

SPIRITUAL LIFE IN CHRIST (SLIC)

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Preventing HIV and AIDS/STIs through Awareness Campaign for Sinohydro Corporation's workforce and surrounding Communities along Bwanga-Biharamulo Road upgrading project-Lot 2 (112KM) in Kagera and Geita Region

HIV TRAINING REPORTS CONDUCTED ON 27/03/2018 and 28/03/2018 AT

BWANGA, BUZIKU AND RWANTABA VILLAGES

SUBMITTED BY:

SLIC

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REPORT OF HIV/AIDS TRAINING WHICH WAS CONDUCTED ON 27-28/03/2018 AT BWANGA, BUZIKU AND RWANTABA IN CHATO DISTRICT GEITA REGION

0.1 INTRODUCTION:

HIV/AIDS Training was conducted at the Bwanga, Buziku/ Rwantaba ground on 28-29/03/2018 and it involved residents from Bwanga, Buziku, Rwantaba area in Chato District Council in Geita region. It was organized by Spiritual Life In Christ with full support from SINOHDRO CO LTD and was facilitated by Nemwa Mpuga from Bwanga Hospital (Chato Geita). Before the training date there was Public Addressing (PA) activities that were conducted on 23/6/2017 by SLIC to inform and mobilize people from those areas to attend the training on 24/6/2017.

The training started at 3:00 pm at Bwanga Centre and at 10:30 am at Buziku/Rwantaba Village as it was opened by Coordinator from SLIC. It was attended by 113 at Bwanga while at Buziku and Rwantaba were 191 people from the mention places above who were trained on general awareness of HIV/AIDS, historical background of HIV/AIDS, Ways of transmission, Effects and proper ways of preventing HIV/AIDS. Also there was testing and counseling activity from which 56 at Bwanga attendants get tested their health status and from them 1 people were found to be positive (affected by HIV/AIDS) who were referred to Bwanga referral hospital for more assistance and treatment but at Buziku and Rwantaba 89 get tested no one found affected by HIV..

0.2 FACILITATION AND RESOURCE MATERIALS:

The facilitator used participatory mode of facilitation as the participants were given opportunities to share their knowledge and some of them were given a chance of asking questions. The facilitator used real objects and examples during training. He used Lady Pepeta Condoms, family condom and male and female organs for showing practical to the participants. All these materials were from SLIC organization.

0.3 TRAINING OBJECTIVES:

- i. The main objective for the training was to create awareness to community around the airport about HIV/AIDS and how they can protect themselves from HIV/AIDS through proper ways and knowledge in order to promote health life and change of behaviours.
- ii. Providing counselling to HIV/AIDS affected persons so that they can't lose hope but they have to follow the advices from doctors for their survival.
- iii. To conduct testing activities to the community so that the community can know their health status and for those who are ready affected have to be counselled and start to use ARVS.

4. TOPIC COVERED

The following topics were covered during training:

1. The meaning of HIV/AIDS
2. The difference between HIV/AIDS and other Sexual Transmitted Diseases (STDs).
3. The reality of HIV/AIDS in Tanzania
4. Ways of Transmission
5. Symptoms
6. Effects of HIV/AIDS
7. The relationship of HIV/AIDS and TB
8. Proper ways of prevention.
9. What should be done to those who are affected?
10. Proper ways of using condoms

4.1. The meaning of HIV/AIDS

The facilitator elaborated in short about HIV/AIDS as it an incurred disease that has been spread all over the world.

HIV stands for Human Immune deficiency Virus

AIDS stands for Acquired Immune Deficiency Syndrome

It was spread in Tanzania at first in 1983 as first person from Bukoba was found to be affected by HIV and from there it has been spreading to other parts of Tanzania.

4.2. The difference between HIV/AIDS and other Sexual Transmitted Diseases (STDs).

The facilitator mentioned other STDs like gonorrhea and syphilis but he mentioned their difference from HIV/AIDS as all other STDs can be treated but HIV/AIDS has no treatment.

- ✓ SYMPTOMS OF STDs
 - increased fluid excretion from the genitals
 - tingling or burning while urinating
 - stomach pain (in women)
 - swollen glands
 - painful genital

4.3. The reality of HIV/AIDS in Tanzania

Tanzania is located along the Indian Ocean in East Africa with a total area of 945,090 square kilometres inhabited by over 45 million persons, most of who reside in the rural areas. The first cases of HIV/AIDS were reported in Tanzania Mainland in 1983, since then AIDS related complications have claimed lives of thousands of women, men, girls and boys in the country. In

2007/2008 HIV prevalence among the general population aged 15-49 in Tanzania was 5.7% with women being more affected at 6.6% compared to 4.6% for men. Within the country, married couples have reported higher HIV infection rates compared to unmarried persons. HIV/AIDS has caused death, illness psychological distress, poverty destitution and other socio-economic challenges for women, men, girls and boys in Tanzania Mainland.

4.4.Ways of Transmission

Through participatory methods the facilitator and the participants mentioned the ways in a person can get HIV/AIDS such as

- a. Through sexual intercourse (unsafe sex)
- b. Sharing the sharpen instruments like needles, knives, razor blades etc.
- c. Caring the affected person if you are not careful
- d. Addition of blood having HIV to seek person

4.5.Symptoms

Through participatory way the facilitator elaborated about various symptoms for the person having HIV/AIDS such as;

- a. Frequently sickness as the body's immune has been reduced
- b. Loss of weight about 10% per year
- c. TB though it is not for all persons with TB have HIV/AIDS
- d. Body's weakness in most of time
- e. Spread hair and becoming thin
- f. Coughing for long time

4.6.Effects of HIV/AIDS

Through the participatory ways the facilitator elaborated on different effects of HIV/AIDS such as;

- a. Death as HIV/AIDS has no treatment
- b. Loss of manpower who could bring development
- c. Increase of Orphans who are living under vulnerable environment
- d. Economic stagnation to families
- e. Psychological effects to affected people

4.7.The relationship of HIV/AIDS and TB

The facilitator elaborated more about the relationship between TB and HIV/AIDS that HIV/AIDS accelerates the condition of TB to occur that means the person with HIV/AIDS is more likely to get TB but not all people suffering from TB have HIV/AIDS.

4.8. Proper ways of prevention.

Some of the ways that were mentioned by facilitator and participants are;

- a. Using safe sex always when having sexual intercourse
- b. Being faithful (having one partner) and when sexing with another partner use the condom
- c. Being careful when caring for affected person
- d. Avoid sharing of sharpen instruments
- e. Avoid additional of bloods that is not certified by the doctor

4.9. What should be done to those who are affected?

The doctor advised the community that for those who are affected should not lose hope but they have to go to the hospital for more counseling and treatment.

REDUCTION OF RISK FOR HIV INFECTION AMONG MOST VULNERABLE POPULATIONS.

✓ ISSUE FOR WOMEN AND GIRLS

- Some men take advantage of their physical strength and sexual decision making authority coerce women into sex. Violence tends to make women unable to negotiate safer sex or leave the dangerous relationships they have with these men.
- Cases of rape and sexual abuse of both women and girls are increasingly coming to light. Some women, young house maids, girls with disabilities, as well as orphans have suffered sexual abuse and rape which can expose them to HIV infection.
- Early sexual debut or early marriage exposes young women to HIV infection since their biological features are not fully developed.
- HIV prevalence among women aged 15-49 is higher at 6.6% compared to 4.6% for men: at aged 20-24, infection rate is 2% and 6% for males and females respectively.
- Traditional practices like female genital mutilation, early marriages, widow inheritance, rape dry sex widow creasing, wife sharing, polygamy, practices to manage infertility, violation of women's reproductive health and rights, 'Unyago' and 'Jando' increase risk and vulnerability of women to HIV infection.

✓ ISSUES FOR MEN AND BOYS

- Men who are disempowered due to unemployment, idleness and frustration loose self esteem and may disregard their sexual health as well as HIV prevention.
- Men in rural areas often have lower HIV/AIDS knowledge as compared to their urban counter parts.

- Men who migrate from home to extended period time for employment and business trips may be tempted to high risk or casual sex which predisposes them and partners to HIV.

4.10. Proper ways of using condoms and condom distribution

The facilitator showed the participants the proper ways of using condoms, he used the male genital organ to show the participants practically by using the male condoms and he used female genital organ to show the participants how the female condom is being used practically. This creates great knowledge to the participants and mobilizes them to use condom for their safety.

USING CONDOMS EASIELY AND CAREFULLY

The facilitator explained the meaning of condoms as:

Female condoms are made from polyurethane (plastic) and the male condoms from latex rubber. Friction between the two can result in one of them breaking. Also male condoms must not come in contact with lubricants, whereas female condoms can use lubricants.

The facilitator taught on how to use male condoms step by step, these are:

- (i) The penis must be erected and the foreskin pulled back. As you put on condom. Squeeze the tip to make sure there is no air in it.
- (ii) Roll the condom down to the base of the penis. Now you are ready to enter your partner but make sure the condom stays on during sex.
- (iii) Roll the condom down to the base of the penis. Now you are ready to enter your partner. Make sure the condom stays on during sex.
- (iv) Don't use lubricants, they weaken and break the condom.
- (v) Take off the condom immediately after ejaculation, otherwise fluid might leak out and hold base of the condom and pull on out of the vagina.
- (vii) Tie and knot in the condom to prevent fluid leaking out, and throw away in the pit latrine or burn it (not down the water toilet. As it will get clogged).

How to use female condoms:

Before you begin: check expires date:

- (i) Open the condom which has two rings.
- (ii) Hold and squeeze ring.

(iii) Insert as far into vagina as it will go condom should not be twisted.

(iv) During sex, guide penis inside condom.

(v) To remove squeeze and twist outer ring pull out and discard in the pit latrine or burn it.

5.0. TRAINING METHODOLOGY

Different facilitation methods were used so as to enable better understanding of the topics:

- Presentations
- Group discussion
- Questions and answers
- Case study

Participants were given opportunities to contribute and share experiences during the session, where everybody was free to tell stories about their own life and how they were unaware of lessons that was taught. The use of adult learning through participatory method of facilitation made the training very interesting and use of energizers stimulate the training and individual participation.

6.0. QUESTIONS ASKED

1. Can HIV/AIDS be transferred through kissing one another?
2. Do sperms and vagina fluids contain HIV?
3. Can HIV/AIDS be transferred only through sexual intercourse without friction?
4. How long can a person with HIV start to show the symptoms?

All questions were answered by the doctor properly and the participants were satisfied with the good answers.

7.0. ACHIEVEMENT:

- ❖ Participants understood the status of HIV/AIDS around the community and country at large
- ❖ Participants acquired skills and knowledge of proper way of using female and male condoms.
- ❖ Participants are conversant with the topic covered by facilitators.
- ❖ Participants gained ability to communicate with their community in regards to the knowledge concerning HIV/AIDS, protection, testing and treatment (ARVs)

8.0 SUCCESS STORIES

I have been getting different information on HIV/AIDS, STIs and other sexual infection that is a killer disease that everyone has to take action to fight against, but for the case of condoms I had in

mind that it is the issue of men not woman. But after attending this training. I found that woman has great role on emphasizing the use of condoms narrated by participant (Pili Mathias).

I have been doing sex without using condom since was I started sex but after getting this knowledge about HIV/AIDS and the important of using condom now I can use it ,thank you SLIC and SINOHYDRO COMPAY for this program, now I have educated (Magadula Buda).

8.0 CHALLENGES AND RECOMMENDATION

Participants declared that, they did not know in details about HIV/AIDS before, this lead to mistreatment and cheating to women and men in the communities as many lack knowledge of HIV/AIDS and health in general, many are cheated by their partners about their health, for instance. During the session one participant told the group about a man who tested and found HIV positive, he decided to encourage his wife to test, at the same time he black mailed the health worker to tell her that she is diabetic while she is HIV positive, therefore they were very grateful to get the opportunity to attend the training.

Knowing about self- testing and use of condoms made them so confidence and strong, therefore they suggested that, training like this should be made to women of their type and marginalized groups in the communities so as to make great behaviour's change about HIV/AIDS infections.

Major factor which lead to increase of HIV/AIDS infection for most of women in Bwanga, Buziku and Rwantaba is lack of capital for their sustainable economic activities as most women depends on their partners for living, this is a big challenge to them with regard with self -protection against HIV/AIDS infection, therefore they suggested that SINOHYDRO CO LTD through SLIC PROGRAM should extend its strategies so as to provide financial and material support to peer economic group to make them sustainable.

Also Mining activities and business centers, and road junctions from Biharamulo, Chato Mwanza .Geita and outside of countries (Rwanda and Burundi)wdz are the factor that contributing the increasing of HIV/AIDS infection since people from different areas around Tanzania and other countries like Rwanda, Burundi meet these areas for different activities hence transmission of HIV become so easy among people within these areas. So HIV awareness education must be increasing to these areas.

Rainfall was challenging the program but we emphasize people the important of this program hence they increased to participate to the programs.

Participants thanks SLIC ORGANIZATION for implementing HIV/AIDS PROGRAM with full financial support of SINOHYDRO CO LTD, they declared that the training was very good and very useful to them because the information they got will make great changes to their lives and community in general.

9.0 NEXT ACTIVITIES OF THE PROGRAM

- Conducting meeting with village leaders from Bwanga, Buziku and Rwataba areas and some representative (employees) from SINOHYDRO CO LTD. The aim is to create awareness among them so that they can be champions of HIV/AIDS campaign in their localities.
- Distributing condoms to those village leaders so that bring and distribute them to their fellow villagers so as to reach big number of people.
- Making a follow up to villages to supervise the provision of condoms from village leaders and assess the impacts of the ongoing project to the community.
- Conduction awareness to other village from Ihanga village and Bwire

10. ATTACHMENTS OF THE REPORT.

- i. Some photos of participants attended the training.
- ii. Names of attended participants list.

SUMMARY DATA ABOUT THE PARTICIPANTS ON HIV AWARENESS PROGRAM AT BWANGA, BUZIKU AND RWATABA

No	Villages	Total No of participants in the Awareness Program	No of people who tested HIV	Male	Female	No of infected
1.	Bwanga	113	56	40	16	2
2	Buziku/Rwataba	191	89	66	22	0
	<i>TOTAL</i>	<i>304</i>	<i>145</i>	<i>106</i>	<i>38</i>	<i>2</i>

ATTACHMENT ONE:

Some photos of participants attended the training



HIV Awareness preparation program at Bwanga areas



Public announcement around the Bwanga



Project Manager from SINOHYDRO just Bwanga.

Concentrated to the HIV/AIDS training at Bwanga Centre.



Sensitization lead a family to visit for HIV Test at



The participants waiting results on HIV/AIDS after test The Dr. Nemwa Mpuga from Bwanga hospital
about how female condom can be used at .
Bwanga Village.



Training on Proper use of male condoms at Buziku Village Mr. Simon Ndegea asking the
question
Can the career of HIV/AIDS start to show
signs which time the at Buziku and .
Rwantaba Village .
,



People from Buziku and Rwantaba village waiting for HIV test. People are being given the condoms for

Village.



HIV/AIDS prevention Bwanga



One of the participants is just testing her health just Status Bwanga. Village.



One of the employees from government is Testing his health status at Buziku