

## **Annex 8: Training Presentations**

# **Nutrition Management in Care and Treatment of People Living with HIV in Kenya**

This course was developed by  
the National AIDS and STI Control Programme (**NASCOP**)  
in collaboration with  
the Food and Nutrition Technical Assistance Project of the  
Academy for Educational Development (**FANTA/AED**)  
and the Center for Nutrition Education and Research (**CENER**)  
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## Purpose of the course

Expose service providers to knowledge and skills needed to implement nutrition interventions for HIV patients receiving care and treatment.

- Share national guidelines on nutrition and HIV/AIDS.
- Discuss implementation of nutritional services in comprehensive care centres (CCCs).
- Share tools and materials for nutrition in the CCCs.
- Visit a health facility to observe nutrition in the care and treatment of PLHIV.

## Course objectives

By the end of the course participants should be able to:

- Define comprehensive care and discuss the role of nutrition in the care and treatment of PLHIV.
- Be familiar with key aspects of the *Kenyan National Guidelines on Nutrition and HIV/AIDS*.
- Carry out a nutritional assessment of PLHIV in care and treatment.
- Formulate a nutritional care plan for patients in CCCs.
- Implement key nutrition interventions for PLHIV in care and treatment.
- Collect, analyze, and present relevant data.

## Course content

- Definition of comprehensive care, services offered and the role of nutritionists
- Aspects of the *Kenyan National Guidelines on Nutrition and HIV/AIDS* relevant to the CCC
- Key nutritional assessments for CCC patients
- Nutritional care plan for CCC patients
- Counselling skills, GATHER, and the NASCOP nutrition counselling cards to counsel patients on Critical Nutrition Practices
- Drug-food interactions and drug-meal plans
- Institutional challenges to implementing nutrition interventions and recommended dietary behaviours
- Patient follow-up and referral to other support services
- Data management for nutritional care and support
- Integration of nutrition in the workplace