

Integrated Approaches, Local Solutions

**Integrating Water, Sanitation and Hygiene
into HIV Programming**

**as an effective strategy to improve lives,
uptake of services, and key health outcomes**

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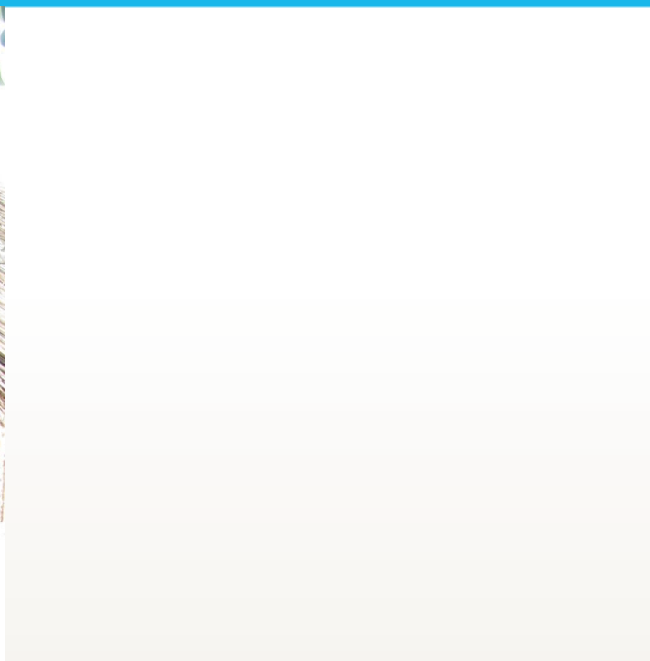


Why WASH Matters for PLHIV

Diarrhea...

- Affects 90% of people living with HIV and AIDS, causing significant morbidity and mortality
- Reduces antiretroviral absorption
- Reduces absorption of nutrients
- Increases burden on caregivers in clinics and at home
- Causes humiliation and lower quality of life
- *People with HIV/AIDS have greater water needs*

Key WASH Practices



Integrating WASH into HIV programs

- Home-based Care
- Nutrition and HIV
- Orphans and Vulnerable Children
- Prevention of Mother to Child Transmission
- Counseling and Testing



Local Solutions – Small Doable Actions

- BIG CHANGES ARE NEEDED!
- Everyone has the right to safe water, a place for hygiene and sanitation
- Things can be done today (or tomorrow), with existing skills and resources, in the most resource constrained settings

Small Doable Action Approach

- Identify feasible steps that move people from a current WASH practice toward the ideal practice
- Identify existing hygiene and sanitation good practices to be reinforced and congratulate the HIV-positive householder/caregiver for these practices
- Identify practices to be improved and negotiate the options with HIV-positive person/caregiver



Hand Washing Practices

Current Practices Needing Improvement

- Hand washing without soap when soap is not available
- “Dip” hand washing from communal bowl
- No systematic hand washing after cleaning the potty or after defecation
- No systematic hand washing before eating/cooking, before/after caring for sick or before providing medicine to client



“Dip” hand washing

Hand Washing — Small Doable Actions

Small Doable Actions

- Use tippy tap to conserve water
- Create hand washing station next to client and next to latrine
- When soap is not available, use ash for hand washing—rub hands together, rinse, and air drying.



Tools

Negotiate small doable actions using pictorially based assessment and counseling tools

ASSESSMENT TOOL

HAND WASHING

How do you wash your hands?



Do not wash hands. (f)



Use water only and "dip" hands. (f)



Use pouring water and ash. (s)



Use pouring water and soap. (u)

WATER TREATMENT

How do you treat your water?



Do not treat. (f)



Setting/decanting (f)



Filtering through cloth (f)



Chlorinate (u)



Boil (u)

FAECES DISPOSAL

How do you get rid of faeces?



Open defecation (f)



Bury faeces (s)



Use latrine (u)

MENSTRUAL RAG CLEANING FOR RE-USE

How do you clean menstrual rags for re-use?



Do not wash. Dry and reuse. (f)



Rinse in water and dry. (f)



Wash with soap and water and dry. (s)



Soak 20 minutes in Jik and water. Wash with soap and water. Dry in sun. (u)

Other Local Solutions...

Bedpan

Plastic Pants



Bedside Commode



THANK YOU



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