

HIV/AIDS
Learning Package For
Secondary school
Adolescents

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1999

LESSON PLAN/TRAINER'S NOTEBOOK

Date :

Duration :

- Session Title - General Knowledge about HIV/AIDS, its route of transmission and preventive measures.
- Level of Participant - Secondary school adolescents who are studying in class 9 and 10
- Overall objective - To create more awareness among secondary school adolescents on HIV/AIDS.
- Enabling objective - At the end of the class students will be able to
- Define HIV/AIDS
 - Explain the global situation of HIV/AIDS
 - Describe the HIV/AIDS situation in Asia and Nepal
 - Explain the body's immune system and pathology.
 - State the clinical aspects of HIV/AIDS .
 - List the major and minor sign and symptoms
 - Describe the route of transmission and preventive measures.
 - List the diagnostic tests for HIV infection.
 - State the treatment for HIV/AIDS.
 - Explain their behavior and responsibilities towards AIDS patient.
- Teaching place - Aadars And Amar secondary schools of Ilam district.
- Preparation - Training method-IIIustrated lecturer .
- Training material - Using audio visual aids and ludo game .
Distribution of handout after class.

- | | | |
|--------------|---|-------------------------------------|
| Presentation | - | Introduction . |
| | | Pre test |
| | | Conducting Class |
| | | Post Test |
| Summary | - | Group activities / Question Answer. |
| Application | - | Immediate feedback. |
| Evaluation | - | Post test 2 weeks after class |

Introduction:

AIDS (Acquired Immune Deficiency Syndrome) is a serious disease caused by the HIV (Human Immune Deficiency Virus). This disease is called syndrome because it consists of several signs and symptoms affecting different parts of human body. The virus (HIV) makes a person weak and unable to resist or fight off common infections and illnesses.

Global Situation of HIV/AIDS:

It was first detected in the united states in 1981 since then, AIDS has throughout the world assuming the dimension of a truly global pandemic. In its latest report UNAIDS says of the wold's 34.3 million people infected with the virus at the beginning of the year nearly 90% are living in the developing countries and most of them don't know they are infected.

HIV/AIDS situation in Asia and Nepal:

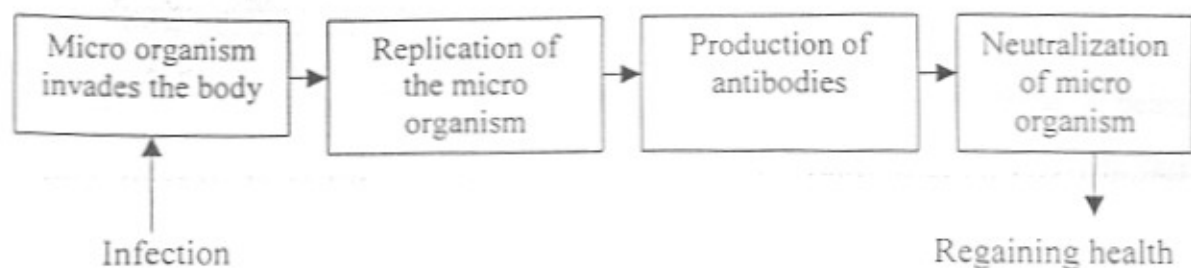
The spread of HIV, the virus that causes AIDS, began in the region in the early to mid – 1980s. By the late 1980s it was increasing rapidly among several populations, in particular sex workers and infecting drug users. Across the continent as a whole, an estimated 6.5 million people were living with HIV/AIDS the end of 1999. over five times as many as have already died of AIDS in the region. By 1999, the region contained nearly 60% of the world's adult population and about 20% of the worlds estimated HIV infections. The major force driving the epidemic in Asia is heterosexual transmission with a population nearly 3.5 billion, the Asia pacific region has the potential greatly influence the course of the global epidemic.

The first patient with AIDS in the region was reported from Thailand in 1984. In Nepal the first AIDS cases was reported in July 1988. Since then the number of AIDS cases is increasing every year. In this context more than 50% HIV positive cases in Nepal are under 25 years. a high prevalence of HIV among IVDUS is emerging as a new social and health problem .

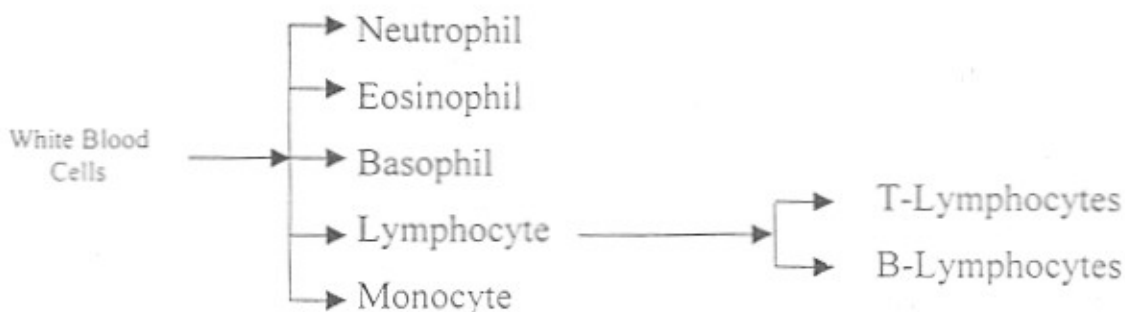
The existing danger of girl trafficking in our country also accelerates the growth of HIV/AIDS.

Body's immune system:

Immune system is a complex process through which the body defends itself from diseases, mainly infections. Usually the following sequence takes place when a microorganism attacks the body.



Immunity might be humoral or cell-mediated. humoral immunity is basically related with antibodies and cell mediated immunity related mainly with white blood cells, mainly the lymphocytes and both of them complement each other.



The role of B-lymphocytes is to produce antibodies against pathogen and are dependent on T-cell for the information on pathogen.

Pathology:

The contrasting difference between other viral infections and HIV infection is that in case of other viruses, the immune system of the host is activated and gets rid of the infection, whereas in HIV, it establishes a persistent infection. After infection the number of T-helper lymphocytes gradually decreases over years. This is so, because the HIV exerts cytopathic effect on the host cell and HIV infected cells are killed by the virus. Over a long period of time. Say 5-10 years, the number of CD4 cells is reduced progressively. Later, other cells of the body are also infected. Consequently the opportunistic infections attack the person and ultimately the person dies.

Clinical aspects of HIV/AIDS:

There are three stages in the development of AIDS from initial infection.

- Window period
- Asymptomatic state (Carrier state)
- Symptomatic state (AIDS)

Window period:

This is a period of initial infection when flu-like symptoms appear in few persons, but a majority remains symptom free. When HIV antibody test is carried out the test is negative but the person can transmit the infection to others. This period might remain 6 weeks to 12 weeks from initial infection.

Asymptomatic state (Carrier state)

This period might take 5-10 years from the initial infection. If the HIV antibody test is carried out, it is positive. This is a period when the person looks healthy, feels healthy but has HIV in the body and so can transmit the disease.

Symptomatic State (AIDS)

This is the stage when the person has some or other symptoms related to AIDS like weight loss, fever, diarrhea, night sweat, malaise etc. and due to low immunity the person may be infected by many organisms like mycobacterium, candida, herpes viruses etc.

Major sign/symptoms of AIDS:

- Loss of weight (more than 10% of body weight)
- Chronic diarrhea (more than 1 month)
- Prolonged fever (more than 1 month)

Minor Sign / Symptoms of AIDS:

- Persistent Cough for longer than one month.
- Re-current herpes Zoster.
- Oropharyngeal Candidiasis.
- Generalized Lymphadenopathy.
- Chronic aggressive herpes simplex infection.
- Generalized pruritic dermatitis.

- Repeated pneumonia.
- Pulmonary Tuberculosis not recovers by treatment.

Spread and transmission:

- AIDS can be acquired through unsafe sex with an HIV infected person.
- HIV/AIDS transmit through HIV contaminated blood transfusion.
- An HIV infected mother can transmit the virus to her baby during pregnancy .
- Common use of syringe by drug abusers can transmit HIV/AIDS from one to others.
- AIDS can be transmitted through breast-feeding of HIV infected mother.
- Using un-sterilized skin piercing instrument needles can transmit HIV/AIDS.
- AIDS can be transmitted deep kissing with HIV infected person.

AIDS is not spread:

- By causal contact.
- Sharing food or eating utensils.
- Sharing food or eating utensils.
- Hugging shaking hands, being coughed or sneezed on.
- Insects and mosquito bit.
- Using public toilets or swimming pools.

Prevention:

- Aids can be prevented by using condom correctly during sex .
- Having no sexual relationship with multiple partner and commercial sex workers
- Having sex with non-infected single faithful husband and wife.
- Avoiding homosexual activities.
- Receiving safe blood transfusion.
- Discouraging the drug abuse.
- Provision for diagnosis and early treatment of STD.

Treatment:

There is no effective treatment for AIDS so far some drugs developed so far have not been found to be really effective, they only prolong the life span.

These drugs are:

- AZT (Azidothymidine or Zidovudine)
- DDI (Didanosine)
- DDC (Zalcitidine)

Diagnostic tests for HIV infection:

- Elisa – There are many types of Elisa tests, which detect antibody for HIV.
- Western blot – it detects specific antibodies to specific antigen of the HIV.

How to behave with an AIDS- patient?

- Once HIV is infected in human body, sooner or later that person gets AIDS. Therefore, the HIV/AIDS- infected person has to be hopeful and positive towards his remaining way of life.
- The family members and friends have to be supportive to the HIV/AIDS patients and must behave with sympathy.
- We have to listen quite carefully to the HIV positive patients to make them away from terror and loneliness.
- They should not be separated from family and society. Only because, they are HIV/AIDS positive they should not be ostracized.
- The HIV/AIDS patients should not be fired from their jobs or schools.
- The service delivery organizations or health service centers should not reprimand to the AIDS patients.
- Even if people know that AIDS cannot be transmitted through socialization and working together, sometimes, due to a kind of threat of AIDS some people may disregard the AIDS patients. In such situation the AIDS patients may get furious with the society and people, consequently, they want to revenge the society by transmitting AIDS with intention.
- Due to many such reasons, for the welfare of society and also to prevent AIDS to be transferred, the AIDS patients are to be dealt like any other normal people.

How adolescent contributes to prevent AIDS?

- The knowledge about AIDS has to be shared with other family members, friends and the community.
- Behave with AIDS patients positively and respectfully, never try to disclose their privacy.
- Always try to contribute AIDS prevention campaign as much as you can. If we don't try to solve our problems on our own who will help us?