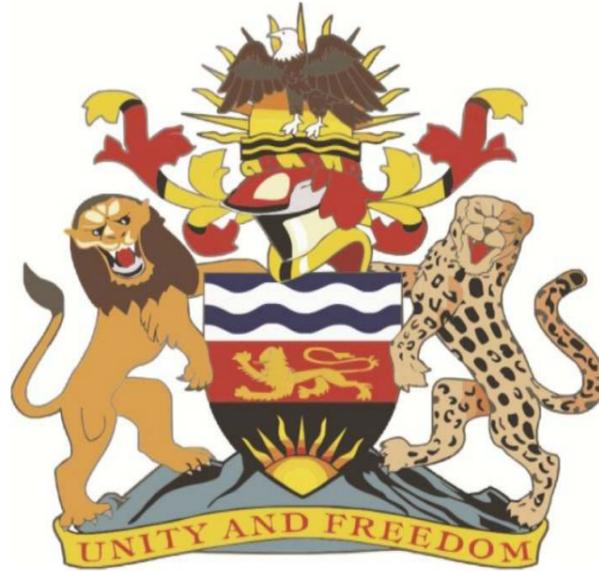


Malawi ARV Patient Education Flip Chart (2015)



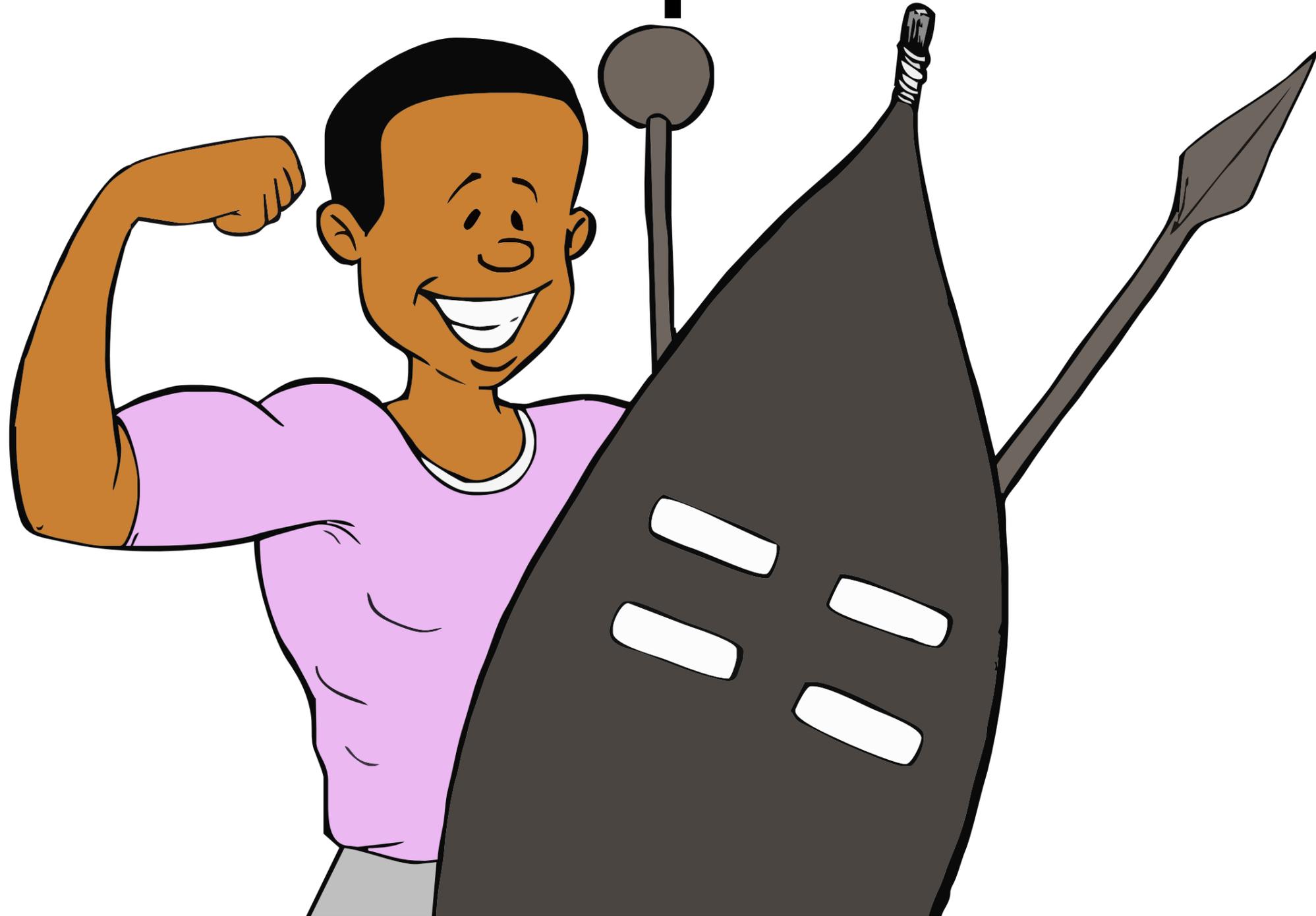
Produced by Malawi Ministry of Health

Malawi Department for HIV and AIDS, Health Education Unit, Baylor Tingathe Outreach Program, with funding from USAID



Special thanks for help with pilot testing: Dignitas International, Lighthouse and Partners in Hope

ARV Preparation



MULI OMASUKA KUFUNSA MAFUNSO NTHAWI ILIYONSE.

Zakumzinda sawulula.

Introduce yourself. Participants should know that you will:

- Teach them about HIV, ARV and HIV services
- Support them
- Keep all information confidential (Muli omasuka kufunsa mafunso nthawi iliyonse)
- Patients should report any breach of confidentiality

**Muli omasuka kufunsa
mafunso nthawi iliyonse.**

Zakumzinda sawulula.

KODI MUNAYAMBA MWAYEZETSAPO MAGAZI KUTSIMIKIZIRA KUTI MULI NDI HIV?

Have you received a confirmatory test?

- Ask for a confirmatory test before starting ARV

NOTE FOR HTC COUNSELORS:

- *All patients, including pregnant/breastfeeding women, need a confirmatory test before starting ARV.*
- *Children under 12 months starting ARV with a positive DNA PCR HIV test do not need another confirmatory testing before starting ARV, but need a confirmatory rapid test at age 12 months.*

**Kodi munayamba
mwayezetsapo magazi
kutsimikizira kuti muli
ndi HIV?**

OKUYANG'ANIRANI ALI NANU LIMODZI PA MAPHUNZIRO ANO?

You need a guardian for support

Who would be a perfect guardian?

- Spouse/family member
- Live together
- Can attend counselling sessions
- Can attend all ARV appointments for first 6 months

**Okuyang'anirani ali nanu
limodzi pa maphunziro
ano?**

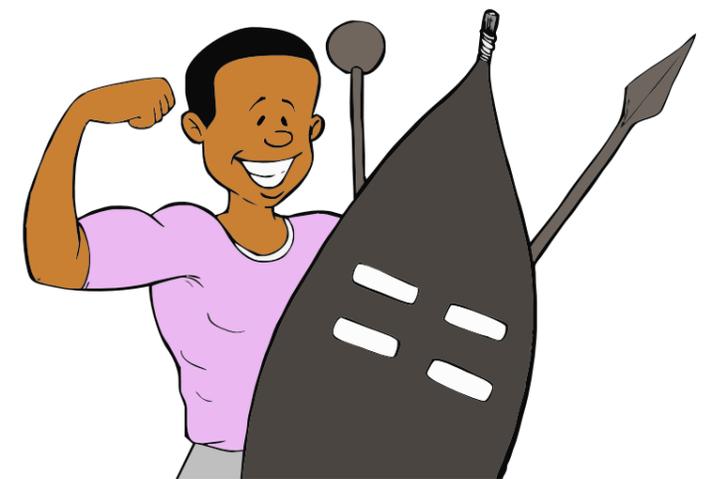
CHITETEZO CHA MTHUPI

What do you see?

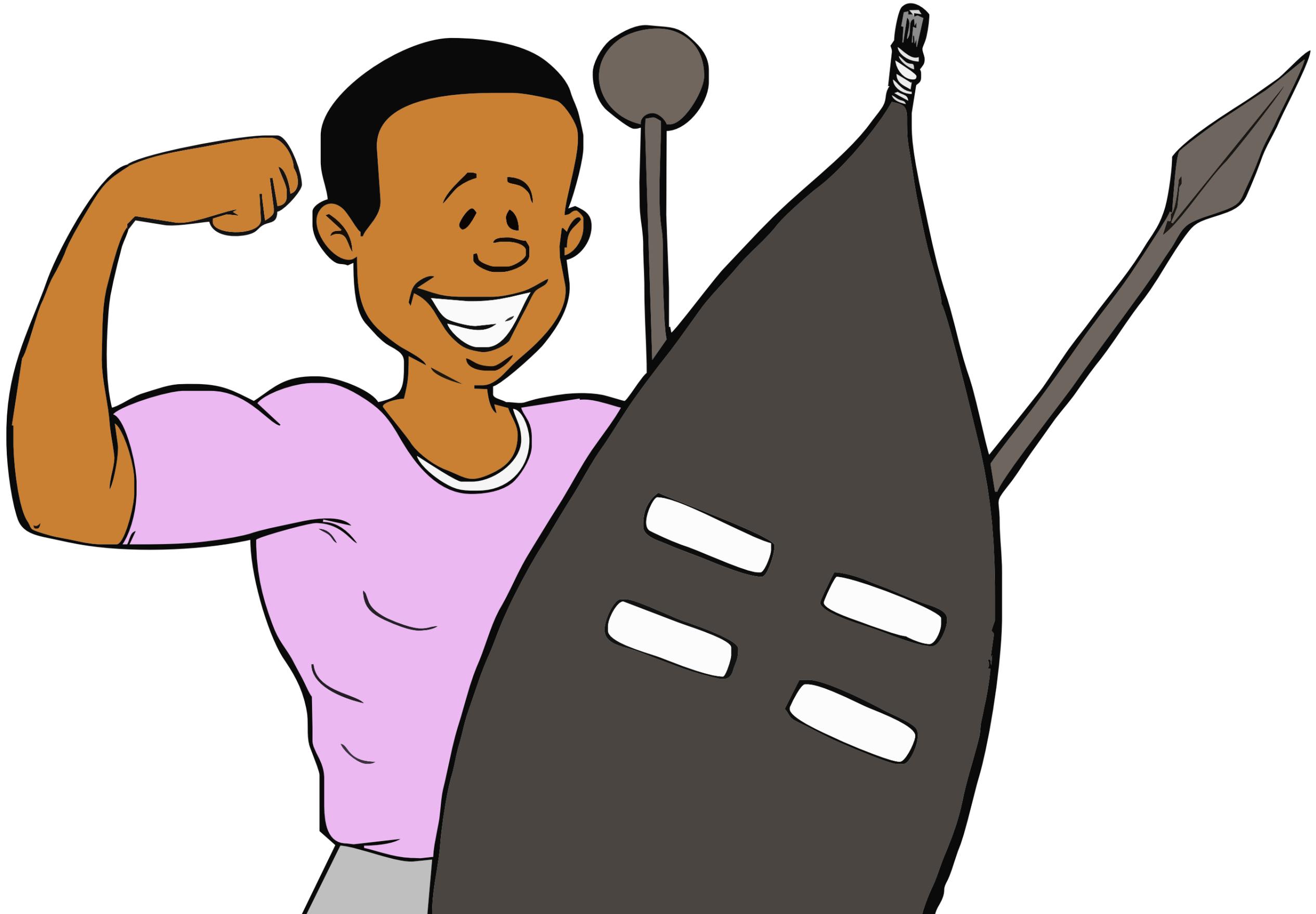
- Shield (chishango) represents immune system (chitetezo cha mthupi)
- Everyone has an immune system

What does your immune system do?

- Protects you
- Keeps you healthy



CHITETEZO CHA MTHUPI



CHITETEZO CHANU CHIMAKUTETEZANI KUMATENDA

What do you see?

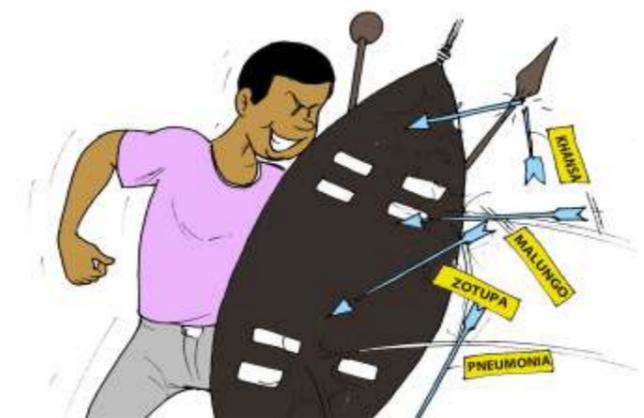
What are the arrows (mivi)?

- Sickness attacking you (khansa, malungo, chibayo ndi zotupa)

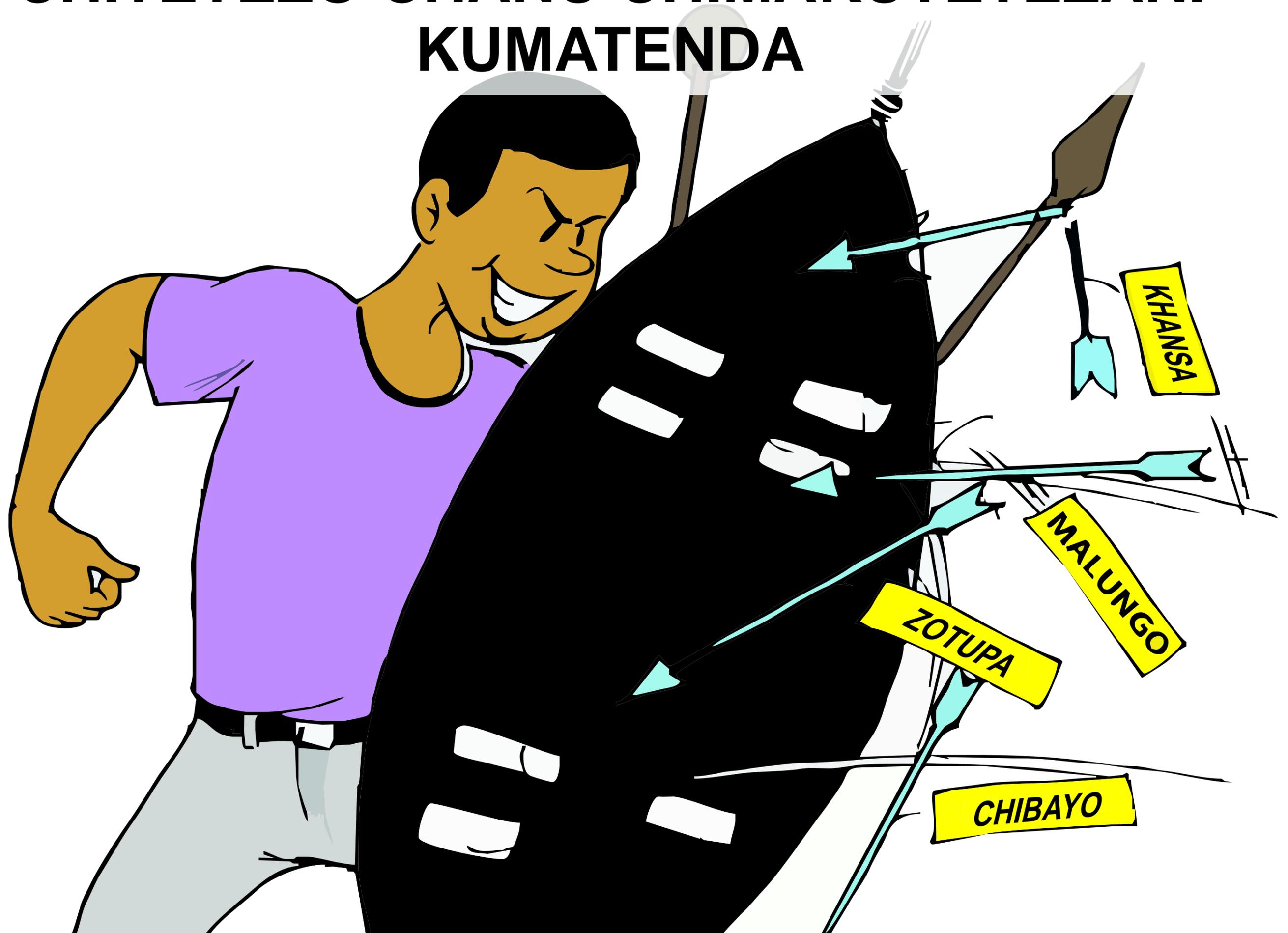
How does a healthy shield help you?

- Protects you from arrows
- If arrows get through, helps you get better faster

What kind of sicknesses have you had and recovered from?
(*discussion*)



CHITETEZO CHANU CHIMAKUTETEZANI KUMATENDA



CHIPWIRIKITI CHA MATENDA CHIMABWERA NGATI CHITETEZO CHA MTHUPI CHAFOOKA

What do you see?

What does HIV do to your shield (chishango)?

- Damages (chimaononga) and weakens it

What happens when your shield is damaged?

- Arrows get through (chibayo, malungo, kutsekula m'mimba)
- Feel sick and unhealthy
- Takes longer to recover from sickness

Do you have any questions about how HIV affects your body?



CHIPWIRIKITI CHA MATENDA CHIMABWERA NGATI CHITETEZO CHA MTHUPI CHAFOOKA



ALIYENSE ATHA KUTENGA KACHIROMBO KA HIV

What do you see?

Which of these people are HIV-infected?

- Anyone can be HIV-infected – adults and children
- Cannot tell who has HIV by looking at them
- HIV is not a punishment or death sentence

Can someone with HIV look and feel healthy?

- Yes, someone who looks and feels healthy can have HIV and transmit it
- HIV's damage (kumaononga) to the shield takes time
- Damage is faster in children
- Only way to know HIV status is to get an HIV test



ALIYENSE ATHA KUTENGA KACHIROMBO KA HIV



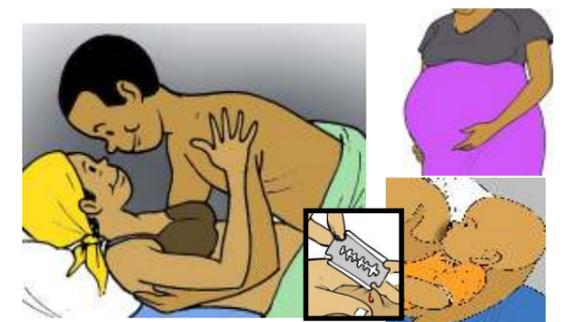
KAFALITSIDWE KA HIV

What do you see?

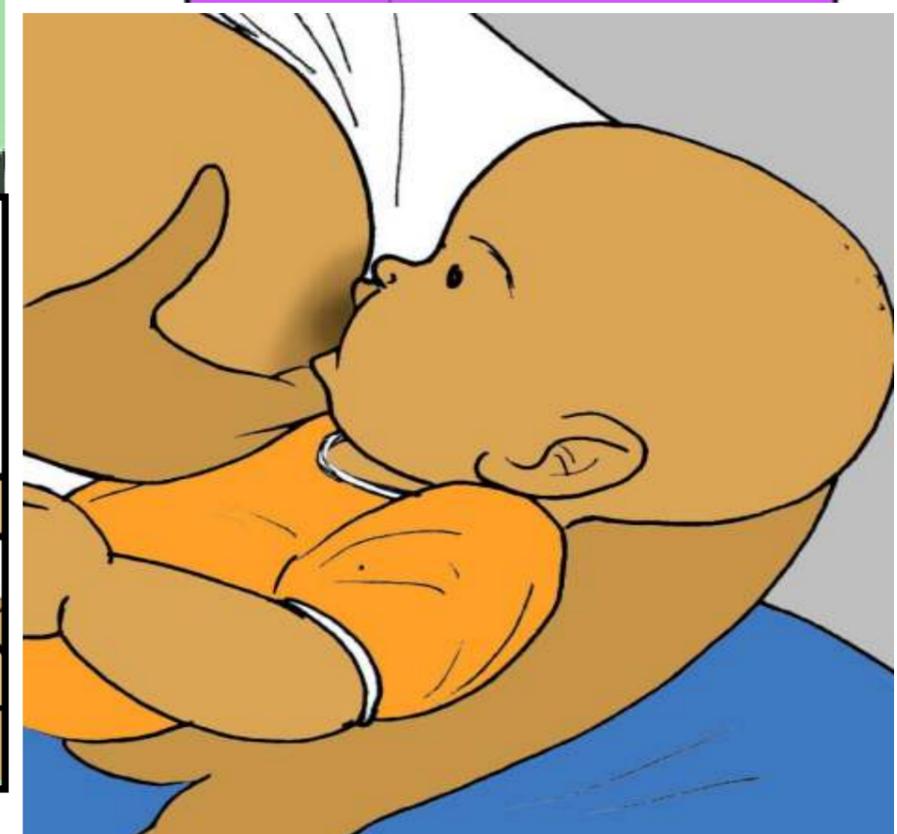
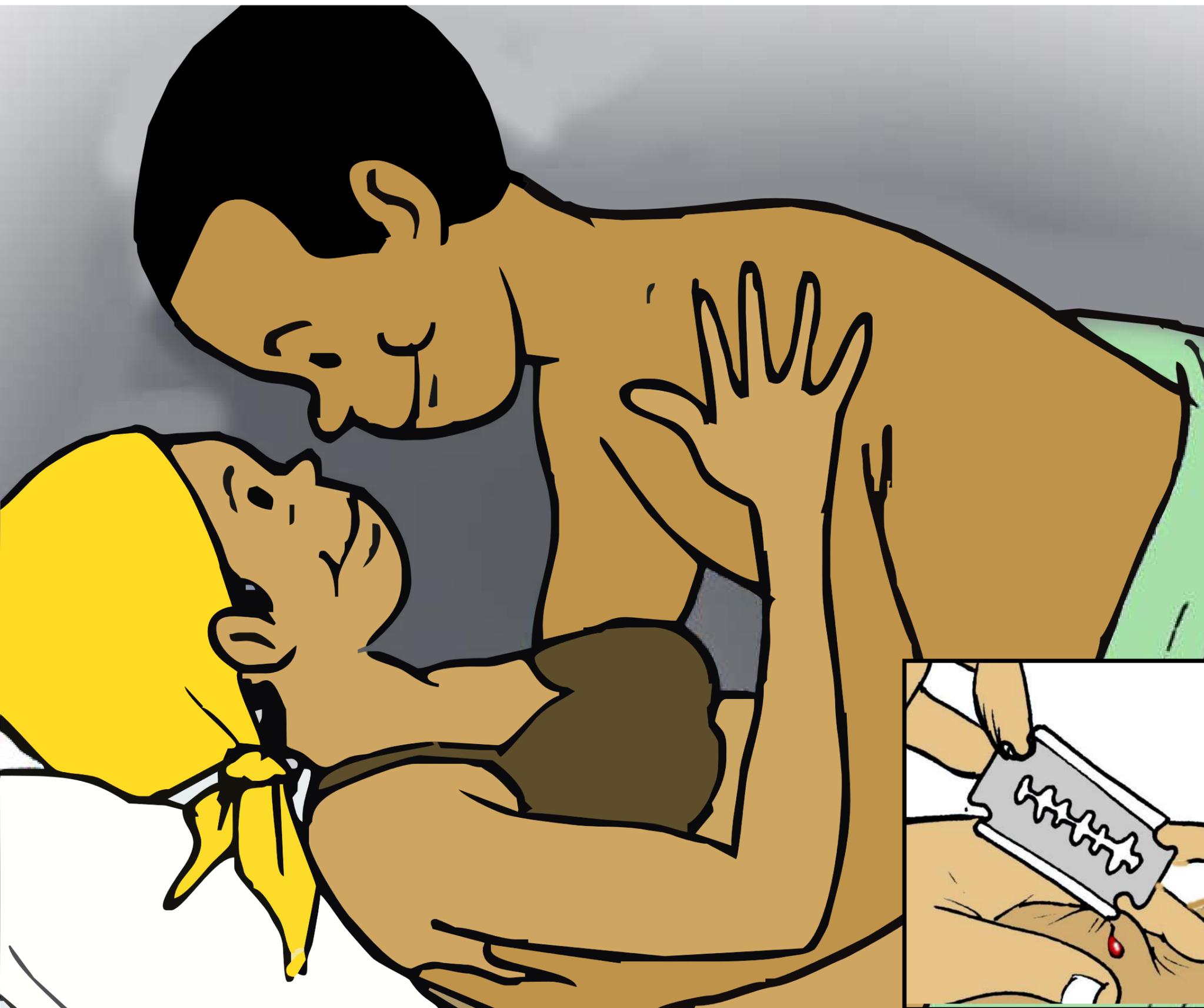
How is HIV transmitted?

- Unprotected vaginal or anal sex (kugonana njira ya amayi kapena kugonana njira yachimbudzi)
- Blood to blood contact (kufalitsa HIV kudzera mmagazi)
- During pregnancy, delivery or breastfeeding

Do you have any questions?



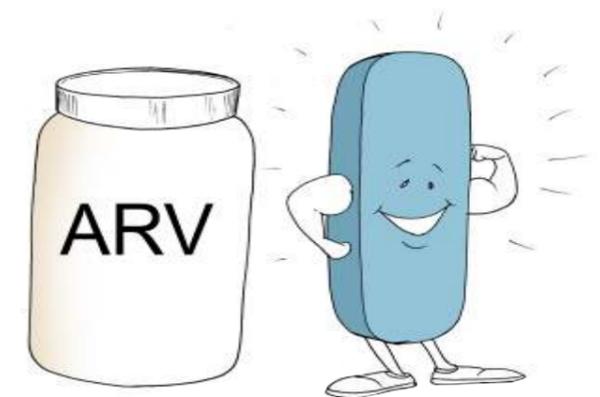
KAFALITSIDWE KA HIV



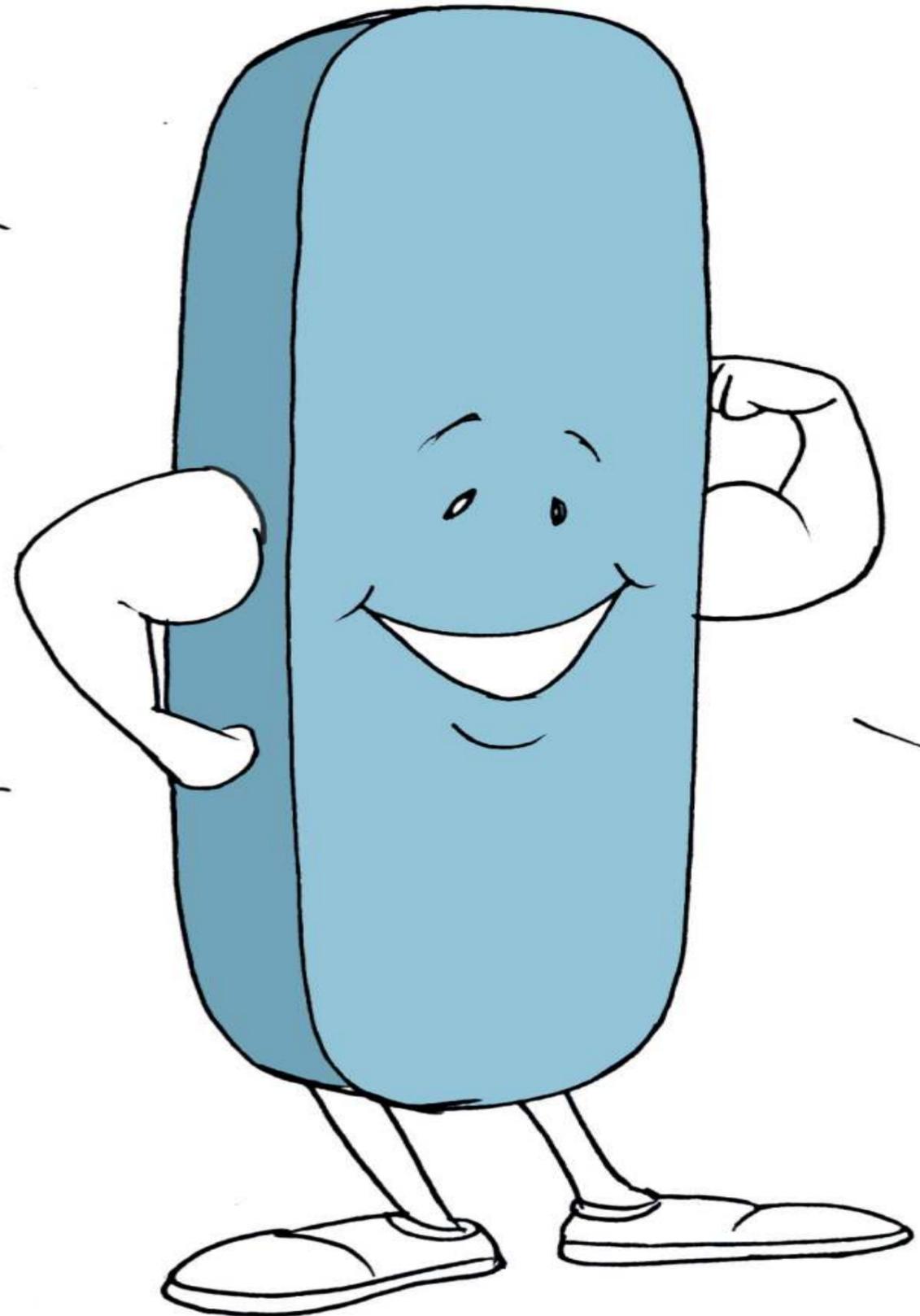
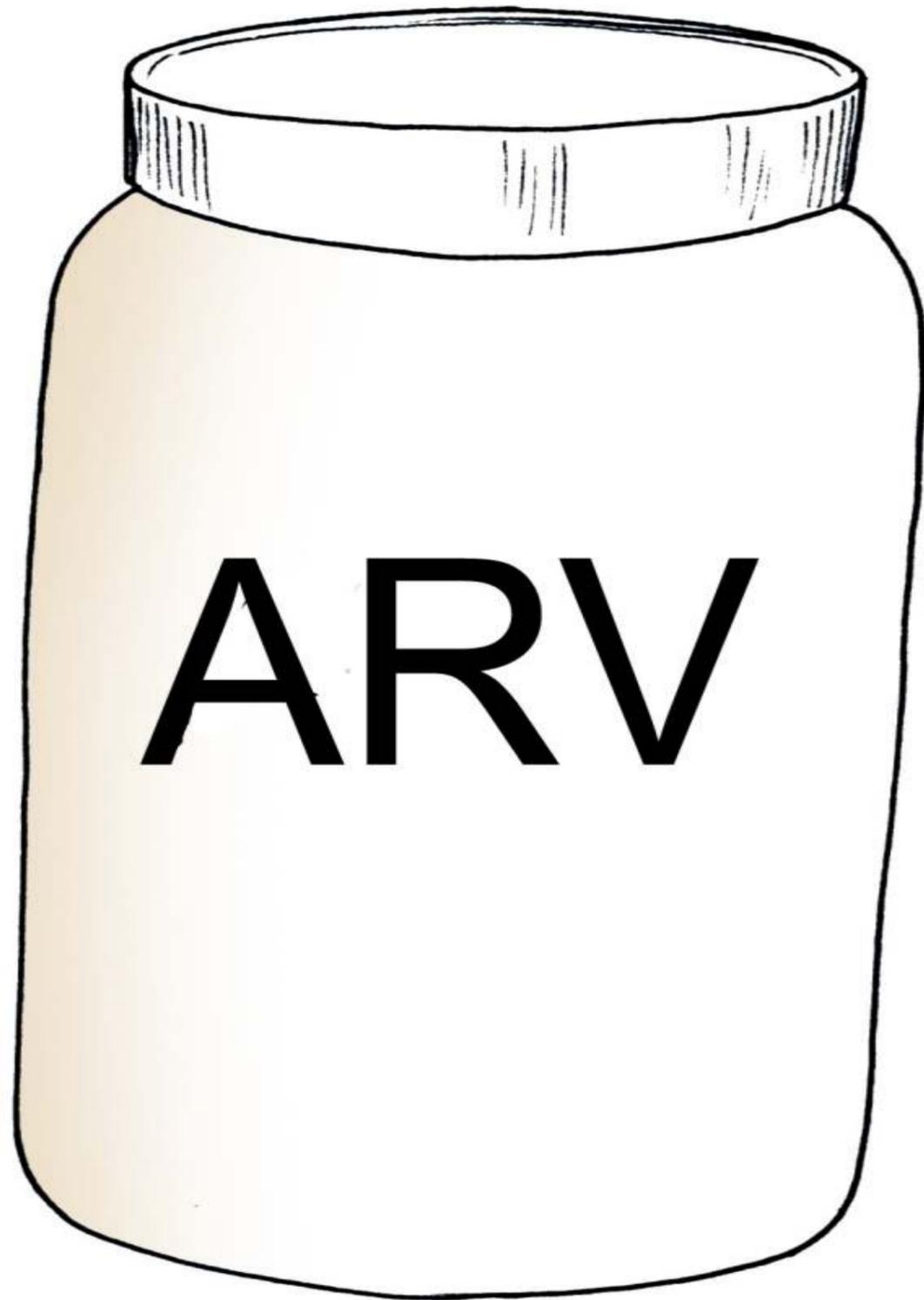
MA ARV AMAPEREKA THANZI

What do you see?

- ARVs are a medicine
- ARVs help people with HIV become healthier and stronger



MA ARV AMAPEREKA THANZI



MA ARV AMAPANGITSA KUTI KACHIROMBO KA HIV KAZIGONA

What do you see?

What do ARVs do to HIV?

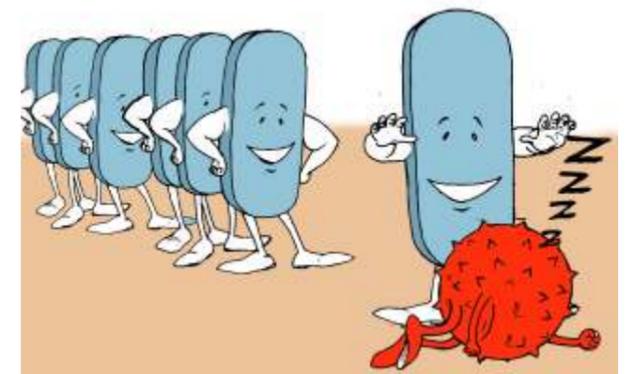
- Makes HIV sleep (kugona) and stop multiplying (kuchulukana)

How do you make sure HIV stays asleep?

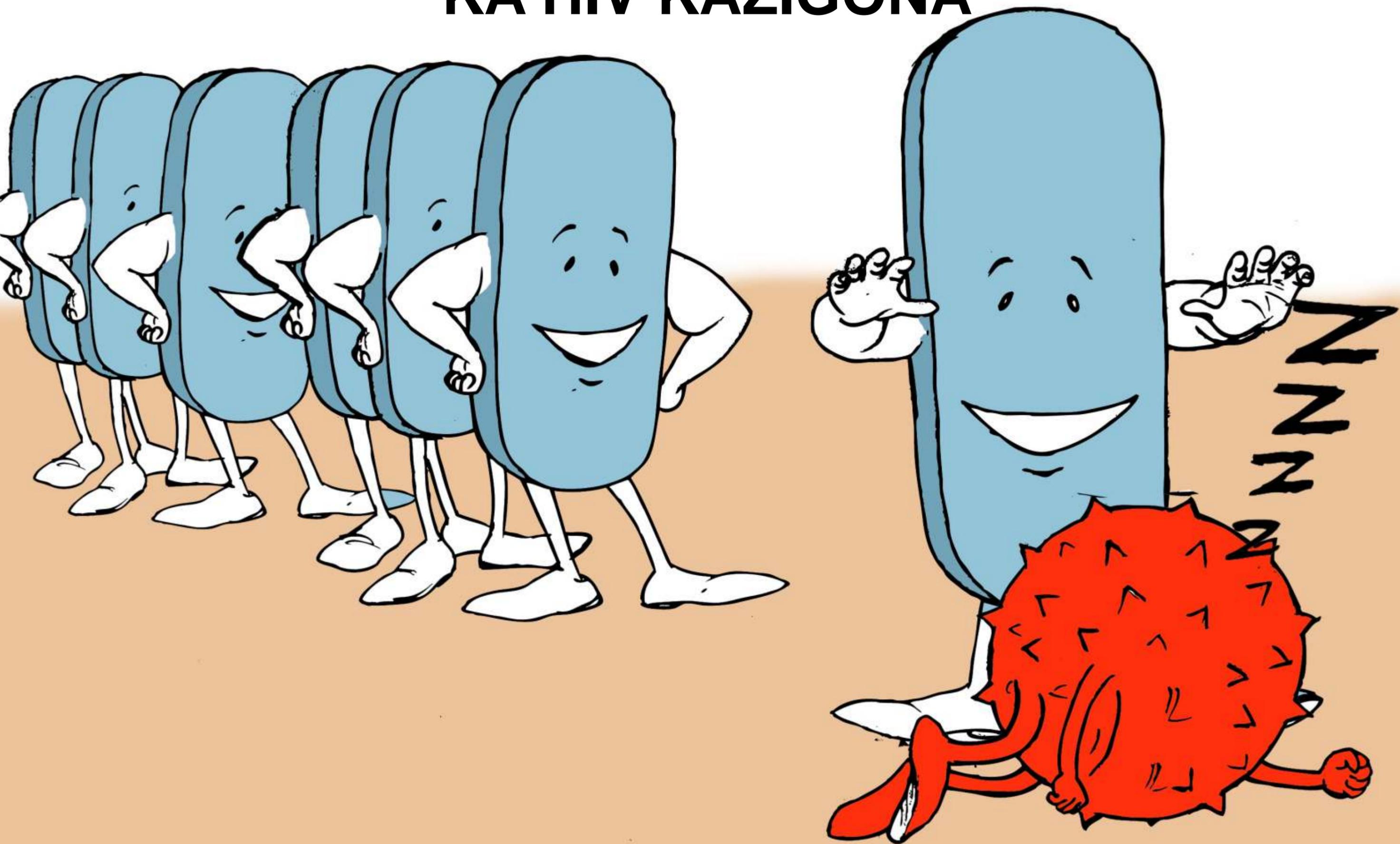
- Take ARVs at scheduled times
- Do not forget doses, forgetting doses makes HIV wake up
- Take ARVs for your whole life

What are the benefits of sleeping HIV?

- HIV cannot multiply (kuchulukana) or damage (kuononga) your shield
- Your shield stays strong



MA ARV AMAPANGITSA KUTI KACHIROMBO KA HIV KAZIGONA



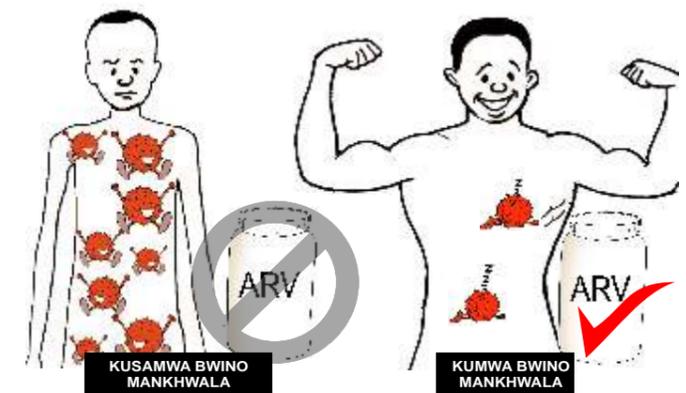
MA ARV AMACHEPETA CHIWELINGERO CHA HIV MTHUPI

What do you see?

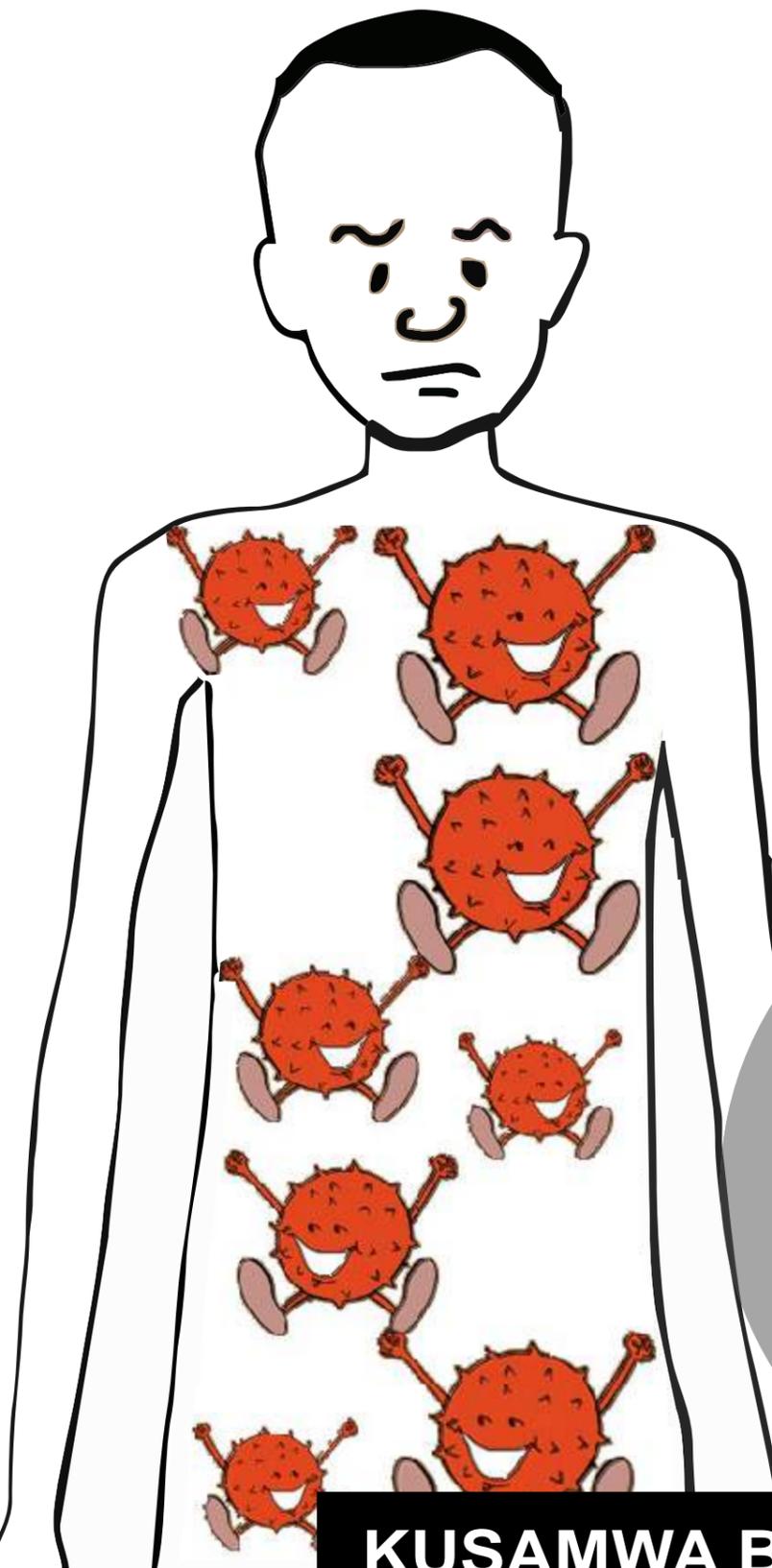
- Taking ARVs puts HIV to sleep and makes the body strong

How can we measure the amount of HIV in your body?

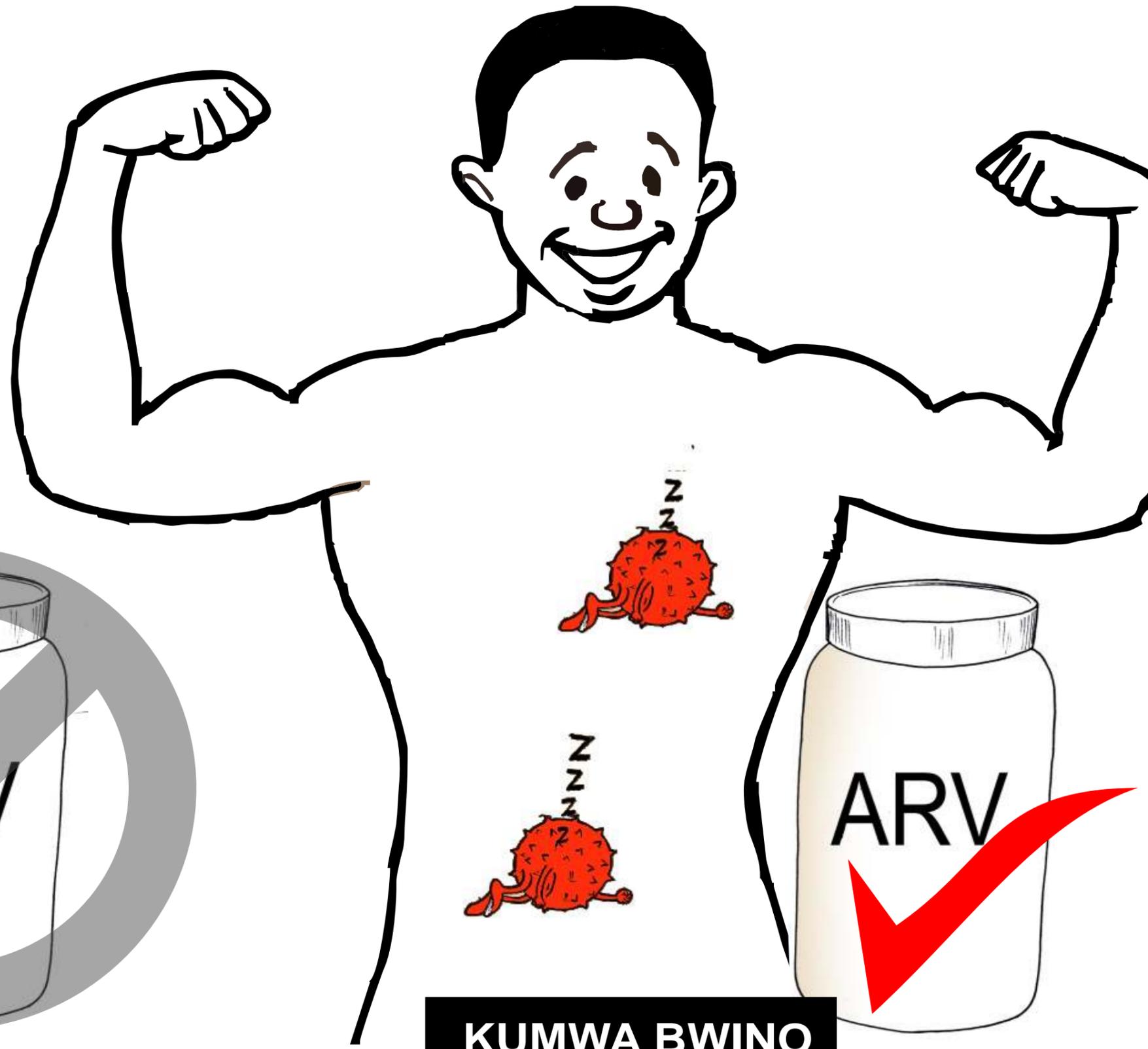
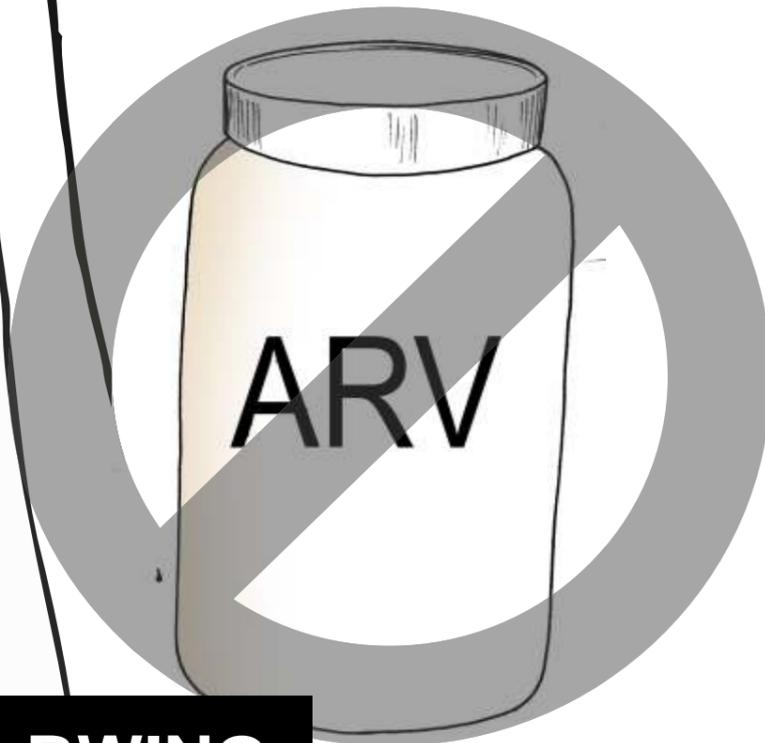
- Viral load test measures amount of HIV in body
- If adherent to ARVs (kumwa bwino mankhwala), viral load will be low
- If non adherent to ARVs (kusamwa bwino mankhwala), viral load will be high
- A low viral load decreases the chance of HIV transmission (tizilombo tanu tikachepa, pali danga tsoka lochepa lopatsira ena)



MA ARV AMACHEPETA CHIWELINGERO CHA HIV MTHUPI



**KUSAMWA BWINO
MANKHWALA**



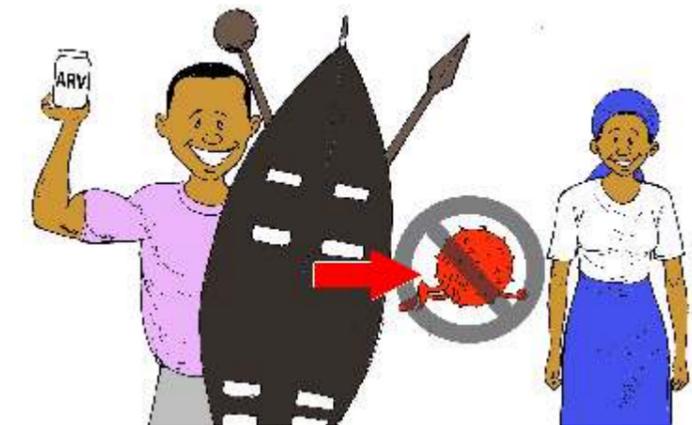
**KUMWA BWINO
MANKHWALA**



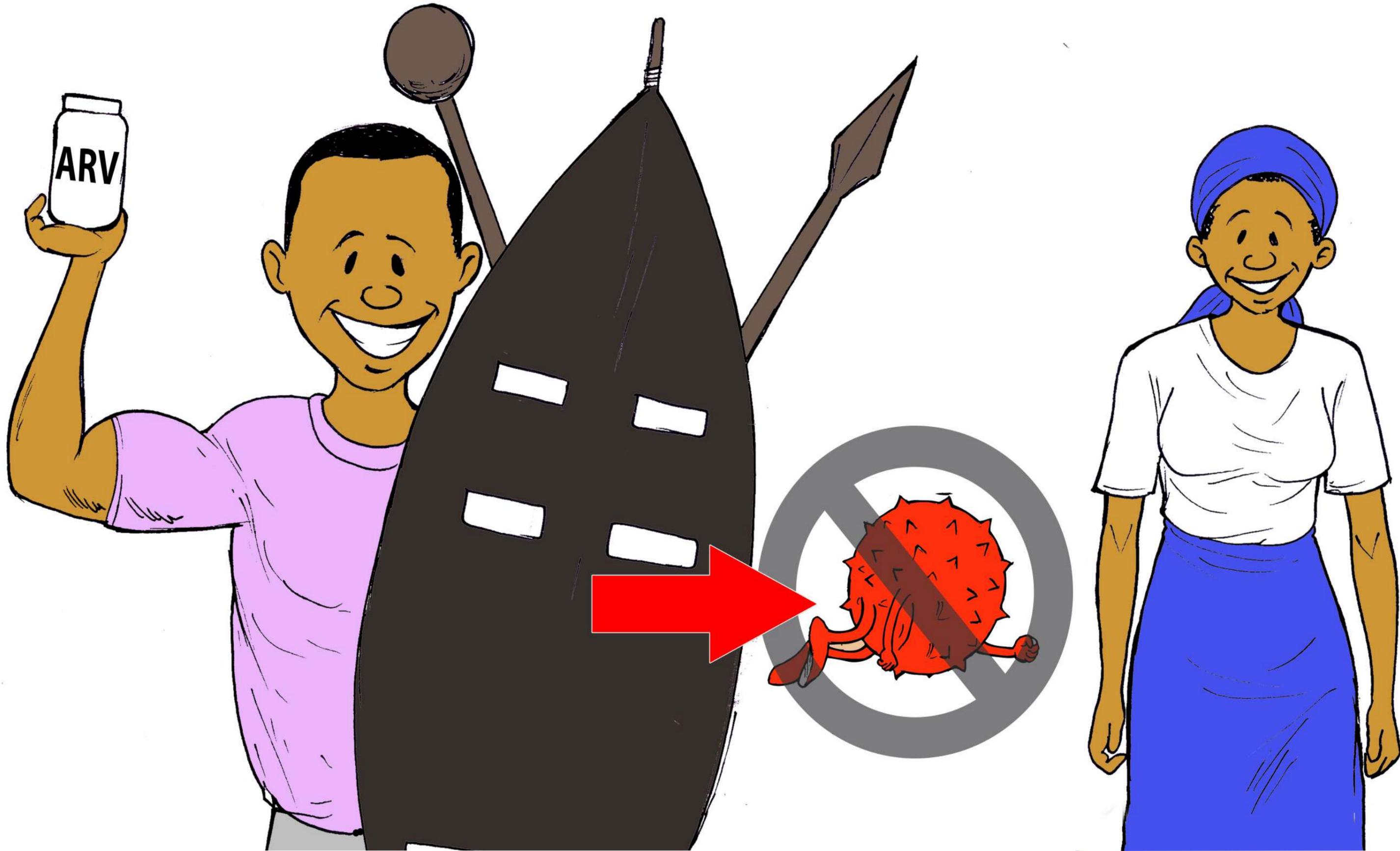
KUMWA MA ARV MWANDONDOMEKO KUMATHANDIZA KUCHEPETSА KUFALA KWA KACHILOMBO KA HIV

What do you see?

- If you are adherent to ARVs, it will reduce the chance of transmitting HIV to others



KUMWA MA ARV MWANDONDOMEKO KUMATHANDIZA KUCHEPETSА KUFALA KWA KACHILOMBO KA HIV



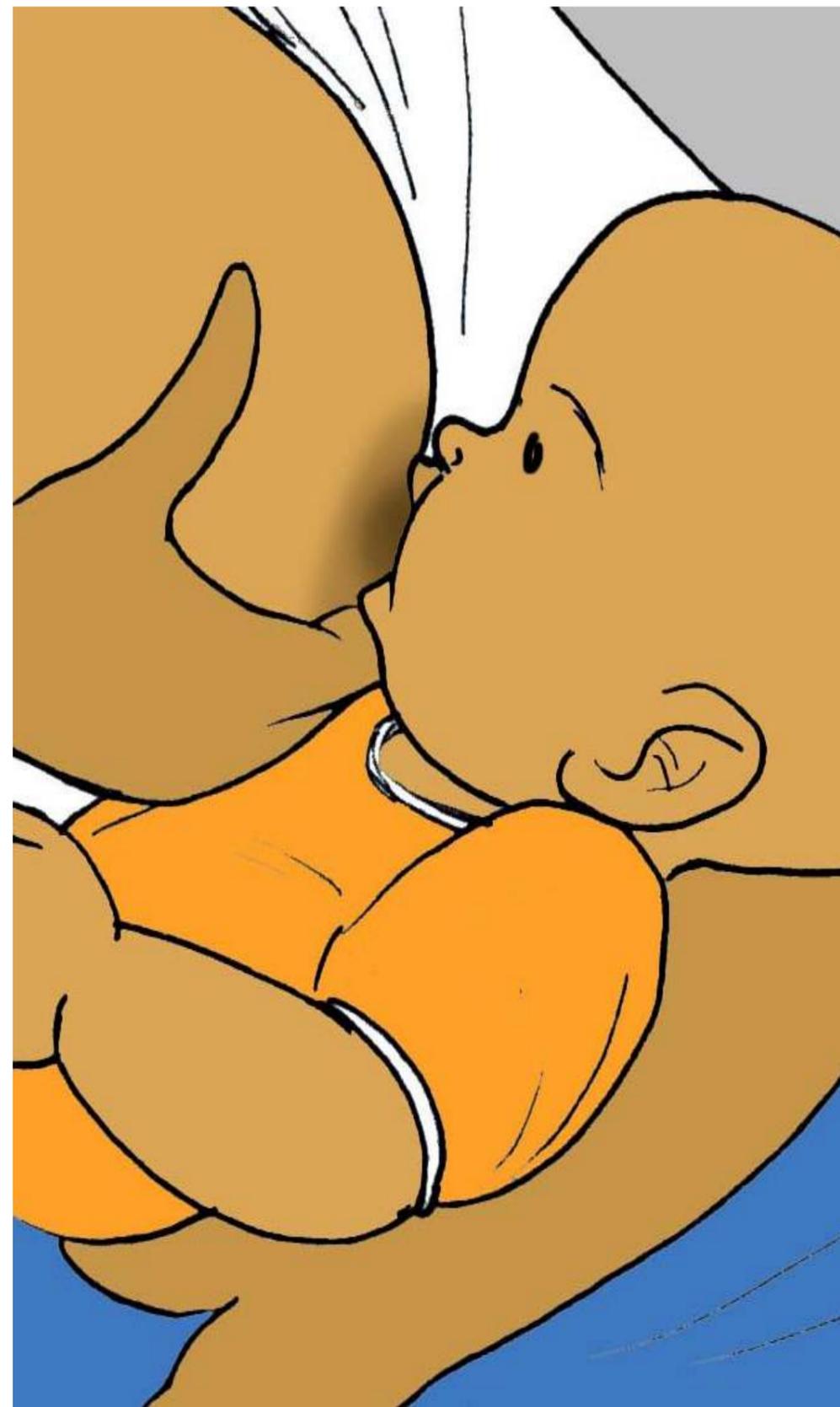
NJIRA ZOTETEZERA KUFALA KWA HIV KUCHOKERA KWA MAYI KUPITA KWA MWANA

How can a mother prevent transmission of HIV to her infant?

- Adhere to ARVs for life
- Give ARVs properly to infant when born
- Breastfeed infant
 - Breastmilk only for first 6 months
 - Breastfeed until around 2 years old



NJIRA ZOTETEZERA KUFALA KWA HIV KUCHOKERA KWA MAYI KUPITA KWA MWANA

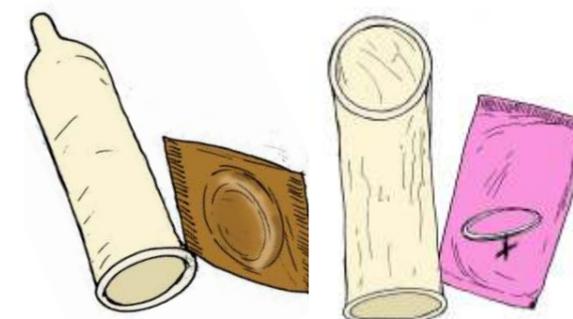


KODI MUNGAPEWE BWANJI KUFALITSA KACHIROMBO KA HIV KUTI MUPITIRIZE KUKHALA NDIMOYO WATHANZI

How can you prevent HIV transmission?

- Always use a condom during sex, vaginal and anal (kugonana njira ya amayi kapena kugonana njira yachimbudzi)
- Condoms help prevent pregnancy and sexually transmitted infections like HIV

Do you know how to use a male/female condom? If not, please ask!



**KODI MUNGAPEWE BWANJI KUFALITSA
KACHIROMBO KA HIV KUTI MUPITILIZE
KUKHALA NDI MOYO WATHANZI**



ZOVUTA ZING'ONOZING'ONO ZA MA ARV NTHAWI ZAMBIRI ZIMATHA PAKATHA MWEZI

What do you see?

- As your body adjusts to ARVs, you may experience temporary (zovuta zosakhalitsa) side effects
 - Dizziness (chizungulire)
 - Headaches (litsipa)
 - Nightmares (maloto odabwitsa)

These side effects are:

- Common
- Last about one month

What can I do if I experience these side effects?

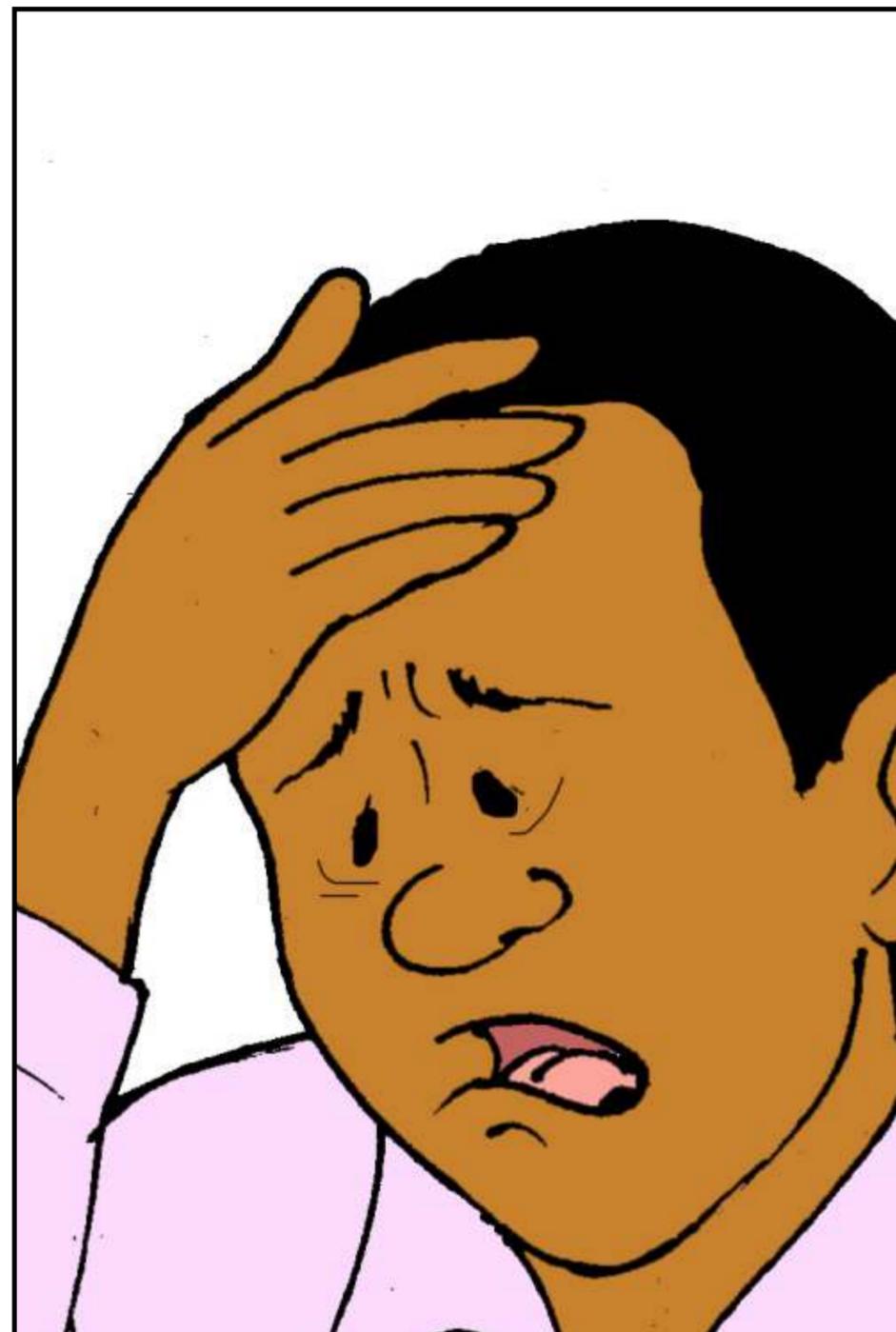
- Continue ARVs if you can tolerate it, but if side effects worsen or continue past one month, see your clinician



ZOVUTA ZING'ONOZING'ONO ZA MA ARV NTHAWI ZAMBIRI ZIMATHA PAKATHA MWEZI



CHIZUNGULIRE



LITSIPA



MALOTO ODABWITSA

ZIZINDIKIRO ZOOPSYA ZA MA ARV

What do you see?

- Some side effects are serious
 - Jaundice/yellow eyes (chikasu)
 - Psychosis (kuzweta mutu)
 - Rash (nsungu)
 - Vomiting (kusanza)
 - Changes in body shape (kusintha kwa maonekedwe athupi / kukula mawele)

What can I do if I experience these side effects?

- See your clinician immediately
- Clinician will find an ARV that is better for your body

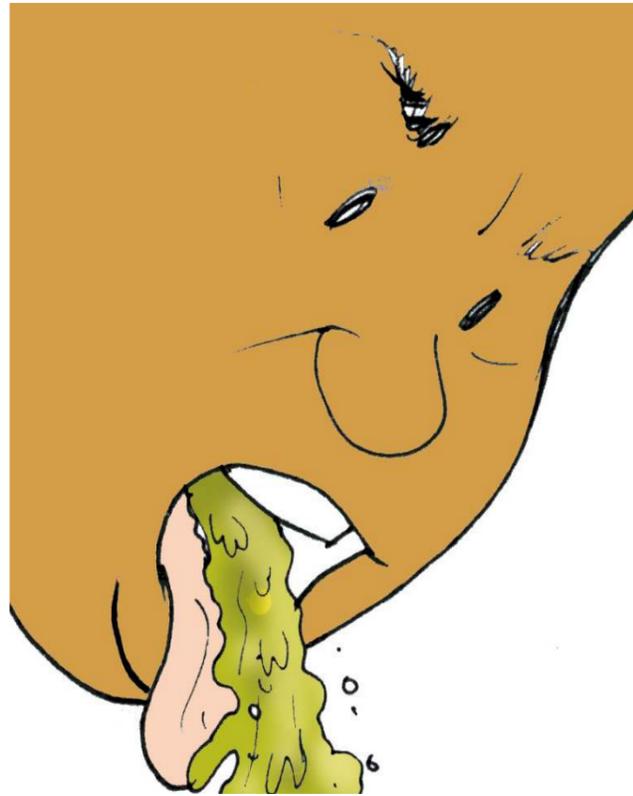
Do you have any questions?



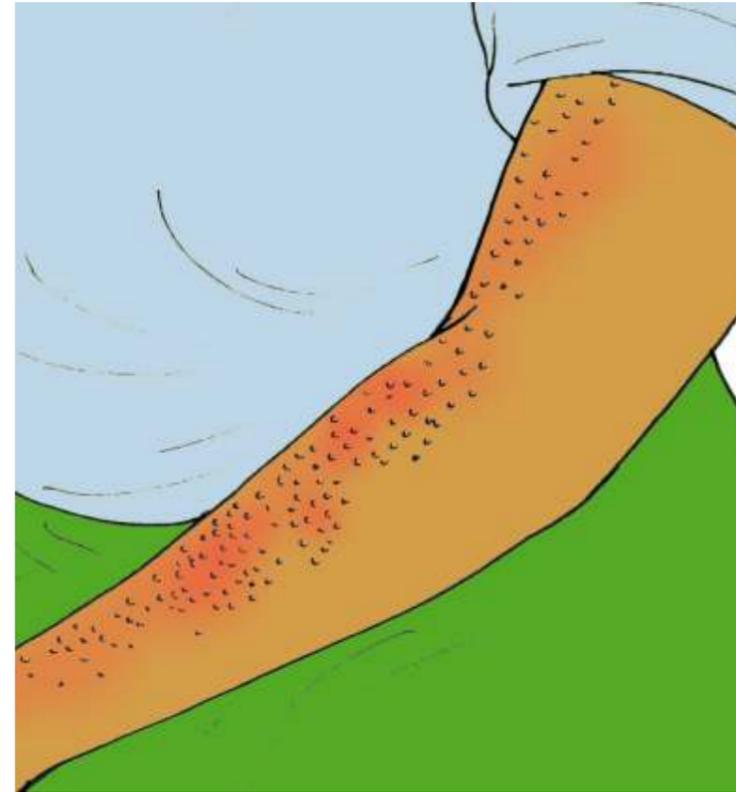
ZIZINDIKIRO ZOOPSYA ZA MA ARV



**KUSINTHA
MAONEKEDWE**



KUSANZA



NSUNGU/MATUZA



**KUSOKONEKERA
MUTU**



CHIKASU



KUWAWA M'MIMBA

PITANI KU CHIPATALA MSANGA

MULI NDI NKHAWA ZANJI?

What are you worried about?

- Everyone has different worries about starting ARV
- We can help you overcome challenges

Do you have concerns about living with HIV?

- If you have concerns, please tell your health provider/counselor. We can help you talk to your partner or family. We can also refer you to resources in the community that can help you.
- If you fear violence, please ask for assistance with disclosure from a health provider or someone you trust before you attempt disclosure on your own.



MULI NDI NKHAWA ZANJI?



NDIFE OKONZEKA KUTHANDIZANA NANU

What do you see?

- We are here to support you!
- We can help you with VCT and disclosure if you bring your family to the health facility

How can disclosing your status help you?

- Helps you build a support network
- Improves adherence
- Can talk openly about prevention
- Encourages others to go for VCT

Do you have any questions?



NDIFE OKONZEKA KUTHANDIZANA NANU



KULEPHERA KUGWIRA NCHITO KWA MANKHWALA

What do you see?

What is resistance?

- Start ARVs (start fire to cook pumpkin)
- Miss doses (fire stops)
- HIV becomes resistant (kupima / kufuwa) (restarting fire cannot cook pumpkin)
- HIV wakes up and damages shield (uncooked, ruined pumpkin)

Do you have any questions?



KULEPHERA KUGWIRA NCHITO KWA MANKHWALA

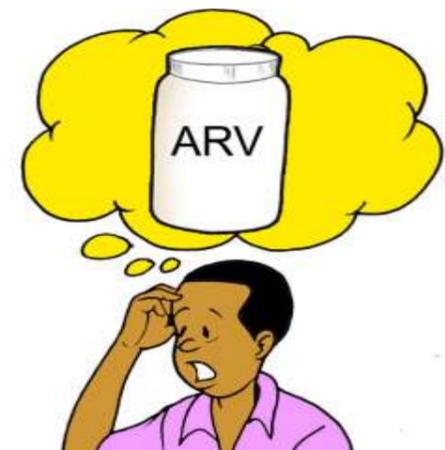


NDI NJIRA ZITI ZINGAKUTHANDIZENI KUKUMBUKIRA KAMWEDWE KA MA ARV?

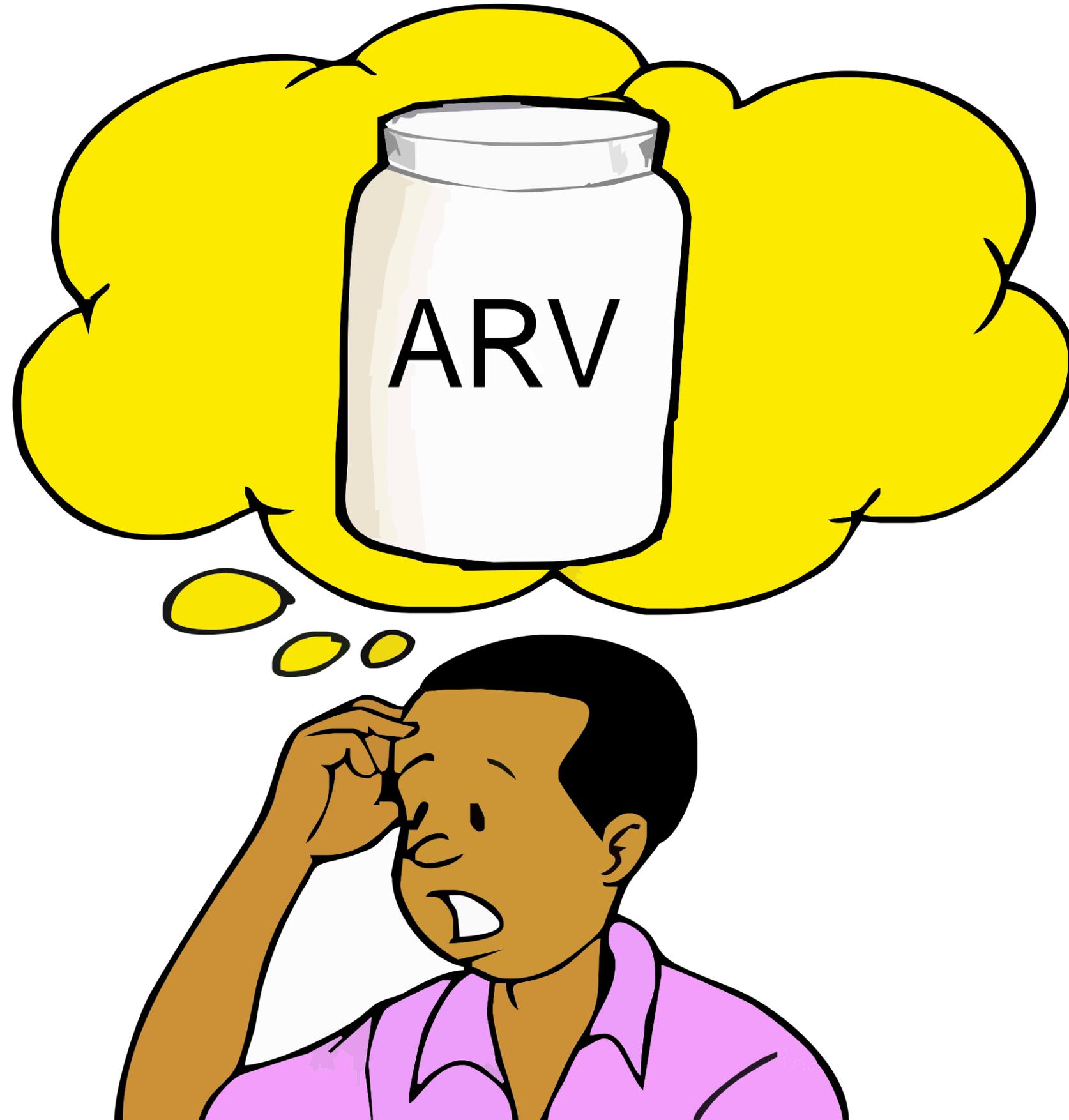
What are some methods to help you remember to take your ARVs?

- Some examples: phone alarm, someone at home to remind you, use sunset/sunrise, keep ARV bottle near your bed, mark calendar
- Find methods that work for you
- Incorporate into daily routine
- Choose more than one method
- Ask for support from guardian

What methods do you think will work for you? Other ideas to help you remember?



**NDI NJIRA ZITI ZINGAKUTHANDIZENI
KUKUMBUKIRA KAMWEDWE KA MA ARV?**



COTRIMOXAZOLE PREVENTIVE THERAPY(CPT)

What do you see?

- CPT protects you from diarrhea, certain respiratory illnesses and malaria
- CPT is also called bactrim

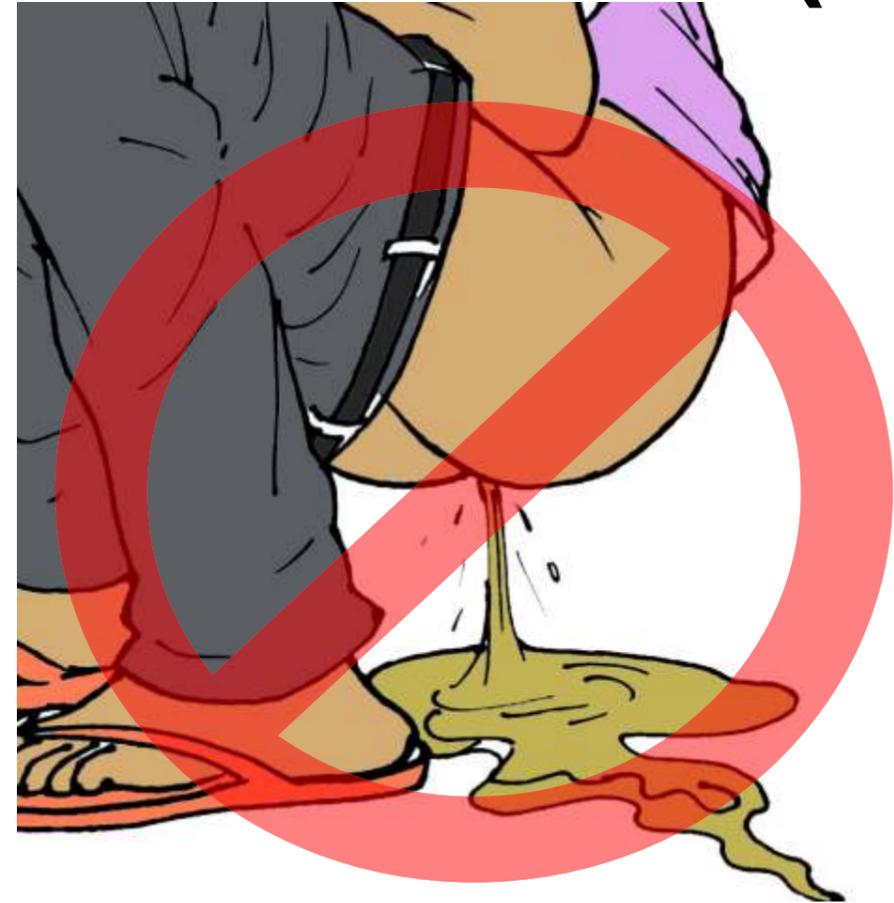
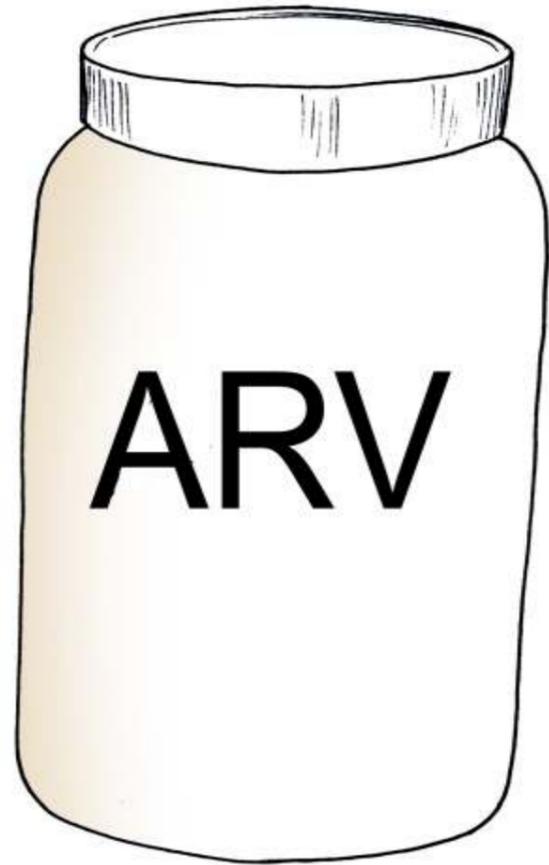
How do you take CPT?

- Once per day
- Children need different dosages than adults, ask your clinician for dosage
- Remain adherent

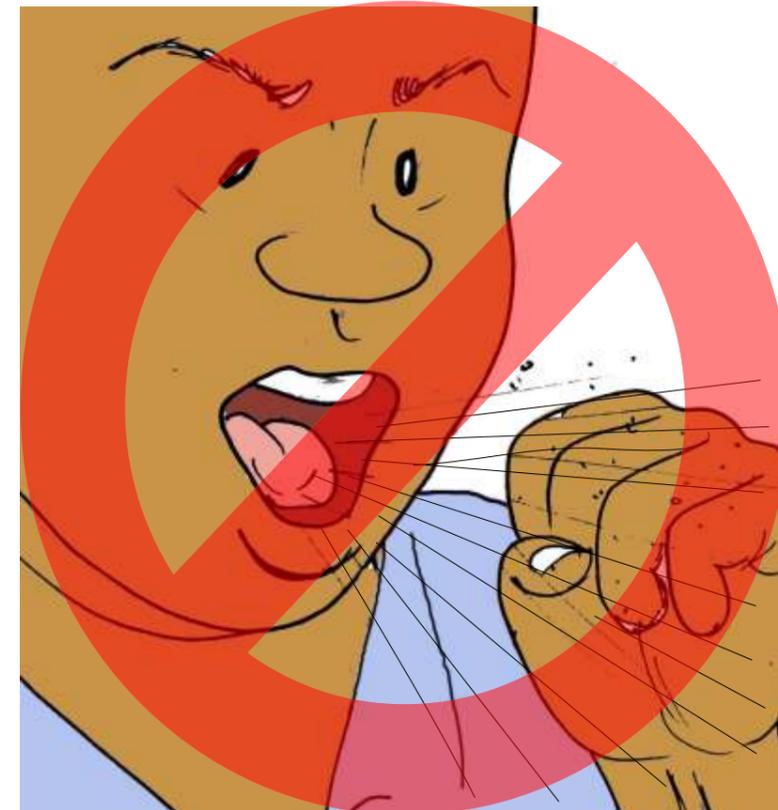


MALUNGO

COTRIMOXAZOLE PREVENTIVE THERAPY(CPT)



MALUNGO



KUMBUKIRANI KUTENGA MA ARV ANU ONSE PAMENE MULI PAULENDO NDIPO DZIWANI MAINA AMA ARV ANU

What do you see?

- Plan ahead so you don't miss a dose
- Pack all medication and health passport book when you travel
- Keep an emergency pack of ARVs ready so it's always available to you

What can you do if you have forgotten your ARVs when travelling?

- Get emergency supply from nearest ARV clinic

Why is it important to know the names of your ARVs?

- Check you have right medication and dosage
- Learn the names by:
 - Asking clinician
 - Looking at ARV bottle



KUMBUKIRANI KUTENGA MA ARV ANU ONSE PAMENE MULI PAULENDO NDIPO DZIWANI MAINA AMA ARV ANU



ZOMWE TINGAYEMBEKEZERE TIKAPITA KUCHIPATALA CHAMA ARV

What should you expect when you come in for your ARV appointment?

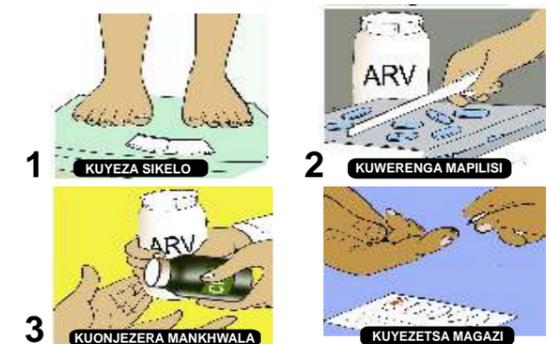
1. Height and weight
2. See clinician (side effects, pill count and screening for tuberculosis infection)
3. Refill medication
 - Viral load testing (some appointments)

What should you bring to your ARV appointment?

- Health passport book
- ARV and CPT bottles
- Your guardian for first six months

Remember:

- Go to all scheduled appointments (antenatal, under-five, immunizations, etc.)
- Organize all appointments on same day
- Bring same health passport book to all clinic visits



ZOMWE TINGAYEMBEKEZERE TIKAPITA KUCHIPATALA CHA MA ARV

1



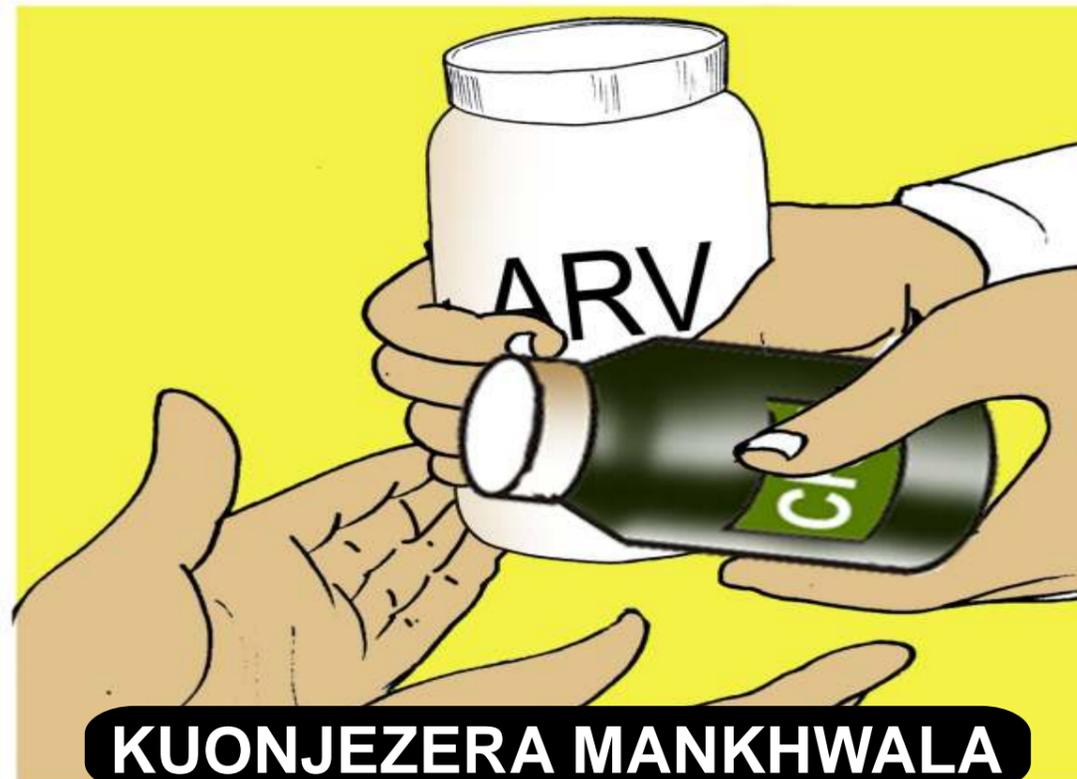
KUYEZA SIKELO

2



KUWERENGA MAPILISI

3



KUONJEZERA MANKHWALA



KUYEZETSA MAGAZI

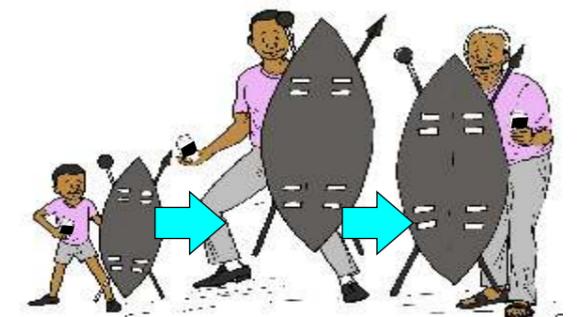
MA ARV MOYO ONSE

What do you see?

- Taking ARVs for your whole life will help you stay healthy

Are ARVs a cure for HIV?

- No, there is no cure for HIV
- Feeling healthy while on ARVs means they are working
- Feeling healthy does not mean that HIV is gone
- Keep taking ARVs even if feeling healthy



MA ARV MOYO ONSE

