin (1 of 4 drugs in FCD TB treatment)
RR-TB	rifampicin-resistant TB
Rx	Treatment or medication self-administered therapy (also meaning unsupervised treatment)
SAT	short message service (mobile phone text message)
SMS	
STI	sexually transmitted infection
TAT	Turn around time
TB	tuberculosis
TPT	TB Preventive Treatment
TST	Tuberculin skin test
U=U	Undetectable viral load = untransmittable HIV infection
VDRL	blood test / screening for Syphilis infection
VL	Viral Load
XDR-TB	extensively drug-resistant tuberculosis
Z	Pyrazinamide (1 of 4 drugs in FCD TB treatment)