

# HIV AND MHM: Goin' with the Flow

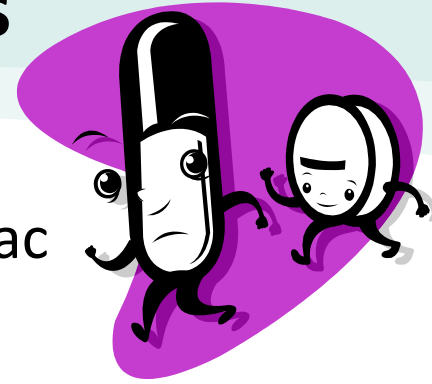
Presented by:

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Project/FHI 360

UNC Water Conference 2014

# Increased Availability of ARVs in Developing World



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



## The menstrual cycle and viral load

- **Menstrual blood** *can* have higher viral load than blood plasma load
  - Different stages of the menstrual cycle are associated with fluctuations in the amount of HIV present in **genital fluids**
- Handling menstrual blood / disposing of fresh pads is risky and requires precautions!

## Focusing on Menstrual Blood

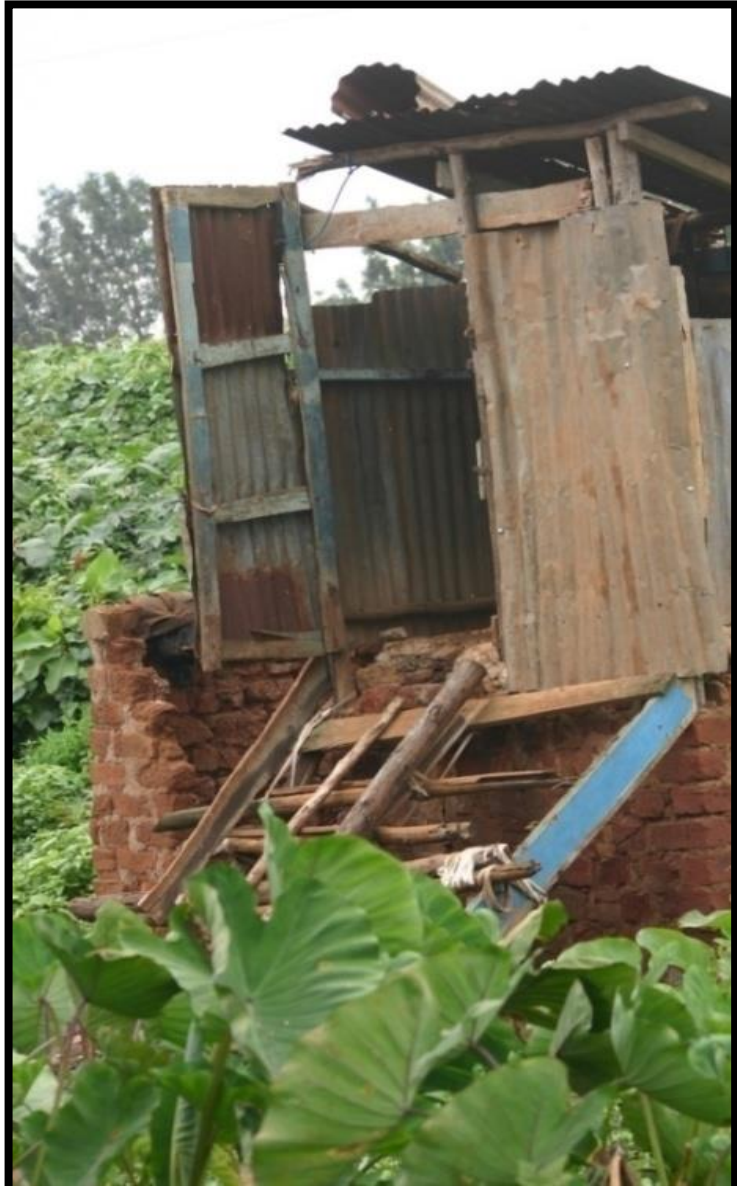
puts years of anti-stigma work on the line

- 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

## Small Doable Action Approach

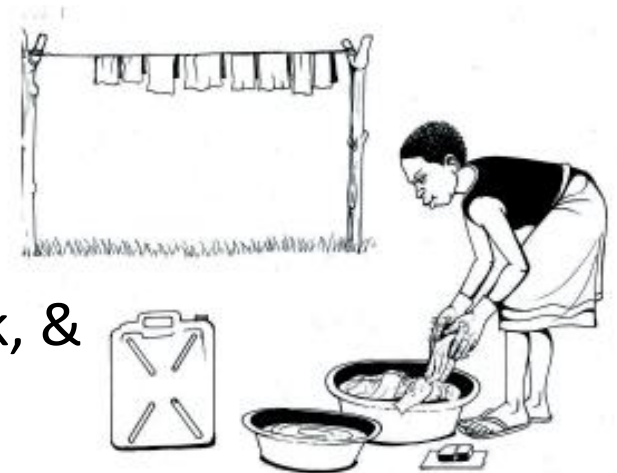
- Identify feasible AND EFFECTIVE incremental steps that move people from a current hygiene practice toward the ideal practice – PLHIV *and* caretakers (RESEARCH)
- Identify existing WASH practices to be reinforced and congratulate the HIV-positive householder/caregiver for these practices (PRACTICE)
- 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 Weak, &  
Mobile Women



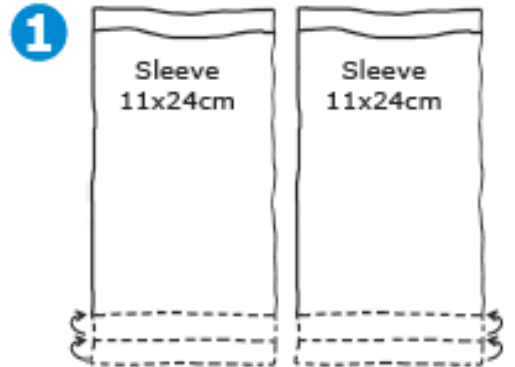
SW Uganda:  
Capacity Building  
Clinical and Home-based Care  
Local Capacity Building  
*HIV Women's Groups Train Others*



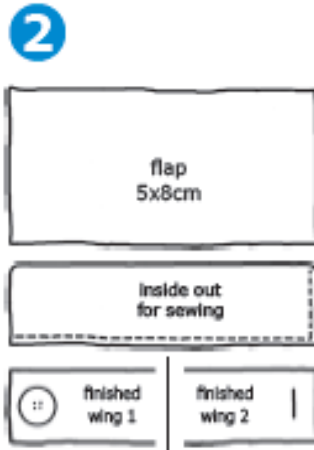
Basic WASH and HIV  
Protective Measures  
Inclusive Sanitation  
Hygiene in Water  
Scarce Situation  
RUMPS

# How to make Reusable Menstrual Pads

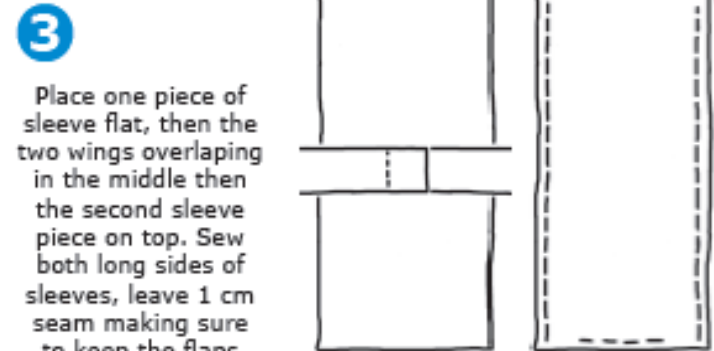
You'll need a sleeve of a heavy cotton fabric, and then several removable liners. Liners should be of towel cloth or something absorbent. You can have liners of different thickness for different days.



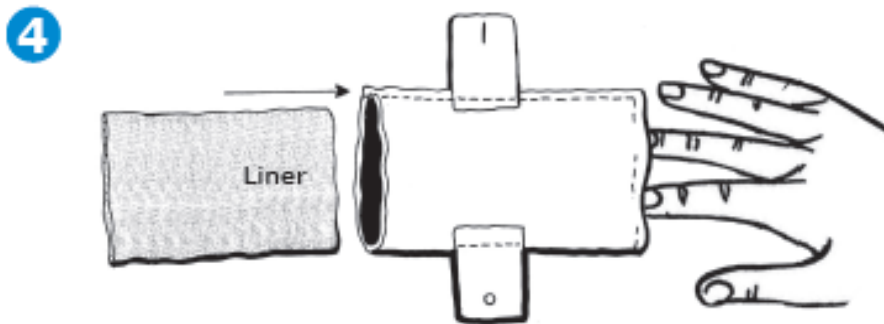
Cut two pieces of heavy cloth, 11x24cm  
Hem all four sides of short ends, by folding 1cm, then over again and stitching.



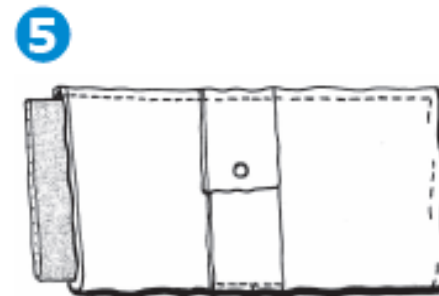
cut two flaps, 8x5cm, fold strips in half, sew on two long and one narrow side to make 'inside out' wing. Turn right side out, using a pencil or stick to help. Cut button hole in one side, and later sew button to other wing.



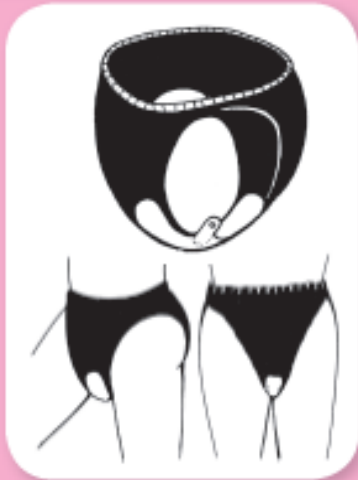
Sew about 3cm at one of the short ends leaving enough room to insert a finger, then turn rightside out.



Cut several liner pads of absorbent terry or other such material, 16 x 20cm. Insert one liner inside, using the two finger hole gaps at far end to help guide and flatten the pad.



Sew button on outside of wing with hole facing out for easy fastening. Affix to panty and wear with confidence.



After use, separate, soak your pad in cold water and wash with soap, add JIK if available. Separate the pad from other materials. Hang it under the sun but dont hang under the bed, because it will grow moulds which will cause itching.

# 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 uncracked width is sufficient for user.)



crack

Cracked banana fiber



## 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).

# Thank you!



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WASH HIV INTEGRATION TOOLKIT  
MHM Toolkit