

# Session 3: Overview of the *Kenyan National Guidelines on Nutrition and HIV/AIDS*

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**Purpose:** In this session participants will receive an overview of the contents of the *Kenyan National Guidelines on Nutrition and HIV/AIDS* that relate to the management of PLHIV in comprehensive care centres.

**Objectives:** By the end of the session, participants should be able to:

1. Explain the importance of the *Kenyan National Guidelines on Nutrition and HIV/AIDS*.
2. Explain the WHO (NASCOP) energy and nutrient intake recommendations for PLHIV.
3. Describe ways to help PLHIV meet the recommended intake levels.
4. Explain the key guidelines for PLHIV on medications as provided in the *Kenyan National Guidelines on Nutrition and HIV/AIDS*.
5. List the 9 critical nutrition practices for PLHIV in Kenya.

## **Advance Preparation**

1. Have enough copies of the *Kenyan National Guidelines on Nutrition and HIV/AIDS* (2006) for each participant if possible, or one for each facility represented in the training.
2. Know the materials in the trainee Tool kit and if it is not available for participants, prepare handouts from it.
  - The Energy and Nutrient Requirements of PLHIV (Tool Kit pp. 17-18).
  - The 9 Critical Nutrition Practices for PLHIV in Kenya (Tool Kit p. 19).

**Proposed Session Time: 3 hours**

**Topic 3.1: Review the objectives of Session 3** (Listed above; use PowerPoint or flip chart.) (5 minutes)

**Topic 3.2: Importance of guidelines on nutrition and HIV/AIDS (2006)** (25 minutes)

**Brainstorm** the importance of guidelines in service provision.

- Include standardization of what needs to be done, how much, when (to whom) and the message and actions to give to clients/patients (including dosages, frequency).
- Explain how the National Guidelines can be used (Tool Kit p. 13).

- Discuss how participants will use the guidelines in the care and support of PLHIV in their work areas.
- Inform participants that during supervision the supervisors will assess the use of the guidelines and the challenges faced in using them.
- List the other materials developed by NASCOP to support implementation of the *Kenya National Guidelines on Nutrition and HIV/AIDS*.

### **Topic 3.3: WHO energy and nutrient intake recommendations for PLHIV (45 minutes)**

#### **Plenary Discussion**

- Ask one participant to read the recommendation on energy for asymptomatic clients (Tool Kit pp. 17–18):
  - Indicate the quantity of energy and food needed by asymptomatic HIV-infected adults and children, including those on ARVs but without symptoms. Discuss how to estimate increased energy needs in local food equivalents.
- Ask another participant to read the recommendation for clients with symptoms and for children who are losing weight.
  - Indicate the quantity of energy and food needed by asymptomatic HIV-infected adults and children, including those on ARVs but without symptoms. Discuss how to estimate increased energy needs in local food equivalents.
- Discuss the reasons for increased energy needs of PLHIV (asymptomatic and symptomatic).
- Ask one participant to read the recommendation on fats/oils, proteins and micronutrients.
- Discuss issues related to the recommendations.

### **Topic 3.4: Supporting PLHIV to meet energy and nutrient needs. (30 minutes)**

#### **Group Work: (15 minutes)**

- Ask the group to refer to the guidelines (and the green code of the counselling cards) to do this task.
- Ask what challenges PLHIV in the locality are most likely to face.
- Ask what support the participants give PLHIV to help them achieve sufficient energy, protein, and micronutrients? (Refer to the green code of the counselling cards.)

Presentation of the group work (15 minutes). Summarise this topic with the three PowerPoint slides on “Educate and Counsel PLHIV to Consume Diversified Diets”.

### **Topic 3.5: Guidelines for PLHIV on medications** (30 minutes)

#### **Short Presentation:** (15 minutes)

- Make a short PowerPoint presentation based on Chapter 7 of the Guidelines, including:
  - The important guidelines for PLHIV on medications
  - The important messages for people on micronutrient supplements and on traditional herbs

Allow plenary discussion on the presentation (allow 15 minutes).

### **Topic 3.6: Orientation in the Critical Nutrition Practices (CNP) for PLHIV** (45 minutes)

#### **Group Work**

- Divide participants into small groups.
- Ask groups to read the CNPs on p. 19 of the Tool Kit and discuss them. Ask whether the CNPs are possible in the participants' working context. If not, why not?

#### **The Nine Critical Nutrition Practices for PLHIV**

1. Have periodic nutritional status assessments, especially weight
2. Increase energy needs according to the disease stage
3. Maintain high levels of sanitation, food hygiene, and food/water safety at all times
4. Practice positive living behaviours
5. Carry out physical activity or exercises
6. Drink plenty of clean safe water (8 glasses in a day)
7. Seek prompt treatment for all opportunistic infections and other diseases, and manage symptoms with dietary practices
8. Those on medicine, including ARVs, should manage the drug-food interactions and diet related side-effects
9. Children (below 6 months) born to HIV+ mothers and on exclusive replacement feedings should be supplemented with Vitamin A of 50,000 IU, and if not on commercial formula, put on daily multivitamins.