

HIV AND MHM: Goin' with the Flow

Presented by:

Julia Rosenbaum, USAID WASHplus Project/FHI 360
2012 Water and Health Conference, UNC

Integrating WASH into HIV programs

Integrating MHM

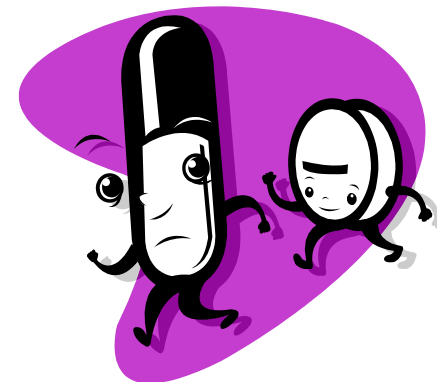
as Part of WASH and HIV

- Home-based Care
- Counseling and Testing
- PMTCT

Additional Considerations **Increased Availability of ARVs in Developing World**



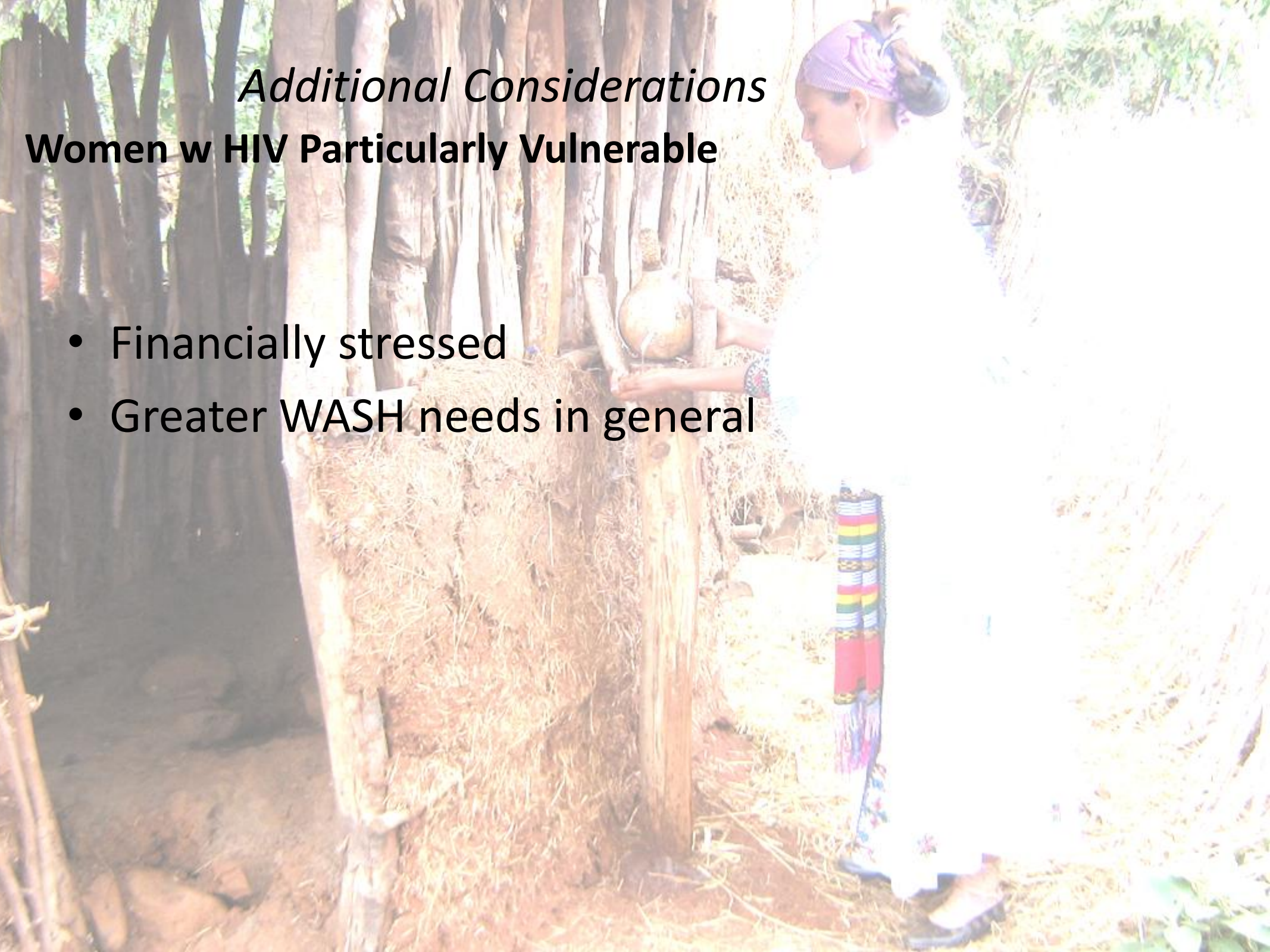
- Previously sick, amenorrheac women now healthy and returning to their periods



Additional Considerations

Women w HIV Particularly Vulnerable

- Financially stressed
- Greater WASH needs in general



Additional Considerations

The menstrual cycle and viral load

- Menstrual blood *can* have higher viral load than blood plasma load
 - HIV RNA levels were higher than blood plasma viral load two to three weeks after menses and again at menses
- Different stages of the menstrual cycle are associated with fluctuations in the amount of HIV present in genital fluids
 - the level was greatest during active menstruation, and
 - lowest immediately following menses.
- Handling menstrual blood is risky and requires precautions!

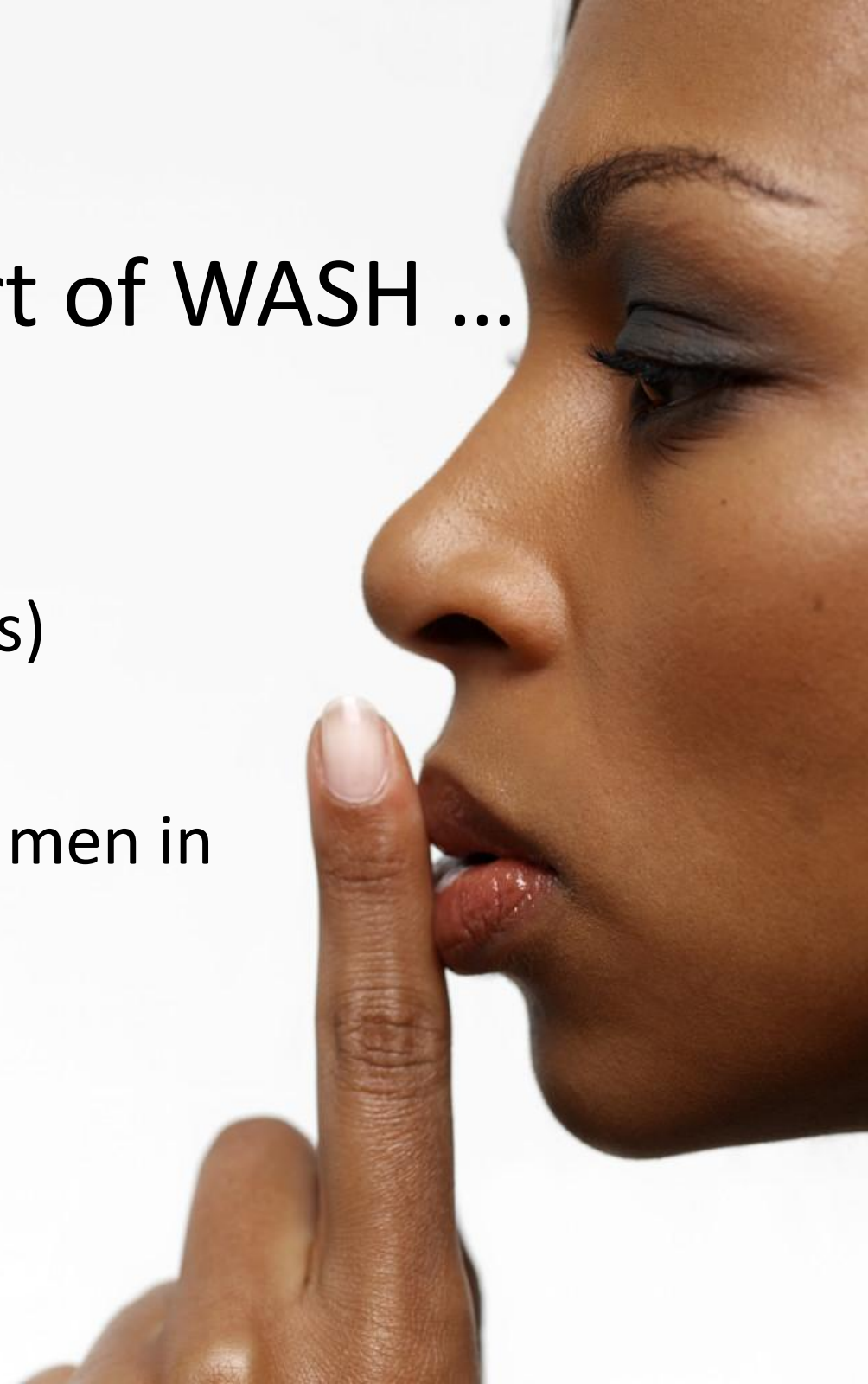
Attention to MHM

puts years of anti-stigma work on the line

- Worked years to minimize stigma and misinformation about casual transmission
- Can't catch HIV from sharing toilets, dishes, silverware
- Now we're emphasizing the DANGER of menstrual blood
- Talking about the 'need for precautions' mixed in with 'general' WASH and hygiene
- Requires complex and clear messaging

Including MHM as part of WASH ...

- The big taboo... BUT
- Everyone gets all excited
(policy and programmers)
- Keen interest
- General curiosity on part of men in particular



Integration Approach

- Review / insert/ improve guidance on WASH within HIV policies and guidelines
- Form a Community of Practice with existing implementing partners to facilitate collaboration
- Provide technical assistance on WASH and HIV concepts and programming
- Identify country-specific Small Doable Actions to help people improve WASH practices
- Provide tools and training that organizations can use to integrate WASH into HIV programs

Small Doable Action Approach

- **BIG CHANGES ARE NEEDED!**
- Everyone has the right to safe water, a place for hygiene and sanitation
- Every woman has the right to dignity and privacy when managing menstruation
- There are things that can be done today (or tomorrow), with existing skills and resources, in the most resource constrained settings
- Building on assets-based community development and health behavior change theory, developed this approach

Small Doable Action Approach

- Identify feasible AND EFFECTIVE incremental steps that move people from a current hygiene practice toward the ideal practice
- Identify existing WASH 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
- Outreach worker ‘negotiates’ improved practice, helps to solve challenges

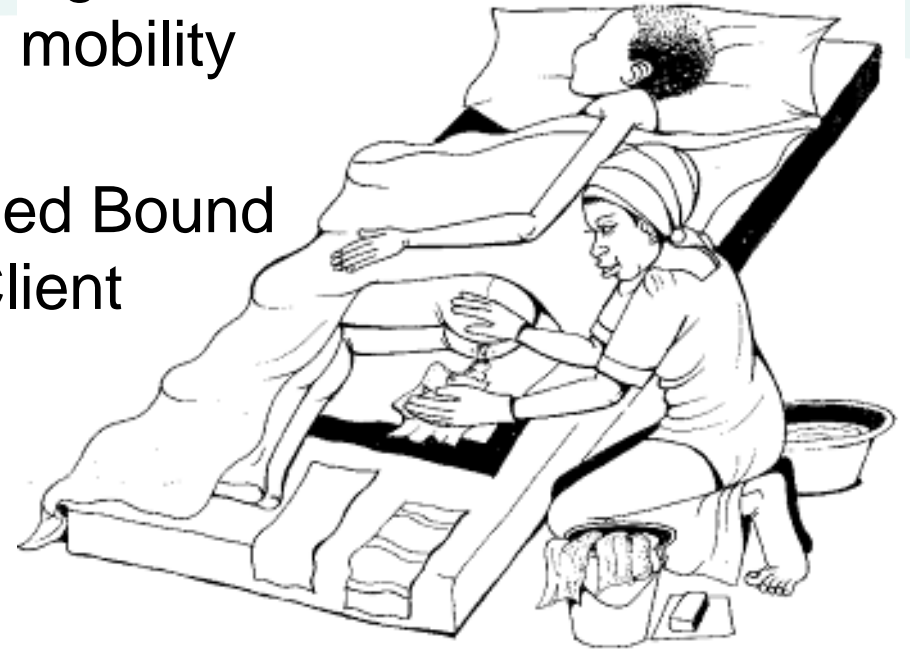
Participatory Research to Identify Small Doable Actions: Ethiopia & Uganda confirmed in Kenya and Tanzania





Consider women in
all stages of health
and mobility

Bed Bound
Client



Weak Client



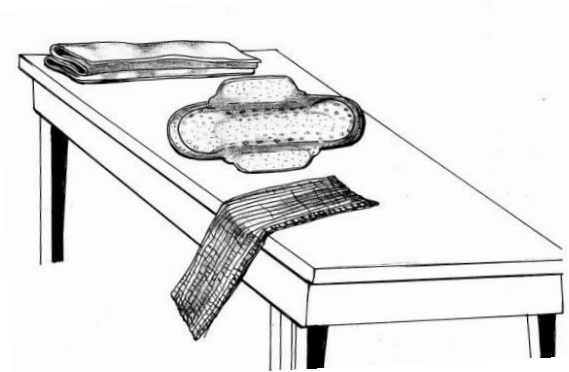
Mobile Client

Current Practice: Menstrual Blood Management

- Many women lack materials to absorb the blood
- Use rags
- Reuse rags without proper cleaning
- Used rags crumpled and hidden until dark, when (improperly) washed or (improperly) disposed
- Bed-bound lie soiled without access to material to clean themselves
- Caregivers touch menstrual blood without protection on their hands
- Little awareness of viral load of menstrual blood

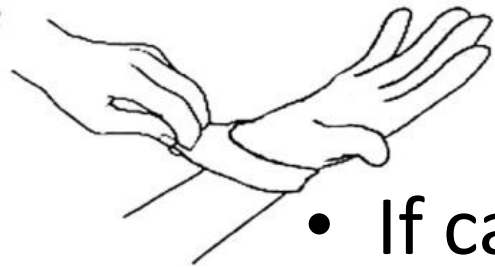
Small Doable Actions: Menstrual Blood

- Women or NGOs can make pads from locally available materials (banana fibers, rags) to absorb blood.
- Place water and cloth next to the bed for the client to clean blood from her body.
- Put soiled materials in covered container next to bed until they can be washed or disposed of properly.
- Wash cloths with bleach solution
- Dry cloth in the sun

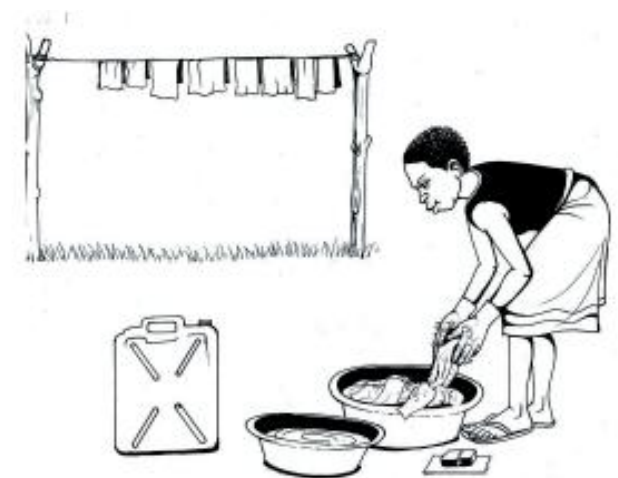




Small Doable Actions: Menstrual Blood



- If caregivers help a women, they should protect hands with gloves/plastic bags when handling menstrual blood and washing rags used to absorb blood.



Any other SDAs come to mind ???




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. 😊

WATER TREATMENT


How do you treat your water?




Do not treat. ☹️




Settling/decanting ☹️



Chlorinate 😊




Filtering through cloth ☹️




Boil 😊

FAECES DISPOSAL


How do you get rid of faeces?



Open defecation ☹️




Bury faeces 😊




Use latrine 😊

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. 😊

MAKING SANITARY PADS FROM BANANA FIBERS

Counselling Card

- 1 Harvest the Banana Fiber**
Cut 1 to 1.5 meter long pieces of banana fiber from garden early in morning or late in evening when it is soft. (If it is picked when it is too dry it rips apart during preparation.)



Waterproof inside layer of 2 banana fiber pieces



Waterproof outside layer (called the "intestine layer") of 2 banana fiber pieces

- 2 Clean the Fiber**
Wipe the banana fiber with a damp cloth to remove dirt.

- 3 Straighten the Fiber**
Hold fiber with one hand and with your other hand gently, but firmly, pull your palm along length of fiber from one end of fiber to the other.

Straightening the fiber



- 4 Peel the Fiber**
Carefully peel off waterproof layer from surface of fiber (the "intestine layer") that will lie against the skin.



Peeling the inside layer of the fiber

NOTE: CRACKED FIBERS

If banana fiber cracks near middle, it cannot be used. If it cracks near edge, tear off the cracked edge (as long as remaining un-cracked width is sufficient for user.)



Cracked banana fiber
crack

Plastic Pants



Comfort Kits



Bedside Commode

MAKING A COMMODE (POTTY CHAIR)

Counselling Card

- 1** Make a wooden stool or chair.



- 2** Cut an oval hole in the middle of the stool that "fits" the user (not too big, not too small). Smooth the edge of the hole to avoid bruising.



- 3** To use commode (potty chair):
- put a bucket beneath the hole in the stool/chair



OR

- put the stool/chair over the hole in the latrine.



Instructions adapted from "Making Adaptations Commode/Potty Chair," Hospice Africa (Uganda).

Capacity Building

Different levels

- National
- Institutional
- HBC worker
- Caregiver



- Assess & negotiate
- Do the possible (& effective)
- Don't rush the ideal

Resources

- ***Menstrual Hygiene Management for Schoolgirls in Low Income Countries factsheet***

http://wedc.lboro.ac.uk/resources/factsheets/FS007_MHM_A4_Pages.pdf

- ***WASHplus Weekly on Menstrual Hygiene Management*** <http://us2.campaign-archive1.com/?u=ed50820bda89f8241498bf4db&id=ea0add835d>

- ***Local Production of Menstrual Pads***

<http://hopebuilding.pbworks.com/w/page/19222288/Affordable%20menstrual%20pads%20keep%20girls%20in%20school,%20create%20jobs>

Menstrual Hygiene Matters. A resource for improving menstrual hygiene around the world. London: WaterAid

[http://www.wateraid.org/uk/what we do/how we work/equity and inclusion/10745.asp](http://www.wateraid.org/uk/what%20we%20do/how%20we%20work/equity%20and%20inclusion/10745.asp)

Thank you!



- Julia Rosenbaum
 - jrosenbaum@fhi360.org
 - www.washplus.org

WASH HIV INTEGRATION TOOLKIT