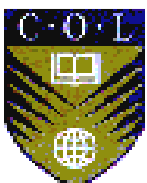




**DIRECTORATE OF LEARNING SYSTEMS**  
**DISTANCE EDUCATION PROGRAMME**

**INTEGRATED HIV/AIDS PREVENTION,  
TREATMENT AND CARE**

**INTRODUCTION TO THE COURSE**



**Allan and Nesta  
Ferguson Trust**

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## **INTRODUCTION**

A quarter a century since the identification of the first cases of HIV infection in Eastern and Central Africa, HIV/AIDS remains the eminent health crisis in the region. The introduction of highly active antiretroviral therapy (HAART) has brought hope to those infected with HIV. However, despite the introduction and availability of effective life-prolonging intervention, such as HAART, many more infected people wait to be reached. The reasons for this are many, but one important one is that many healthcare providers have not been well equipped with the requisite knowledge and skills to deliver effective HIV treatment, care and support. The main objective of this course is therefore to equip healthcare personnel in primary care settings to deliver effective holistic HIV treatment, care and support. A typical healthcare worker in a primary care environment in the region will be working in the delivery room in the morning, at the MCH in the mid-morning and finish off at the Out Patient Department in the afternoon. The approach of this curriculum is to equip such a health worker with the knowledge, skills and attitudes they need to provide a standard package of care to those seeking care

AMREF has been providing Continuing Professional Development courses for health workers for the last 50 years, as a means to address performance gaps among health providers. A variety of training approaches have been used to provide CPD, of which Distance learning is one of them. Distance learning allows one to study as they continue to provide vital health services to their clients. It provides one with an opportunity to improve their competence and thus provide quality care.

## **COURSE OBJECTIVES**

### **General Objective**

The overall objective of this course is to develop knowledge, skills and attitudes of healthcare service providers requisite to the provision of comprehensive care to people living with HIV/AIDS and their families.

### **Specific Objectives**

By the end of the course, you should be able to:

- Explain the epidemiology of HIV infection, the dynamics of HIV transmission and its effects on the host
- Understand counseling, HIV-testing and psychosocial support
- Describe the common opportunistic infections seen in HIV-infected persons, their clinical presentations and management.
- Understand common preventive therapies used in the management of HIV-infected adults
- Explain the rational use of antiretroviral agents,
- Describe HIV infection in children, its care and treatment
- Comprehend the risk of mother to child HIV transmission and the interventions used to reduce its risks
- Set up comprehensive care for HIV/AIDS patients through the involvement of all multidisciplinary team and other support organizations
- Discuss home based care and palliative care
- Give an overview of the main elements of Commodity Management that will ensure the availability and accessibility of safe, high quality and efficacious ART commodities
- Describe ethical and legal issues in care of PLWAs
- Understand blood safety and the rationale use of blood in the HIV/AIDS era
- Comprehend Post Exposure Prophylaxis and the Universal precautions
- Explain how to monitor and evaluate activities in comprehensive care of PLWHA

## **COURSE DESIGN AND DELIVERY**

### **Course Content**

Introduction to the Course
Unit 1: Introduction to HIV/AIDS
Unit 2: The clinical and laboratory diagnosis in HIV/AIDS
Unit 3: Counselling and Psychological support in HIV/AIDS
Unit 4: HIV Associated Conditions
Unit 5: Antiretroviral therapy in Adults and adolescents
Unit 6: HIV in Children
Unit 7: Prevention of Mother-to-child transmission of HIV
Unit 8: Nutrition and HIV
Unit 9: Prevention of HIV
Unit 10: Setting up HIV/AIDS Treatment, Care and Support programs
Unit 11: Home and community-based care of PLWHA
Unit 12: Palliative and Terminal Care of PLWHA
Unit 13: Commodity Management for HIV/AIDS

### **Course Materials**

This Distance Education Course is made up of 13 booklets. Each booklet is self contained and contains a study guide and assignment. There is no accompanying reference textbook but at the end of each unit you will find a list of reference books.

### **TARGET AUDIENCE**

This curriculum has been designed to guide the delivery of HIV/AIDS knowledge and skills to health care providers drawn from primary care settings, including:

- Nurses

- General practitioners/primary care doctors
- Clinical Officers/Medical Assistants
- Pharmaceutical/pharmacy personnel
- Nutritionists
- Laboratory personnel

The curriculum assumes prior basic training in health care.

## **HOW TO GO THROUGH THE COURSE**

- **Duration of the course;**

One advantage of a distance education course such as this one is that it allows you to work at your own time and pace. However, If you work consistently and complete at least two lessons and assignments every month it will take you a minimum of 6 months to complete this course.

- **Getting started and working on your course:**

Once we accept your application for this course, we shall send you the course introduction, a pre-test and the first three units of this course. You should start by going through the course introduction so that you can understand what the course is about and how it is structured. Next, you should do the Pre-test. Try to answer all the questions in the pre-test. It is designed to evaluate our material/teaching rather than to test you. When you complete the pre-test, start with Unit 1. As you go through each unit, read it thoroughly and do all the in-text activities. In-text activities are designed to help you check your understanding as you go along. When you feel confident that you have learnt the work of the unit, complete the assignment and send it back to us for marking. Do not forget to post the pre-test. They will be marked and returned to you together with the next lessons. This will continue until you complete the last unit and do the Post-test.

- **How to make the most of this course:**

It is important to remember that you cannot learn all about HIV/AIDS from one course. Although we learn a lot of things from books and courses, we learn even more from our patients -- from listening carefully to their story and from observing their appearance and behavior. While a book can describe general symptoms and signs of a disease, a patient can tell you in great detail about what he feels; and your observations of the patient will show you the clinical signs. That is how patients teach us about illness.

After you complete each unit in this course, try to apply what you have learned in the lesson to your day-to-day clinical work. Listen carefully to the patients who come to you, and see if they describe symptoms you have read about. Use the knowledge you have gained from this course to counsel and provide effective treatment, care and support for HIV/AIDS patients.

Lastly, share your new knowledge with your co-workers by discussing and presenting your findings, explaining the significance of those findings, and asking for their opinions. In that way, you will benefit from your colleagues insights and they too will refresh their knowledge.

- **Doing your corrections:**

Incase you get a mark below 50% you will be required to do corrections by repeating the assignment in that unit. Please do it before you take on the new units. The repeat assignment(s) will be sent back to you accordingly.

- **Assessment**

As a Distance learner, you will need to know how well you are doing in your course. The course provides various ways in which you will be assessed which include:

***Pre-Test:*** This is a test given to you before you start the Course. A pre-test measures how much you already know in the course you are going to take.

***In-text activities:*** These are activities within the course text. They are “self assessment exercises” which you should do and mark them yourself. These activities are meant to help you internalize or comprehend what is being taught to you through the course material.

***End of Unit Marked Assignment:***

This is an assignment at the end of each unit. It measures how much knowledge you have gained in a given unit. It is marked by your tutor.

***Post-Test:*** This is a test given to you at the end of each unit. It measures how much you have learnt from the course as a whole.



## **SYMBOLS USED IN THE COURSE**

As you go through course materials, you will come across some symbols. This is what each symbol means.



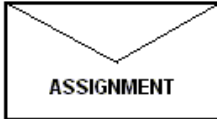
This symbol indicates that there is a question which you should answer by writing in the space provided before you continue reading.



This symbol means that there is an important point that you should TAKE NOTE of.



This symbol means you should STOP AND THINK about the question in the box before you continue reading.



This means ASSIGNMENT. Complete it and send it to AMREF for marking.

## **LIMITATIONS OF THE COURSE**

Although the writers of this course have done their best to give you the most current information, the dynamic nature of HIV/AIDS prevention treatment and care means that changes are taking place all the time. You will therefore need to be on the look out for new information on HIV/AIDS from time to time to supplement the one given in this course.

We value your feedback and encourage you to fill in the user satisfaction survey at the end of the course.

**Welcome to the course! 😊**