

# Promoting Healthy Hygiene and Sanitation Practices for People Living with HIV and AIDS

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**Ministry of Public Health  
and Sanitation**

- Half of the Kenyan population does not have access to proper hygiene and sanitation facilities, and about 14% practice open defecation (JMP 2013)
- About 80% of Kenyans in hospital suffer from hygiene and sanitation related illnesses
- Approximately 1.6 m Kenyans live with HIV and require comprehensive care to boost resilience and lead healthier lives (NACC 2012)

# Why WASH Matters in PLHIV

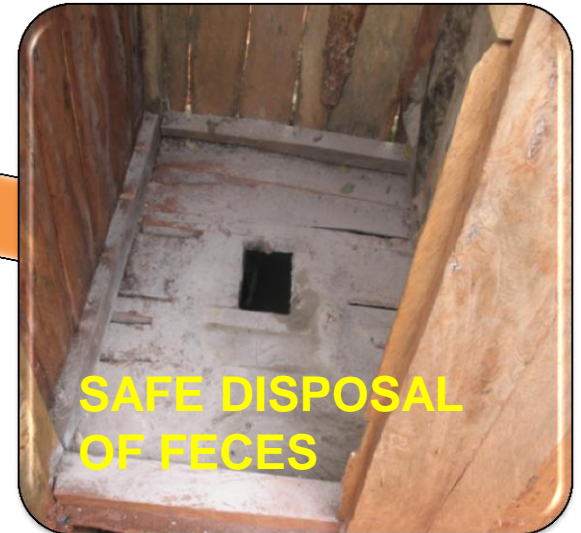
- Diarrhea affects 50-90% of PLHIV; with significant morbidity and mortality
- Diarrheal disease reduces antiretroviral absorption
- Diarrhea leads to poor absorption of nutrients
- Burden on caregivers in clinics and at home
- PLHIV need more water for washing, medication

# WASHplus Kenya Program



- WASH-HIV integration is implemented through Kenya's community strategy
- Works closely with the MOH and USAID bilateral partners, e.g. APHIAplus
- Program encourages improving key WASH practices through "***Small Doable Action***" approach

# Key WASH Small Doable Actions





# Small Doable Action Approach

- Identify feasible incremental steps that move people from a current hygiene practice toward the ideal practice
- Identify existing hygiene and sanitation good practices to be reinforced and congratulate the householder/caregiver
- Identify practices to be improved and negotiate the options
- Visit families to find out how families are able to practice the new behavior

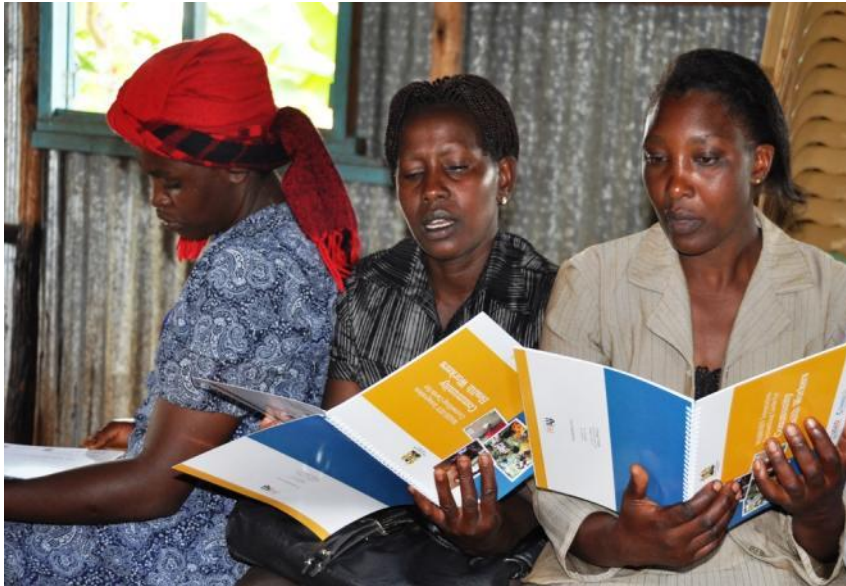
## Context - Approach



- Build capacity of public health practitioners and front line community health workers in WASH & HIV service delivery
- Integrate WASH into existing structures, trainings and interventions
- Encourage implementers to negotiate with families to use Small Doable Actions

## Results

- Over 400 TOTs across the country: COP- Google network formed
- CHWs implementing *Small Doable Actions* directly with households
- MOH and NGO partners trained
- WASH-HIV Integration Training Guide used as reference materials– HBC, CHWs, OVC






Tools:


Negotiating small doable actions using pictorially based assessment and counseling tools

**ASSESSMENT TOOL**


**HAND WASHING** How do you wash your hands?




Do not wash hands. ☹️



Use water only and "dip" hands. ☹️




Use pouring water and ash. 😊




Use pouring water and soap. 😊

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**WATER TREATMENT** How do you treat your water?




Do not treat. ☹️




Settling/decanting ☹️



Chlorinate 😊




Filtering through cloth ☹️




Boil 😊

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**FAECES DISPOSAL** How do you get rid of faeces?



Open defecation ☹️




Bury faeces 😊




Use latrine 😊

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**MENSTRUAL RAG CLEANING FOR RE-USE** How do you clean menstrual rags for re-use?




Do not wash. Dry and reuse. ☹️







Rinse in water and dry. ☹️



Wash with soap and water and dry. 😊



Soak 20 minutes in Jik and water. Wash with soap and water. Dry in sun. 😊

# Counseling Card- Sample

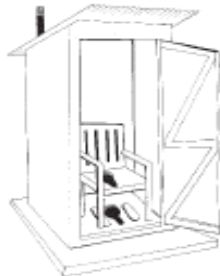
## FAECES MANAGEMENT

### WEAK BUT MOBILE PATIENT

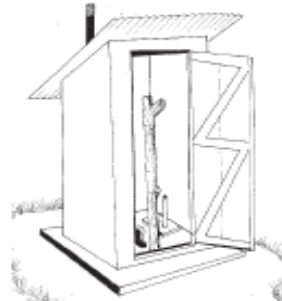
Counselling Card



Use walking stick.



Cut hole in chair to help weak person use latrine.



Add pole (or handles on wall) to latrine to help weak person squat or stand up.



Put bucket under chair with hole in seat for indoor use.



Put hand washing supplies near where sick person defecates.

### BEDRIDDEN PATIENT



Put plastic sheet (mackintosh) with a cloth on top under sick person's hips. Change cloth when soiled.



Use potty (bedpan).



Put water, soap (or ash), and clean rags next to sick person's bed.

# Communities Innovate and Adopt



***Small Doable Action - a commode for a weak person who needs support***



***Small Doable Action - a toilet seat that is affordable and portable***



- Working within existing structures ensures that a new concept is accepted and the corresponding materials are resonant, relevant, and sustained
- The training guide developed with flexibility in mind has enabled adaptation of the content for different target audiences/settings
- Participatory training style and approach engages facilitators and learners and encourages local solutions

# Lessons Learned - Integration



- *Small Doable Actions* can be integrated into other ongoing activities/interventions  
HBC,OVC, CLTS, school health
- Integration assures that WASH actions become part of the promoted behaviors that households practice



# Conclusion



- Replicable lessons
  - Engage existing structures for sustainability
- Respect for communities is key to change behavior
- Negotiation & providing room for incremental steps enables households to adopt improved practices as possible

# Thank you



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