

Integrating Nutrition Assessment, Counselling, and Support into Health Service Delivery



National Counselling Cards for
People Living with HIV/AIDS and/or Tuberculosis

Revised March 2016

Acknowledgements

The Ministry of Health would like to very sincerely thank the Food and Nutrition Technical Assistance III Project (FANTA) for updating these National Counselling Cards for People Living with HIV and/or Tuberculosis. The counselling cards were originally developed by the University Research Co., LLC (URC) Nulife Program, with support from the United States Agency for International Development (USAID), the United Nations Children's Fund (UNICEF), the World Health Organization (WHO) and the World Food Programme (WFP).

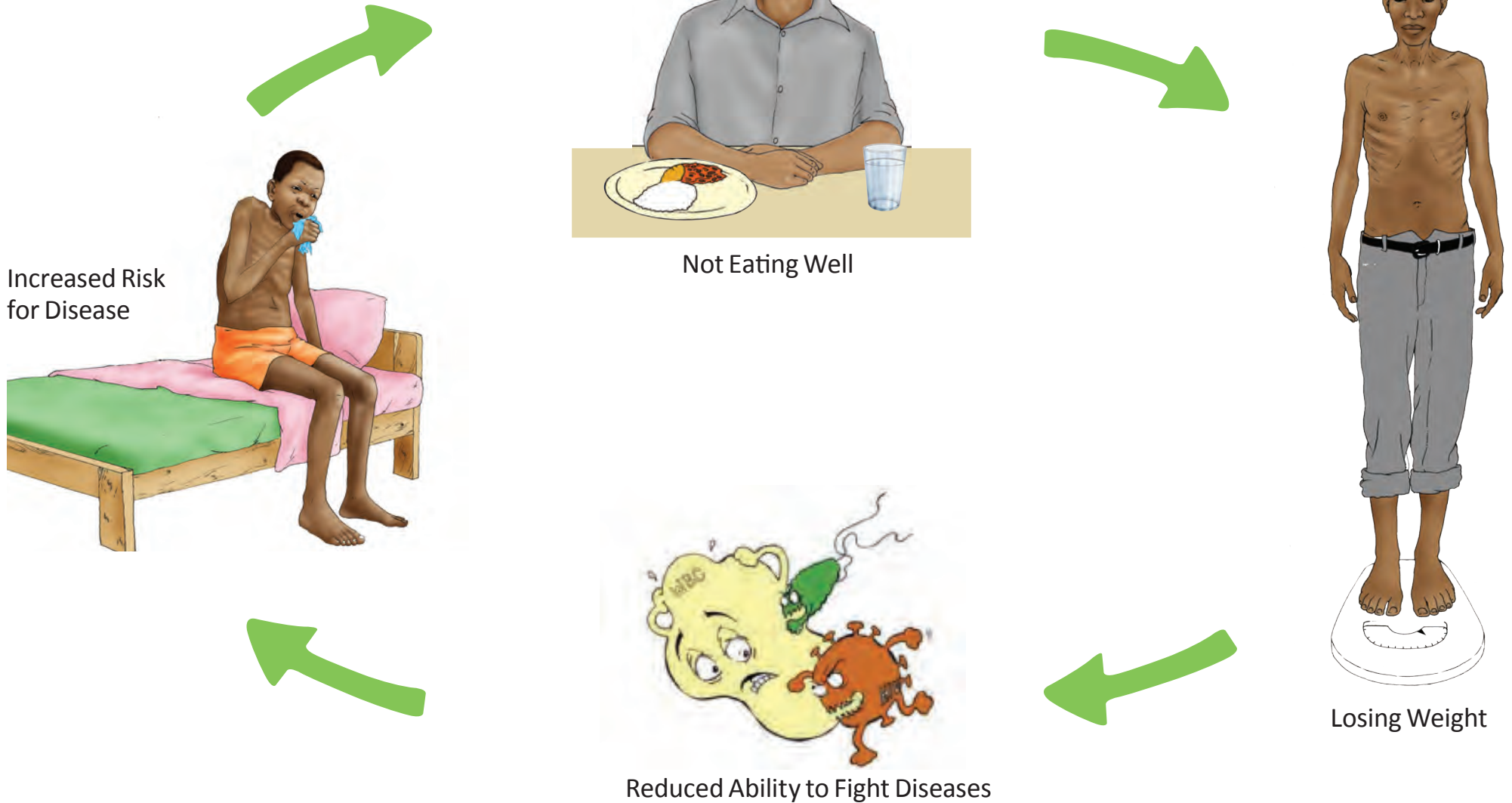
Sincere gratitude is extended to all development partners and community members who participated in the multiple technical working groups, review committees, and field testing of these materials and for their contributions from the time of their inception through the final stages. Non-governmental organisations including the International Baby Food Action Network (IBFAN), the Elizabeth Glaser Pediatric AIDS Foundation (EGPAF), CARE International, Protecting Families Against HIV/AIDS (PREFA), Catholic Relief Services (CRS), Save the Children in Uganda (SCIUG) and many others invested substantial time and resources. The process has been very labour-intensive and the development would not have been possible if it were not for the untiring efforts and commitment of these organisations and individuals.

Special recognition is made to the Nutrition Unit and the Division of Health Promotion and Education of the Ministry of Health, and also members of the Maternal and Child Health Cluster, Senior Management Committee, Health Policy Advisory Committee and Top Management Committee of the Ministry of Health for reviewing and refining the integrated set of counselling materials.

These materials are made possible by the generous support of the American people through the support of the Office of Health, Infectious Diseases, and Nutrition, Bureau for Global Health, U.S. Agency for International Development (USAID) and USAID/Uganda under terms of Cooperative Agreement No.AID-OAA-A-12-00005, through the Food and Nutrition Technical Assistance III Project (FANTA), managed by FHI 360.

The contents are the responsibility of FHI 360 and do not necessarily reflect the views of USAID or the United States Government.

Not Eating Well Quickens HIV Progression to AIDS



Not Eating Well Quickens HIV Progression to AIDS

How does HIV/AIDS affect nutrition?

- HIV/AIDS increases your body's need for food.
- HIV/AIDS reduces the intake of food (poor appetite, depression, and oral sores).
- HIV/AIDS can affect your body's absorption of food and can also lead to loss of nutrients through diarrhoea and vomiting.
- If your body's energy and nutrient needs are not met, you will lose weight and muscle and you will become weak. You will have less energy, which may make you less able to work.

What is the relationship between HIV/AIDS and nutrition?

- Adequate nutrition is important for fighting off disease/infection. If you are not eating well, you will be easily attacked by disease/infection.
- HIV may interfere with the amount of food you eat and how well your body takes in and uses the food. This can harm nutritional status.
- Not eating enough food is one cause of weight loss and weakness in people living with HIV.
- Malnutrition increases the effects of HIV by further weakening the body and hastening HIV's progression to AIDS.

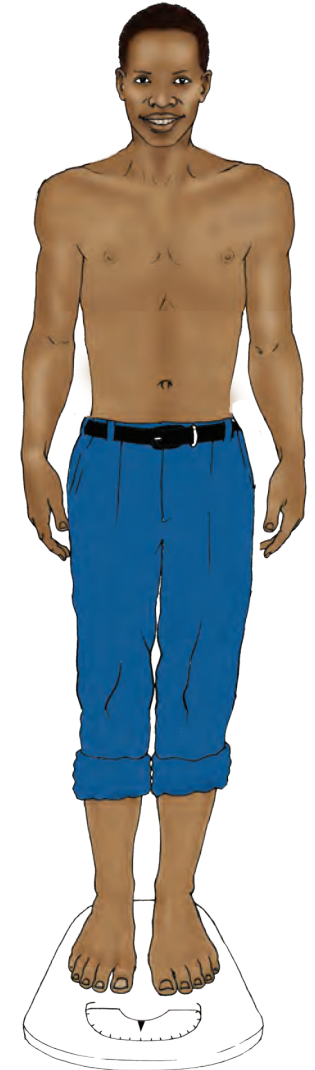
Eating Well Delays HIV Developing into AIDS



Decreased Risk for Disease



Eating Well



Maintaining Healthy Weight



Ability to Fight Diseases



Eating Well Delays HIV Developing into AIDS

What is 'Eating Well'?

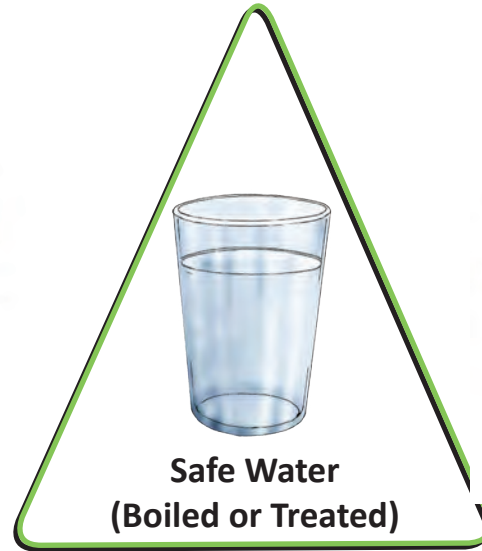
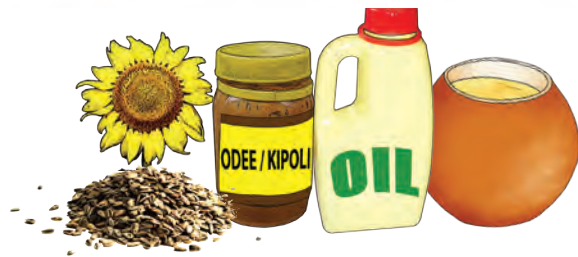
- Eating well means you need to eat enough food to stay healthy, eat a wide variety of foods, and maintain good hygiene to prevent infection. To eat well, you may need to change your way of eating. If you have a poor appetite, you can try eating small amounts of food more frequently. If you have pain when eating (e.g., mouth sores), you can try eating softer foods. If you need motivation to eat, it may help to eat with others.

Why is eating well important?

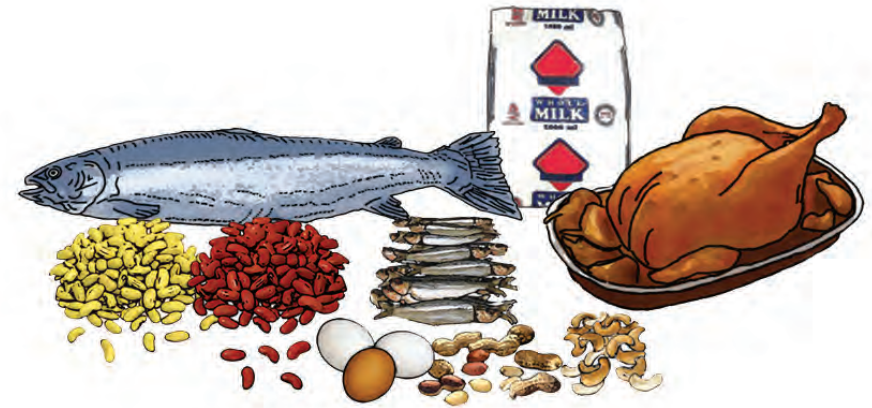
- You gain strength, build or maintain muscles, continue physical activity, and continue being productive.
- You look healthy.
- You are able to fight diseases.
- Your medicines (including ARV therapy) work effectively, and their side effects are reduced.
- You delay the HIV infection from progressing to AIDS.

Eating a Variety of Foods

Go!



Grow!



Glow!



Eating a Variety of Foods

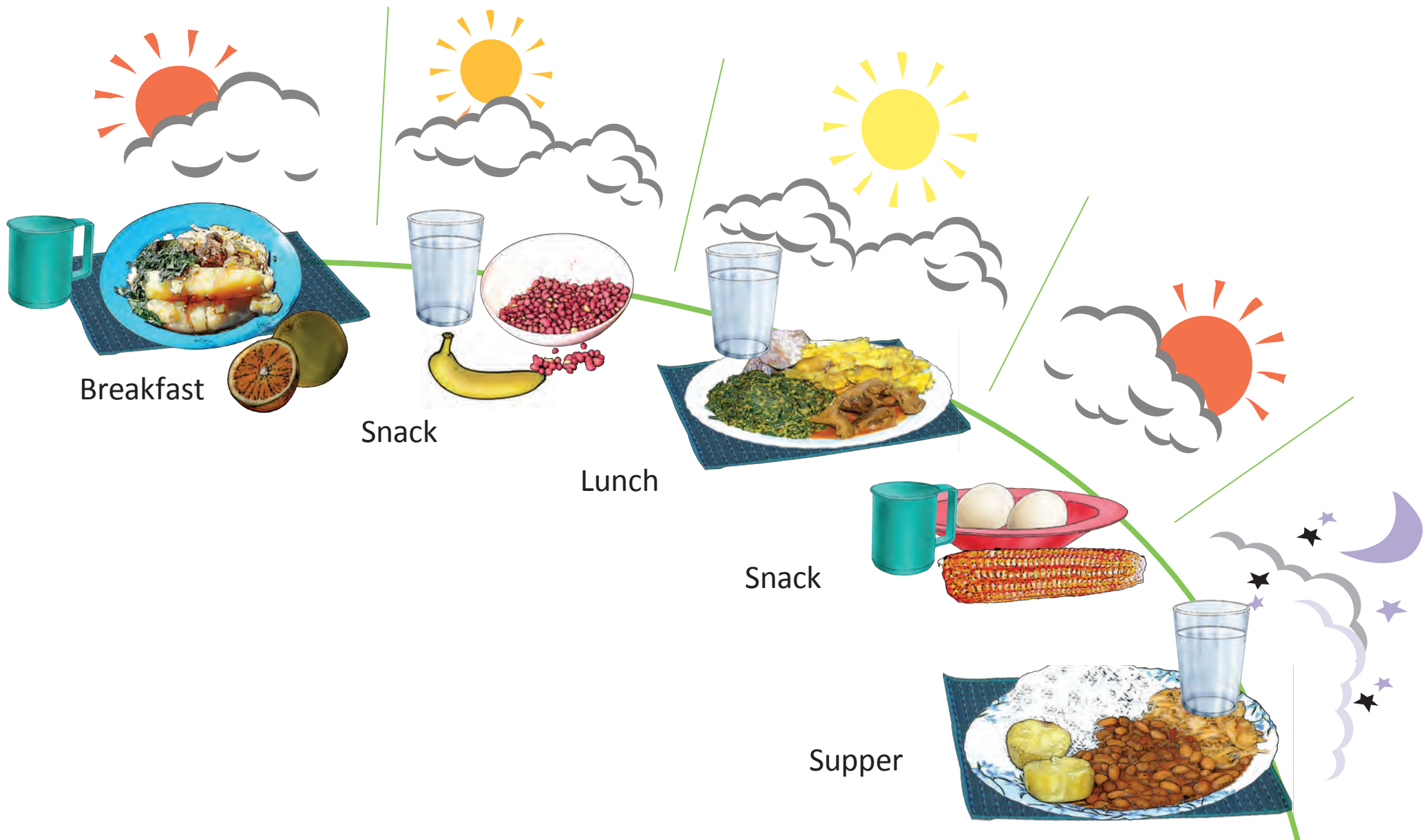
Why are food and nutrition important in our lives?

- Nutrition, and the nutrients in the food we eat, are important to us because they provide the building materials and fuel that are essential for living and surviving:
 - o GROW FOODS (body building) for growth, maintenance, and repair
Foods include:
 - ✓ Animal sources: meats, eggs, milk, chicken, fish, insects (such as white ants, grasshoppers), etc.
 - ✓ Plant sources: beans, peas, groundnuts, simsim, etc.
 - o GO FOODS for energy and satisfaction
Foods include:
 - ✓ Maize, sorghum, rice, millet, cassava, matooke, potatoes, etc.
 - ✓ Fats, oils, and sugar provide the body with extra energy. These include oil, oil seeds, margarine, ghee, and butter.
 - o GLOW FOODS for protection and proper body function
Foods include:
 - ✓ Fruits like mango, banana, pawpaw, orange, pineapple, passion fruit, avocado, watermelon, etc.
 - ✓ Vegetables like dark green leafy vegetables, carrots, tomatoes, pumpkin, eggplant, cabbage, etc.
- Remember to drink enough boiled or treated safe water every day (8 glasses or 3 full NICE cups).

How can you increase your micronutrient intake?

- Eat foods with added nutrients (fortified foods) such as iodised salt, margarine fortified with vitamin D, and oil fortified with vitamin A.
- Enrich your food by adding groundnut paste, sugar fortified with vitamin A, fat, eggs, milk, soy, vegetables, or fruits.
- Increase your nutrient intake by eating orange-fleshed sweet potatoes and iron-rich beans that have been bio-fortified.
- Ferment, germinate, or soak some foods to improve digestibility and absorption of nutrients.
- Take micronutrient supplements as recommended by your health worker.

Increasing Your Energy and Nutrient Intake



Increasing Your Energy and Nutrient Intake

How much more energy do people living with HIV need to take? In addition to your regular food:

- 1 extra snack when you are feeling well
- 1 extra meal (or 2 snacks) when you begin to fall sick often
- 3 extra meals (or 2 extra meals and 1 extra snack) when you are often sick and you have lost weight

3 ways to increase your energy intake:

- Eat at least 3 main meals and at least 2 snacks each day
- Increase the variety and amount of food eaten at meals and snacks
- Add a little oil or sugar to foods or drinks but minimise oily/fatty foods or those with refined sugar (such as sodas, quenchers, beers)
- Remember to drink enough boiled or treated safe water every day (8 glasses or 3 full NICE cups).

What is a meal?

- Food that is prepared and eaten, usually at a specific time (e.g., breakfast in the morning). A meal is different from a snack in that meals are larger, more varied, and more filling.

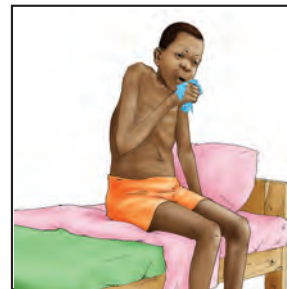
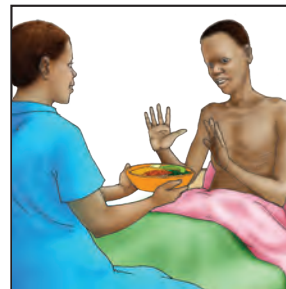
What is a snack?

- Snacks are extra foods between meals that are easy to prepare.
- These extra foods are in addition to the meals—they do not replace meals.
- Good snacks provide energy and nutrients (they should not be confused with sweets).
- Most snacks can be eaten as finger foods, e.g., pieces of fruit, groundnuts, maize. A mug of porridge is also a good snack.

Challenges to Getting Enough Food and Eating Well



Challenges to getting enough food



Challenges to eating enough food

Challenges to Getting Enough Food and Eating Well

What are the possible constraints to getting enough food?

- Poverty and socioeconomic conditions (large family, not enough money or land, unemployment)
- Low food production (due to reduced labour because of disease or other reasons, weather)
- Poor harvest and storage practices, leading to spoilage or loss of food
- Not enough cooking fuel/firewood
- Stigma or other social factors

What are the possible constraints to eating well?

- Lack of food or not enough different kinds of food
- Illness and related symptoms
- Unavailability of someone to help prepare meals when you are sick
- Lack of support/encouragement during meals
- Stigma, depression
- Inadequate information about how much and which foods to eat
- Food taboos/beliefs and other causes of food avoidance

Relationship between ARVs and Food



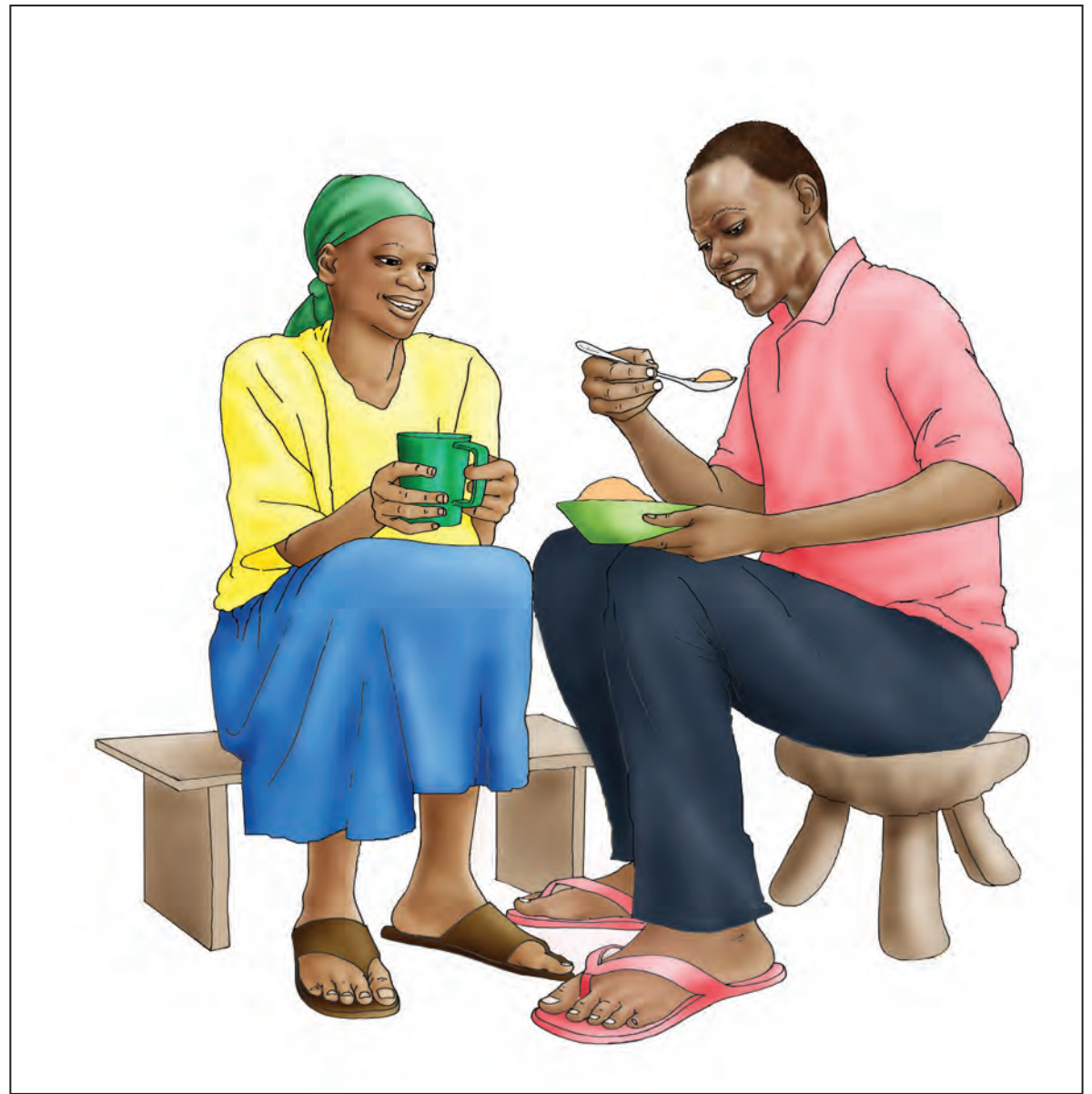
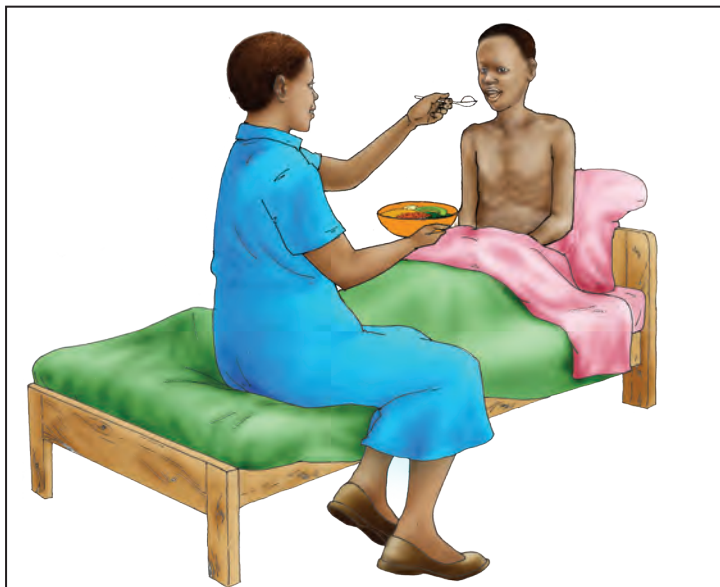
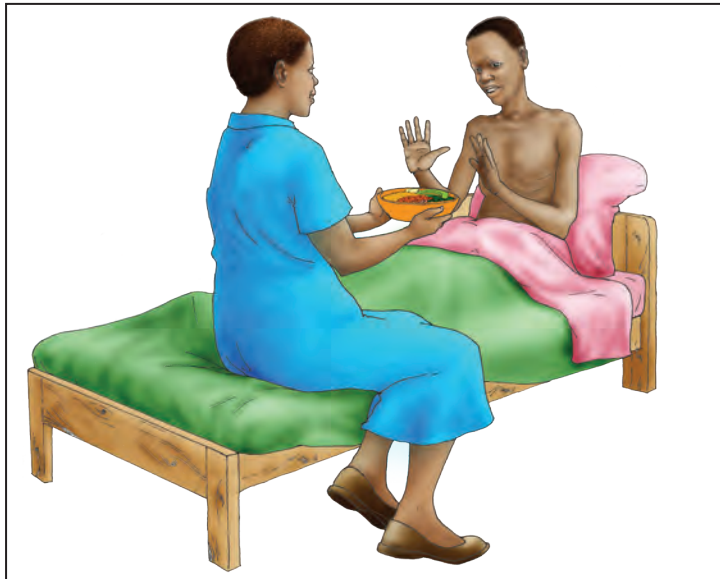
Relationship between ARVs and Food

What is the relationship (interaction) between ARVs and food?

- Some ARVs should be taken with food, others should not, and others have specific food restrictions.
- Check with your health worker about specific instructions related to your medicine regimen.
- ARVs may alter the absorption and utilization of nutrients in the body.
- Some ARVs create side effects that reduce food intake and absorption.
- Avoid alcohol and smoking when taking ARVs.
- Some traditional therapies/herbs may reduce the effectiveness of ARVs.

Note: If the client has problems with ARV adherence, refer him or her for further management.

Dealing with Loss of Appetite or Taste



Dealing with Loss of Appetite or Taste

How can you deal with loss of appetite?

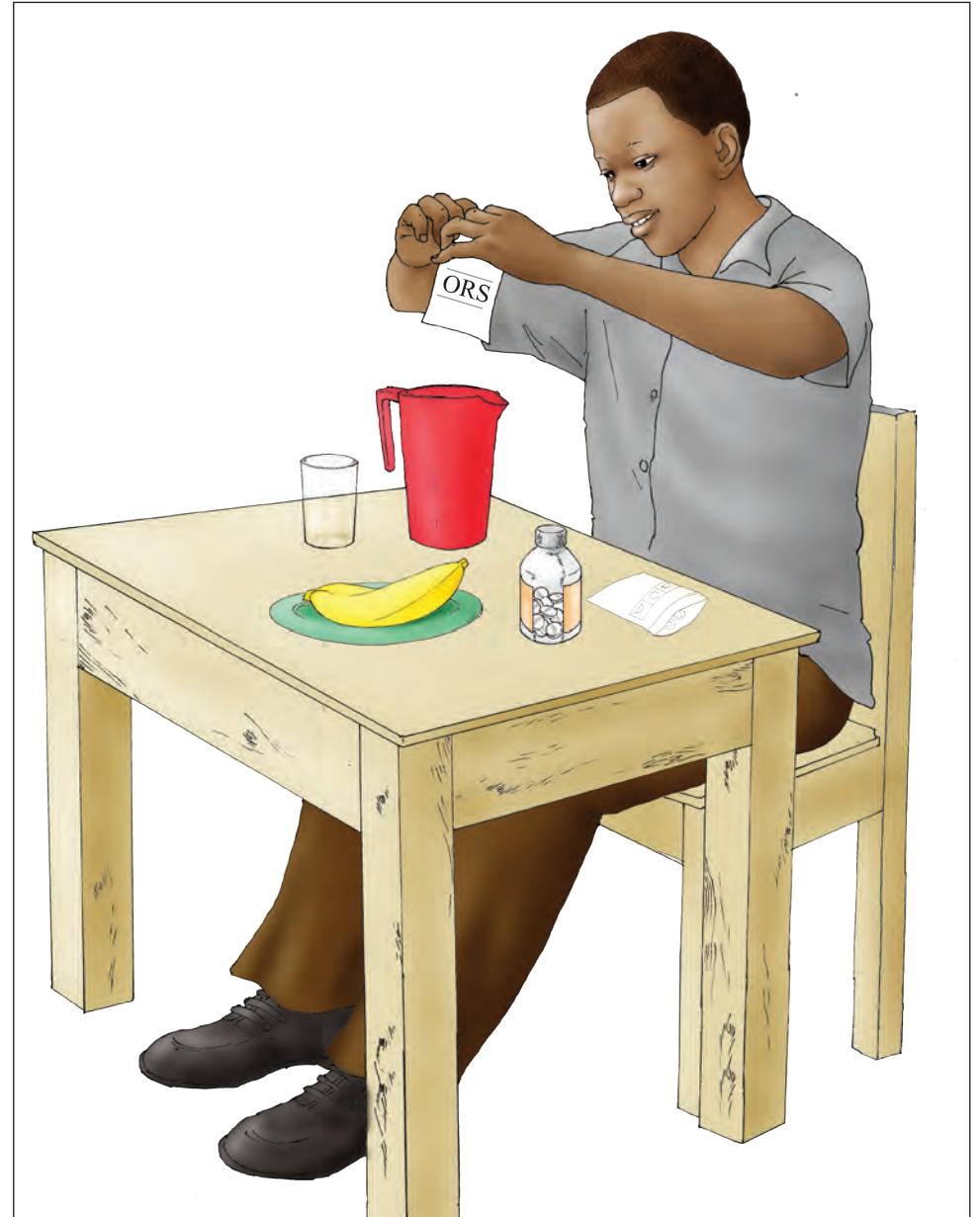
- Eat frequent light nutritious meals and snacks at regular intervals.
- Drink plenty of boiled or treated safe water and other fluids, preferably between meals (avoid drinks that are high in sugar).
- Use favourite foods and spices to boost appetite.
- Avoid strong-smelling foods if they negatively affect your appetite.
- Avoid alcohol, smoking, drugs, or medicines that are not prescribed by your health worker.
- Ask your family and friends to prepare meals for you.
- Have meals in the company of friends or relatives.
- Exercise regularly (walk, cycle, perform household duties).

How can you deal with loss of taste?

- Prepare your meals with favourite flavours (such as salt, herbs, spices, or lemon).
- Chew food well and move it around the mouth to stimulate taste.
- Rinse mouth regularly with boiled salty water.

Note: If the client has a loss of appetite, refer him or her for further management.

Dealing with Nausea, Vomiting and Diarrhoea



Dealing with Nausea, Vomiting and Diarrhoea

How can you deal with nausea and vomiting?

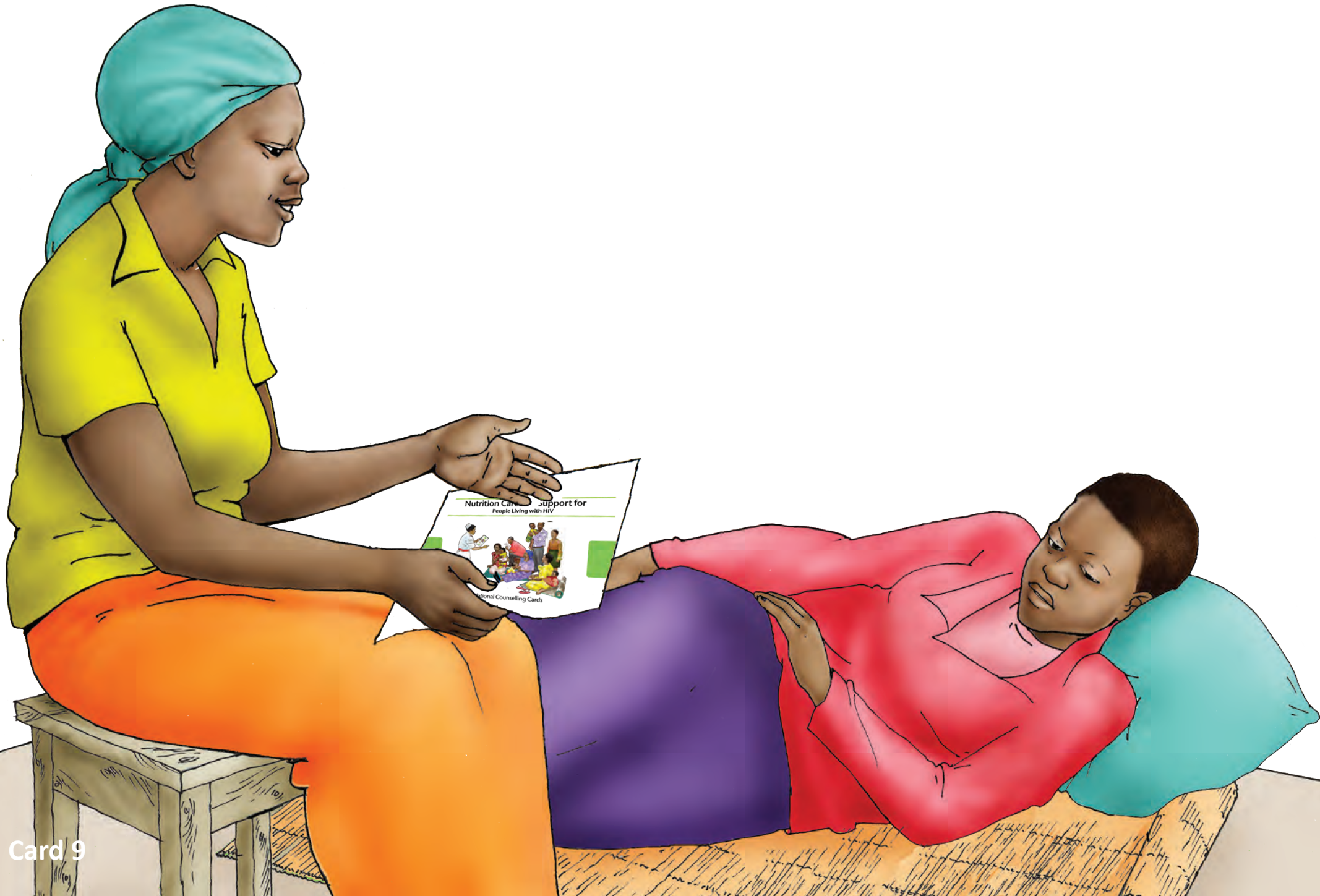
- Eat small frequent meals to avoid having an empty stomach, which makes nausea worse.
- Avoid foods and drinks that are spicy, fatty, oily, or sugary.
- Avoid very hot/cold drinks and food.
- Avoid alcohol and caffeine (coffee and tea).
- Drink plenty of boiled or treated safe water and other fluids (e.g., fruit juice, water, soups or stews, herbal teas, lemon juice in water).
- Drink oral rehydration solution (ORS) as recommended if signs of dehydration occur (e.g., thirst, dizziness, headache, reduced urine output).
- Eat lightly salty and dry foods (e.g., roasted groundnuts, roasted maize, baked or roasted yams, cassava, potatoes, and bananas) to calm the stomach.
- Eat sour foods (e.g., malakwang) or drink sour drinks (e.g., bushera or lemon-flavoured porridge or water).
- Suck on ginger root or lemon.
- Sit up while eating and wait for at least 20 minutes before lying down.

How can you deal with diarrhoea?

- Drink plenty of fluids (e.g., boiled or treated safe water, (rice) porridge, soups, diluted fruit juices, herbal teas such as lemon grass or ginger tea) to avoid dehydration.
- Drink oral rehydration solution (ORS) as recommended if you have signs of dehydration (e.g., thirst, dizziness, headache, reduced urine output).
- Eat easily digestible foods (e.g., rice, bread, millet, cereal porridge, potato, sweet potato, and crackers).
- Eat foods that are rich in fibre (e.g., millet, banana, peas, lentils) to help you retain fluids.
- Eat soft fruits and vegetables like bananas, squash, matooke, mashed sweet potato, and mashed carrots.
- Eat foods that are rich in potassium (e.g., bananas and pumpkin).
- Drink fermented milk, porridge, and yoghurt.
- Avoid drinking fresh milk, alcohol, quenchers, sodas, coffee, and tea.
- Avoid citrus fruits and juices, which can irritate the stomach.
- Avoid eating gas-forming foods (beans, cabbage, and onions).
- If diarrhoea persists for more than 3 days, go to a health worker.

Note: If the client has problems with nausea, vomiting, or diarrhoea, refer him or her for further management.

Dealing with Tiredness, Dizziness and Anaemia



Dealing with Tiredness, Dizziness and Anaemia

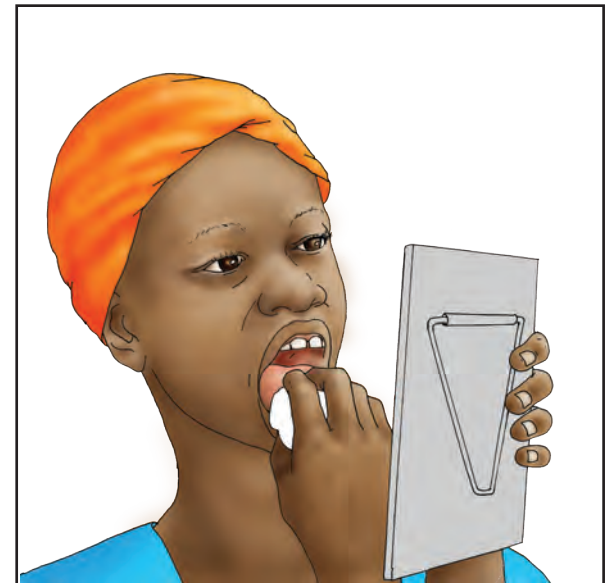
How can you deal with tiredness, dizziness, and anaemia?

- Get enough rest and do not overwork yourself (ask others to assist with household duties, if possible).
- Eat favourite foods that are rich in energy and/or body-building, but are easy to digest (e.g., cereals, porridge with milk and/or eggs).
- Eat foods that are rich in iron (e.g., meat, liver, beans, millet, groundnuts, fruits, and dark green leafy vegetables) and other micronutrients such as vitamin C (found in tomatoes, oranges and other citrus fruit) to help with iron absorption.
- Avoid drinking coffee or tea within 2 hours before or after meals to avoid interfering with iron absorption from food.
- Eat quick, easy-to-prepare foods (e.g., porridge with added honey or sugar and milk powder, avocado, eggs).
- Take iron and folic acid as recommended by your health worker.
- Drink a lot of boiled or treated safe water and other fluids (e.g., juice, soups, porridge, and tea).
- Carry out regular simple exercises (e.g., walking, household duties, agriculture).
- Get tested and treated promptly for malaria and worms.
- Be in the company of people who can support you.
- Eat at the same time every day.

Notes:

- If the client has problems with tiredness, dizziness, or anaemia, refer him or her for further management.
- Iron-folic acid should be provided to pregnant and lactating women and people who are anaemic, according to clinical guidelines.
- Encourage the client to sleep under an insecticide-treated mosquito net.

Dealing with Throat Pain, Mouth Sores, and Oral Thrush



Dealing with Throat Pain, Mouth Sores, and Oral Thrush

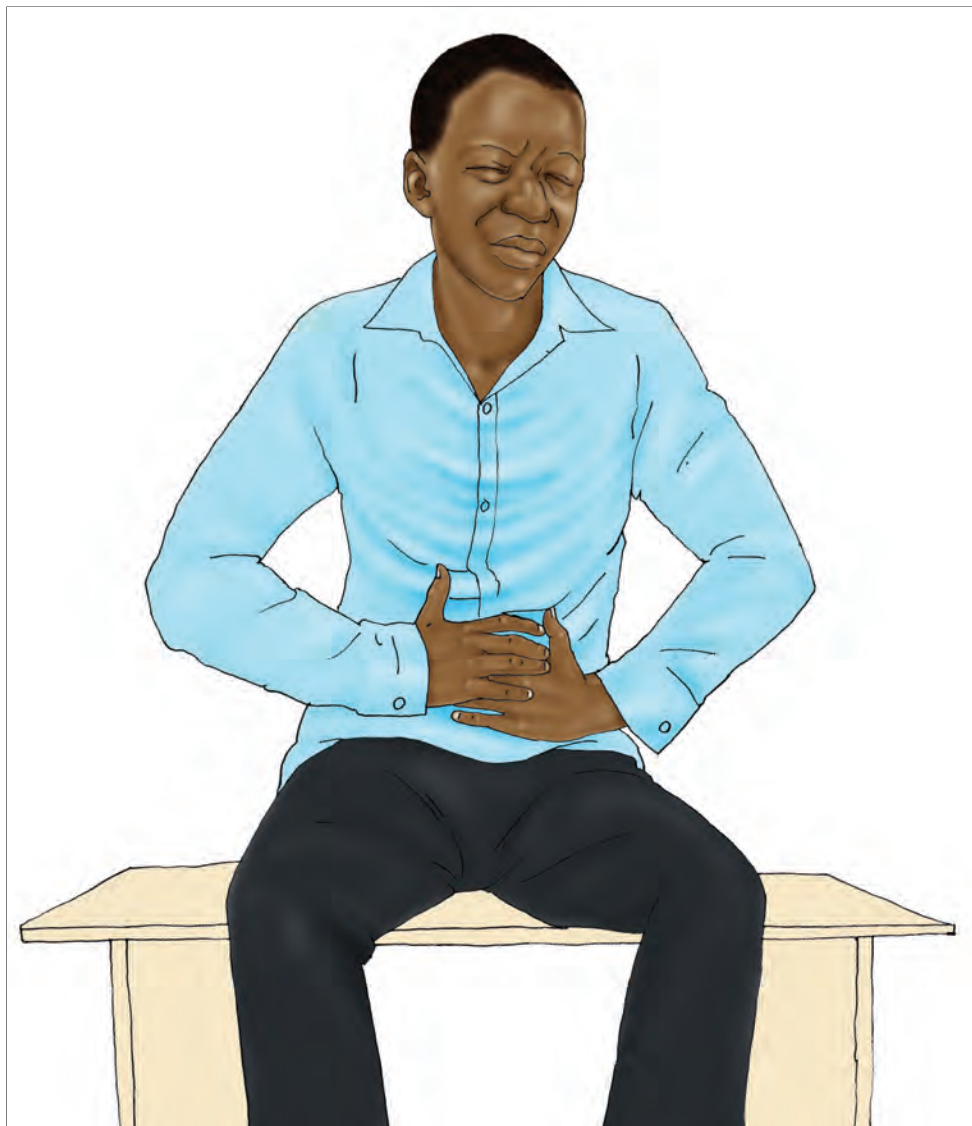
How can you deal with sores in the mouth or mouth and throat pain?

- Eat soft foods (e.g., mashed potatoes, porridge with milk, soup, scrambled eggs, rice, bananas) served cold or at room temperature.
- Soften food with treated or boiled water.
- Tilt your head back when eating to help with swallowing.
- Rinse the mouth with boiled warm salty water after eating to reduce irritation and keep the thrush from growing.
- Avoid dry (sweet potato, maize), hot, spicy, sugary (sodas, quenchers), sticky, or acidic (orange juices, passion fruit, pawpaw) foods. Sugary foods will cause the thrush to grow.
- Avoid alcohol.
- Drink plenty of fluids (boiled/treated water).
- Eat hygienically fermented foods (yoghurt, fermented porridge).

Notes:

- Refer to Card 13 for hygiene of food preparation.
- If the client has problems with throat pain, mouth sores, or oral thrush, refer him or her for further management.

Dealing with Constipation, Gas or Bloating, Stomachache and Heartburn



Dealing with Constipation, Gas or Bloating, Stomachache and Heartburn

How can you deal with constipation?

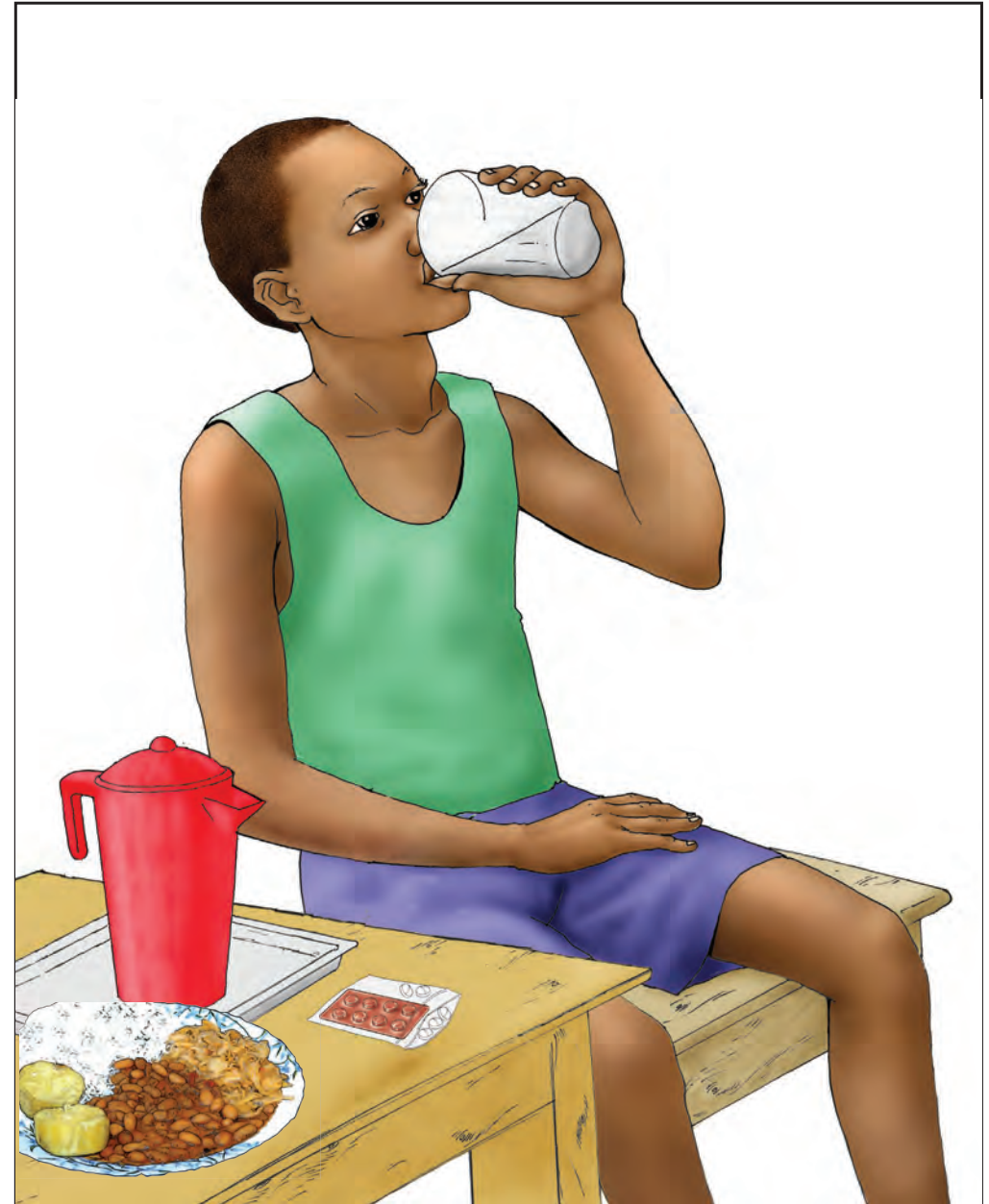
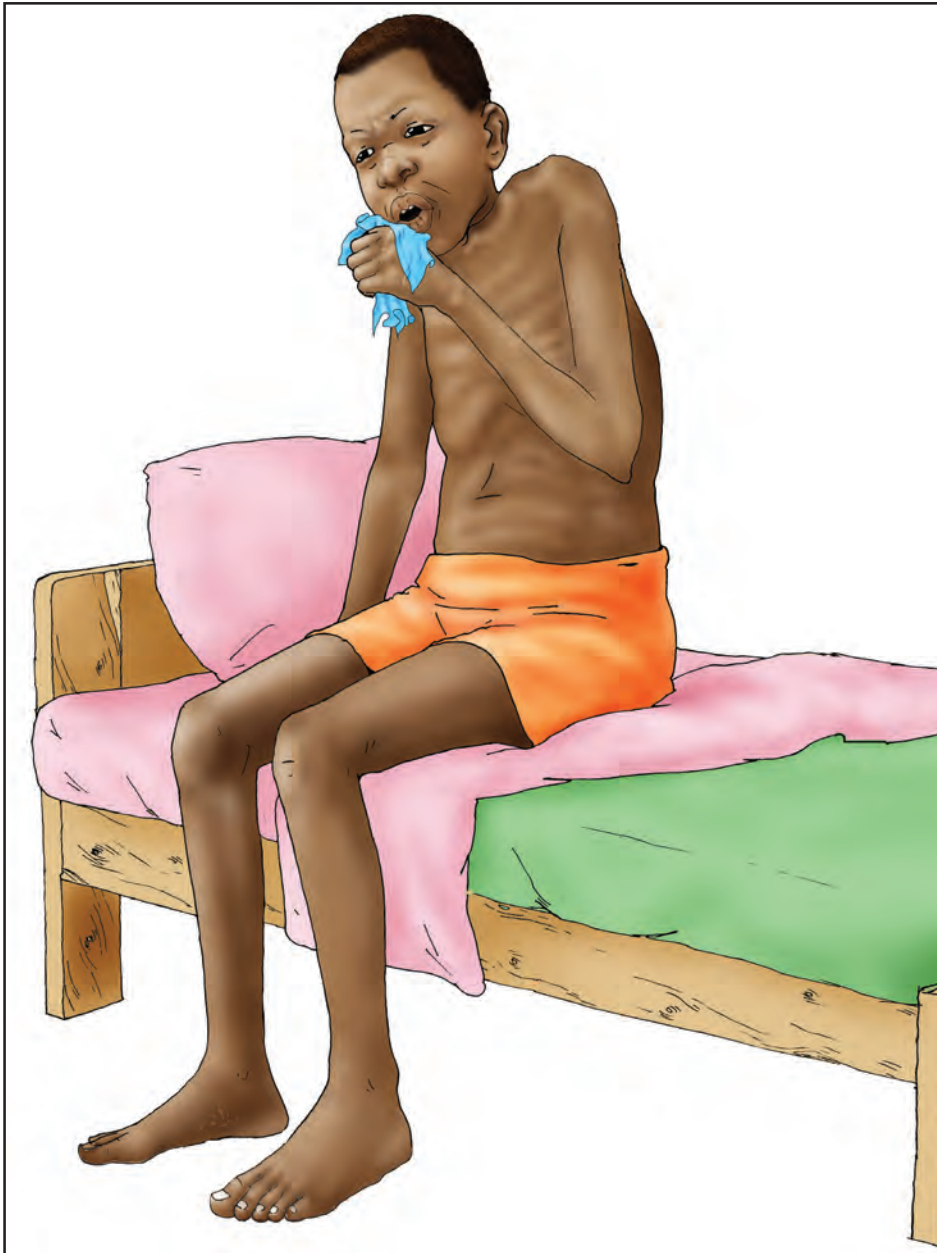
- Eat foods high in fibre, particularly fruits and vegetables (e.g., mango, pawpaw, washed fruits with the peel on, leafy greens, pumpkin, carrot, nuts, peas, beans, steamed vegetables).
- Have a cup of warm treated water every morning before eating anything.
- Eat more wholemeal/whole grain foods (e.g., non-sifted maize, other cereals, whole-wheat bread) and less processed and refined foods (e.g., sifted maize flour).
- Drink plenty of boiled or treated safe water and other fluids (e.g., fruit juice, water, soups, or stews).
- Exercise regularly (e.g., walk, cycle, perform household duties).
- Do not delay using the toilet when the urge occurs.

How can you deal with gas or bloating, stomachache, and heartburn?

- Eat small frequent meals at least 5 times a day.
- Eat slowly.
- Avoid talking while chewing.
- Avoid foods that cause you stomach discomfort or gas (e.g., beans, onions, or cabbage).
- Remove the skin of beans after cooking them.
- Sit up while eating and wait for 1 hour before lying down or long enough for food to digest.
- Drink yoghurt or milk if you normally tolerate it.
- Try to eat pumpkin, avocado, and scrambled eggs.
- Avoid strong coffee and tea, spicy and fatty foods, and lemon and orange juice.

Note: If the client has problems with constipation, gas or bloating, stomachache or heartburn, refer him or her for further management.

Dealing with Tuberculosis



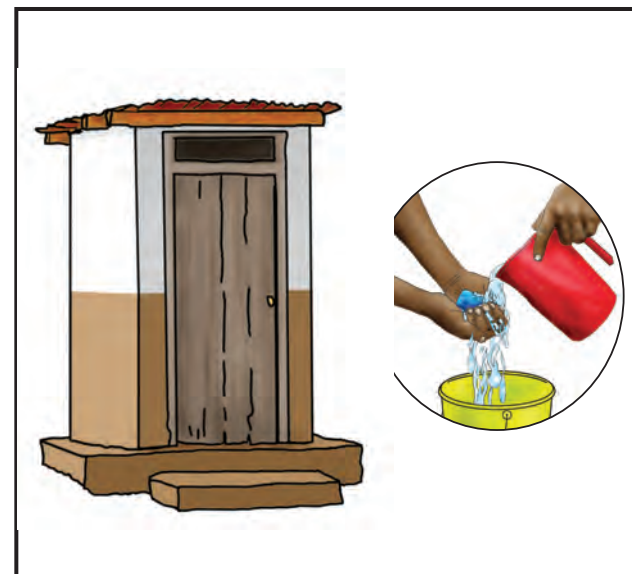
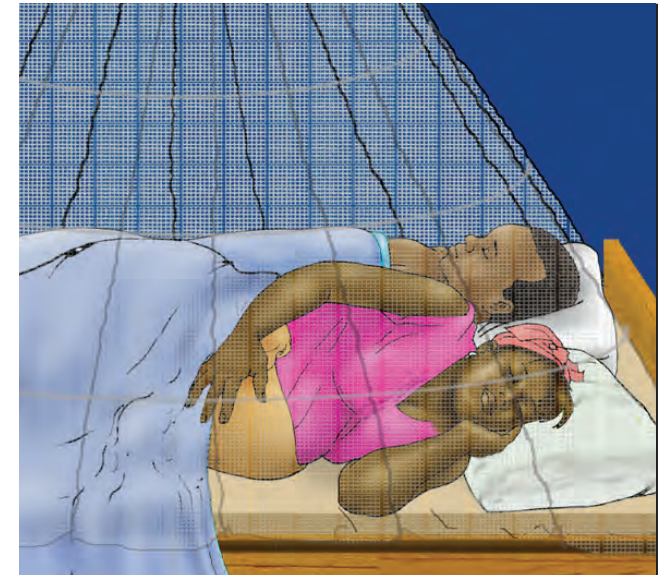
Dealing with Tuberculosis

How can you deal with tuberculosis?

- Adhere with your tuberculosis medicine regime.
- Eat small frequent meals at least 5 times a day.
- Eat snacks that are high in protein and energy (e.g., simsim paste, enriched porridge, roasted groundnuts, plantain, sweet potato, bread with butter).
- Eat foods rich in B vitamins and iron (e.g., roasted or boiled maize, beans, nuts, avocado, meat, liver, and dark green leafy vegetables).
- If on isoniazid, eat foods rich in vitamin B6 (e.g., liver, nuts, green peppers, meat), or take vitamin B6 supplements.
- Drink plenty of boiled or treated safe water or fresh juices.
- Avoid alcohol, smoking, and recreational drugs.
- Cover your mouth when coughing to stop the spread of tuberculosis.

Note: If you suspect that the client has any infections and/or pain, refer him or her for further management.

Preventing Infections



Preventing Infections

Why is good hygiene and the prevention of infections important?

- HIV-positive people are more at risk of being infected by disease because their bodies are weak.
- Infections make a person weak and sick; they may cause loss of appetite, poor absorption, and poor utilization of the food we eat.

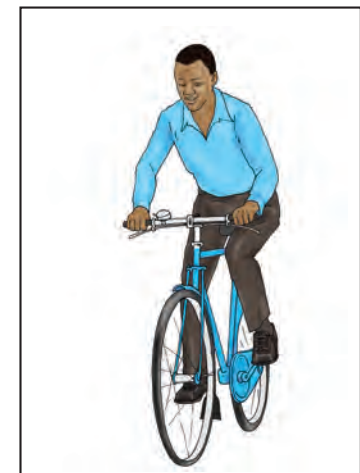
How can you improve hygiene and prevent food-related infections?

- Always wash hands with soap and flowing water before handling food (preparing food or eating food).
- Always wash hands with soap and flowing water after using the toilet or handling faeces (washing baby's bottom or cleaning the compound).
- Only use boiled or treated water for drinking, taking medicines, and mixing juices.
- Keep treated drinking water in narrow-neck, covered, clean containers.
- Keep food covered.
- Keep homes, their surroundings, and areas where food is prepared clean. Have proper disposal.
- Sweep compound daily and keep free of animal faeces (put in latrine).
- Wash all fruits and vegetables with treated water before preparing and eating.
- Cook food thoroughly. Avoid eating raw or semi-cooked foods, including semi-cooked eggs, fish, or meat.
- To kill germs, heat leftover food until it is steaming or bubbling.

How can you prevent other infections?

- Sleep under insecticide-treated mosquito nets.
- Get dewormed at least every 6 months.
- Keep warm during cold weather.
- Stay in a well-ventilated house.
- Practice protected sex or abstain.

Maintaining Physical Fitness



Maintaining Physical Fitness

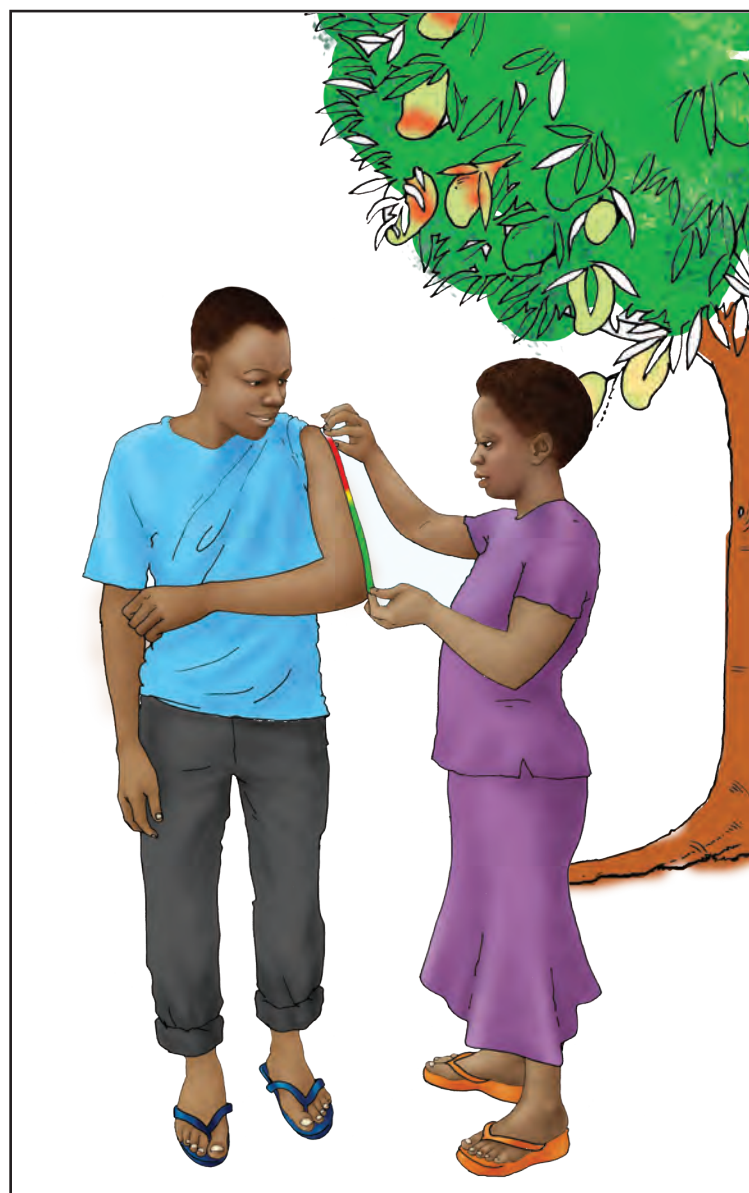
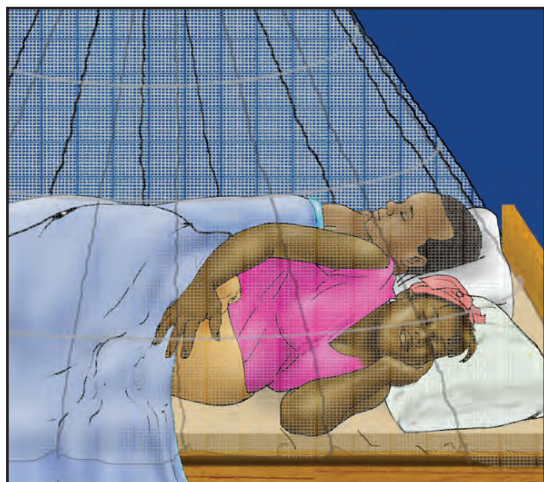
What are the benefits of physical activity?

- Improves blood circulation
- Stimulates appetite
- Improves mood
- Maintains muscles
- Makes you alert and active

What types of exercise can you do?

- Simple exercises, such as moving legs and arms while lying down
- Walking
- Household duties
- Agriculture
- Push-ups
- Jogging
- Cycling
- Sports

Encouraging Positive Living



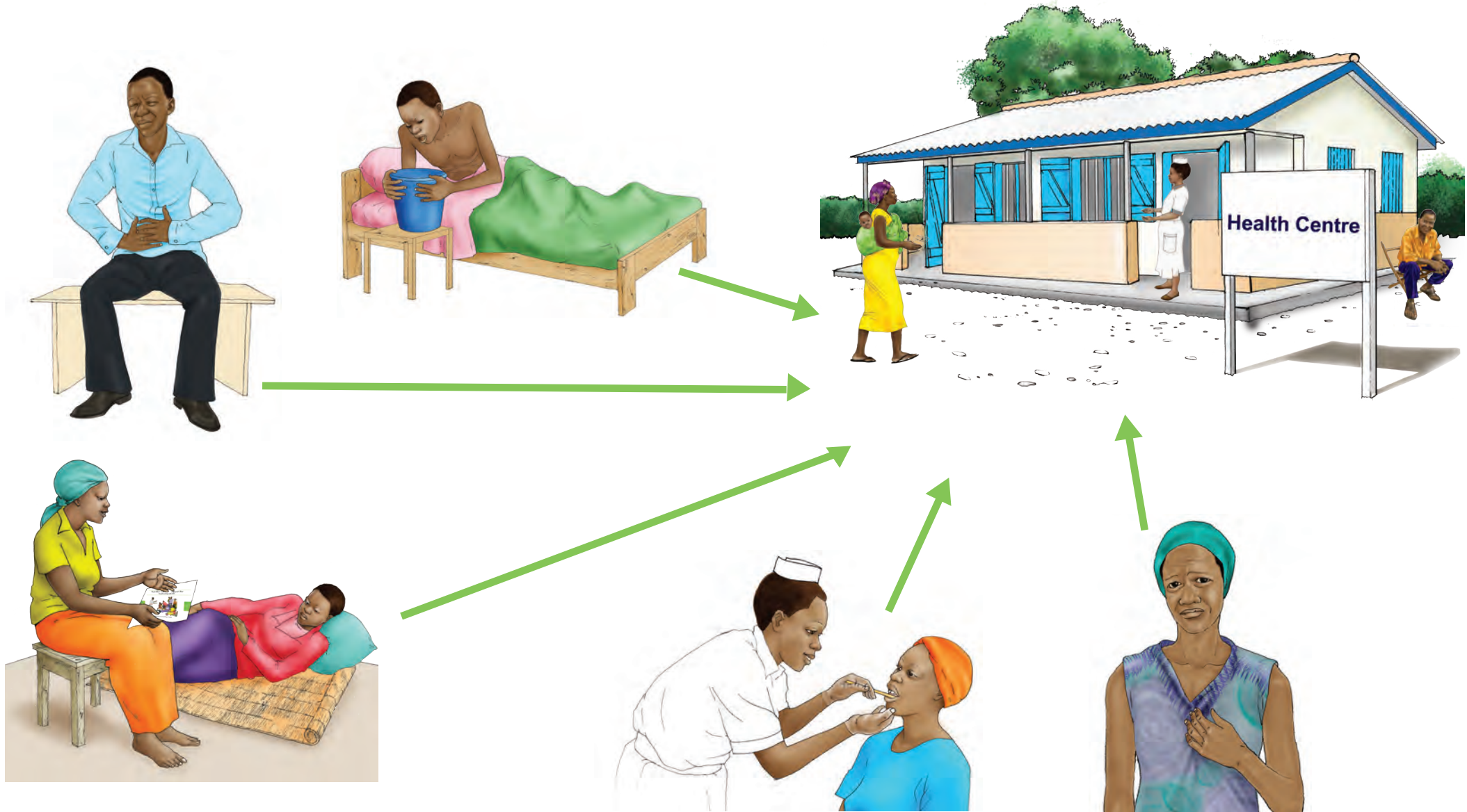
Encouraging Positive Living

Positive living involves a lifestyle that fosters physical, mental, and spiritual health. This is what you can do:

- Visit the health centre periodically for medical check-ups.
- Promptly manage diet-related HIV/AIDS symptoms.
- Regularly check your nutritional status by having your MUAC (mid-upper arm circumference), weight, or height taken.
- Take all medicines as recommended by your health workers. Get advice and support from health workers to manage food–drug or drug–drug interactions.
- Continue with a healthy diet, eating a variety of foods.
- Stay healthy by maintaining good hygiene and sanitation:
 - Drink only boiled or treated water.
 - Store clean water in covered, long-necked containers.
 - Wash hands with soap or ash under flowing water after using the toilet, after cleaning a baby or another person, and before preparing or serving food.
 - Heat food thoroughly (and wash raw foods) and store in covered containers.
 - Sweep the compound thoroughly.
- Be in the company of people who can support you. Join a social support group.
- Seek psychological/spiritual counselling when you feel stressed or worried.
- Do not feel sorry for yourself. Avoid stigma. Have hope!
- Avoid alcohol, cigarettes, and drugs.
- Get enough rest and sleep.

Note: Refer to Cards 13, 14, and 16 for additional tips.

Go for Routine Check-Ups and Seek Timely Treatment for Illness



Go for Routine Check-Ups and Seek Timely Treatment for Illness

Why go for routine check-ups?

- To manage your condition:
 - o Assess and track health and nutritional status
 - o Receive routine tests
 - o Discuss any health, social, or livelihood challenges

Why seek timely treatment for illness?

- Because of HIV, you are more prone to other infections, which can further weaken your body and quicken HIV's progression to AIDS.
- Timely treatment will shorten the recovery period and help you stay strong.

When should you go to the health facility?

- Go for periodic check-ups to ensure early management and treatment. Keep your appointment.
- Go for all diseases you experience—for infections related to HIV and also for other illnesses like malaria.
- Go to a health worker if you show any of the following signs:
 - o Fever (risk of malaria)
 - o Chest infection (cough and difficulty breathing)
 - o Diarrhoea (more than 3 loose stools in 24 hours and/or blood in the stool; sunken eyes)
 - o Loss of appetite (when one feels like not eating)
 - o Vomiting (cannot keep anything down)
 - o Malnutrition (loss of weight or swelling of the body)
 - o Throat pain, mouth sores, or oral thrush
 - o Tiredness, dizziness, and lethargy (general weakness)
 - o Constipation, gas/bloating, stomachache, or heartburn
 - o Fungal infection (under the nails, on the skin)