

THE UNIVERSITY OF NAIROBI

REPORT ON HIV/AIDS AND ADA SENSITIZATION ACTIVITY AMONG THE STAFF MEMBERS

VENUE: CENTRE FOR SELF SPONSORED PROGRAMMES BOARDROOM

DATE: THURSDAY 31TH MARCH 2016.

INTRODUCTION

The University Health Services (UHS) is mandated to carry out programs on HIV/AIDS, Alcohol and Drug Abuse prevention and reproductive health targeting students and staff. UHS therefore, organized a one day workshop whose aim was to create a sense of awareness among the members of staff of Centre for self-sponsored programmes (CESSP) on alcohol and drug abuse (ADA) and HIV/AIDS. This event took place in the boardroom.

Permission to hold the event was sought from the Director Prof. Ogengo therefore the members of staff were able to get time off and attend. The Head of operations Ms. Mary Musyoki help planning and mobilizing members of staff to attend the seminar. The activity included ongoing VCT services where tents were pitched at the parking area; a counselor was available in the tents to offer the services to anyone willing to know their HIV status.

REGISTRATION

Registration for the participants began in the hall at 8.00am. A total number of 26 participants attended the sensitization 16 female and 10 male. 5 individuals were tested for HIV in VCT tents, 3 female and 2 male.

DATA

GENDER	AGE GROUP	NUMBER TESTED
MALE	0 – 14	0
	15 – 24	0
	25 – 49	2
FEMALE	0 – 14	0
	15 – 24	1
	25 – 49	2
TOTAL		5

WELCOME ADDRESS

The event started with a word of prayer, Mary Musyoki welcomed the participants and thanked them for making time to attend the seminar. She then took them through the program of the day. She then welcomed the Finance Manager Mr. Alfred Mukuria to give the welcoming address pointing out on the effect of HIV and ADA on families, workplace and individuals therefore it is an important issue that should be addressed and everyone enlightened. He then officially opened the training.

PRESENTATIONS

Dr. Asimba a Physician/ Chair HIV Committee gave the first presentation on HIV/AIDS, covering topics like its mode of transmission e.g. sex, blood transmission, contaminated sharps and objects, and peri-natal. Risk factors being STDs, high viral load, biological, behavioral, socio-economic and cultural factors influencing HIV Transmission e.g. multiple sexual partners, gender, poverty, drug use and alcohol consumption and irresponsible sexual behaviours. She also pointed out on the factors not associated with HIV transmission like insect bites, skin contact. The history of HIV infection after acquiring the virus and the common opportunistic infections associated with HIV like TB. Mode of prevention like prevention messages, counseling and awareness creation for both positive and negative people and use of ARVS and PEP. She went ahead and explained on Post exposure prophylaxis and its benefits. The strategies for negative people to ensure they remain negative like get tested at least once a year, PMTCT, VMMC, and behavior change and risk reduction. Prevention with positives like behavior change like correct and consistent use of condom, use of ARVs, reduce stigma, education, early diagnosis and detect and treat STIs. She also took the participants through the management on HIV infected individuals and the services one can receive at the UHS clinic regarding HIV/AIDS. He explained on the HIV policy that the University of Nairobi has put in place for the staff and students. The policy stipulates that no individual shall be discriminated against on the basis of their HIV status.

The second facilitator was Margaret Muriithi a counselor who talked on behavior change emphasizing on behavior change as a health promotion strategy and Stigma and discrimination in HIV. She pointed out why stigma is there in HIV highlighting about HIV always associated with death, sex, behavior that some people disapprove like homosexuals, drug users, and due to inaccurate information about how HIV is transmitted. She went ahead and talked about the

effects of stigma to people living with HIV like loss of income and livelihood, loss of marriage and childbearing options, poor care within the health sector and loss of hope and a feeling of worthlessness. She discussed on how to end stigma and discrimination especially at the work place, and home by emphasizing behavior change. She defined behavior as mannerism, and it is acquired through various ways like family background, peers, environment, life expectations and media. She indicated that behavior change is modification or transformation of human behavior. For behavior change to be effective individuals must understand the factors that would influence behavior change like knowing yourself, surroundings, capabilities and family background, doing the right thing at the right time to achieve our goals, learn to live together and love to be yourself. The other approach to behavior change she pointed out was PEER an acronym for pause, evaluate the pros and cons, eliminate and relate to the best option.

The third presenter was Catherine Amulundu Coordinator ADA at UHS. She gave a talk on alcohol and drug abuse. With specific objectives being; scope of drug use at the workplace, define drug and related terminologies, concepts in drug use and substance abuse, and understanding addiction. She indicated that the University management is concerned about ADA because of the increasing number of students reported as abusing alcohol and drugs in the campuses. She informed that participants that the university has a policy on ADA and UHS through the ADA coordinator are currently offering assistance on ADA and requested the people to seek the services. She expressed that ADA is a global challenge with over 243 million individuals as victims, with men being majority. She took the participants through the various substances of abuse available in the current market, emphasizing on psychoactive substances, their health and social effects like addiction, breakage of families and employees health impairing decision-making, safety, productivity and mood. She mentioned the stages of

substance abuse as being experimental, social, dependent, habit and compulsion. Their mode of administration e.g. oral, intravenous, nasal, and rectal. She was able to inform the participants that alcohol, drug addiction is now classified as a disease, and therefore medical intervention is important. She also mentioned that the commonly abused drugs among students were marijuana and alcohol. She continued to point out on the effects of drugs, the various types like stimulants which increase metabolic and Central nervous system activity, elevates mood and relieves fatigue. Depressants depress the CNS, lower moods and induce sleep and slurred speech and hallucinogens alters perception e.g. marijuana and alcohol. He talked about their health and social effects like addiction, breakage of families and loose of employment, injuries, poor judgment and financial and social problems. ADA can cause mental illness leading to psychosis, low immunity, poverty, TB due to low immunity, kidney diseases, poverty, impotence, HIV/AIDS etc. She pointed out that most people indulge in ADA because of various reasons like feeling good, popular culture, peer pressure, gain courage and because they are readily available. He was able to inform the participants that alcohol, drug addiction is now classified as a disease, and therefore medical intervention is available. ADA preventive program is now available at the UHS. She talked about ADA policy at the University of Nairobi whose goal is to use available resources to develop efficacious, high quality, safe and cost-effective services to meet the requirements of all university community members in the prevention, diagnosis and treatment of alcohol and Drug related problems. She talked about the ADA preventive sub units that have been set to coordinate ADA programmes at college level.

The fourth presenter Pauline Micheni, who gave a talk on reproductive health with emphasis on contraceptives and condom education. She talked about types of condom, what they are made of like latex and polyurethane, their shapes, colors, and lubrication. She pointed out that condoms

are very effective if used properly as they have been tested and approved by the ministry of health. She gave a demonstration of the effective use of condom using a dummy penis, she also pointed out that condom is one of the contraceptive that prevents one from getting unwanted pregnancy and sexually transmitted infections therefore highly recommended. She also talked about other types of contraceptives like the pill, injection (Depo Provera), IUCD, and Norplant, with the advantages and disadvantages. The men were encouraged to take part in helping and supporting their partners on the issues of contraceptives, to foster understanding and lasting relationships. She informed the students and staff that the services can be offered at the University Health Services. She went ahead and gave a talk on Voluntary male medical circumcision, emphasized that circumcision is, the reason why people do it like for religious purpose, social cultural reasons and surgical treatment. She went ahead to explain that VMMC has been adopted as a strategy to prevent HIV/AIDS, reducing the chances of infection by 60%, it also enhances personal hygiene, reduces incidences of ulcerative STI's e.g. syphilis and chancroid, and reduces of cervical cancer for their female partners. She also informed the participants that the service is available at UHS and that is free of charge to students and staff.

The last presenter was Mrs. Margaret Muriithi (Counselor) who took the participants through stress management. She defined stress and pointed out that human being are bound to have stress at one point or the other either in the work place or at home. She pointed out on the effects of stress, immediate and long-term effects, and the type of stress:-Eustress and Distress. Eustress being positive stress while distress the negative one. She highlighted on the possible causes of stress like work, marriage, children and finances. Signs and symptoms of stress like cognitive, emotional, physical and behavioral. She went ahead to take the participants on the possible coping mechanisms like exercising, diet, sense of control and personal outlook and attitude.

The participants were able to ask questions at the end of every session, which were answered accordingly by the facilitators.

Emerging issues.

- The members of staff expressed concern on the need to have the workshops more often to learn more about HIV and ADA.

Way forward

Ensure that the workshop is held at least twice every financial year.



Some of the participants during the sensitization.



Ms Pauline Micheni taking the participants through Reproductive health, condom use and education.

Report Prepared by:

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Dated 31st March 2016.