

HANDOUT 1.1. Training Schedule

Session	Topic	Proposed duration
DAY 1		
SESSION 1	INTRODUCTIONS, EXPECTATIONS AND COURSE OBJECTIVES	1 hour
SESSION 2	LISTENING AND LEARNING SKILLS <ul style="list-style-type: none"> • Listening and learning skills • Counselling, teaching/guidance and giving advice • Steps used in counselling 	1½ hours
SESSION 3	BASIC NUTRITION <ul style="list-style-type: none"> • Definitions and factors that affect nutrition • Food groups and their importance • Frequency, Amount, Different food groups, Density, Active feeding and Hygiene (FADDAH) • PRACTICE creating meals to help PLWHA eat well 	2½ hours
SESSION 4	RELATIONSHIP BETWEEN NUTRITION AND HIV <ul style="list-style-type: none"> • Relationship between nutrition and HIV and the importance of good nutrition for PLWHA • Reasons PLWHA become undernourished 	1½ hours
DAY 2		
SESSION 5	CRITICAL NUTRITION PRACTICES TO IMPROVE AND MAINTAIN GOOD NURITION <ul style="list-style-type: none"> • Critical Nutrition Practices for PLWHA 	1½ hours
SESSION 6	ASSESSING NUTRITION DURING HOME VISITS <ul style="list-style-type: none"> • Importance of nutrition assessment for PLWHA • Weighing PLWHA during home visits • Using MUAC to assess the nutritional status of PLWHA • Dietary intake and other assessments during home visits 	2½ hours

Session	Topic	Proposed duration
SESSION 7	IMPROVING THE QUALITY OF HOUSEHOLD FOODS <ul style="list-style-type: none"> Improving the quality of food Addressing HIV-related symptoms by improving food quality 	1½ hours
SESSION 8	FOOD AND WATER SAFETY AND HYGIENE <ul style="list-style-type: none"> Food and water safety and sanitation for PLWHA PRACTICE giving food and water safety messages 	1 hour
SESSION 9	DIETARY MANAGEMENT OF HIV-RELATED COMPLICATIONS <ul style="list-style-type: none"> Managing HIV-related symptoms through diet PRACTICE counselling on dietary management of HIV-related symptoms Preparing ORS in the home 	2 hours

DAY 3		
SESSION 10	MANAGEMENT OF DRUG-FOOD INTERACTIONS AND SIDE EFFECTS <ul style="list-style-type: none"> Drug-food interactions Symptoms associated with drugs taken by PLWHA PRACTICE supporting clients to manage drug-food interactions 	1½ hours
SESSION 11	NUTRITION CARE AND SUPPORT OF HIV-POSITIVE PREGNANT AND LACTATING WOMEN <ul style="list-style-type: none"> Nutrition care and support of HIV-positive pregnant and lactating women Cultural and gender issues that affect the nutrition of HIV-positive pregnant and lactating women 	1 hour
SESSION 12	FEEDING HIV-POSITIVE INFANTS AND CHILDREN <ul style="list-style-type: none"> Nutrition problems of HIV-positive infants and children Home nutrition support for HIV-positive infants and children 	1½ hours

SESSION 13	FOLLOW-UP, REFERRAL AND NETWORKING <ul style="list-style-type: none"> • Definitions of follow-up, referral, and networking • Follow-up visit actions • Key partners for referral 	1½ hours
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DAY 4		
SESSION 14	NUTRITION COUNSELLING PRACTICE AND WORK PLANNING <ul style="list-style-type: none"> • Field practice in homes and communities • Feedback on practice sessions • Planning counselling and education sessions for PLWHA in the community 	4 hours