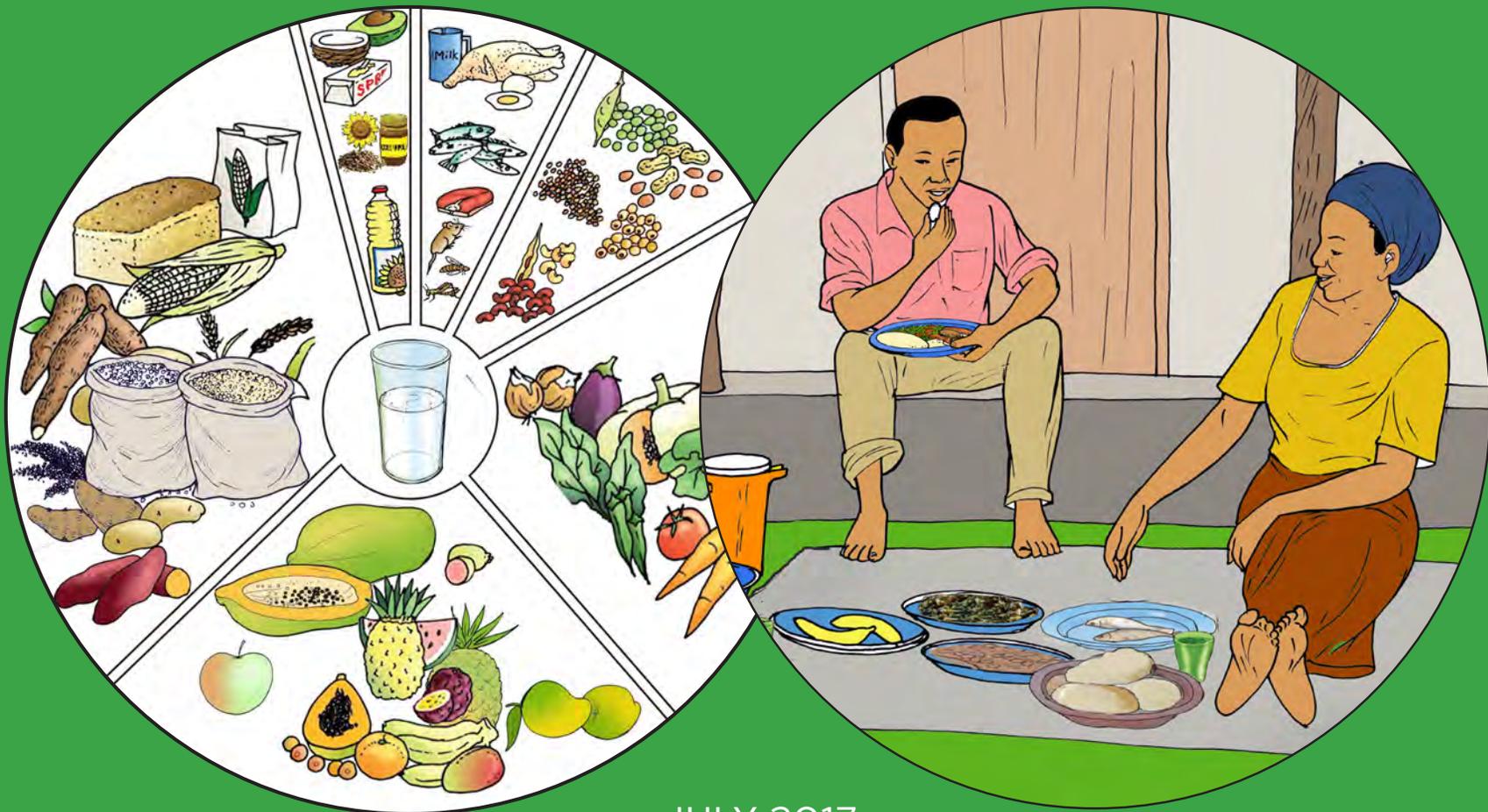




Malawi Nutrition Care Support and Treatment (NCST) Counselling and Education Flip Chart



JULY 2017

How to Use This Flipchart

WHO should use it?

Any health workers and community volunteers.

For WHAT?

Counselling and education with individuals and groups.

WHY?

To help people make informed choices to improve nutrition, adhere to treatment and manage common symptoms through diet.

HOW?

- Hold the flipchart open so the client sees the pictures and you see the text.
- **ASK** questions and listen.
- Select topics using the contents page.
- Use '**ORPA**'. Ask the client to:
 - **Observe** and **Reflect** on what is happening in the picture.
 - **Personalize**: Discuss how it applies in her/his life.
 - **Act**: Consider how to do it at home.
- Give guidance under **EXPLAIN**.
- Discuss **ACTIONS** the client can try.



Summary of Themes and Cards

FOR COUNSELLORS

Critical Nutrition Actions
Steps in effective counselling using the ALIDRAA technique
Always address the client's core needs

THEME 1: GOOD HEALTH AND NUTRITION FOR PEOPLE LIVING WITH ILLNESSES

1

Eat well to stay healthy

2

Eat a variety of nutritious foods everyday

3

Avoid getting overweight

4

Eat the appropriate amount

5

Continue eating while ill

THEME 2: PREVENTING INFECTIONS THROUGH WATER, SANITATION AND HYGIENE (WASH)

CARD

6

Drink only boiled or treated water

CARD

7

Keep food safe to prevent infection

CARD

8

Always wash hands with soap and running water

CARD

9

Always practise good hygiene and sanitation

THEME 3: ADHERENCE TO TREATMENT

CARD

10

Seek regular medical advice and early treatment of infections

CARD

11

Get weighed regularly to track and maintain a healthy weight

CARD

12

Take all medication as prescribed to you by a health care provider

CARD

13

How Antiretrovirals (ARVs) work in the body

CARD

14

Dealing with Tuberculosis (TB)

THEME 4: POSITIVE LIVING

CARD

15

Connect with others for support

CARD

16

Whenever physically able, exercise regularly and take rest

CARD

17

Always practise safe sex

CARD

18

Avoid bad habits that can harm you

THEME 5: MANAGEMENT OF OTHER SYMPTOMS

CARD

19

Managing diarrhoea

CARD

20

Managing nausea and vomiting

CARD

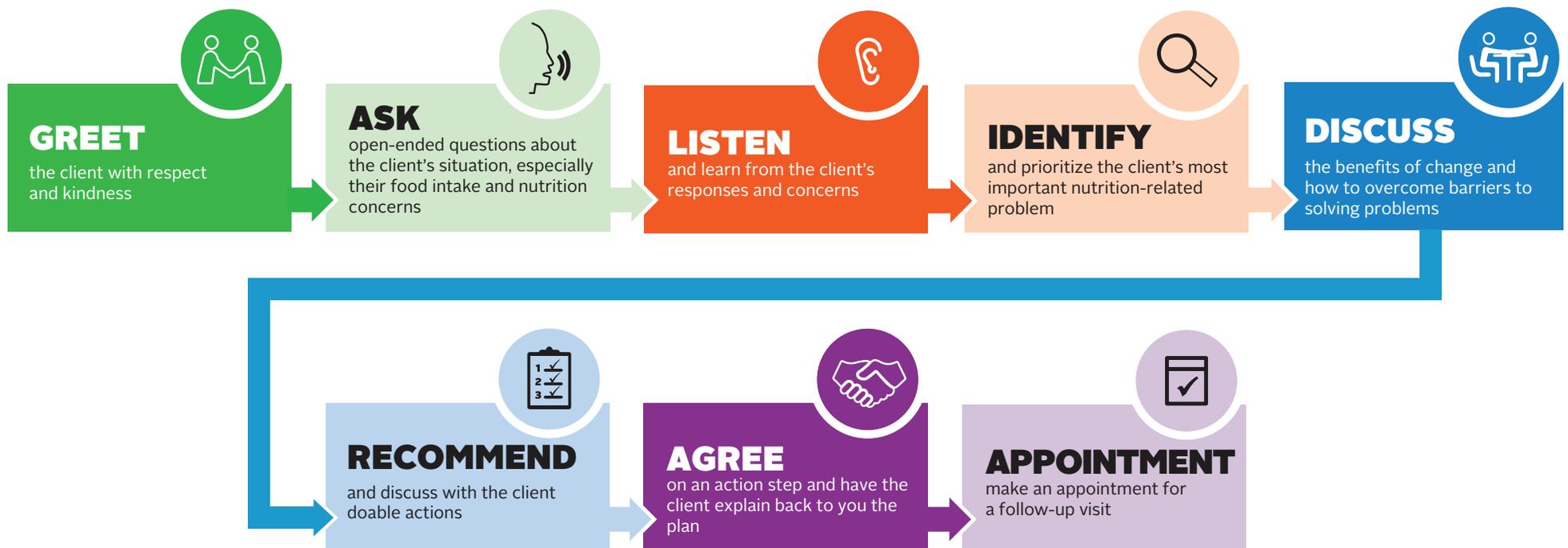
21

Managing mouth sores

CRITICAL NUTRITION ACTIONS

- Get weighed regularly and have your weight recorded.
- Eat a variety of foods and increase your intake of nutritious foods.
- Drink plenty of boiled or treated water.
- Avoid habits that can lead to poor nutrition and poor health.
- Maintain good personal hygiene
- Get exercise whenever physically possible.
- Seek early treatment of infections and advice on managing symptoms.
- Take medicines as prescribed and seek advice on how to manage drug side effects and drug-food interactions.

STEPS IN EFFECTIVE COUNSELLING USING THE ALIDRAA TECHNIQUE



ALWAYS ADDRESS THE CLIENT'S CORE NEEDS

- You can live long and well with HIV or TB if you take your medicine every day.
- If you skip doses, the medicine may stop working and you can get sick.
- Your health care provider can help you manage side effects of medicines.



Adherence to medication

- Living with infection means your body needs regular care to stay well.
- Do not miss your scheduled clinic visits.
- Go to the clinic whenever you feel sick.
 - Ask health care providers to connect you with other helpful services and support.



Regular clinic visits

- A nutritious diet is powerful support for good health.
- Different foods help you in different ways, so eat a variety from all the food groups.
- Do not eat “junk” foods, which do not help your body in any way.
- Eating well means eating enough, eating a variety of foods, and avoiding junk food.



Adequate diet

Water, hygiene, & sanitation



- Germs are too small to see, but they can make you sick with diarrhea and other illness.
- You can stop germs from getting into your body and making you sick.
- Drink only boiled or treated water.
- Do not defecate in the open. Use a latrine.
- Wash hands with flowing water and soap or ash after passing stool or cleaning others' feces, and before eating or preparing food.
- Keep food covered and cooking tools clean.

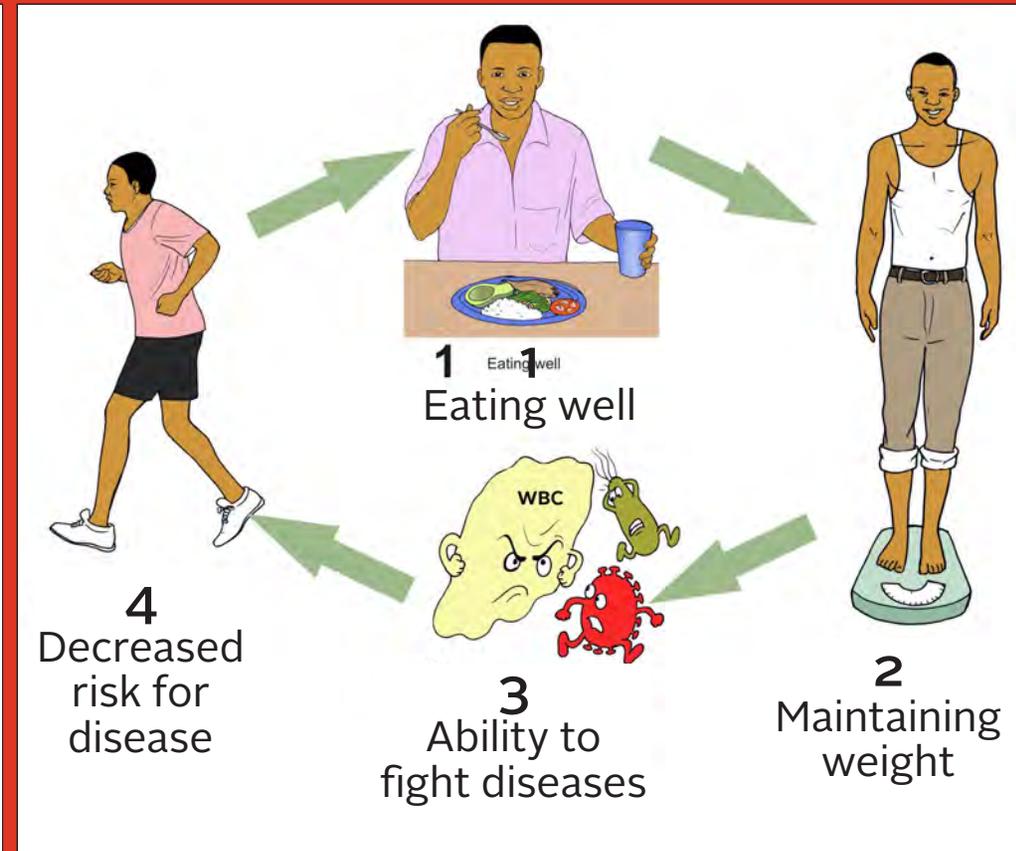
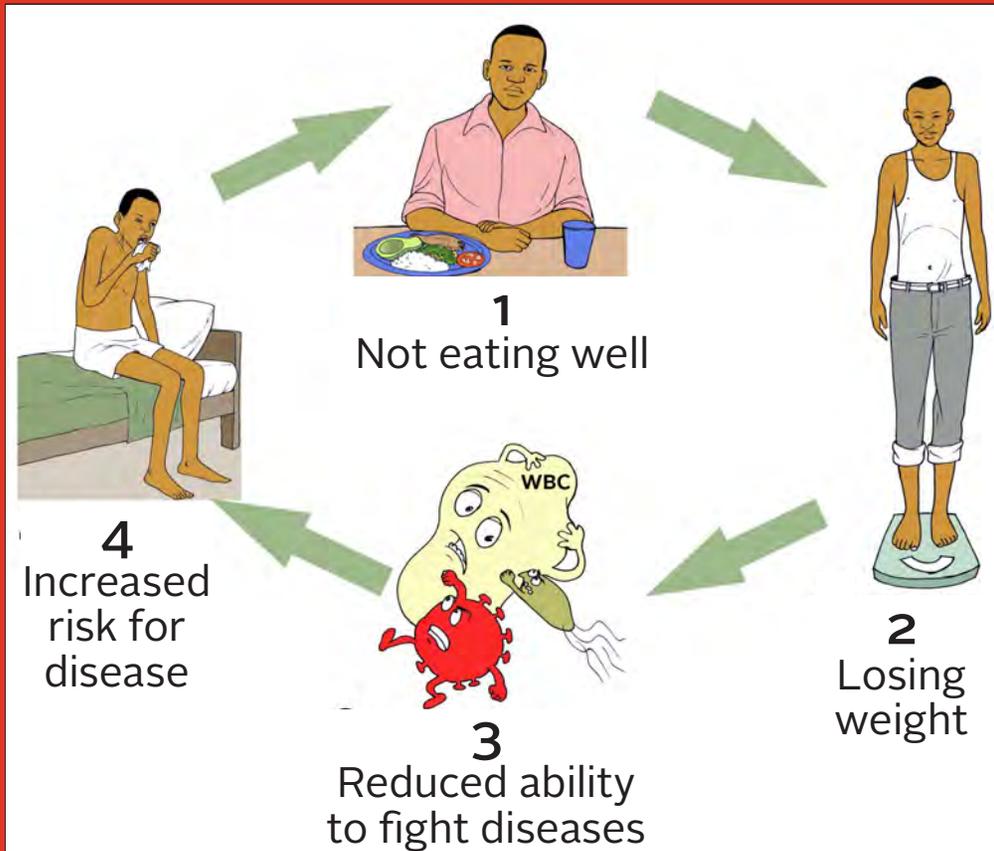
THEME 1

GOOD HEALTH & NUTRITION FOR PEOPLE LIVING WITH ILLNESSES



1

Eat well to stay healthy



Eat well to stay healthy

1 ASK

What do you see in these pictures?

What does this cycle mean to you?

What does eating well mean to you?

How can eating well help you when you are ill?

3 RECOMMENDED ACTIONS

- Try to eat three nutritious meals and snacks daily.
- Eat a combination of food from all six food groups.
- Eat affordable, nutritious, locally available foods in season.
- Consult a health care provider if you lack an appetite.

2 EXPLAIN

- Nutrition and good health are linked: improving one improves the other.
- Persons with illnesses such as HIV and TB need extra nutrients and energy to maintain body weight, boost the immune system to fight infections, recover from infections, and delay progression to AIDS.
- Eating well means eating enough good and nutritious food, a balanced diet from all six food groups, and age-appropriate food portions.
- Eating well when you are ill helps your body fight the illness. Medications also work better in well-nourished bodies.



Eat a variety of nutritious foods everyday



Breakfast



Snack



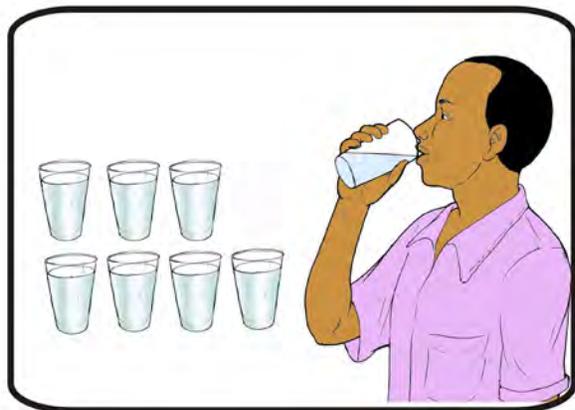
Lunch



Snack



Supper



STAPLES



VEGETABLES



FRUITS



ANIMAL
FOODS



LEGUMES
AND NUTS



FATS AND
OILS

2 Eat a variety of nutritious foods everyday

1 ASK

What do you see here?

Which of these foods does your family commonly eat?

How can you get more of these foods for your family?

3 RECOMMENDED ACTIONS

- Eat locally available foods in season.
- Eat a variety of foods from each of the six food groups.
- Create colourful meals from the six food groups to ensure you consume a variety of nutrients.
- Ask friends and family to share recipes to add new foods into your diet.



2 EXPLAIN

- Different foods meet different needs of our bodies. Eating a varied diet promotes good health.
- Every day you need a combination of body-building protein for strength (from animals, legumes, and nuts); carbohydrates for energy (from staples and fats); and vitamins and minerals (from vegetables and fruits) to protect our immune systems.
- You can get a balance of these nutrients from locally available foods such as:

FOOD GROUP	EXAMPLES
STAPLES	Cereal grains (e.g., sorghum, millet, and maize); starchy fruits (e.g., green bananas and plantains); and starchy roots (e.g., cassava, sweet potato, and Irish potato). Staples provide carbohydrates and, depending on the food and how it is processed, protein, fibre, vitamins, and minerals.
VEGETABLES	Green leafy and yellow vegetables such as <i>bonongwe</i> , <i>chisoso</i> , <i>khwanyana</i> , <i>mnkhwani</i> , <i>kholowa</i> , <i>rape</i> , <i>mpiru</i> , <i>kamganje</i> , carrots, eggplants, pumpkin, tomatoes, and mushrooms. Vegetables protect the body with vitamins, minerals, water, and dietary fibre.
FRUITS	Citrus fruits such as oranges, lemons, baobab, and tangerines; bananas; pineapples; pawpaws; mangoes; <i>masawu</i> ; <i>bwemba</i> ; <i>malambe</i> ; <i>masuku</i> ; peaches; apples; guavas; and watermelons. Fruits protect the body with vitamins, minerals, water, energy, and provide dietary fibre.
ANIMAL FOODS	Meat, poultry, eggs, fish (e.g., <i>matemba</i> , <i>utaka</i> , <i>usipa</i> , <i>kapenta</i> , <i>makakana</i> , <i>chambo</i>), insects (e.g., <i>bwanoni</i> , <i>ngumbi</i> , <i>mafufufute</i> , <i>mphalabungu</i>) and milk products. These provide essential protein for growth and strength, as well as vitamins and minerals.
LEGUMES AND NUTS	Groundnuts, soya beans, common beans, peas, cowpeas, ground beans (<i>nzama</i>), bambara nuts, and pigeon peas. Legumes and nuts provide protein, fibre, and energy. Soybeans and nuts contain healthy fats.
FATS AND OILS	Can be both healthy and unhealthy. Healthy fats are found in vegetable oils, nuts and seeds, avocado, and fatty fish (<i>batala</i>), such as lake trout and tuna. Unhealthy fats, such as butter and fat from animal products other than fish, should be eaten sparingly.

Avoid getting overweight



Avoid getting overweight

1 ASK

What do you see in the pictures?

How can you know if you are overweight?

What can cause you to become overweight?

What can you do to avoid getting overweight?

What are the consequences of overweight?

3 RECOMMENDED ACTIONS

- Know your body mass index (BMI).
- Make healthy food choices every day by eating more vegetables and fruits and avoiding junk foods and drinks.
- Get physically active at any age



2 EXPLAIN

- BMI means “body mass index” and is based on height and weight. BMI reflects a person’s nutritional status. A high BMI indicates the body is carrying extra fat that can cause health problems.

BMI	NUTRITIONAL STATUS
< 16.0	SEVERE UNDERWEIGHT
16.0 TO 18.4	MODERATE UNDERWEIGHT
18.5 TO 24.9	NORMAL NUTRITIONAL STATUS
25.0 TO 29.9	OVERWEIGHT
≥ 30.0	OBESE

- Consuming more energy-dense foods than you need can cause overweight. Energy-dense foods include high-fat and high-sugar foods.
- Not enough physical activity can also lead to overweight.
- Overweight can lead to health problems such as:

Hypertension	Respiratory problems
Heart disease	Liver disease
Stroke	Osteoarthritis (joint disease)
Diabetes	And some cancers
- The health problems can lead to:

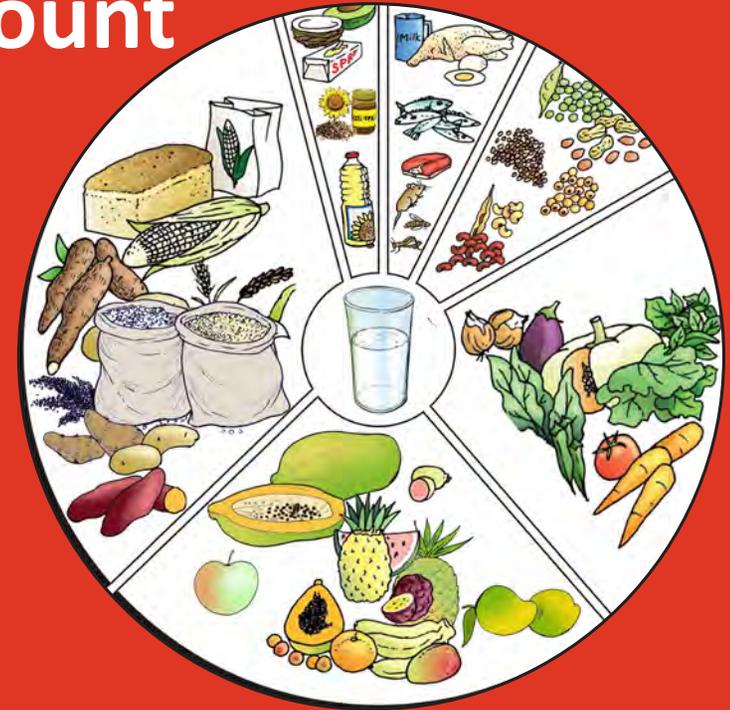
Limited morbidity	Lost income
Lost productivity	Premature death

CARD

4

Eat the appropriate amount

TO REACH NORMAL NUTRITIONAL STATUS,
increase or decrease amount of food in these groups:



If underweight



STAPLES



VEGETABLES



FRUITS



ANIMAL FOODS



LEGUMES
AND NUTS



FATS AND
OILS



If overweight

Eat the appropriate amount

1 ASK

What do you see in the pictures?

Why do you think different people may need to eat different amounts of food?

2 EXPLAIN

- Many people eat too much from the staple food group and not enough of the other food groups.
- Different foods meet different needs of our bodies. Eat a varied diet every day, combine body-building protein for strength (from animals, legumes, and nuts); carbohydrates for energy (from staples and fats); and vitamins and minerals (from vegetables and fruits) for promoting good health.
- Whole foods from nature have more nutritious value than processed foods from packages.
- The amount of food depends on your nutritional needs. The table below provides recommendations for a person of normal weight and health.

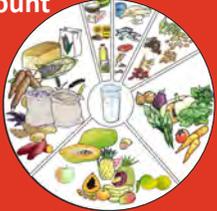
RECOMMENDED DAILY FOOD CONSUMPTION FOR AN ADULT OF NORMAL NUTRITIONAL STATUS:

FOOD GROUP	FOOD PORTION/ Measurement per day
1. STAPLES	250 grams, which is equivalent to: 1 cup (1 large Chipande) of rice or 1 Chipande of Nsima or 2 medium-sized sweet potatoes, cassava, or Irish potatoes
2. VEGETABLES	250 grams, which is equivalent to: 1 cup or 1 large Chipande of chopped green vegetables
3. FRUITS	300 grams, which is equivalent to: 1 banana, 1 mango, 1 orange, or 3 portions of other fruits that are in season
4. LEGUMES AND NUTS	150 grams, which is equivalent to: ½ cup (½ large chipande) dried ground nuts
5. ANIMAL FOODS	75 grams, which is equivalent to: 1 piece of chicken, 4 cubes of cut beef, 1 cut piece of fish, 1 serving spoon of any other animal relish
6. FATS AND OILS	50 grams, which is equivalent to: 2 tablespoons of cooking oil
WATER	2 to 4 litres (8 to 16 glasses)

3 RECOMMENDED ACTIONS

- Follow your provider's recommendation about portion sizes to ensure appropriate intake.
- If losing weight or underweight, increase intake of foods rich in healthy oils, such as avocado and nuts.
- If overweight or obese, increase intake of fruits, vegetables, and legumes, and reduce the intake of processed staples, fats, oils, and animal foods.

CARD
4 Eat the appropriate amount



TO REACH NORMAL NUTRITIONAL STATUS, increase or decrease amount of food in these groups:

If underweight

↑ ↑ ↑ ↑ ↑ ↑


STAPLES


VEGETABLES


FRUITS


ANIMAL FOODS


PULSES


FATS AND OILS

↓ ↑ ↑ ↓ → ↓

If overweight

CARD

5

Continue eating while ill



Continue eating while ill

1 ASK

What do you see in the pictures?

Have you ever lost your appetite?

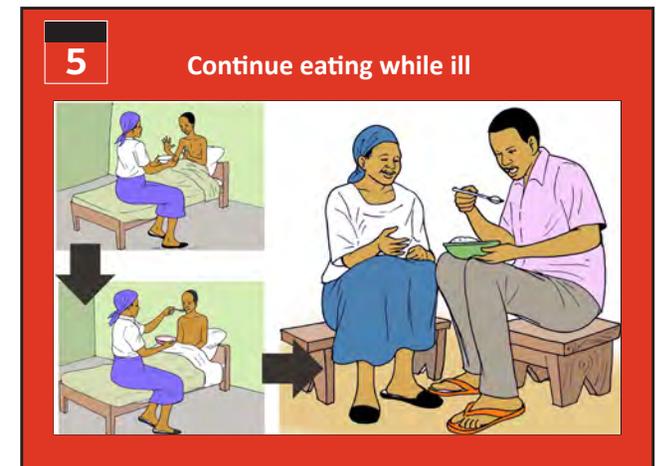
How can we prevent and treat loss of appetite?

2 EXPLAIN

- To recover from illness, patients require extra nutrients and energy, but they may not feel like eating.
- Good health requires consistent intake of nutritious food.
- Loss of appetite can lead to weight loss, which can affect a sick person's immune system; it can also affect adherence to medication, with serious consequences.
- Dietary choices can help stimulate appetite.

3 RECOMMENDED ACTIONS

- Stimulate appetite by eating your favourite foods.
- Eat small amounts of food more often.
- Eat more energy-dense foods.
- Avoid strong-smelling foods.
- Take walks to stimulate your appetite.



THEME 2

PREVENTING INFECTIONS THROUGH WATER, SANITATION AND HYGIENE (WASH)



Drink only boiled or treated water



Drink only boiled or treated water

1 ASK

What do you see here? What is she doing? Why?

Where do you store your drinking water?

What happens if you drink water that has not been boiled or treated?

What can you do at home to keep germs out of your drinking water?

2 EXPLAIN

- Germs and parasites that cause diarrhoea and other serious illnesses are found in water.
- Germs in water must be killed before drinking, to prevent sickness.
- Water can be made safe by boiling, adding chlorine and/or WaterGuard.

3 RECOMMENDED ACTIONS

- Treat drinking water by boiling and/or adding chlorine or WaterGuard.
- Keep water clean by keeping it covered with a container/jar/Mtsuko to protect it from insects and animals.
- Keep drinking water separate from water used for cleaning or washing.
- Always use a clean cup to take water out of a container, not a cup used by many people.



CARD

7

Keep food safe to prevent infection



Keep food safe to prevent infection

1 ASK

What do you see in the pictures?

Where do you prepare food?

How do you clean your cooking areas and utensils?

What can you do at home to keep germs out of your food?

2 EXPLAIN

- Keeping containers, utensils, and hands clean can help prevent exposure to contamination and prevent illness.
- If food is not well covered, it is exposed to flies that spread germs and cause illness.
- Children, elderly people, pregnant women, and people with illnesses such as HIV can easily get sick from contaminated food and water.

3 RECOMMENDED ACTIONS

- Always wash your food preparation area and cooking equipment with soap or bleach before and after use.
- Cook meat, chicken, fish, and eggs thoroughly (until steaming). Meat juices should be clear.
- Cover cooked food and do not leave food out for more than two hours.
- Reheat leftover food until steaming inside before eating.



Always wash hands with soap and running water to stop the germ cycle



Always wash hands with soap and running water to stop the germ cycle

1 ASK

What is happening in these pictures?

Why are they washing their hands?

In your community and family, when do you typically wash your hands? How?

Why is it important to always wash your hands with soap and running water?

2 EXPLAIN

- Germs that you can't see get into your body when you touch or eat anything contaminated, including soil, faeces, untreated water, food, and cooking utensils.
- Germs cause a lot of illnesses, including diarrhoea, and make it difficult for the body to absorb necessary nutrients.
- Washing hands with soap and running water allows you to kill germs that can make you sick.

3 RECOMMENDED ACTIONS

- Always wash your hands and your child's hands with soap and running water at these critical times:
 - Before preparing or handling any food, and often while preparing food.
 - Before and after eating food, before and after feeding someone, and before taking medication.
 - Before breastfeeding a baby or feeding a child.
 - After changing a baby's nappy.
 - After defecating or cleaning another's faeces, vomit, nose blowing, cough, sneeze, or handling animals or animal waste.
- Wash your hands under pouring or flowing water to remove dirt and germs. Do not wash your hands in a basin of water that many people use to wash their hands in.



Always practise good hygiene and sanitation to prevent diseases in your home



Always practise good hygiene and sanitation to prevent diseases in your home

1 ASK

What do you see in the pictures?

How do you ensure you practice hygiene and sanitation around your home?

What works well and what are some of the challenges?

Can you think of anything you can do to improve hygiene and sanitation in your home?

2 EXPLAIN

- Good hygiene practises can stop germs from spreading and prevent a lot of diseases, including diarrhoea.
- You can stop germs from entering your body by drinking boiled or treated water, eating safe food, washing your hands, and disposing of faeces properly (e.g., using the toilet to defecate, burying any animal faeces).
- Household refuse and animal waste can spread germs, parasites, and illness.
- Keeping toilets covered is important to keep out insects and animals so that they cannot spread germs from faeces to your food and water.

3 RECOMMENDED ACTIONS

- Keep livestock fenced and animal faeces away from household.
- Keep grass cut and surroundings swept and tidy.
- Have a clean place for washing, drying, and storing all cooking utensils.



THEME 3

ADHERENCE TO TREATMENT



Seek regular medical advice and early treatment of infections



Seek regular medical advice and early treatment of infections

1 ASK

When do you go to the health facility?

What do you like/not like about going to the facility?

What benefits do you get from going to a health facility?

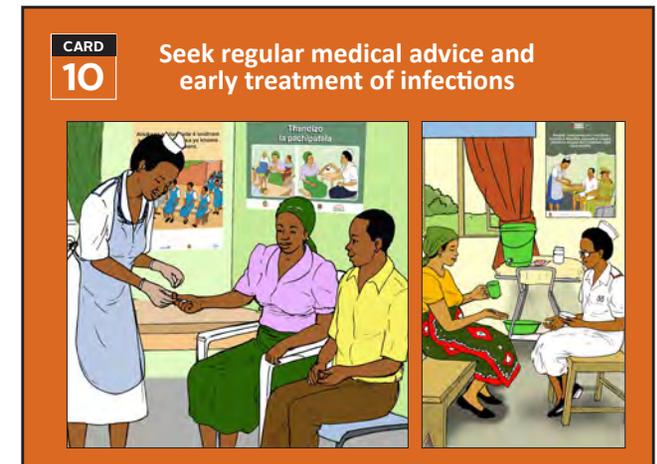
What/who can help you make regular visits to the health facility?

2 EXPLAIN

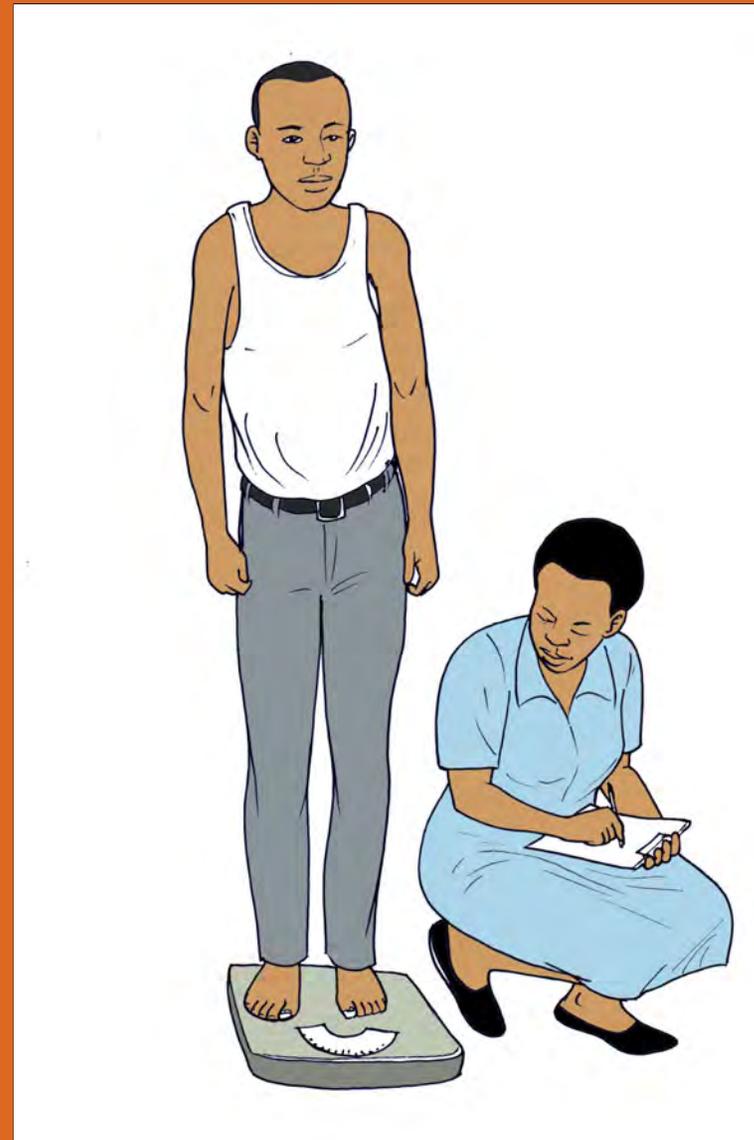
- People with HIV or TB get infections easily because they have weak immune systems.
- If you wait too long to seek medical help when you are sick, it takes longer to recover and costs more for treatment.
- If you go to a health facility regularly, health problems can be identified and treated early.

3 RECOMMENDED ACTIONS

- Seek immediate clinical help for managing illnesses.
- Always seek advice from a health care provider about any traditional/herbal remedies or nutrition supplements that you intend to take, or are taking).
- If you have HIV, have your viral load checked at least every six months.
- Go to the antenatal clinic as soon as you know you are pregnant.
- If you are pregnant and are HIV positive, enroll in a prevention of mother-to-child transmission (PMTCT) program as soon as possible.
- If you are pregnant, keep your appointments and visit the health facility regularly.



Get weighed regularly to track and maintain a healthy weight



Get weighed regularly to track and maintain a healthy weight

1 ASK

What do you see in the pictures?

Does someone measure your weight when you go to the health facility?

What are the benefits of having your weight measured?

2 EXPLAIN

- By having your weight measured, the health care provider can determine your nutritional status.
- Regular weighing allows for early identification and treatment of nutritional problems.
- In addition to taking weight measurement, pregnant women and lactating women of children up to 6 months will also have their mid-upper arm circumference (MUAC) measured.

3 RECOMMENDED ACTIONS

- Get weighed regularly and keep a record of your weight in your health passport.
- If pregnant and lactating, also keep a record of your MUAC measurement in your health passport.
- Visit the health facility regularly to know and track your nutritional status.
- Seek medical treatment if you feel weak or sick or have lost a lot of weight unexpectedly.



CARD

12

Take all medication as prescribed
to you by a health care provider



Take all medication as prescribed to you by a health care provider

1 ASK

What do you see in the images?

Do you have any problems taking medications the doctor has prescribed?

Have you had any side effects from medications? If so, how have you managed them?

Who can help you take your medications on schedule?

3 RECOMMENDED ACTIONS

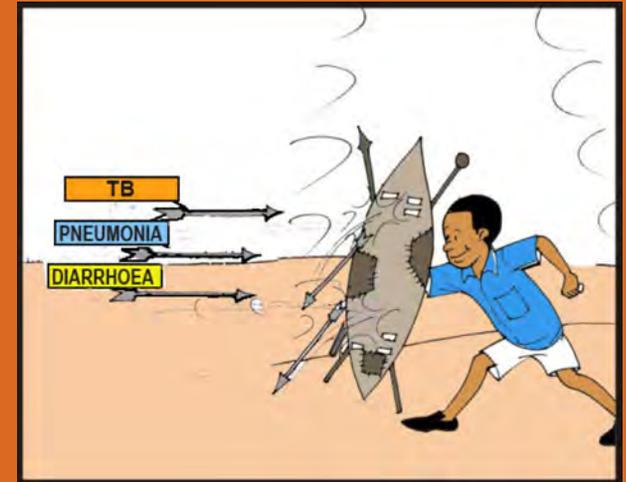
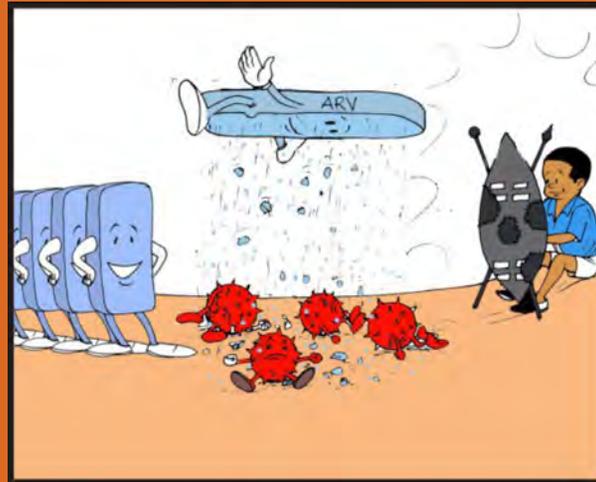
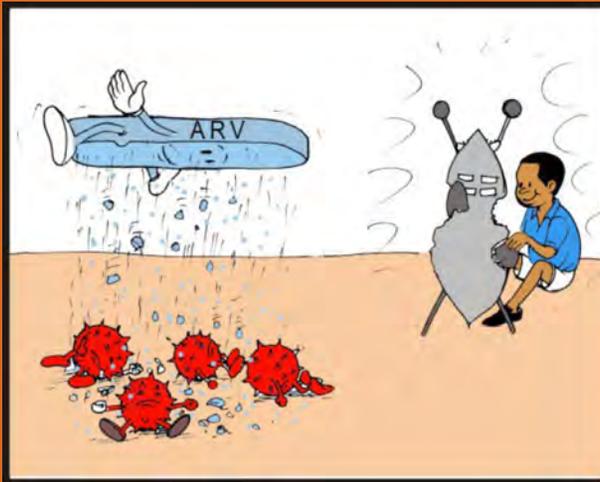
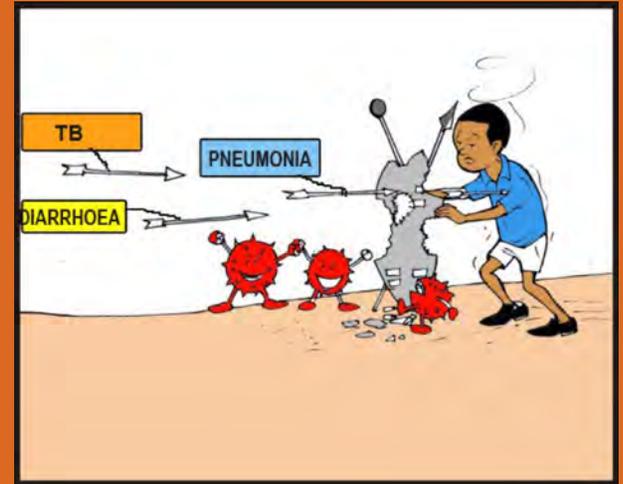
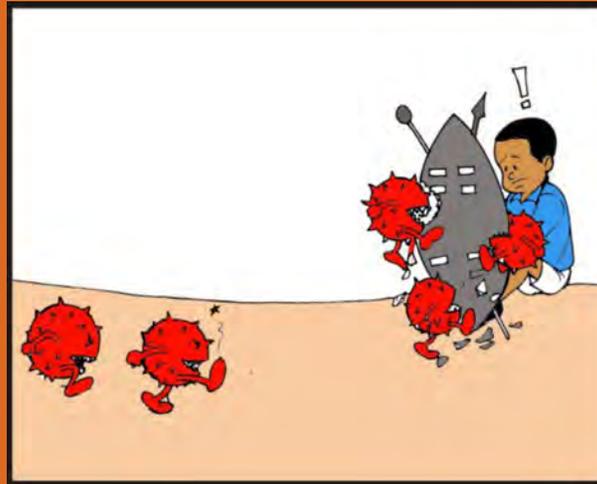
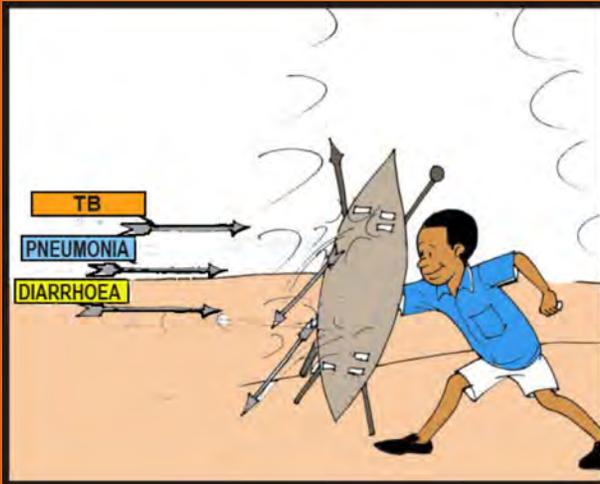
- Do not skip doses or stop taking medications, even if you have side effects.
- Ask your health care provider how to manage medication side effects by changing your diet.
- Take ARVs at the same time every day so you always have protection in your blood and can:
 - o Stay alive and healthy.
 - o Stay energetic and able to work.
 - o Plan for the future.
 - o Give birth to HIV-negative children.

2 EXPLAIN

- People who are HIV positive are at risk of getting other infections, e.g., TB and diarrhoea.
- Exposure to other infections can weaken the immune system of a person living with HIV and AIDS (in other words, the immune system, which acts as a shield, is attacked).
- Taking Antiretrovirals (ARVs) consistently, as recommended by the health care provider, puts the HIV virus to sleep, which allows the immune system to rebuild (strengthening the shield).
- When the immune system is strong or rebuilt, it is able to defend itself from other infections and diseases.
- If you don't take your ARVs as prescribed:
 - o The medicine may stop working.
 - o You can get infections more easily.
 - o You can become weak and unable to work.
 - o You can get sick and die.
 - o Your baby can become infected with HIV.



How Antiretrovirals (ARVs) work in the body



How Antiretrovirals (ARVs) work in the body

1 ASK

What do you see/learn from the pictures?

What are the benefits of taking ARVs correctly and consistently?

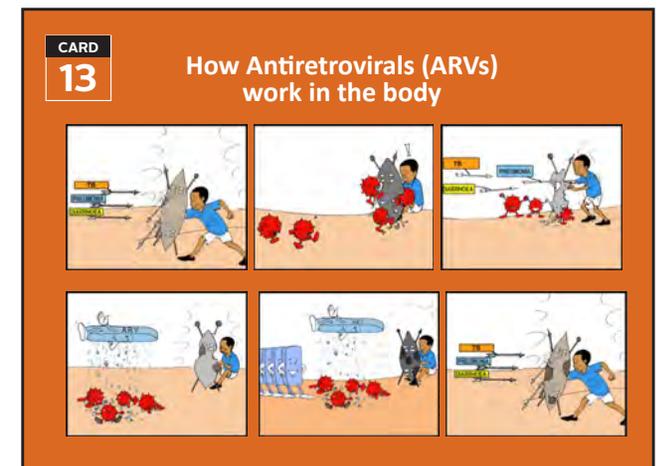
What are the dangers of not taking ARVs correctly and consistently?

3 RECOMMENDED ACTIONS

- Take ARVs at the same time every day as prescribed by the health care provider.
- Do not skip doses or stop taking medications, even if you experience side effects.
- Ask your health care provider how to manage any side effects that you may experience.
- Join a support group to get help adhering to treatment.

2 EXPLAIN

- HIV is a virus that attacks and kills the white blood cells (also known as immune cells) that fight infections; when you have a high viral load and low white blood cells, you get infections more easily.
- ARVs are drugs that increase the 'soldiers' that protect the immune cells and reduce the amount of HIV in your blood ('viral load').
- Without ARVs, HIV multiplies and kills more immune cells.
- There is no cure for HIV and AIDS. To live with HIV, you must take ARVs for the rest of your life, on schedule, every day.
- ARVs will only work if you take them exactly as the doctor prescribes.
- Side effects from ARVs are usually not serious. Most go away after a few weeks. Some symptoms are from infections, not the ARVs.
- Always remember to wash your hands before taking medications to help prevent other infections.



Dealing with Tuberculosis (TB)



Dealing with Tuberculosis (TB)

1 ASK

What do you see in the pictures?

How is TB transmitted?

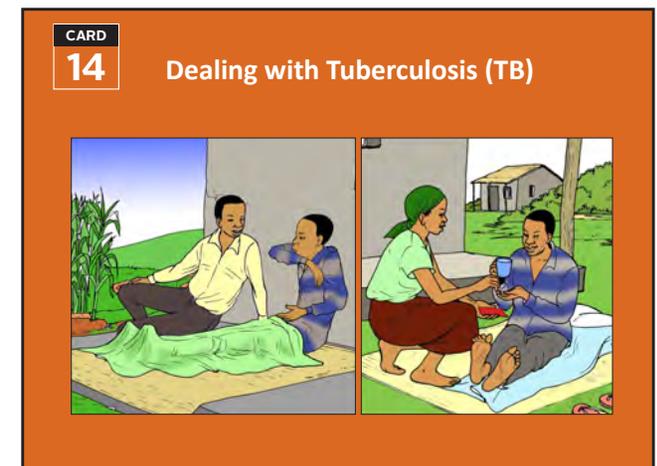
What are some of the symptoms that would encourage you to go for a TB test?

2 EXPLAIN

- TB is one example of an opportunistic disease that may infect a person living with HIV.
- TB can be transmitted through contact with people who have the infection.
- Some symptoms of TB may include feeling weak; persistent coughing that lasts two or more weeks; unintentional weight loss; and having a fever, chills, or night sweats.
- It is important to get tested if you suspect you have TB.
- Left untreated, the infection can quickly progress into the TB disease.
- If you have been tested and diagnosed with TB, take all your medications as prescribed to you by the health care provider.
- Make sure you have completed your dosage to ensure TB is treated.

3 RECOMMENDED ACTIONS

- Seek medical attention to get tested, especially if you experience some of the TB symptoms.
- If tested and diagnosed with TB, take medication every day for the entire prescribed treatment period.
- If you are on TB medications, eat a variety of nutritious and high-energy foods to maintain a healthy weight.
- Avoid alcoholic drinks or smoking, which can be harmful to your health.

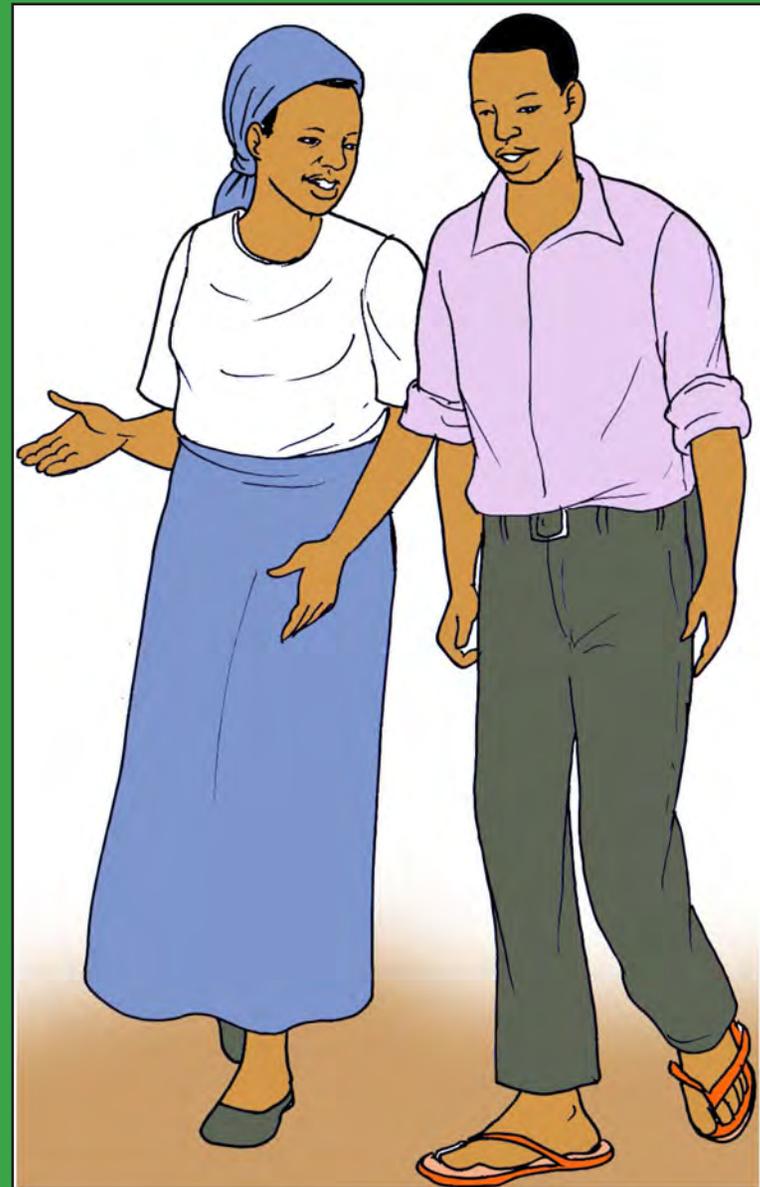


THEME 4

POSITIVE LIVING



Connect with others for support



Connect with others for support

1 ASK

What do you see in the pictures?

What makes you feel happy and relaxed?

Who helps you to feel happy and have a relaxed time?

What do you do to help avoid stress? Who can support you?

2 EXPLAIN

- Conditions like HIV do not have to overwhelm you. With treatment and a healthy lifestyle, you can live a long and healthy life.
- Living with a chronic condition or illness like TB and HIV may cause worry and stress. Stress and fatigue can strain the body and make you lose weight and feel weak.
- Spending time with supportive people can help you relax and learn ways to cope with stress.

3 RECOMMENDED ACTIONS

- Discuss with a health care provider how to disclose your status to family and others you care about.
- Ask for help from trusted friends and community support services.
- Join a support group with others in the same situation as you.
- Avoid people who have unhealthy habits or make you feel stressed or unhappy about yourself.



Whenever physically able, exercise regularly and take rest



Whenever physically able, exercise regularly and take rest

1 ASK

What kinds of physical activities do you do?

How do you feel when you exercise?

How does physical activity help you stay healthy?

How can you best balance keeping fit and resting?

2 EXPLAIN

- Exercise helps you feel, eat, and sleep better and stay strong.
- Exercise also helps to stimulate appetite.
- Too little sleep makes you fatigued and affects your appetite and strength.

3 RECOMMENDED ACTIONS

- Keep physically active by walking, stretching, or doing light work at home or in the garden.
- Exercise regularly, at least 30 minutes a day.
- Do light vigorous activities that you enjoy.
- Get at least eight hours of sleep every night.



Always practise safe sex



Always practise safe sex

1 ASK

What do you see in the pictures?

Why is it important for you to always practise safe sex?

2 EXPLAIN

- If you have sex without using a condom correctly and consistently, you can be re-infected with HIV and you can infect others.
- Having unprotected sex puts you at a very high risk of contracting sexually transmitted infections (STIs).
- If you have an STI and HIV, you can transmit both more easily.

3 RECOMMENDED ACTIONS

- When you practise safe sex, you reduce your risk of other STIs.
- Abstinence is the one of the key ways to prevent further spread of STIs.
- Always practice safe sex through correct and consistent use of a condom.
- Be faithful to your partner.
- Disclose your HIV status to your sexual partners.



18

Avoid bad habits that can harm you



Avoid bad habits that can harm you

1 ASK

What do you see in the pictures on the left-hand side?

How are these habits harmful to a person who is ill?

Why is it important for you to abstain from these habits, especially when you are ill?

3 RECOMMENDED ACTIONS

- Avoid alcohol and smoking, especially if you are ill and are taking medication.
- Drink boiled or treated water or unsweetened fruit juices instead of sweetened, coloured drinks, juices, and sodas.
- Snack on natural whole foods instead of packaged 'junk foods' full of sugar and fat.

2 EXPLAIN

- No matter how good they taste, unhealthy foods do not provide necessary nutrients to the body.
- Smoking, alcohol, and junk foods are harmful to the body and medication being taken.
- Drinking alcohol can be harmful due to wasted money and poor judgement. It can also be dangerous when consumed in excess, causing liver damage, which can interfere with how medication is processed in the body and lead to treatment ineffectiveness.
- Junk food eaten over time may result in obesity, which causes health problems. Many junk foods contain a high level of fats, salt, and sugar and can contribute to hypertension, diabetes, and cardiovascular disease.



THEME 5

MANAGEMENT OF OTHER SYMPTOMS



Managing diarrhoea



Managing diarrhoea

1 ASK

What do you see in the pictures on the left-hand side?

What happens if this habit does not stop?

What do you do when you have diarrhoea?

Do you eat any special foods or drink special liquids?

3 RECOMMENDED ACTIONS

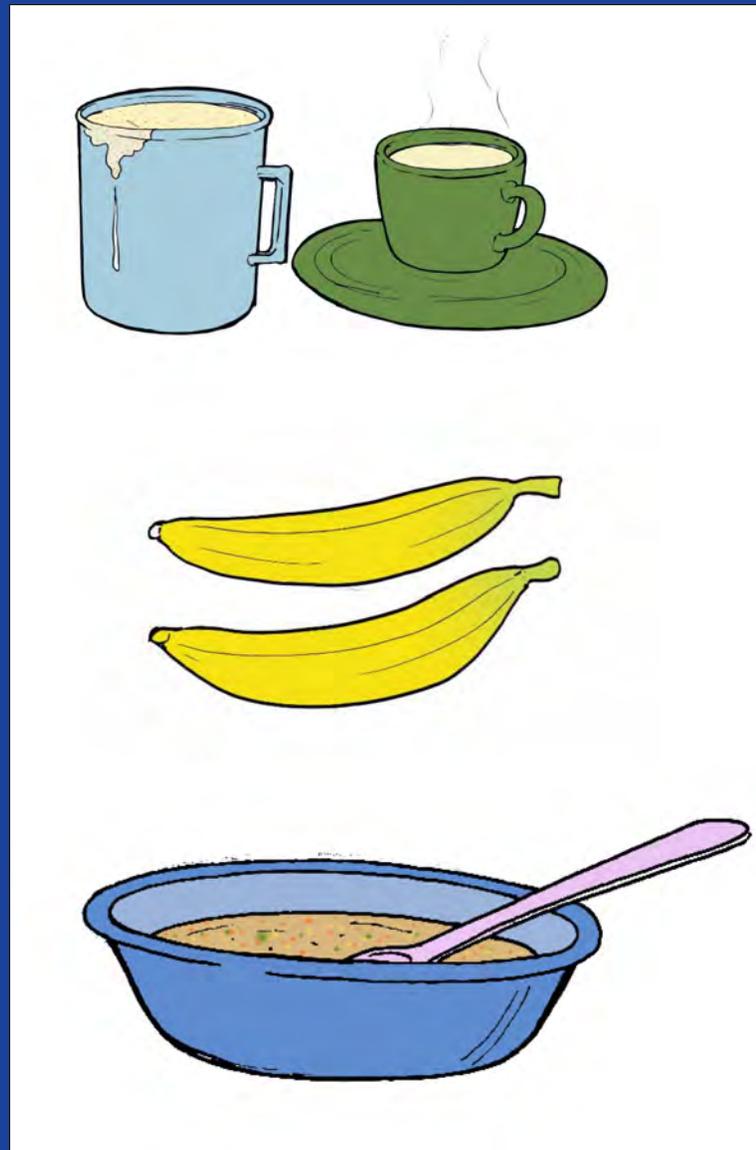
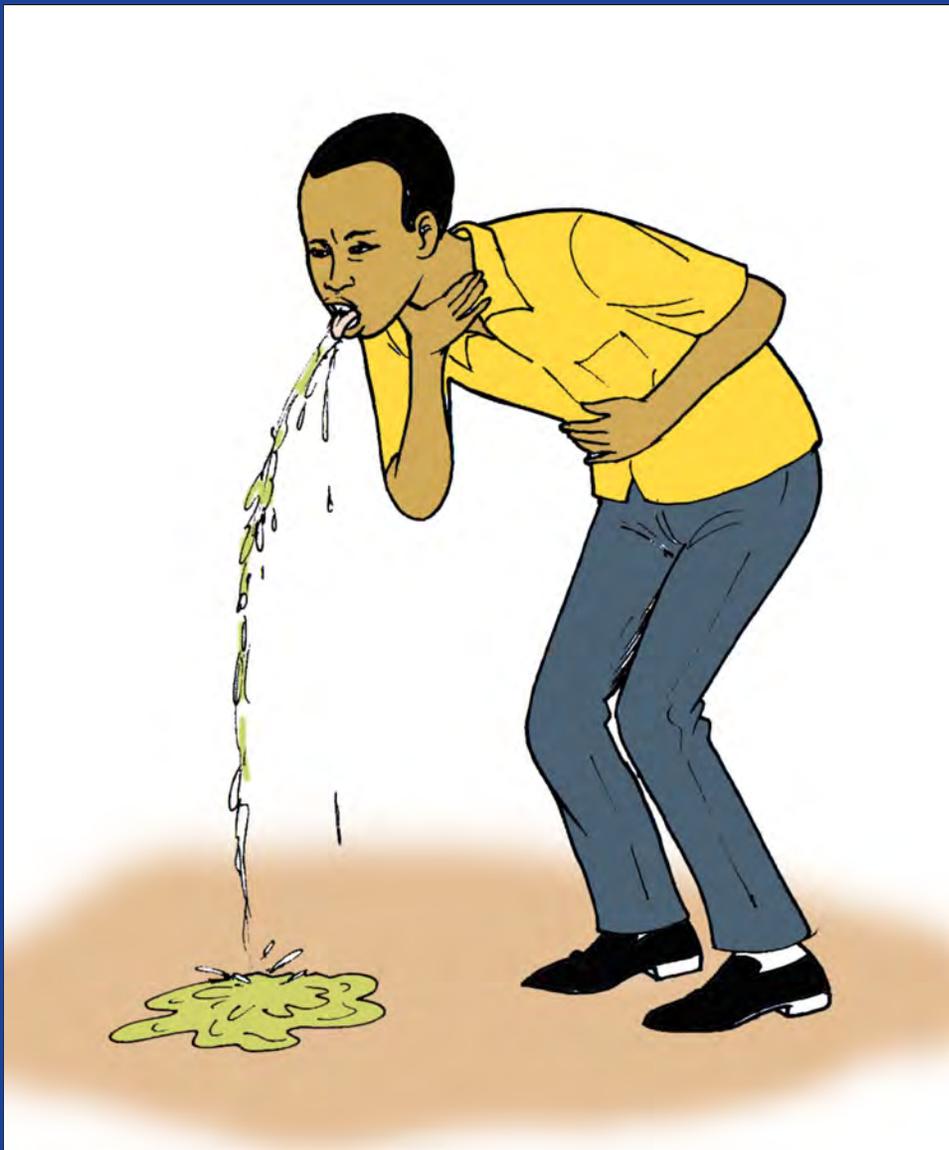
- If you have diarrhoea, avoid very hot or very cold drinks, oily or fried foods, spicy foods, and citrus fruits such as lemons and oranges.
- Drink plenty of fluids (e.g., soups, diluted fruit juices, boiled water) to prevent dehydration.
- Eat foods rich in soluble fibre (e.g., bananas, peas, lentils) to help retain fluid.
- Eat easily digestible foods such as rice, bread, porridge, potatoes, crackers, and vegetables.
- Take medication with food or drink as prescribed.

2 EXPLAIN

- You can prevent diarrhoea with WASH practices: using a latrine and avoiding open defecation, drinking boiled or treated water, practicing safe food handling, and handwashing.
- Diarrhoea takes essential fluids and nutrients from your body. These fluids and nutrients must be replaced.
- Symptoms of diarrhoea can be eased by drinking extra fluids, and managing diet by avoiding oily fried foods, citrus, and strong spices.



Managing nausea and vomiting



Managing nausea and vomiting

1 ASK

What do you see in the pictures on the left-hand side?

What do you do when you have nausea and are vomiting? Do you eat any special foods?

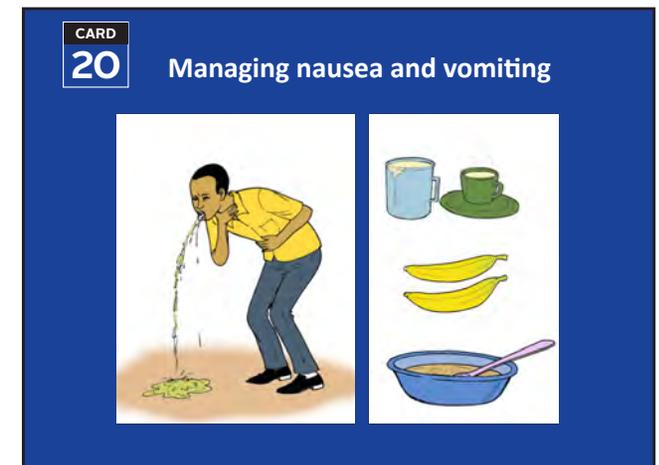
If you feel nauseated because of medicine, what do you do to feel better?

2 EXPLAIN

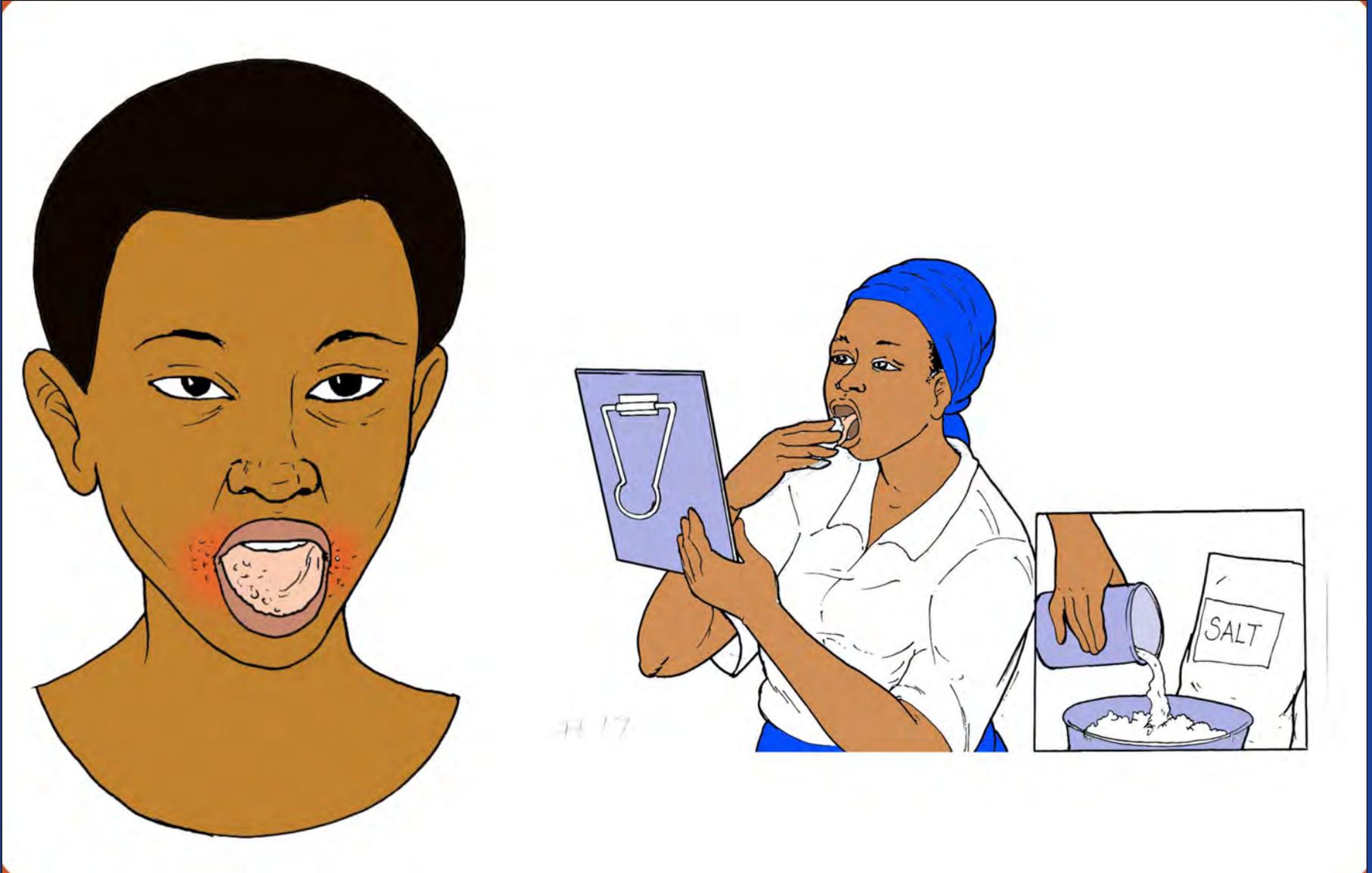
- Nausea and vomiting take essential fluids and nutrients from your body. These fluids and nutrients must be replaced.
- Some medications need to be taken with food, others must be taken on an empty stomach. Following instructions can prevent side effects.

3 RECOMMENDED ACTIONS

- Avoid having an empty stomach, which makes nausea worse.
- Drink extra fluids to prevent dehydration.
- Eat soups, unsweetened porridge, and fruits such as bananas, to calm the stomach.
- When your symptoms start to go away, eat food to regain weight and energy.
- Follow directions for taking medications with or without food.
- Get a good rest between meals.



Managing mouth sores



Managing mouth sores

1 ASK

What do you see in the pictures on the left-hand side?

If you have sores in your mouth, how do you manage them?

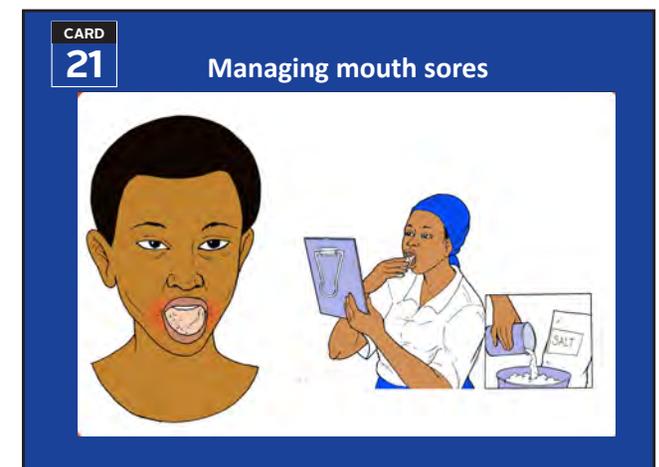
What kind of foods do you eat when you have mouth sores or thrush?

2 EXPLAIN

- People with weak immune systems may have white spots in the mouth. These mouth sores, or thrush, can make it difficult to eat and swallow.
- Thrush can be uncomfortable, but it is not dangerous.
- Cleaning your mouth helps prevent and soothe thrush and mouth sores.

3 RECOMMENDED ACTIONS

- Tilt your head back when eating to help with swallowing.
- Eat soft, mashed foods, such as rice, carrots, scrambled eggs, potatoes, bananas, and soup.
- Eat fermented foods such as yoghurt and maheu and food prepared with garlic.
- Eat room-temperature foods and use a spoon or a cup to eat small amounts.
- Avoid spicy, salty, sugary, or sticky food that may irritate the mouth sores.
- Wipe or rinse the inside of your mouth with boiled or treated water with a small spoonful of salt mixed in.
- Avoid smoking and alcohol.
- Seek medical treatment for thrush if symptoms persist or worsen.





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FANTA III
FOOD AND NUTRITION
TECHNICAL ASSISTANCE

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THE SCIENCE OF IMPROVING LIVES

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