



PEER EDUCATORS REFERENCE FLIPCHART

Injecting Drug User (IDU)



**Lenga
Madree**

Epuka HIV





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How to use this Flipchart

Introduction

Picture codes are materials that are used to stimulate a discussion about specific issues such as behaviours that put one at a risk of HIV infection. The flipchart has a picture code showing different situations and on the other side it has notes to help the facilitator stimulate a discussion. The facilitation notes include: Objective of the session, general information on the topic, guiding questions to ask participants and key message take out for the session.

Before the session

Before the session, if are working with a small group, try and visit the venue and please read and review this Flip Chart so that you are familiar and comfortable with the contents.

Getting Started

Bring together a group of 1 to 15 participants for a session and have participants sit in a circle or in a way they can see the illustration. It is best not to stand in front of the participants like a teacher since the idea to get participants to talk about themselves. If discussing with only 1 person sit or stand next to then instead of in front of them.

Participation is key. By forming interpersonal relations that overcome barriers and by using open-ended questions, dialogue is encourage. Remember that adult learners best listen, absorb and retain information plus begin the process of using their knowledge to change their behavior when the atmosphere of the session is empathetic, affirming, supportive, is based on listening and respectful rapport.

Starting the discussion

- Show the illustrated picture to the participant(s) and start with the general question 'What do you think is happening in this picture?'
- Ask other questions to stimulate further discussion
- Skip questions that have already been discussed
- Ask follow-up questions to encourage the participant(s) to offer more details about the behaviour.

Making a session fruitful

- **Ask Open ended questions:** Questions that cannot be answered with a simple "yes" or "no", or with a specific piece of information, and which gives the person answering the question scope to give the information that seems to them to be appropriate.
- **Affirm the participants:** by encouraging them and appreciating their participation.
- **Be a good listener:** Don't be judgmental or moralistic about the discussion, there is no right or wrong answer to the questions, correct any misinformation at the end of the session.
- **Get everyone to participate:** Don't let more than 1 person talk at the same time, ask a question directly to a different person each time, re-ask the same question to different people, ask others if they agree with the responses given.
- **Discuss one to two topics at any given session:** Discussing too many topics may lower the effectiveness of the session because of the many take out messages.





1 Risks associated with Injecting Drugs

Topic objectives:

Assess and create awareness of risks associated with injecting drugs.

Discussion points

- What do you see in the picture?
- Why do you think the person would get involved in such kind of behavior?
- What are some of the risks associated with injecting drugs?
- What are some of the things they can do to make their equipment safe to use?

Facilitator Notes:

Risks associated with injecting drugs

- HIV and STI's
- Boils
- Hepatitis C (HVC) its an infection of the liver which can be can be transmitted through sharing needles and syringes and also sharing injecting equipment such as cotton swabs, water and spoons or cookers
- Paralysis.
- Death.

Effects of drug use

- Lowers your ability to make safe choices related to sex.
- Can weaken body's health and immunity.
- Can lead to risky sexual behavior.
- Can lower effectiveness of ARV's and TB medication.
- Can lead to heart infection.
- Can lead to breast cancer.
- Can lead to liver infection.
- Causes higher chances of sexual violence (rape, defilement, sodomy).
- Research shows that it is possible for a woman who drinks alcohol to acquire HIV twice as much than the one who does not drink alcohol.

Safe injection use:

- Using a new and sealed needle and syringe, that is properly disposed of after use.
- Using your own set of equipment and make sure that the hospitals use individual's disposable sets.
- Never share needles and syringes with anybody, no matter how healthy they seem or how well you know them.
- Dispose of used needles and syringes by putting them in a rigid container with sealed lid.



Message take out

- Drug use is harmful to my health.
- If injecting I need to use new and sealed needle and syringe.
- I should never share needles with anyone.
- Alcohol & drug use may lead to having sex without protection and may put you at risk of being raped.



2 What is HIV?

Topic objectives:

- Assess participants understanding of HIV

Discussion points

- What do you see in the picture?
- What can you tell about the health of the people in the picture?
- How can we tell if one has HIV from looking at them?
- How can one get HIV?
- How can we prevent HIV?

Facilitator Notes:

- Human Immune Deficiency Virus (HIV) is the Virus that causes AIDS (Acquired Immune Deficiency Syndrome).
- AIDS is an incurable but preventable disease. It is a condition characterized by weak immune system, making the body open to multiple infections.

One can get HIV through:

- Having anal sex without a condom.
- Having unprotected and oral sex with a partner whose HIV status you do not know.
- Inadequate lubrication and rough sex resulting in tearing of anal muscles.
- Having unprotected sex with 2 or more partners within a close period.
- Sharing contaminated needles, syringes or other sharp instruments
- Sexual abuse or rape.
- Having untreated STI's.

HIV can be prevented through:

- Going for HIV testing and counseling after every 3 months
- Correct and consistent condom and lubricant use
- Early screening and testing of STIs
- Reduced alcohol consumption levels
- Using sterile sharp devices like needles/ non reusable needles and syringes
- Adherence to ART prescription
- Seeking for help and more health information from the nearest peer health educator or facility.

Message take out

- It is not possible to tell if one has HIV by simply looking at them.
- Everyone is at risk of contracting HIV.
- HIV is preventable, manageable but not curable.





3 HIV Risk Assessment

Topic objectives:

Understand the HIV risk amongst injecting drug users.

Discussion points

- What do you see in the picture?
- What risks might the person in the picture be exposed to?
- What are the chances of the person in the picture getting exposed to HIV?
- What are the things under his control that can increase her risk to getting HIV?
- What are the things outside his control can increase her risk to getting HIV?

Facilitator Notes:

Injecting drug users are at an increased risk of HIV/STI, meaning that their probability of becoming infected with HIV & STI either through their own actions or via another person's actions is very high.

- Having sex with multiple and concurrent sexual partnerships.
- High risk practices like dry sex and douching.
- Inconsistent and low condom use with regular partners.
- Alcohol consumption that impairs your decision making.
- Sexual abuse including forced sex and violence by clients.
- Higher levels of symptomatic or untreated STI's.



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Message take out:

- As an Injecting drug user, I'm aware I have an increased risk of contracting HIV, either through my actions or those of others.



4 Sexual Transmitted Infections (STIs)

Topic objectives:

- Helping injecting drug users to understand about common STIs and their symptoms and what to do if one has an STI.

Discussion points

- What do you see in the picture?
- Why is the man/woman in pain?
- What is going through his/her mind?
- What are some of the common STIs?
- What are the common symptoms of an STI?
- What would you advise one to do if they suspect to have an STI?

Facilitator Notes:

- Common STI's among injecting drug users people include: Gonorrhoea, Genital herpes, Genital warts.

Some of the common symptoms include:

- Pain when urinating.
- A discharge from the penis/vagina
- Fever, Sores, blisters, rashes, bumps, swelling or growth around the mouth, tongue or throat.
- A scaly rash on the palms of your hands and the soles of your feet.
- Redness, itching, pain, sores around or discharge from around the genitals.

It is important to note that some STI's have no noticeable symptoms



What to do incase one suspects he has an STI

- Seek early treatment from your health care provider.
- Use a condom until you complete your treatment.
- Get tested for HIV.
- Ensure that your partner(s) seek treatment.
- Do not share medication with your partner(s)
- Ensure that you complete the treatment even if you feel better.

Message take-out:

- Always use a condom when having anal or oral sex.
- Whenever one suspects of having an STI they should seek immediate medical attention.



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5 Condom Use

Topic objectives:

Help participant(s) improve their skills in condom negotiation and use.

Discussion points

- What do you see in the picture?
- What kind of conversation do you think the two are having?
- What do you think they should do?
- What are some of the things that would stop one from using a condom.
- What are some of the things could prevent a condom from working well?

Facilitator Notes:

Making condoms safer to use

Using the right lube makes sex safer by preventing condoms from breaking and also makes sex much more comfortable, enjoyable and fun. Use water based lubricants such as KY jelly.

One should never use more than one condom at the same time.

A male and female condom should never be used at the same time. Instead of protecting oneself more this may run into the risk of both condoms not work properly.



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Message take out

- I am able to negotiate for condom use with my clients / partner.
- I know how to use a condom correctly.



6 Tuberculosis (TB)

Topic objectives:

- Helping injecting drug users (IDU's) to know about TB, its symptoms, prevention and treatment.

Discussion points

- What do you see in the picture?
- What could be causing the person to cough persistently?
- If one has TB, what should they do?
- As an injecting drug user how can i prevent the spread of TB.

Facilitator Notes:

About TB

- Tuberculosis or TB is a chronic disease that affects the lungs but can also affect all other parts of the body except hair, teeth and nails.
- The TB germ is spread from an infected person to uninfected person through the air. The germ gets into the air when that person coughs, sneezes, laughs or sings.
- TB is curable disease with free medicine provided by the government and mission facilities.
- Treatment takes six months. Injecting drug user patients should complete their treatment so as to be sure.
- People who take their medicine will stop being infectious after a few weeks of treatment. Without treatment, many people may die of this disease.
- When a TB patient does not take all their medicines regularly for the required period, they could develop Drug-resistant TB or multidrug-resistant TB (MDR-TB), which is more dangerous and can kill quickly.

Signs of TB

- Persistent cough that last for two weeks or more.
- Fever and night sweats.
- Loss of weight.
- Presence of blood in sputum (coughing blood)
- Other symptoms depend on the part affected e.g. swollen glands.



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7 Living Positively with HIV

Topic objectives:

Raise awareness on the participants on how to live positively with HIV

Discussion points

- What do you see in the picture?
- What things can people living with HIV do to live positively?
- Why is important to adhere to ARV treatment?

Facilitator Notes:

Things to do to ensure positive living

- Acceptance of your HIV positive status
- Seek prompt and proper medical attention
- Ensure you are getting good nutrition
- Being an advocate of HIV transmission prevention.
- Adhering to medication
- Disclosure to people you trust for support

Adherence to medication

- Take your pills in the correct amount as instructed by the health care provider and at the right time.
- Choose a time that is convenient for you. You can use reminder devices like alarm in watches
- If you are forgetful ask someone you trust to remind you.
- Do not share your medicines with anyone
- ARV's may NOT work well if you do not take the pills continuously and on time.
- Eat a balanced diet
- Disclosure to people you trust for support
- Having a treatment buddy or friend
- Join a support group in your area for people living with HIV for peer support and counseling.

Message take out

- ARV's are not a cure for HIV but they prevent the virus from multiplying in the body
- Treatment failure will lead to opportunistic infections and so one gets frequently ill due to reduced ability of the body to fight illness.





8 Sexual Gender Based Violence

Topic objectives:

Raise awareness on the participants on Sexual gender based violence (SGBV).

Discussion points

- What do you see in the picture?
- What could have triggered this?
- What are the first things that one should do if they are sexually abused?
- What things MUST one NOT do if she has been sexually abused?
- What help can she get and where?

Facilitator Notes:

What to do if sexually abused

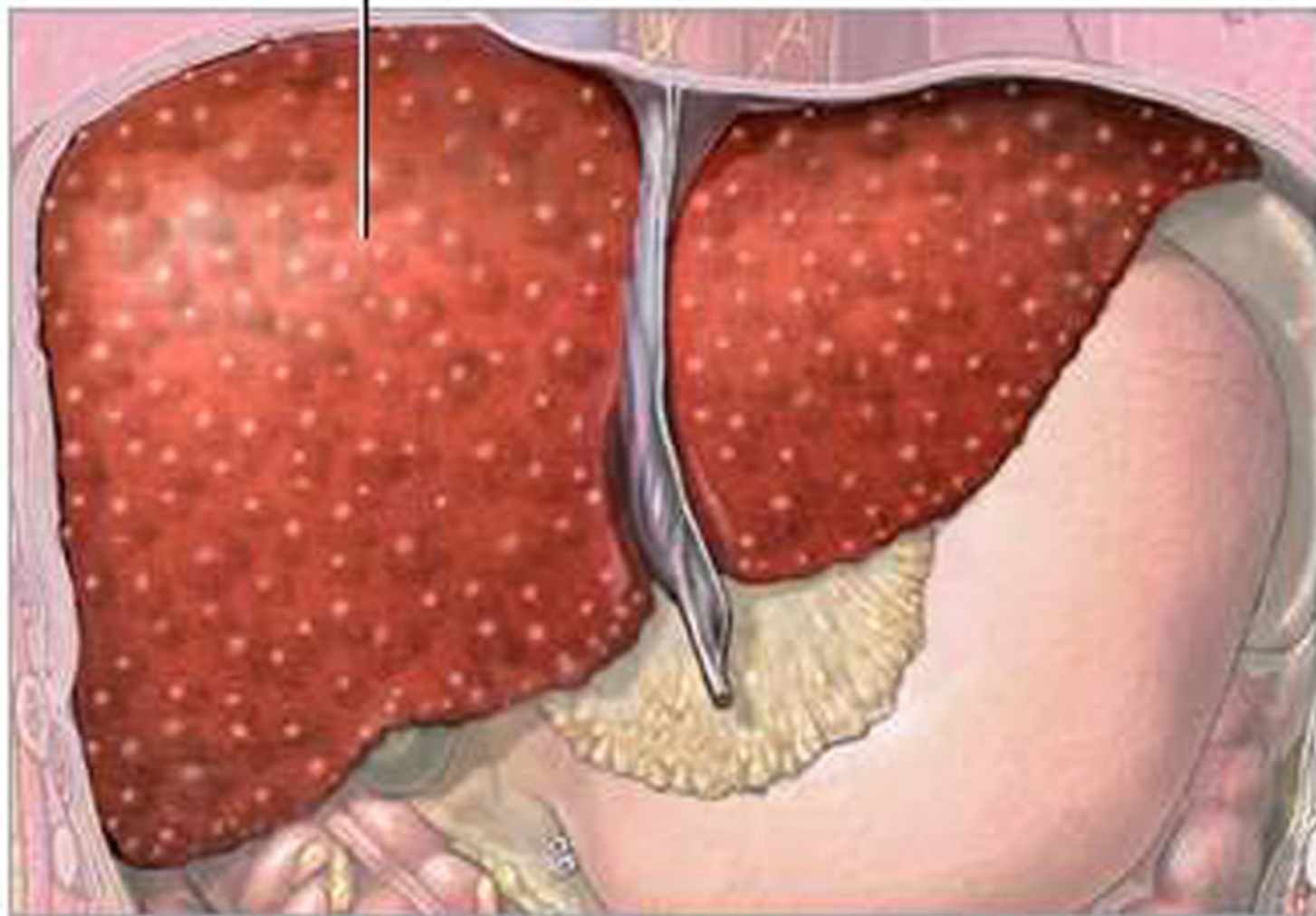
- Do not clean or bathe yourself, as this will destroy evidence
- Do not wash any clothes, including underwear. Remove these and wrap in a newspaper or brown paper bag for evidence.
- If you must pass urine, do it in a clean plastic container and take it to the hospital
- Go to the nearest hospital for a medical check up and necessary treatment.
- Go to the nearest police station and report the incident.
- Talk to a counselor to help you come to terms with the rape incidence.

Available support for sexual abuse

- At the health facility a doctor will ask you details about the experience then examine you for any injuries.
- Treatment for other injuries will also be provided and the PRC form will be filled out. (PRC=Post Rape Care)
- Medication will be provided to prevent you from getting sexually transmitted infections, HIV or pregnancy.
- Specimens will be collected from you such as blood, urine, swabs (anus, skin).
- A trained counselor will provide you with emotional and psychological support.
- You will be provided with legal counseling and pro-bono court representation if needed.



Cirrhosis of the liver



9 Hepatitis C (HVC)

Topic objectives:

Raise awareness on Hepatitis

Discussion points

- What do you see in the picture?
- What are some causes of Hepatitis C?
- How can one protect themselves from Hepatitis C?
- How can one control the influence alcohol /drugs has on oneself
- What help can he get and where?

Facilitator Notes:

Hepatitis C (HVC) is an infectious disease which affects the Liver caused by Hepatitis C virus, infection can lead to scarring the Liver and ultimately to Cirrhosis. It can be treated with medication but those who develop Cirrhosis or liver cancer may require a liver transplant. Those with chronic Hepatitis are advised to avoid alcohol and medications toxic to the liver

How Hepatitis C is transmitted

- Through blood to blood contact associated with intravenous drug use
- Poorly sterilized medical equipment and transfusions

Some of the symptoms to look out for Hepatitis C include:

- Decreased appetite
- Fatigue
- Nausea
- Muscle or joint pains
- Weight loss

How to protect yourself from contracting Hepatitis C

Unlike other forms of hepatitis, there is no vaccine for hepatitis C.

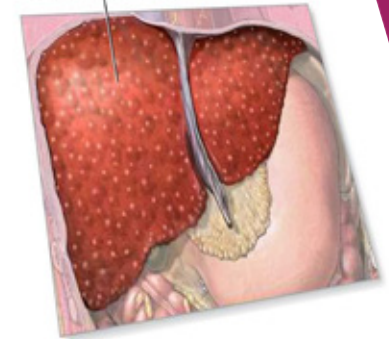
The following are few ways you can reduce your risk of catching hepatitis C they are:

- Avoid bad behavior that can spread the disease especially injection drug use.
- Never share any drug-injecting equipment with other people (not just needles, but also syringes, spoons and filters).
- Use a condom during sex.
- Medications should be given orally rather than via Injection (when possible).

Message take out

Should you suspect that you have Hepatitis C, visit the nearest health facility for advice for screening. If you have Hepatitis C you will be started on treatment immediately.

Cirrhosis of the liver





10 How to quit drugs

Topic objective

Helping injecting drug users know the dangers of bad drugs and let them know that there is a process of quitting drugs.

Discussion points

- How to quit drugs

Facilitator Notes:

- **Withdrawal programs**
involves detoxifying the person of the drug
- **Self help**
Sharing experiences and providing support for each other. The main type of self-help treatments are mental illness support groups run through community support agencies and Narcotics or Alcoholics Anonymous.
- **Controlled use**
This type of treatment can help you use drugs in a safer way. This is usually offered by a community support agency who can provide information, accommodation, help with finding suitable work and housing as well as training and education.
- **Counseling**
Counseling can help rechanneling damaging thoughts about taking drugs and develop different ways of coping with these thoughts.
- **Medication**
Certain medications can help ease the cravings that can make it hard to stop using some drugs.

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Message taken out
It is possible to quit drugs





11 Life Skills

Topic objectives:

- Help participants about life skills and how to avoid drugs

Discussion points

- What do you see in the picture?
- What are life skills?
- How can one quit drugs?
- These are abilities which enable an individual to adopt positive behavior and attitude to deal with demands and challenges of everyday life.
- One should be equipped with knowledge and skills to enable one to make rational decisions. Skills help one to keep off situations that may lead to drug use and abuse.

Type of life skills

1. Skills of understanding oneself

- Self awareness – who am I?
- Self-esteem, how do I feel about myself?
- How do I cope with stress?
- Moderation of our emotions such as fear, love, joy, anger and sadness.

To deal with emotions observe the following

- Stop and think about the situation.
- Evaluate the consequences of your behavior.
- Delay the action if necessary.
- Walk away or distract yourself from the situation.

2. Skills of understanding and living with others

- Be assertive – know what you want and why.
- Be emphatic – place yourself in the other person's shoes.
- Learn to negotiate – discuss critical issues in a calm and open way.
- Learn to communicate – have the ability to express your opinions, feelings and ideas.

3. Skills of making effective decisions

- Think creatively – look for new ways of doing things.
- Think critically – have the ability to analyze and evaluate ideas and choices.
- Make effective decisions – have the ability to make sound decisions.

4. Core Values to live by

- Love, Honesty, Tolerance, Simplicity, Peace, Happiness, Co-operation, Humility, Respect, Responsibility and Unity.



