

## What is comprehensive care?

A holistic approach to managing a person infected with HIV

**CCC:** Site where a PLHIV can go for a package of care and treatment services

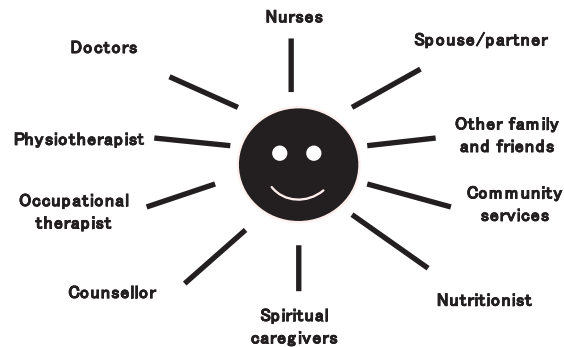
Minimum care and treatment package:

- Clinical, psychosocial, spiritual, nursing and nutritional care
- Usually a post-test club and referral to other care options

## CCC services in Kenya

- Counselling on HIV/AIDS
- HIV testing
- Treatment of HIV/AIDS-related OIs
- ARVs
- Nutrition counselling and education
- Food-by-prescription (some sites)
- Reproductive health counselling (FP, childbearing)
- Care of HIV+ children and children of HIV+ mothers
- Referral to support groups, including legal advice
- Spiritual support

## Comprehensive care team



## Advantages of the CCC

- Improves quality and quantity of life and enables PLHIV to start working and obtaining income
- Decreases social problems (orphans, disrupted schooling, family breakages)
- Decreases fear, stigma and discrimination and strengthens prevention

**SESSION 1/5: Course Introduction - Comprehensive care centres in Kenya**

## Nutritional care and support in the CCC

- Nutritional assessment (weight, height, BMI, nutritional deficiencies and related factors, nutritional biochemical assessments)
- Dietary counselling and food demonstrations
- Nutrition/health education and distribution of related materials
- Distribution of food/micronutrient supplements
- Reporting on nutritional indicators
- Planning of feeding regimes for in-patients

**SESSION 2/1: Overview of Nutrition and HIV/AIDS**

## Session objectives

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

- Define nutrition and explain the importance of nutrition for PLHIV.
- Discuss the relation between nutrition and HIV/AIDS.

**SESSION 2/2: Overview of Nutrition and HIV/AIDS**

## What is nutrition?

The body's consumption, processing, and utilization of food for growth, reproduction and maintenance of health

**SESSION 2/3: Overview of Nutrition and HIV/AIDS**

## Five key aspects of nutrition

1. **Food availability and access:** Right amount and quality (right mix of nutrients)
2. **Food intake:** Ability to consume the right quantity and quality of food at the time the body needs it
3. **Digestion and absorption** of food and nutrients
4. **Metabolism and utilization** of food to meet needs for growth, reproduction and maintenance of health
5. **Excretion** of extra components of food, toxins and wastes