

*LESSON NOTES
CIVIC EDUCATION*

GRADE : 11

TOPIC: HIV/AIDS

HIV

Acronym for Human Immunodeficiency Virus

It is a tiny virus which causes AIDS. It destroys the body's Immune System

AIDS

Acquired Immune Deficiency Syndrome

The body becomes weaker; it loses its power or ability to fight diseases.

MODES OF TRANSMISSION FOR HIV

Unprotected sexual intercourse

- *Sexual Intercourse is the main way of HIV transmission which gradually leads to AIDS.*
- *Unprotected sex can expose you to sexually transmitted diseases infection STD/STIs common STIs include Syphilis, Gonorrhea, Herpes, Warts, Cancroids, Hepatitis "B" and Pubic Lice*

Pregnancy and breast feeding

This is also known as Mother to child transmission (MTCT). MTCT of HIV means the spread of the HIV from mother to her baby.

Infected blood

The virus can be passed from an infected person to an infected person through blood transfusion.

Unsterilized instruments

HIV can be transmitted through sharing of unsterilized sharp instruments such as needles and razor blades.

Prevention of HIV transmission

HIV can be prevented through the following ways:-

- **Abstinence** - *Completely staying away from sex.*
- **Being faithful** - *By being faithful and sticking to one uninfected sexual partner.*
- **Condom use** - *by using condoms every time you have sex.*
- **Voluntary counseling and testing** - *by knowing ones status.*

IMPACT OF HIV/AIDS IN ZAMBIA

Individual/Family level

- *At family level, the diseases have killed spouses, either both at the same time or one at a time within a short period of time.*
- *Such situation has created orphans that have to be taken care of by members of the family that are surviving.*

Nationality level

- *On national level the government loses millions of human hours as a result of the infected and sick workers in various departments in the whole country.*
- *It has also been taking vibrant youths.*

Burial sites

As Christians we bury our departed loved ones. This requires huge tracts of land to bury the hundreds that die every day for example in Lusaka, there is shortage of burial sites (cemetery)

Scientific research

Though not very active in this country but in other countries scientific research has been intensified with the view of finding the cure for the diseases.

Coffins

Many companies associated with the provision of coffins have been established in order to handle the AIDS crisis especially in urban areas.

STIGMA AND DISCRIMINATION

Stigma

This is the negative attitude that people have towards other people because of prejudice.

PREJUDICE

- *This is labeling of people because they are different or judging in advance*
- *People living with HIV/AIDS are stigmatized and discriminated in all areas of life - for example:-*

HIV/AIDS is God's wrath.

Wrath - means great anger. Some people say people living with HIV/AIDS are being punished by God for their sins.

Promiscuous people get HIV/AIDS

Promiscuous - having sexual intercourse without careful choice and thought.

People with AIDS should be Isolated

Some believe that people living with HIV/AIDS should be isolated to contain the disease

DISCRIMINATION

This is where you treat people differently because of their status and colour.

Ways of suffering discrimination

- **Places of work**
At some places of work, PLWHA are not considered for promotion, there are not special arrangements for working time, special equipment and opportunities for rest, breaks and flexible sick leave.
- **Mandatory HIV testing**
Mandatory - compulsory. Some employers require mandatory HIV testing as a condition for recruitment.
- **Insurance companies.**
Some insurance companies require HIV testing before life insurance as a base for premium payments.
- **Premium payments.**
Annual payments by the person insured to the insurance company as contribution to the amount of money insured for.
- **Confidentiality on VCT.**
Health workers entrusted with information do not respect confidentiality of HIV/AIDS status.

- **Educational scholarship.**
People living with HIV/AIDS are denied Educational Scholarship by both international and national organisation
- **National documents / Visa**
Travel is restricted to PLWHA because some countries require status as a condition for Visa application.

Visa

Stamp or signature put on passport to allow one enter a foreign country.

RIGHTS OF PEOPLE LIVING WITH HIV/AIDS

The constitution protects discrimination and guarantees freedoms and rights under Article 23. All the people should enjoy their right regardless of their status.

SOME OF THESE RIGHTS ARE:-

- Right to make decision about medical treatment and therefore cannot be forced to test HIV.
- Right to life
- Right to liberty.
- Right to protection for privacy.
- Freedom of expression.
- Freedom of movement.
- Freedom of Association
- Right to health
- Right to confidentiality (Confidentiality means secrecy)

MITIGATION STRATEGIES

Treatment care and counseling.

- Anti-retroviral drugs (ARVs) are now available in Zambia. They do not cure HIV/AIDS but prolongs the lives of PLWHA.
- One can live positively with HIV by having active, social life eating nutritious foods, avoiding alcohol and tobacco, avoiding stress and self-pity and developing a strong spiritual correction.

STRATEGIES

- Establishment of HIV/AIDS community care and support centres e.g. Hospices.
- Testing (VCT) centres e.g. Kara counseling centre.
- Conducting advocacy campaigns e.g. advertising messages about HIV/AIDS care and support.
- Integration of HIV/AIDS in the school curriculum.
- Development of policies that integrate HIV/AIDS and human rights.
- Involvement of people in HIV/AIDS activities.

NATIONAL HIV/AIDS POLICY - COMPONENTS OF THE DRAFT POLICY.

The policy provides a frame work for addressing the HIV/AIDS/STIs/TB issues. It contains the following concern.

- Causes and factors for the transmission of the disease.
- The effects on the Zambian population.
- Response and impact mitigation
- Vision, measures, institutional and legal framework required for its implementation.

SITUATION ANALYSIS

Transmission of HIV/AIDS/STIs/TB

HIV transmission is mainly through:-

- *Sexual contact (both hetero sexual and Homosexual)*
- *Mother to child*
- *Blood transfusion*

CAUSES

- *High poverty levels.*
- *High social mobility*
- *Social cultural beliefs and practices*
- *Stigma and discrimination*
- *Inadequate or inappropriate on education and communication*
- *Gender discrimination*
- *Drug and alcohol abuse.*

PREVENTION AND CONTROL

- *Awareness programmes so as to influence behavioural change*
- *Voluntary counseling and testing*
- *Prevention of mother to child transmission.*
- *Promotion of condom use.*
- *Provision of safe blood and blood products.*

Voluntary counseling and testing

VCT shall be encouraged, strengthened and expanded in all line ministries as a way of preventing, controlling and care of HIV/AIDS.

Condom Use.

Government shall encourage use of female and male condoms making them accessible and affordable to all sexually active individuals throughout the country.

Blood transfusion.

The blood products that are used are screened for HIV and syphilis and Hepatitis.

TRADITIONAL/ALTERNATIVE REMEDIES

Government encourages the use of traditional remedies to fight HIV/AIDS. It encourages competences of traditional healers in their endeavors by providing them with technical support.

TREATMENT CARE AND SUPPORT

Government aims at providing effective diagnosis and treatment services for HIV/AIDS and related opportunistic infections at all levels for the health care services systems.

SUPPORT FOR THE INFECTED AND AFFECTED

Support is mainly given by churches, faith based organizations and government public welfare assistance Development and Social Services. Other programmes are:-

- *Drop in centres*
- *Small scale agricultural schemes.*
- *Village Public Assistance committees and Community Schools.*

Government aims at strengthening treatment, care and support structures for infected and affected people by:

- *Promoting and strengthening hospice services actively supporting groups engaged in home based care of OVC's.*
- *Providing psycho-social counseling support.*
- *Providing home based care HBC throughout leak and community programmes.*
- *Mainstreaming PLWHA at all levels of national health care systems.*

People living with HIV/AIDS (PLWHA)

Government shall support the Network of Zambian people living with HIV/AIDS.

HUMAN RIGHTS AND HIV/AIDS

The government's aim at eliminating stigma and discrimination. This shall be done through:-

- *Encouraging voluntary counseling testing.*
- *Ensuring and maintenance of confidentiality.*
- *Legalizing mandatory testing in cases where certain persons are at risk of HIV transmission (e.g.) between couple if one is HIV positive).*
- *Discourage mandatory testing for scholarships and employment.*

INSTITUTIONAL FRAME WORK

The aim of the Government is to strengthen coordination of HIV/AIDS/STIs and TB responses at National, Provincial and community levels.

COMPOSITION OF THE FRAME WORK

- *It comprises a line of ministries and the committee is mandated to provide policy direction of political leadership and advocacy.*
- *The National HIV/AIDS/STI/Tb is mandated to coordinate monitor and evaluate Multi sector anti-HIV/AIDS Interventions.*
- *It also under takes research and provide technical guidance to HIV/AIDS focal persons in all Ministries.*
- *It also coordinates NGOs dealings in HIV/AIDS.*

MONITORING AND EVALUATION

Government is committed to the task of promoting research. Data which is collected from health facilities is used to provide quality care health services.

CONSTRAINTS

- *Inadequate protestation, coordination and application of research and development activities.*
- *Inadequate human resource*
- *Weak institutional linkages.*

VISION, RATIONALE AND GUIDING PRINCIPLES

Vision -The vision of national HIV/AIDS policy is a nation free of HIV/Aids.

Goal-To attain a society in which there are less incidents and manageable levels of HIV/AIDS?

Rationale-The National policy is intended to provide the frame work for informing various stake holders.

GUIDING PRINCIPLES

- *Addressing of HIV/AIDS pandemic as a national issue and development priority with all efforts and commitment by all stake holders.*
- *Dissemination of information by all line Ministries.*
- *By upholding and maintenance and respect of human rights.*
- *Provisional of care and counseling.*
- *Acknowledgement of gender awareness*
- *Provision of appropriate national coordination and advocacy frame work for the fight strategies.*
- *Recognition and implementation of HIV/AIDS international.*
- *Coordination capacity building for the prevention of HIV/AIDS.*
- *Maintaining of HIV/AIDS interventions in poverty reduction strategy paper.*
- *Public service reform programme (PSRP) Medium Term Expenditure frame work (MTEF)*

AIM ULTIMATE OBJECTIVES AND OUT PUTS

Aim

To reduce the both incidence and impact of HIV/AIDS /STI/TB in Zambia

Objectives

- *Facilitate a multi Sector - sector all and multi-dimensional national response to the HIV/AIDS/STIs/TB.*
- *Provide and enabling policy frame work for advocacy social mobilization and information dissemination.*
- *Provide ways of resource mobilization, monitoring and evaluation programmes.*

Out puts

- *Improved HIV/AIDS/STIs/TB awareness, positive attitudes and behaviour changes.*
- *Reduced HIV/AIDS transmission.*
- *Priority*
- *Reduced negative on society.*
- *Eliminated stigma and discrimination against the infected and affected individuals' families.*

RESPONSIBILITIES OF MINISTRIES

Finance and National Planning

Its role is to provide specific budget lines for HIV/AIDS prevention.

Labour and Social security

- *The Ministry is mandated to address HIV/AIDS and employment issues.*
- *The amendment employment is aimed at making is aimed at making the non-voluntary HIV pre-employment screening illegal.*
- *To collect, coordinate and disseminate HIV/AIDS information related to employment practices*

Education

- *Incorporate HIV/AIDS issues in the curriculum.*
- *Strengthen the role of teachers in mobilizing maters.*
- *Review and put in practice penalties.*

SAMPLE QUESTION

1. *What is Voluntary Counseling and Test?*
2. *State two reason why people avoid going for Voluntary counseling and Testing(VCT)*
3. *When does HIV develop into AIDS?*
4. *Explain the impact of HIV/AIDS on the Zambian economy.*
5. *Suggest ways you may use to sensitize people in your community about the dangers of HIV/AIDS*
6. *Mention ways in which HIV/AIDS has affected the quality of education in your community.*
7. *Mention some advantages and disadvantages of taking Anti-Retro Viral (ARVs) drugs.*
8. *Show some rights of a person living with HIV/AIDS may be violated at the place of work.*
9. *Differentiate between HIV and AIDS.*