

HANDOUT 9.1. JOB AID 6: MANAGING HIV-RELATED SYMPTOMS

DIARRHOEA

1. Ask the client how long he/she has had diarrhoea.

- If the diarrhoea is severe and has lasted for more than 3 days or is bloody, refer the client for immediate medical treatment.

2. Find out whether the client is dehydrated.

- Signs of dehydration include lethargy, skin that is not elastic, little or no urine, dry mouth and fast breathing.
- Refer the client for immediate medical treatment if dehydrated.

3. Ask the client if he/she has been drinking plenty of fluids.

- If not, encourage him/her to drink 8–10 cups of fluids a day, using clean, boiled water, to prevent dehydration.

4. Ask the client what he/she has been eating.

- Encourage the client to continue eating even if he/she has diarrhoea.
- Show the client a list of local, affordable foods to prepare and eat when he/she has diarrhoea.
- Counsel the client to take a daily multivitamin supplement if available.

5. Ask the client if he/she is taking any medications.

- If the diarrhoea is related to ARVs or other medications, encourage the client to continue taking the medication but to seek medical treatment if the diarrhoea gets worse or lasts for more than 3 days.

6. Remind the client about the importance of food safety and hygiene.

- Stress hand washing with soap and water after using the toilet and before food handling and preparation to prevent infection, especially diarrhoea.

7. Counsel on how to manage diarrhoea.

- Eat small amounts of food more often.
- Eat bananas, mashed fruit, soft boiled white rice and porridge to help slow down diarrhoea.
- Eat soft and moist foods.
- Drink a lot of fluids (soups/broths, diluted fruit juices, clean boiled water and weak tea).
- Avoid high-fat or fried foods and eat chicken with no skin.
- Remove the skin from fruit and vegetables before eating.
- Avoid coffee and alcohol.
- Eat food at room temperature, because very hot or very cold foods stimulate the bowels and make diarrhoea worse.
- Avoid foods that cause gas or stomach cramps, such as beans, cabbage and onions.
- Limit or eliminate milk and milk products during episodes of diarrhoea.

- Drink at least ½ cup of oral rehydration solution (ORS) to prevent dehydration (to make ORS at home, mix 1 cup of clean boiled water with 1 pinch of salt and 1 tablespoon of sugar).
- If the diarrhoea is severe, do not eat solid food for 24 hours but drink more fluids (soups, diluted juices, milk if tolerated).

8. Advise the client to go back to the regular diet once the diarrhoea has stopped.

- Stress the importance of good nutrition to recover from illness.
- Encourage the client to eat extra food if he/she lost weight with the diarrhoea.

9. Suggest meals to eat when having diarrhoea.

- Any mashed staple food (e.g., *ugali/posho*, *matooke*, sweet potatoes or potatoes) with meat, chicken or fish soup.
- Plain boiled rice with meat, chicken or fish soup
- Ripe yellow bananas
- Rice or millet porridge
- Scrambled eggs
- Rice pudding

NAUSEA OR VOMITING

Ask the client if he/she can still eat.

If NO

- Ask about the client's eating habits to try to determine what caused the nausea and vomiting.
- Refer the client for medical management if the nausea and vomiting are so severe that he/she can't keep any food down.
- Encourage the client to maintain food intake even when not feeling well.
- Show a list of local, affordable foods to prepare and eat when feeling nauseated.
- Counsel the client on how to relieve nausea and vomiting.

If YES

- Praise the client for trying to maintain food intake.
- Encourage the client to continue eating food even when not feeling well.
- Reaffirm the importance of maintaining good nutrition.
- Counsel the client on how to manage nausea and vomiting.

Counsel the client on how to manage nausea and vomiting.

- Eat small amounts of food often. Try eating small meals every 2 hours.
- Drink fluids after meals, not with meals.
- Eat dry, salty foods such as bread to calm the stomach.
- Avoid having an empty stomach, which makes nausea worse.
- Avoid foods with a strong smell and fatty or greasy foods.
- Wait at least 1 hour after eating to lie down.
- Ask someone to help you prepare meals.
- If vomiting, take sips of ORS to prevent dehydration.
- Seek medical attention if vomiting lasts for more than 24 hours.
- Seek medical treatment if the nausea and vomiting do not improve and you can't continue eating (tell the client where to get medical help).
- Start eating regular food from all food groups once the nausea has stopped.
- Eat a little extra food if you lost weight.

MEAL IDEAS FOR PEOPLE WITH NAUSEA

- Bean or pea and mushroom soup
- Pumpkin and onion soup
- Broth made from plain boiled meat or chicken bones or fish
- Plain yoghurt
- Fresh soft fruit and cooked vegetables
- Soft fruit such as bananas or mangoes with yoghurt
- Porridge, especially sour porridge (*obushera*)

Recipe for bean, pea and mushroom soup

Ingredients

1 handful dry beans

1 handful dry peas

$\frac{1}{3}$ *tumpeco* cup milk (unless client has diarrhoea or is lactose intolerant)

$\frac{1}{2}$ cup dried mushrooms

1 onion

Salt to taste

Spices to taste

Preparation

1. Clean the beans and peas thoroughly and soak in plenty of clean water overnight.
2. Wash the dry mushrooms thoroughly and soak for about 1 hour, then chop into small pieces.
3. Discard the water the beans and peas were soaked in.
4. Add clean water to the beans and peas and add salt and spices to taste.
5. Cook until well done.
6. Mash the beans and peas.
7. Chop the onion into small pieces.
8. Boil or simmer the onion and mushrooms in very little water until cooked. Add onion and mushrooms to the mashed beans and peas.
9. Add milk (or clean water if client can't tolerate milk) to make a soup and continue to cook for a few minutes.
10. Serve alone or with bread.

THRUSH, MOUTH SORES AND DIFFICULTY SWALLOWING

Ask the client if he/she can still eat.

If NO

- Explain the importance of trying to maintain good nutrition even when not feeling well.
- Ask about the client's eating habits.
- Refer the client for medical management if chewing and swallowing are so painful and difficult that he/she can't eat or drink anything.
- Show a list of local, affordable foods to prepare and eat with thrush, mouth sores or painful swallowing.
- Provide information on how to vary the diet to include fruits, vegetables and animal products.

If YES

- Praise the client for trying to maintain food intake.
- Reaffirm the importance of maintaining good nutrition.
- Counsel the client on how to manage thrush, mouth sores and difficulty swallowing.

MEAL IDEAS FOR PEOPLE WITH THRUSH, MOUTH SORES OR DIFFICULTY SWALLOWING

- Porridge with milk
- Yoghurt with mashed non-acidic fruit
- Mashed fruit (e.g., bananas, paw paw)
- Scrambled eggs
- Bean or pea and mushroom soup
- Milk egg pudding with mashed fruit

Recipe for maize or millet porridge

Ingredients

- 1 handful maize or millet flour
- $\frac{1}{3}$ cup milk (unless client has diarrhoea or is lactose intolerant)
- 2 teaspoons sugar or honey

Preparation

1. Bring 1 *tumpeco* size cup of clean water to boil.
2. Mix the maize or millet flour in a little clean, cold water and add to the boiling water.
3. Cook for 30 minutes, stirring occasionally.
4. Add milk if tolerated.
5. Add sugar or honey.
6. Serve while still warm (can also soak bread in the porridge until soft and eat the bread and porridge together).

ANOREXIA (LOSS OF APPETITE)

Ask the client if he/she can still eat.

If NO

- Try to determine the cause of the anorexia (depression, stress, medications, weakness and fatigue, HIV-related dementia, pain or the body's natural response to infection).
- Determine how long the client has felt this way, especially if he/she is depressed or stressed.
- Refer the client for medical management if appetite loss is severe or results from infection or depression which has persisted for a long time
- Explain to the client the importance of trying to maintain good nutrition even when not feeling well.
- Ask about the client's current eating habits. Use a list of local, affordable foods and show some foods the client can prepare and eat.
- Counsel the client to take a daily multivitamin if available.

If YES

- Praise the client for trying to maintain food intake.
- Encourage the client to continue eating food even when not feeling well.
- Reaffirm the importance of maintaining good nutrition.
- Counsel the client on how to manage loss of appetite.

Counsel the client on how to manage anorexia (loss of appetite).

- Eat small amounts of food more often. Try eating small meals every 2–4 hours.
- Eat your favourite foods whenever you want.
- Try to avoid eating the same food again and again.
- Avoid foods with a strong smell.
- Drink plenty of fluids, preferably between meals.
- Avoid alcohol.
- Do light exercise such as taking a walk before meals to help stimulate appetite.
- Avoid stress at mealtimes and immediately before meals.
- If possible ask your family or friends to prepare meals for you.
- Avoid eating alone. Try to eat with family or friends.
- Go back to your regular diet, including foods from all food groups, once the anorexia stops.
- Eat a little extra food if you experience weight loss to help you gain the weight back.

MEAL IDEAS FOR PEOPLE WITH ANOREXIA (LOSS OF APPETITE)

The goal is to eat small but nutritious meals five or six times a day.

- Mashed potatoes or beans mixed with fruit juice
- Rice, maize or millet porridge with milk and sugar or honey
- Broth made from plain boiled meat or chicken bones or fish
- Bean or pea and mushroom soup
- Pumpkin and onion soup
- Avocado
- Scrambled or boiled egg
- Roasted groundnuts mixed with simsim (sesame seeds) as a sauce for rice, sweet potatoes, *matooke*, or *posho*
- Soft fruit such as bananas or mangoes with yoghurt

Nutrient-dense snack ideas

- Egg and milk pudding or custard
- Roasted groundnuts with simsim plus fruit juice or a cup of milk
- Porridge made with milk with honey or sugar
- Fresh fruit

Recipe for rice pudding

Ingredients

- 1 handful rice
- 2 cups clean water
- 1 egg
- $\frac{1}{3}$ cup milk
- 2 teaspoons sugar

Preparation

1. Add the water to the rice and cook, stirring all the time to make it creamy.
2. Beat the egg into the milk.
3. Add the milk and egg mixture to the cooked rice and bring to a boil.
4. Add sugar to sweeten.
5. Serve warm.

ALTERED TASTE OR DRY MOUTH

1. Ask the client how long he/she has had altered taste or dry mouth.

- Altered taste can mean food tastes too salty, sweet, sour, bitter, garlicky or metallic

2. Ask the client if he/she is taking any medications.

- Some medications affect the sense of taste.
- Encourage the client to continue taking the medication but to seek medical attention if the altered taste gets worse or he/she can't eat any food.

3. Find out what the client has been able to eat.

- Counsel accordingly to identify foods that can form a healthy diet.
- Counsel the client to try different textures of food (e.g., crisp fruit and soft and smooth rice pudding).
- Counsel the client to chew food well and move it around the mouth to stimulate taste receptors.
- Counsel the client to rinse the mouth daily with a mixture of 1 teaspoon of baking soda in a glass of warm boiled water to prevent thrush.
- Counsel the client to eat with plastic utensils or clean hands to mask a metallic taste.

4. Counsel on how to manage the altered taste.

- Add salt, spices, herbs and lemon to food when cooking to mask unpleasant taste sensations.
- Eat bland foods.
- Drink tart juices such as lemon or orange juice or add vinegar or lemon to food to mask a metallic taste.

MEAL IDEAS FOR PEOPLE WITH ALTERED TASTE OR DRY MOUTH

- Plain boiled soup made from meat or chicken bones or fish
- Porridge
- Pumpkin and onion soup
- Yoghurt
- Rice pudding
- Fruit salad
- Fruit juices (e.g., orange and lemon) and clean boiled water between meals

CONSTIPATION

1. Ask the client how long he/she has been constipated.

- Refer for medical attention if the constipation has lasted for 4 days or more.

2. Ask the client if he/she is taking any medications.

- Some medications, e.g., iron tablets, can cause constipation.
- If the client is taking iron tablets, counsel him/her to drink plenty of fluids.
- If the client is taking other medications, counsel him/her to continue to take the medication but to seek medical attention if the constipation gets worse.

3. Ask the client if he/she has been drinking plenty of fluids.

- Reduced fluid intake can cause constipation.
- Encourage the client to drink 6–8 cups of fluid a day, especially clean boiled water.

4. Ask the client if his/her diet includes fruits and vegetables.

- If not, encourage the client to include these foods in the diet to reduce constipation.
- Show the client a list of local, affordable fruits and vegetables that are rich in fibre.

5. Counsel the client on how to manage constipation.

- Increase fluid intake to at least eight glasses a day, especially clean boiled water.
- Eat more fruits and vegetables high in fibre, including mangoes, guavas, jackfruit, paw paw, green leafy vegetables, beans, peas, pumpkin, carrots and nuts.
- Drink a cup of warm water in the morning before eating anything to help the bowels move.
- Exercise regularly, for example, by taking frequent short walks.
- Avoid cleansing practices such as the use of laxatives or enemas.

MEAL IDEAS FOR PEOPLE WITH CONSTIPATION

- Mixed vegetable stew
- Bean, pea and mushroom soup
- Pumpkin and onion soup
- Whole cereal porridge
- Fresh fruit or vegetable salad
- Fruit juice and clean boiled water between meals

BLOATING OR HEARTBURN

1. Ask the client how long he/she has had bloating or heartburn.

- Ask whether the client is aware of what brings on the bloating or heartburn.
- Explain that eating too much food, eating too fast, not chewing food well, mental strain or emotional stress can cause bloating or heartburn.

2. Ask the client if he/she is taking any medications.

- Some medications can cause bloating or heartburn.
- Counsel the client to continue to take the medication but to seek medical attention if the bloating or heartburn gets worse or he/she can't eat.

3. Counsel the client on how to manage bloating or heartburn.

- Stress the importance of maintaining good nutrition even if not well.
- Encourage eating smaller, more frequent meals five or six times a day.
- Encourage eating slowly and not talking while chewing.
- Encourage avoiding foods that cause stomach discomfort.
- Encourage sitting up while eating and for 1 hour after eating.
- Encourage avoiding spicy, fatty and greasy foods.
- Encourage avoiding coffee and acidic foods (e.g., lemon and orange juice) if they cause discomfort.
- Encourage avoiding gas-forming foods such as cabbage, beans, onions, garlic, green peppers and eggplant.
- Counsel not to eat 2 or 3 hours before bedtime.

MEAL IDEAS FOR PEOPLE WITH BLOATING OR HEARTBURN

- Rice, millet or maize porridge
- Pumpkin soup
- Yoghurt
- Rice pudding
- Any staple with groundnuts, meat, fish or chicken stew
- Avocado
- Scrambled eggs
- Milk and egg pudding with mashed fruit

FATIGUE OR LACK OF ENERGY

1. Ask the client how long he/she has felt fatigued.

- If fatigue is severe or has lasted a long time, advise the client to see medical attention, especially if he/she doesn't have the energy to work, as he/she may have anaemia.
- Find out whether the client's lack of energy is a result of depression, and if so, refer for psychosocial counselling.

2. Ask the client if he/she is still able to prepare food and eat.

- Find out what the client has been able to eat.
- Counsel the client accordingly to eat a healthy diet, showing a list of local, affordable foods to prepare and eat when feeling fatigued.
- Advise the client to take a daily multivitamin if available.

3. Ask the client if someone can help with meal preparation so he/she can get enough rest.

4. Counsel the client on ways to manage fatigue/lack of energy.

- Get enough rest.
- Eat smaller, more frequent meals and snacks five or six times a day, as tolerated.
- Eat favourite foods.
- Try to eat at the same time each day.
- Exercise as much as possible to increase energy.
- Eat high-energy, high-protein soups with small pieces of chicken, fish or meat or porridge with sugar or honey.
- Drink plenty of fluids, at least 6 cups a day.

MEAL IDEAS FOR PEOPLE WITH FATIGUE OR LACK OF ENERGY

- Quick, easy-to-prepare meals
- Rice, millet or maize porridge with added honey or sugar and dry powdered milk as tolerated
- Pumpkin and onion soup
- Bean, pea and mushroom soup
- Yoghurt
- Rice pudding with extra dry powdered milk as tolerated
- Any staple with groundnuts, meat, fish or chicken stew
- Avocado
- Scrambled or boiled eggs
- Milk and egg pudding with mashed fruit
- Fruit salad with yoghurt
- Fruit juices and water between meals

FEVER

1. Ask the client how long he/she has had a fever.

- Advise the client to seek medical attention if the fever has lasted for several days or is not relieved with aspirin or Panadol or if he/she has lost consciousness or has severe body pain, convulsions or seizures, severe diarrhoea, an infection or yellow eyes.

2. Find out whether the client is dehydrated.

- Signs and symptoms of dehydration include lethargy, lack of skin elasticity, little or no urine output, dry mouth and rapid breathing.
- Refer the client for immediate medical treatment if dehydrated.
- Advise the client to drink plenty of fluids, at least 8 cups a day, to prevent dehydration.

3. Ask the client if he/she has been drinking plenty of fluids.

- Advise the client to use clean boiled water for drinking, making juices and preparing food.

4. Find out whether the client is still able to eat.

- If so, find out what the client has been eating.
- Counsel on the importance of maintaining good nutrition even when not feeling well.
- Show the client a list of local, affordable foods that he/she can prepare and eat when not feeling well.
- Advise the client to take a daily multivitamin if available.

5. Counsel the client on ways to manage fever.

- Eat smaller, more frequent meals and snacks five or six times a day, as tolerated.
- Add dry powdered milk to porridge.
- Avoid alcohol.
- Use clean boiled water for drinking, making juices and preparing food.
- Use ginger, honey and lemon in drinks such as tea.
- Eat high-energy, high-protein soups with small pieces of chicken, fish or meat or porridge with sugar or honey.
- Resume the regular diet once the fever is relieved and eat extra food, especially if weight was lost during the fever.

MEAL IDEAS FOR PEOPLE WITH FEVER

- Rice, millet or maize porridge with added honey or sugar and dry powdered milk as tolerated
- Pumpkin and onion soup
- Bean, pea and mushroom soup
- Yoghurt
- Rice pudding with extra dry powdered milk as tolerated
- Any staple with groundnuts, meat, fish or chicken stew
- Avocado
- Scrambled or boiled eggs
- Milk and egg pudding with mashed fruit
- Fruit salad with yoghurt
- Fruit juices and water between meals
- A liquid diet may be better until the fever is relieved