

VOLUNTARY MEDICAL MALE CIRCUMCISION - VMMC

**GROUP
AID**



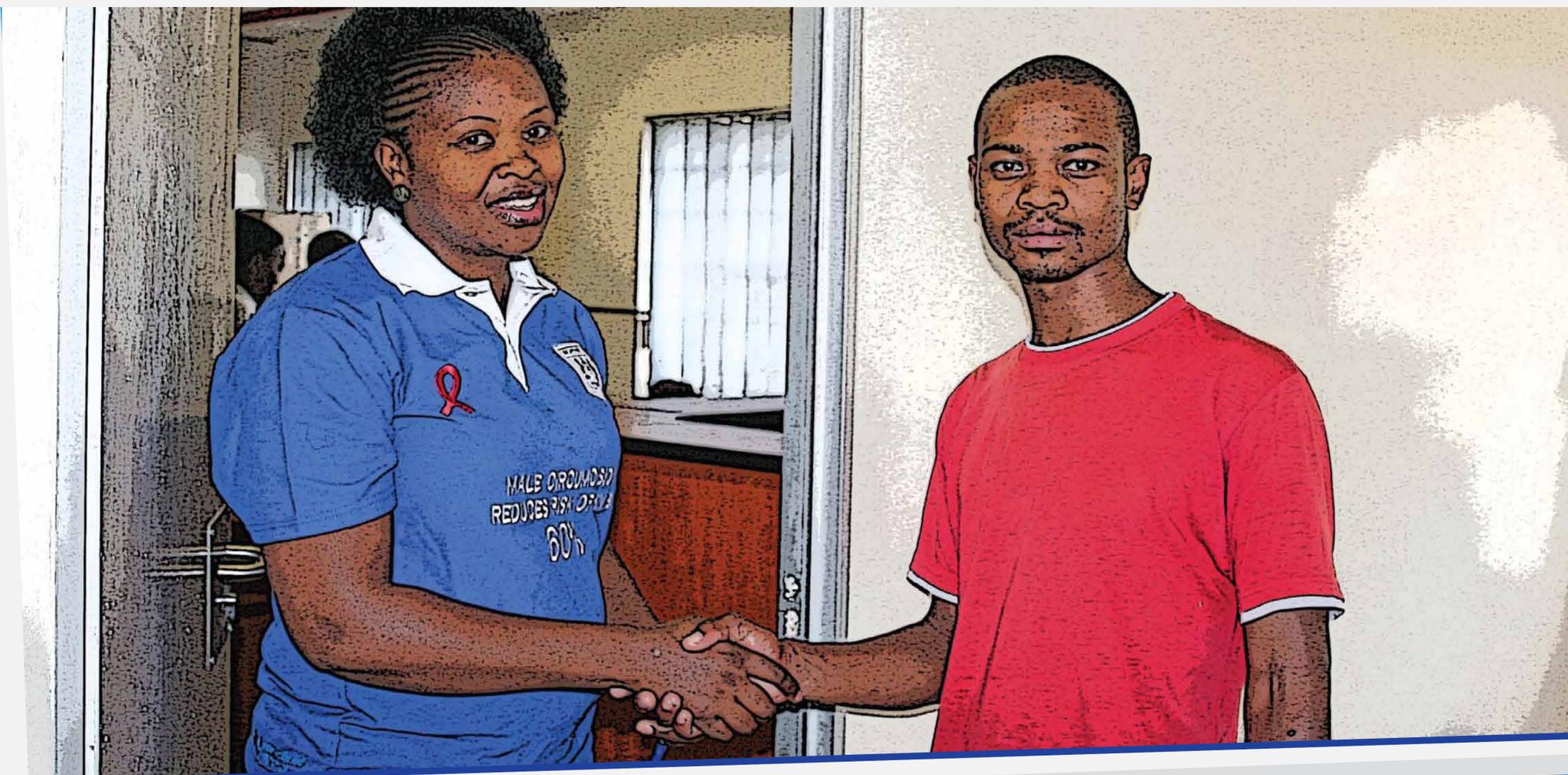
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This document was made possible by the United Nations Children's Fund's generous support through the Adolescent HIV Prevention component of the UNICEF Lesotho Programme.

WELCOME



WELCOME

- **Welcome and thank you for coming today.**
- **Emphasize that participation is voluntary.**
- **Ask questions and participate.**
- **Keep all personal details to share during individual counseling.**
- **Share the information we provide about sexual and reproductive health (SRH) and HIV with others.**
- **Have a parent or guardian sign consent forms for those clients under the age of 18.**



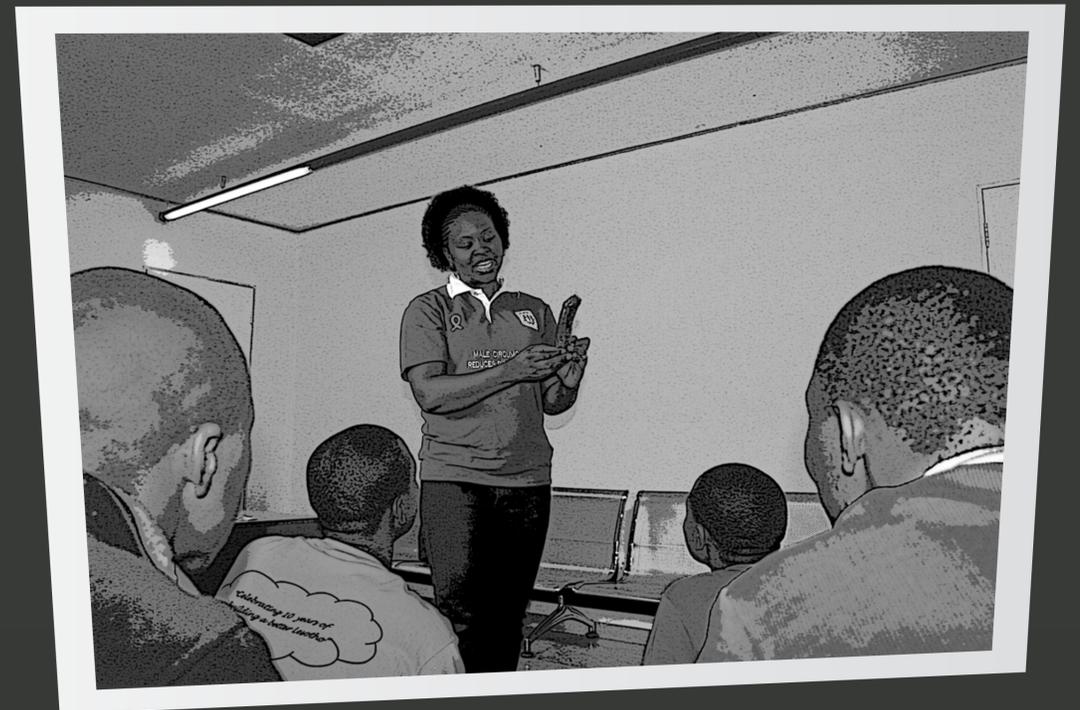
KNOWLEDGE ASSESSMENT



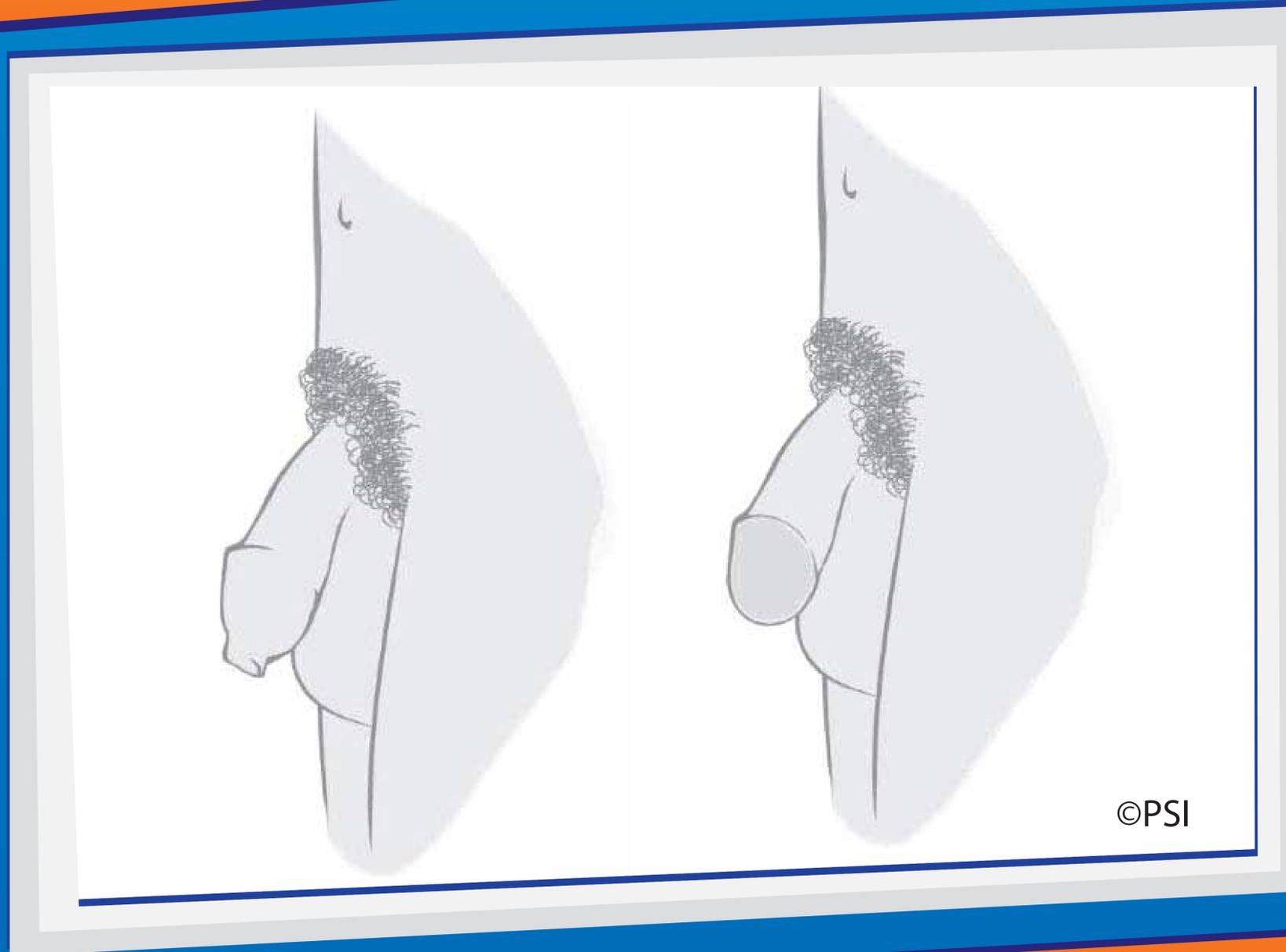
KNOWLEDGE ASSESSMENT

You are here because you have heard about VMMC.

- *What influenced you to come for VMMC services?*
- *What do you know about VMMC?*
- *Where did you get information about the VMMC services?*



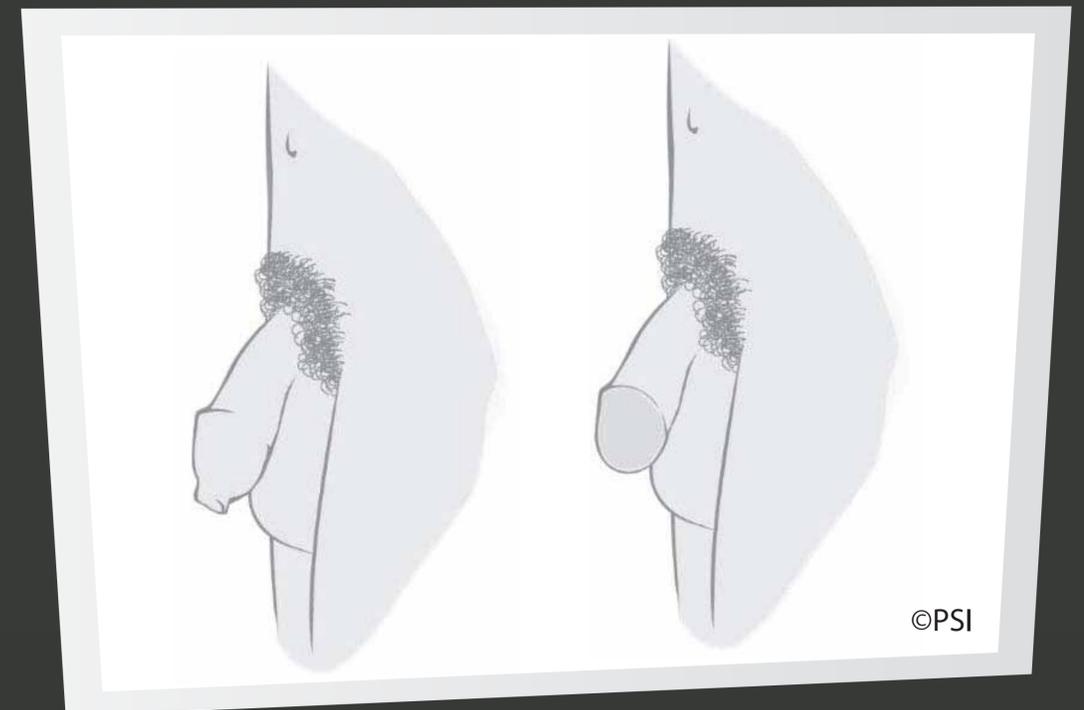
WHAT IS VOLUNTARY MEDICAL MALE CIRCUMCISION?



WHAT IS VMMC?

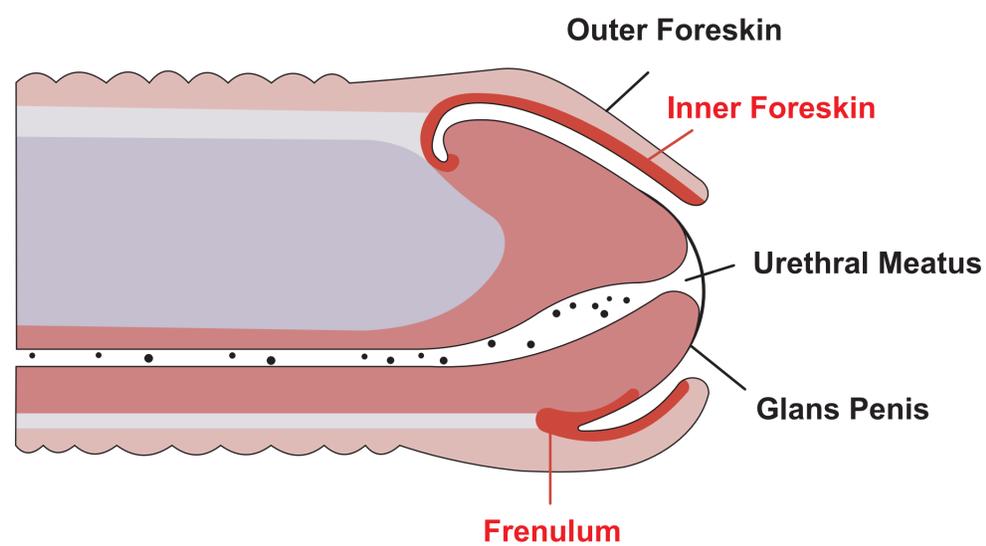
VMMC is the complete removal of the foreskin, which is the thin layer of skin that extends over the tip of the penis.

VMMC is only performed by trained doctors with the assistance of trained nurses.

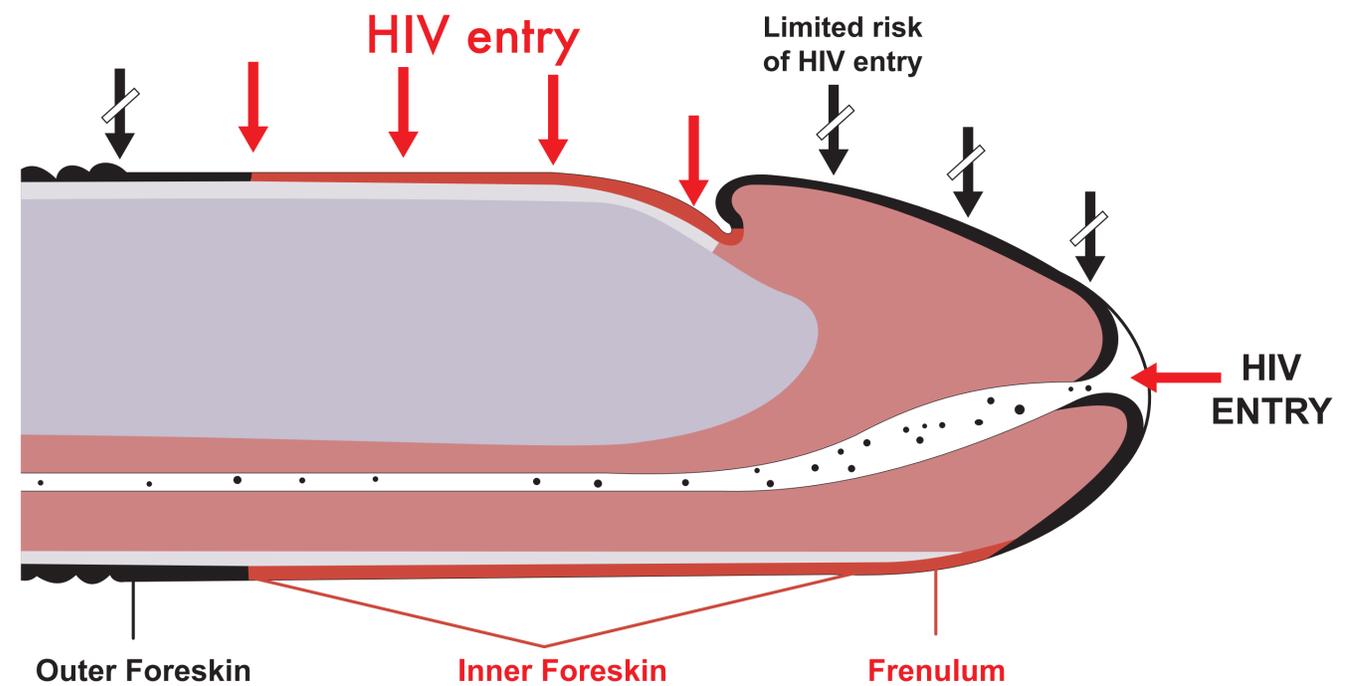


REASONS FOR VMMC

a) *Uncircumcised Penis*



b) *Retracted foreskin on an uncircumcised penis*

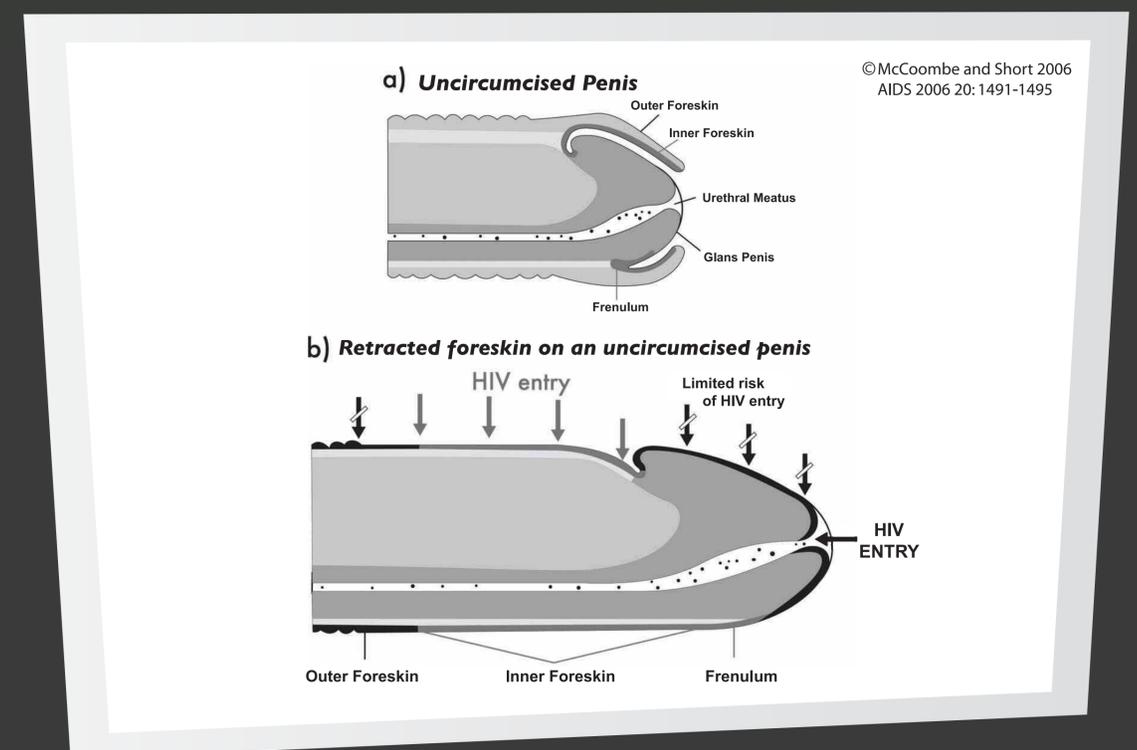


REASONS FOR VMMC

Studies show that the foreskin provides a good entry for HIV and some sexually transmitted infections (STIs) into the body. This is because the cells inside the foreskin are soft, prone to bruising and small cuts during sex that allow an entry point for HIV and can cause discomfort during sex. And the cells inside the foreskin attract HIV cells.

The full health benefits of VMMC include:

- **Reduces the risk of female-to-male HIV transmission by up to 60%, but does not provide full protection against HIV**
- **Improves hygiene**
- **Lowers the risk of STIs and other infections**
- **Reduces risk of penile cancer**
- **Reduces your partner's risk of cervical cancer**



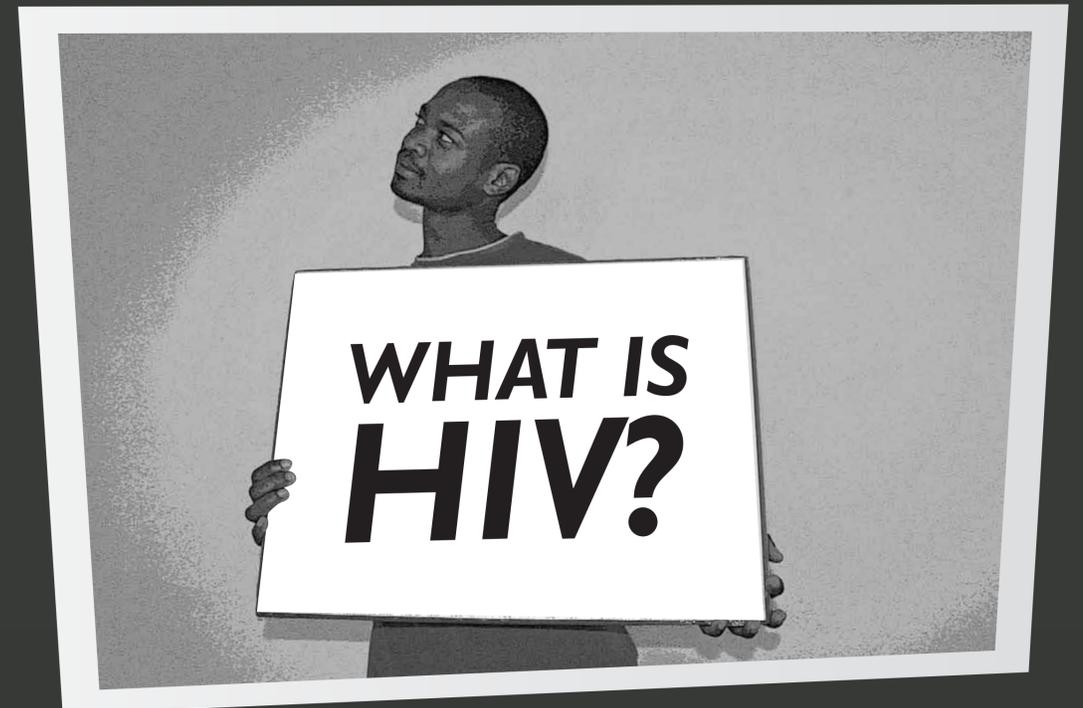
Although VMMC has no HIV prevention benefits for men who are HIV positive, they are still free to receive the service for the other benefits we discussed.

WHAT IS HIV?



WHAT IS HIV?

- *HIV is the virus that causes AIDS.*
- *HIV infects a specific subset of white blood cells (CD4) that are fundamental to the body's immune system.*
- *HIV damages the immune system.*
- *When the immune system is damaged by HIV, a person can become sick from other illnesses and diseases like:*
 - *TB*
 - *Pneumonia*



HOW IS HIV TRANSMITTED?



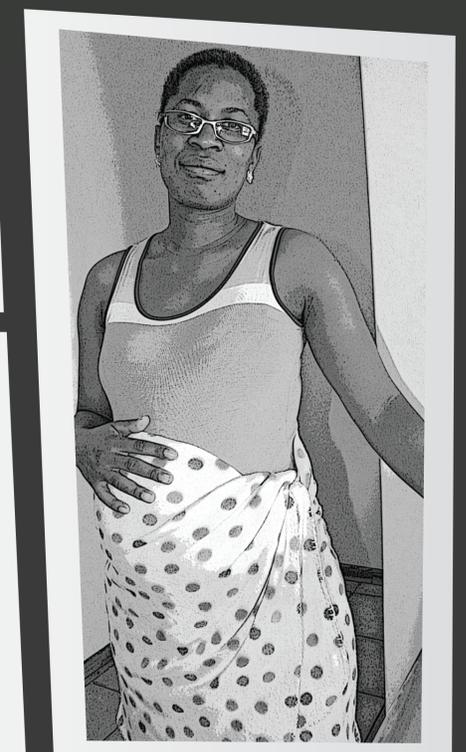
HOW IS HIV TRANSMITTED?

HIV is transmitted through four body fluids. HIV is found in blood, semen, vaginal fluids, and breast milk. HIV is spread in three ways:

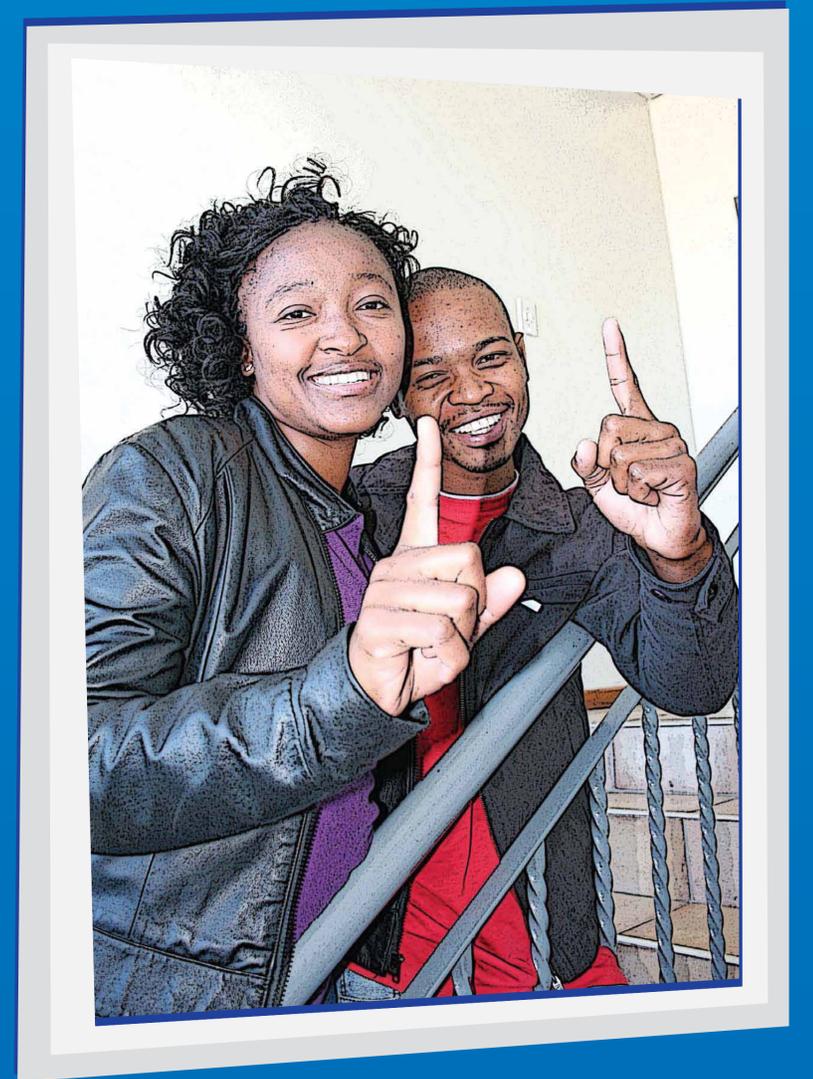
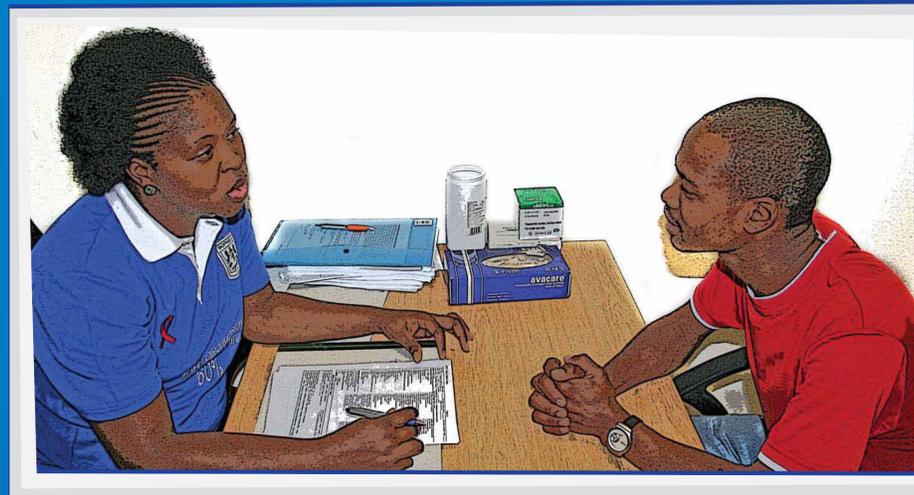
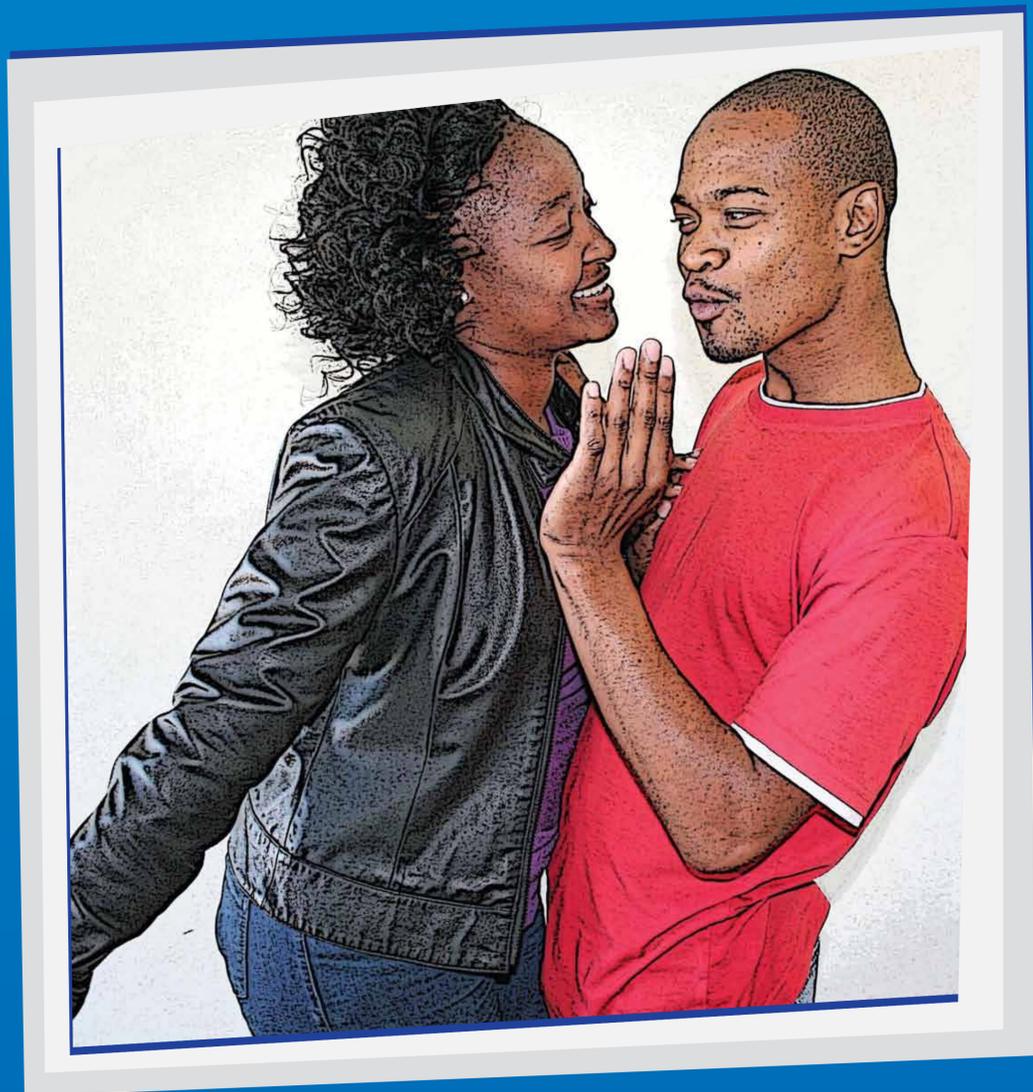
- *Sexual contact with an infected person*
- *From infected mother to baby before or during birth or through breastfeeding*
- *Through infected blood and blood products (including sharing needles/razors and through blood transfusions)*

In order for HIV to be transmitted, one person's body fluid must enter another person's body.

HIV cannot be transmitted via toilets, swimming pools, sharing eating or drinking utensils, or insects such as mosquito bites. HIV is not transmitted by casual contact, such as shaking hands or hugging.



HIV PREVENTION



HIV PREVENTION

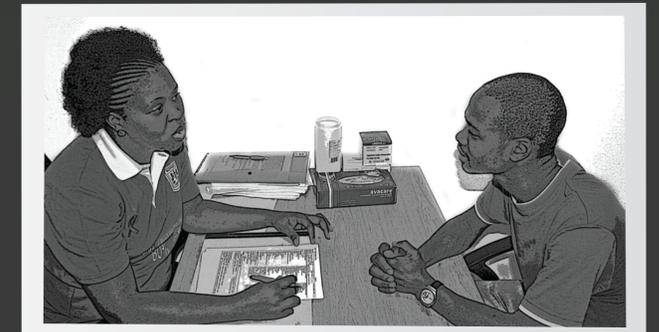
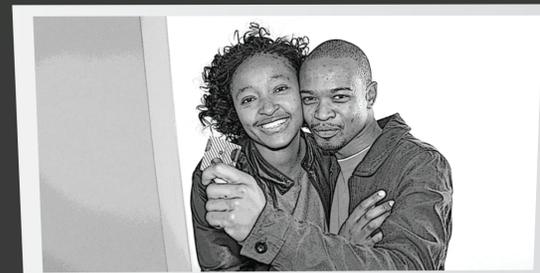
What are the different ways to prevent HIV?

ABC

- A. Abstaining from sex is the best way to prevent HIV**
- B. Being faithful to one HIV-negative sexual partner who is faithful to you reduces your risk of getting HIV**
- C. Using condoms correctly every time you have sex is also a good way to prevent HIV**

There are other important strategies to prevent HIV:

- **Ensuring regular HIV testing and counseling (HTC)**
- **Reducing your number of sexual partners**
- **Undergoing VMMC**



Sexually Transmitted Infections (STIs)

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Gonorrhea or Chlamydia

Burning/pain when urinating
and/or a discharge/drop

Genital Warts / Penile Cancer



Syphilis or Herpes

Sores/blisters/rashes



STIs

Like HIV, STIs are contracted principally through sexual intercourse. Some of the most common STIs include gonorrhea, syphilis, genital herpes, chlamydia and human papilloma virus. If left untreated, STIs can have serious consequences for men, women and newborns.

STIs are a powerful co-factor in transmitting or acquiring HIV. The presence of STIs increases a person's vulnerability to HIV by a factor of 15-20%. The presence of genital lesions or inflammation (caused by STIs) enables HIV to enter and establish itself in the body. STIs, particularly if they are ulcerative, increase one's risk of contracting HIV because they may cause ruptures or micro-lesions in the mucous membrane. Thus, to reduce the risk of HIV infection, it is crucial to avoid contracting STIs and if an STI is contracted, it is important to treat it immediately.



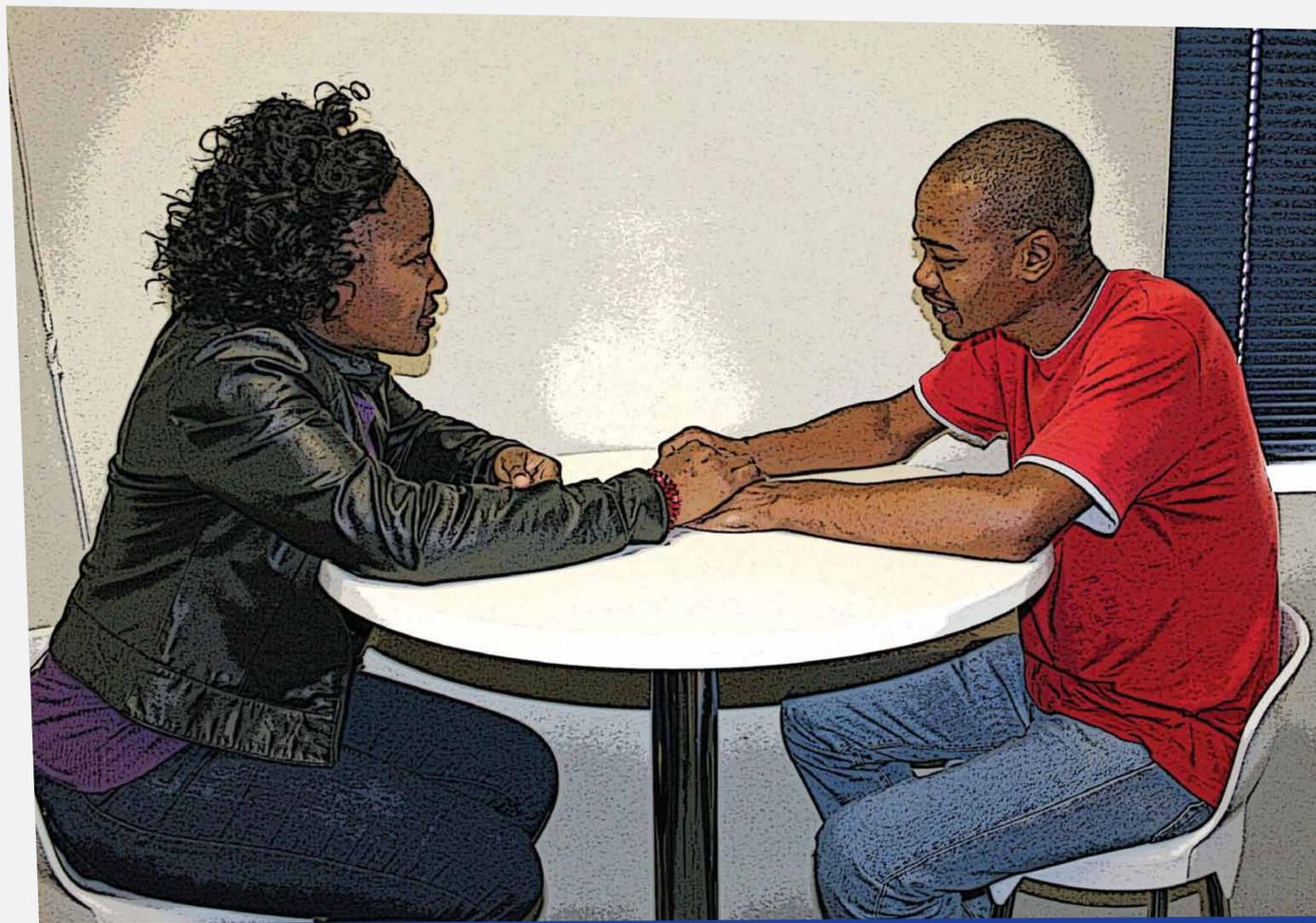
How do I know if I may have an STI?

- **Penile discharge**
- **Pain when urinating**
- **Swelling of the penis or genital area**
- **Ulcerations**
- **Itching**

If you believe you have an STI, you should take the following steps:

- **Avoid self-medication and seek medical attention for proper diagnosis and treatment**
- **Inform all partners of the infection and how to get treated**
- **Abstain from sexual contact during treatment**
- **Ensure correct and consistent use of condoms**

BEHAVIOR CHANGE



BEHAVIOR CHANGE

Before VMMC, you should talk to your partner or parent so that they can support you during the process and after VMMC services.

VMMC is not a cure or immunization against HIV. After the VMMC procedure has healed and you resume sexual behavior, you need to continue to follow HIV prevention strategies, including the ABC method.

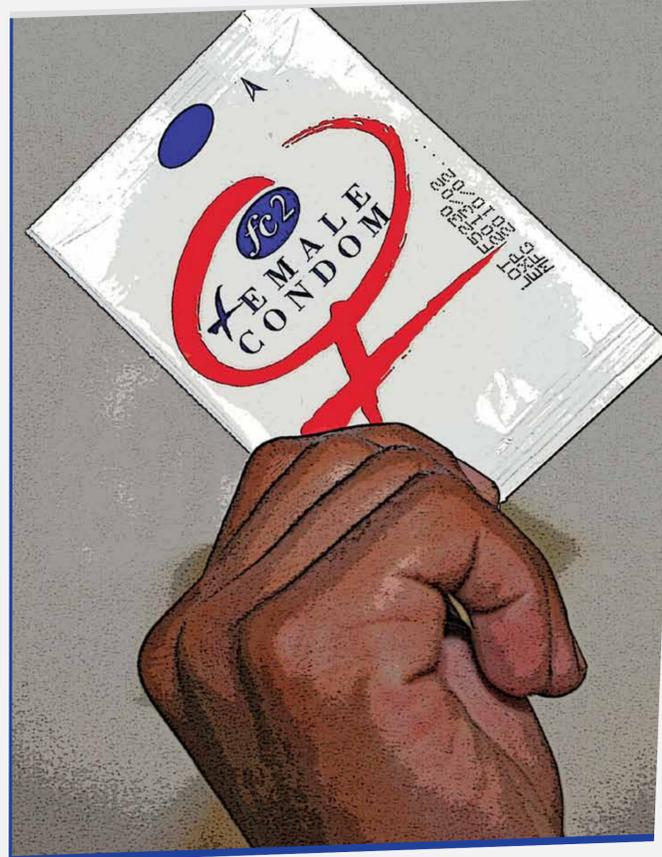
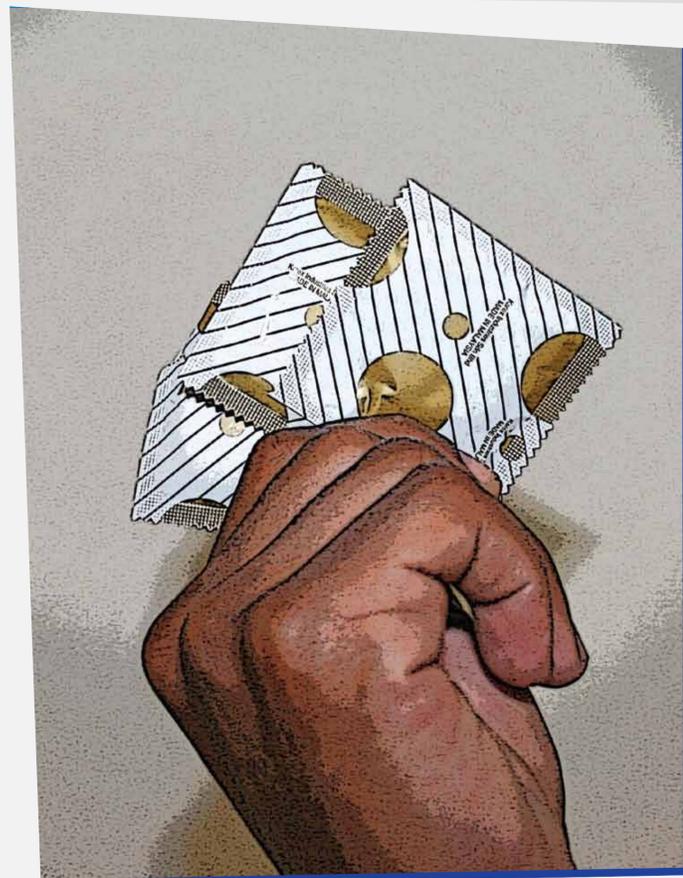
- *Abstaining from sex is the best way to prevent HIV transmission*
- *Being faithful to one partner – who also knows their status reduces your risk of HIV contraction*
- *Using condoms correctly each time you have sex*



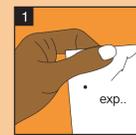
- *Seeking HTC every six months and encouraging your partner to also get HTC is another method to reduce your risk of HIV*

These healthy reproductive health strategies make you a role model for other men and women in your community to have responsible sexual activity. You can share your VMMC experience with other men and women so that they can better understand the procedure and make a decision about their own VMMC options.

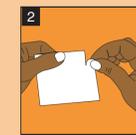
CONDOMS



How to use a Male Condom



1 Check expiry date, holes or tears.



2 Tear it. No fingernails and teeth.



3 Check which side the condom unrolls.



4 Pinch it. Place on an erect hard penis.



5 Unroll it.



6 Do it. Enjoy!



7 Pull penis out before it gets soft.



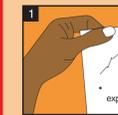
8 Remove it.



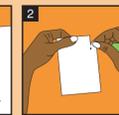
9 Toss it.

©PSI

How to use a Female Condom



1 Check expiry date, holes or tears.



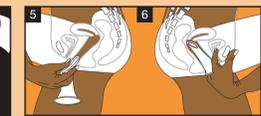
2 Tear it. No fingernails and teeth.



3 Twist inner ring for easy insertion.



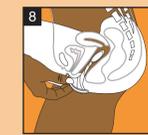
4 Decide on a comfortable position to insert.



5 Insert it. Push inner ring as far up as it will go. Outer ring remains outside.



7 Do it. Enjoy!



8 Remove it. Twist outer ring 3 times & pull it out gently.



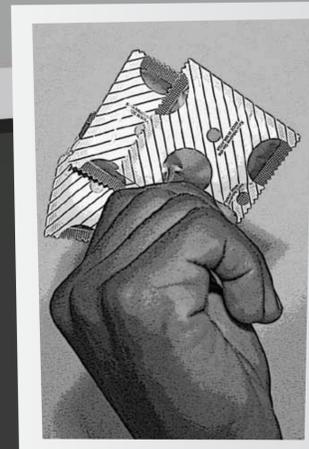
9 Toss it.

CONDOMS

There are male and female condoms. Condoms are designed to make sex more fun, pleasurable and safe. All condoms are lubricated with water-based lubricants. This prevents the condom from breaking and makes sex more pleasurable. Condoms are available for free many places throughout Lesotho. There is also a wide range of commercial condoms available. All free and commercial condoms are designed to make sex safer and more pleasurable.

Steps to using male condoms:

1. Check the expiry date and make sure the package is sealed with no air escaping from it.
2. The penis must be erect before you roll the condom on.
3. Open the package carefully, making sure not to damage the condom. Do not use teeth or nails for this.
4. For an uncircumcised penis, make sure the foreskin is pulled back.
5. Make sure the condom is the right way out in order to “unroll” it.
6. Pinch the air out of the tip of the condom as this may cause a bubble, which can burst while having sex.
7. Unroll the condom as far as it will go to cover the shaft of the penis.
8. Vaselines and lotions should not be used on condoms because they increases the risk of the condom breaking.



9. When pulling out, hold the condom at the base and pull out while you are still erect to stop it from slipping off your penis.
10. Wrap the condom in toilet paper and discard in a safe way. Throw in the pit latrine or preferably burn immediately.

Steps to using female condoms:

1. Check the expiry date and make sure the package is sealed with no air escaping from it.
2. Open the package carefully, making sure not to damage the condom. DO NOT use teeth or nails for this.
3. Rub condom to spread lubricant.
4. Hold ring and squeeze into figure eight.
5. Insert as far as it will go.
6. Do not twist condom.
7. During sex, guide the penis into the condom.
8. To remove, squeeze and twist outer ring and pull out.
9. Wrap the condom in toilet paper and discard in a safe way. Throw in a pit latrine or preferably burn immediately.

Multiple Concurrent Partnerships (MCP)

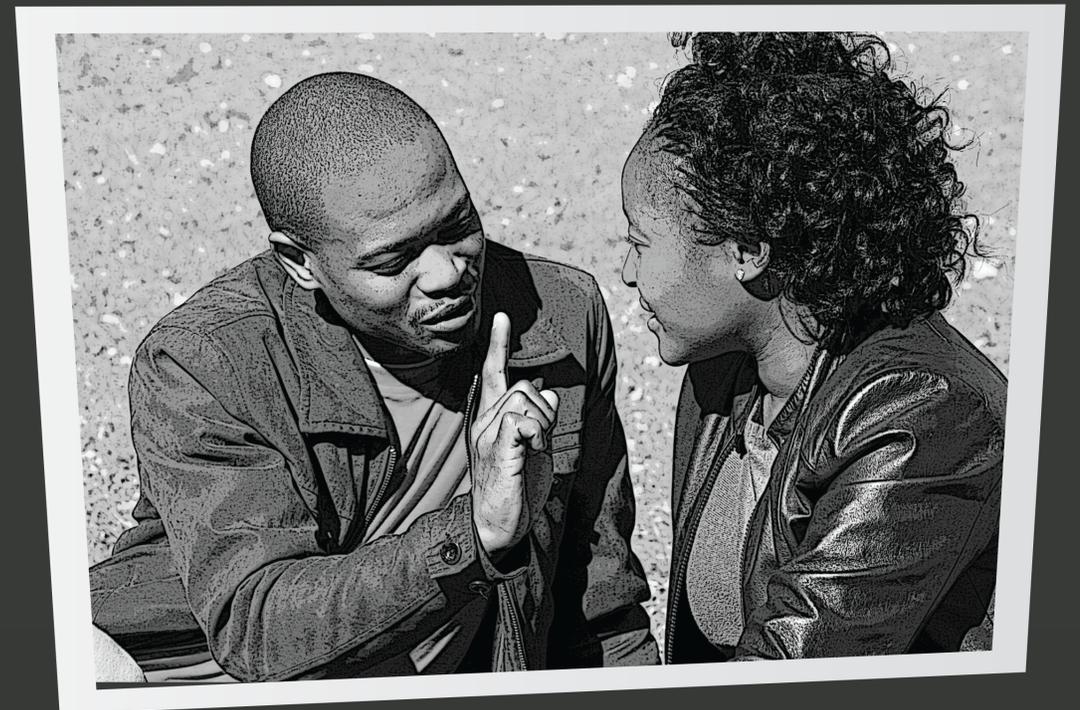


Multiple Concurrent Partnerships*

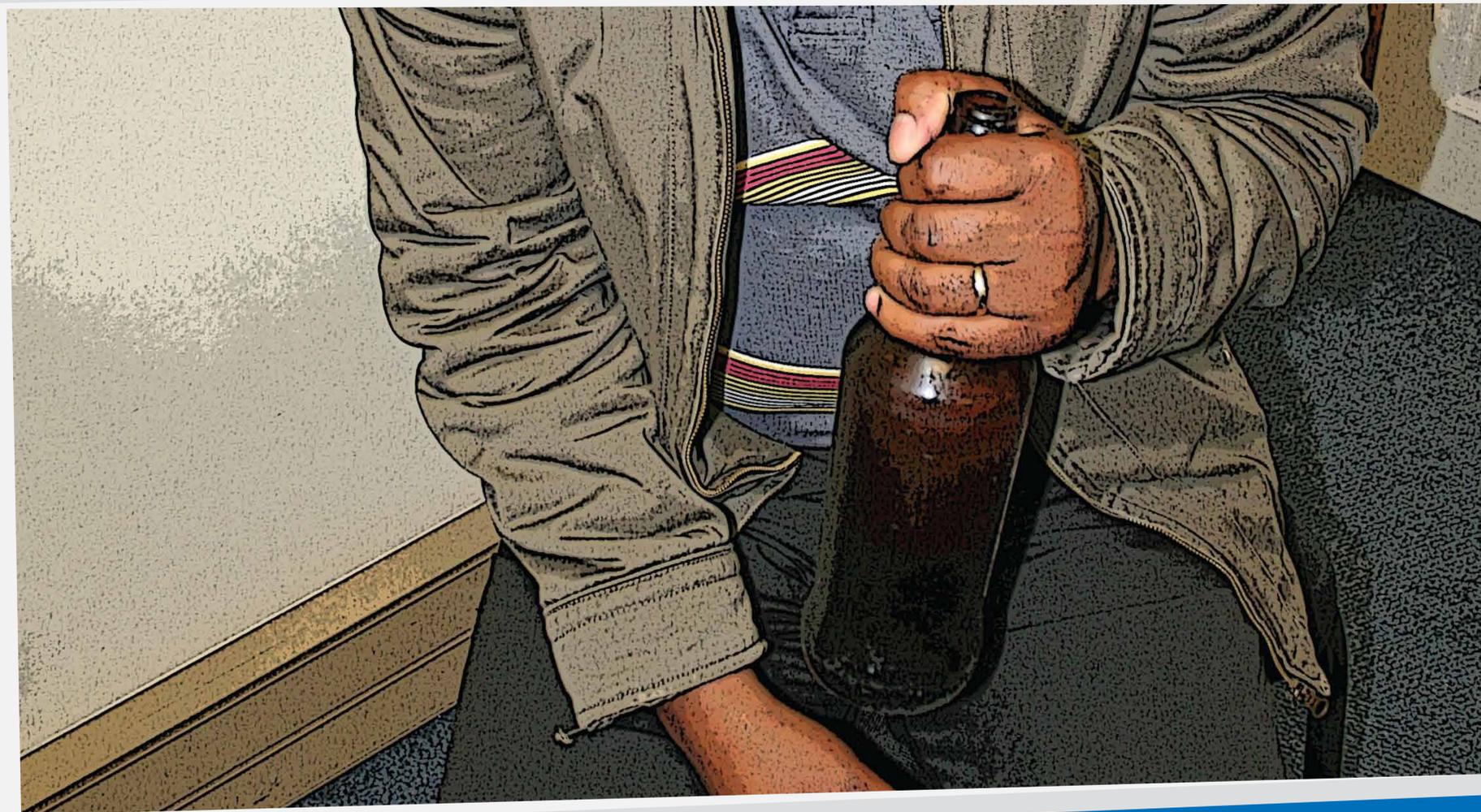
****Counselors, this slide is to be used for groups with clients who are 15 and older. If you are counseling a group with clients under 15 years of age, please skip to the next page.***

MCP is defined as overlapping of partnerships, where men or women are having sexual relationships with more than one partner over a certain period of time.

MCP has been identified as a key driver of HIV transmission.



ALCOHOL



ALCOHOL

Alcohol and substance abuse lowers our inhibitions.

It makes us behave in ways where we do not think of the consequences. When you are drunk or high, you are more likely to have sex with more than one partner and less likely to use condoms, increasing the risk of HIV.

Alcohol, drugs and multiple partners can also lead to violence at home.



GENDER-BASED VIOLENCE

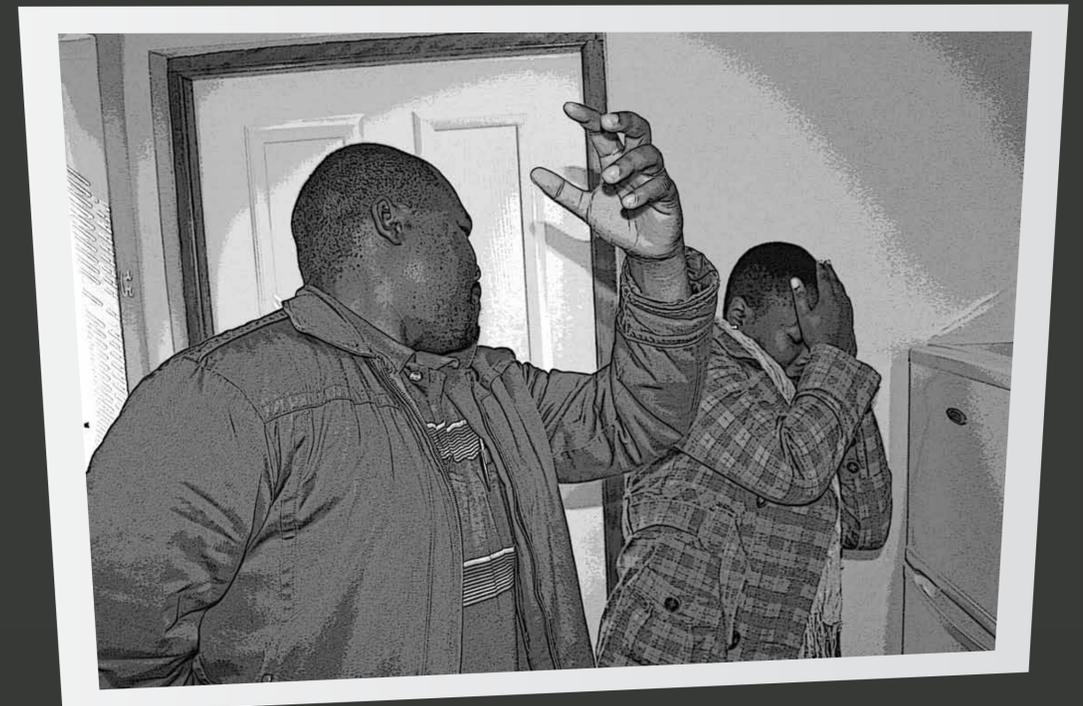


GENDER-BASED VIOLENCE

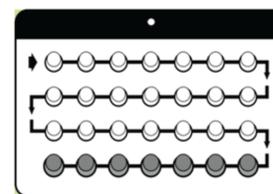
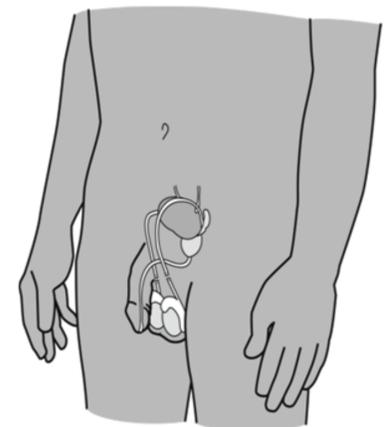
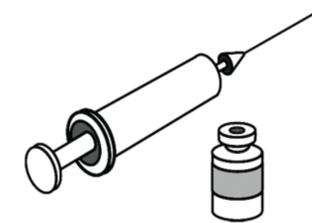
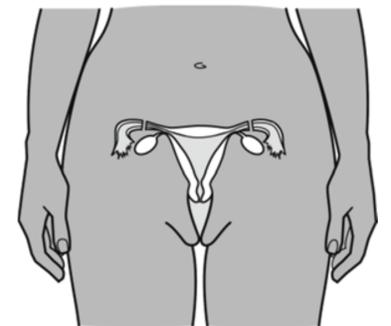
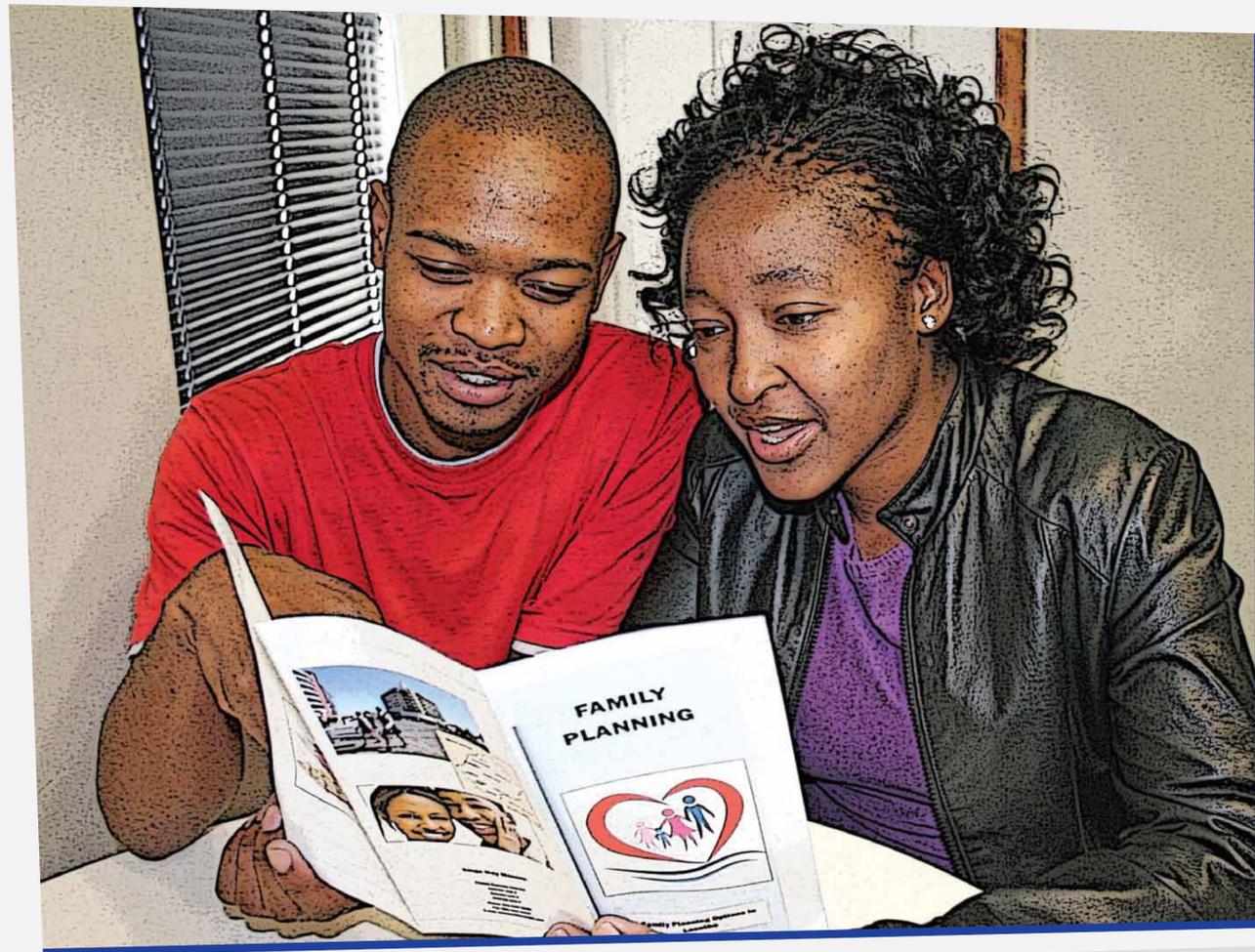
There are many different types of gender-based violence (GBV) including physical, emotional, economic and sexual.

Some examples of different forms of violence include:

- ***Husband beating his wife (physical)***
- ***Woman shamed/stigmatized for not having children (emotional)***
- ***Man takes money away from wife by force (economic)***
- ***Man raping woman (sexual)***
- ***Marital rape – the husband is forcing his wife to have sex (sexual)***
- ***Property grabbing (economic)***
- ***Drunken man threatening woman (physical)***

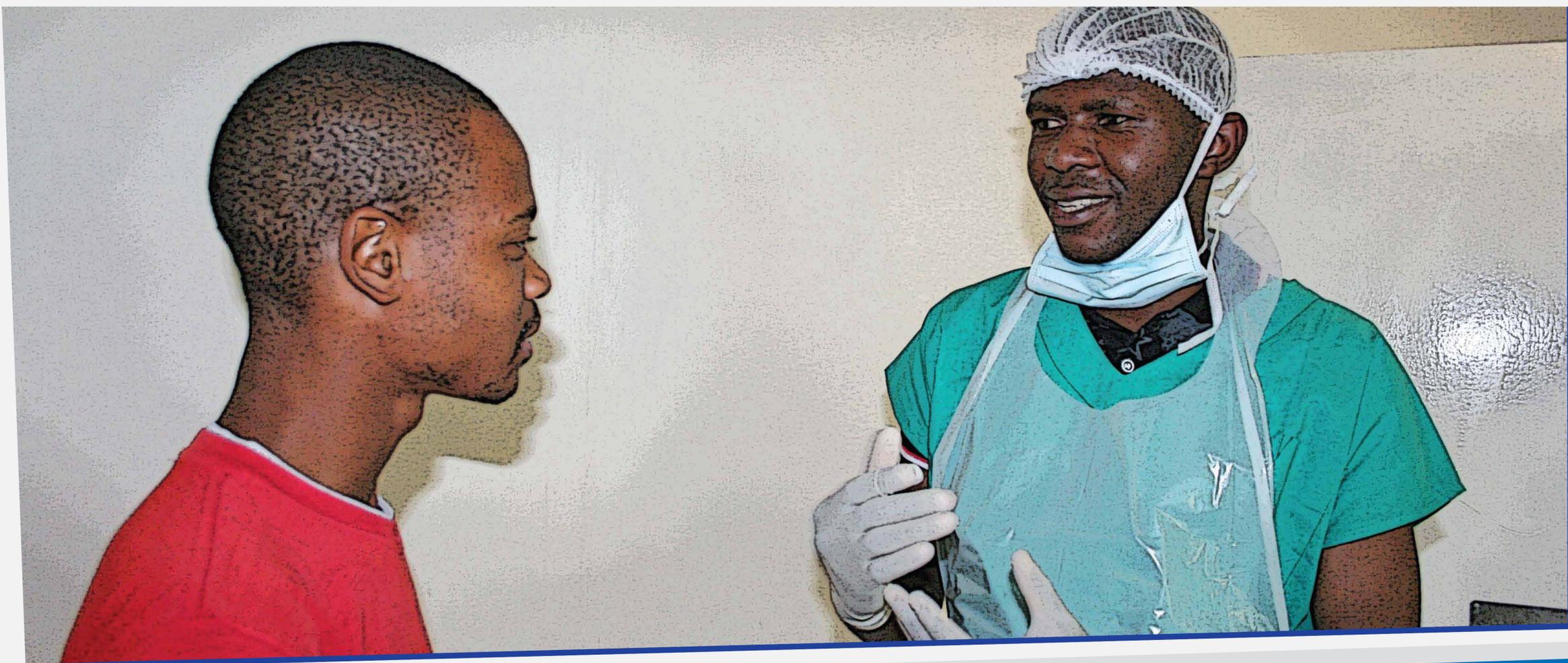


FAMILY PLANNING



©WHO

WHAT HAPPENS DURING VMMC?



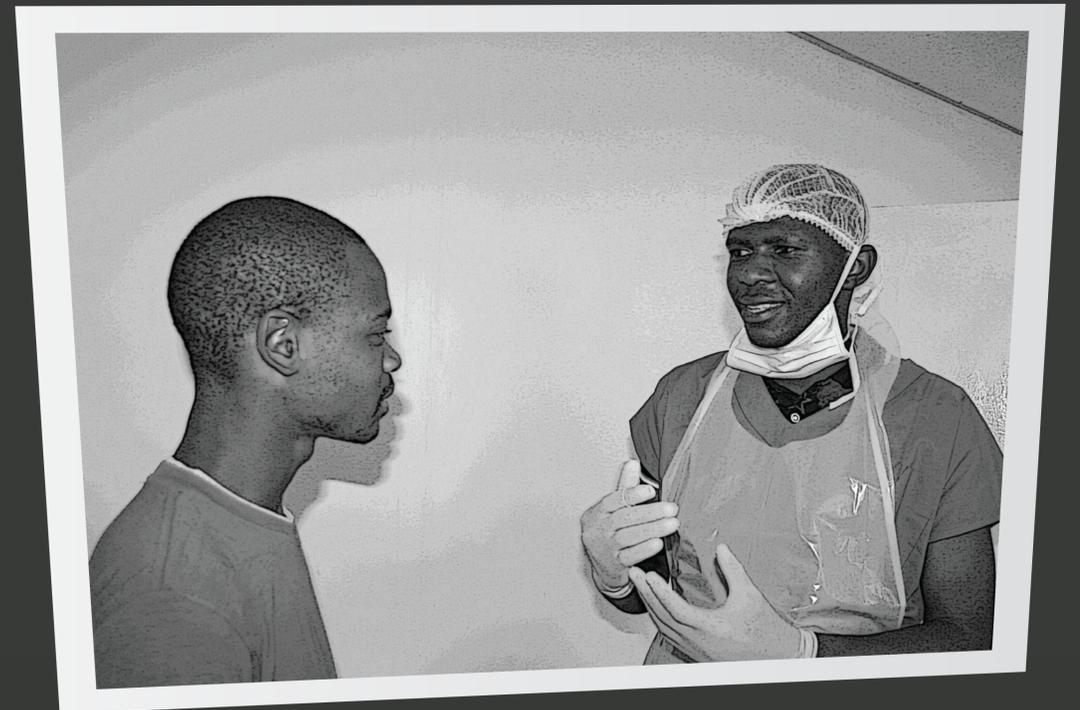
WHAT HAPPENS DURING VMMC?

Before the VMMC procedure:

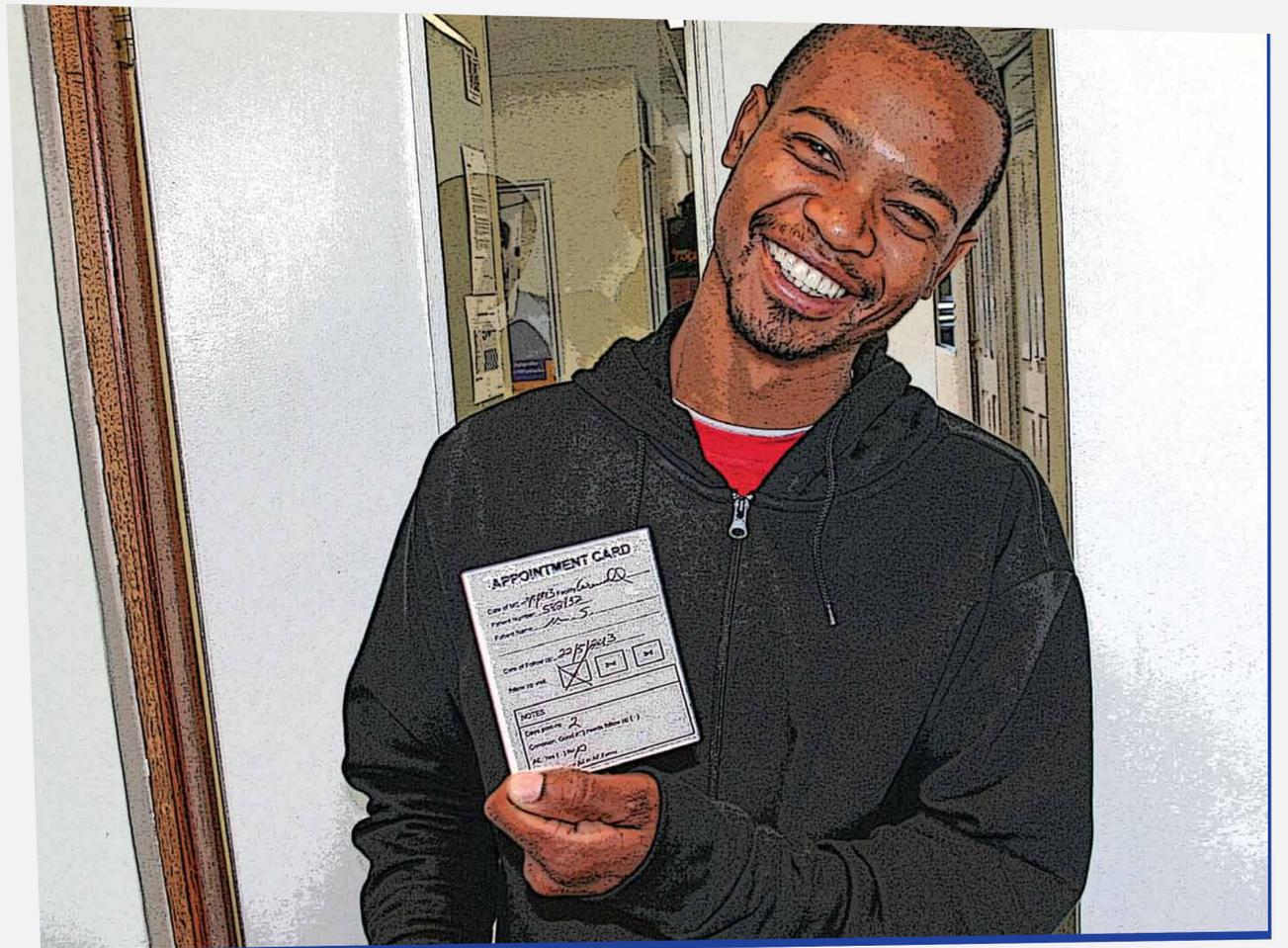
- *HIV testing*
- *Provision of STI screening*
- *Weight taken*
- *Blood Pressure measured*

VMMC:

- *Operation takes about 20-25 minutes*
- *Must lay down*
- *Local injection to reduce pain*
- *There is blood and clients may feel discomfort*
- *The doctor and nurses may talk with you during procedure*
- *After the procedure, you must wait for follow-up with nurse*
- *A pain killer may be given to men when they go home to reduce discomfort after the procedure*



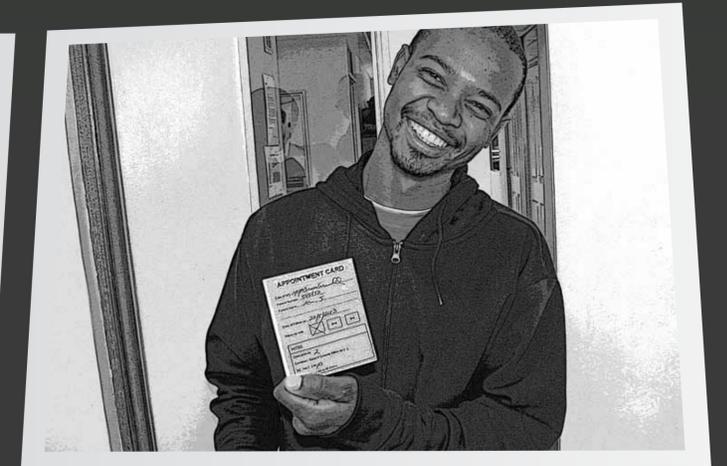
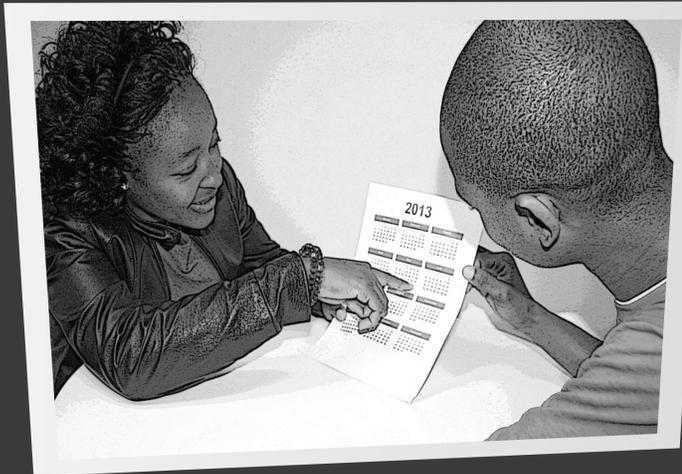
VMMC CARE



VMMC CARE

After VMMC procedure, the nurse will put bandages on the wound. Steps to caring for the wound include:

- **Keep the bandages dry. Do not get them wet when bathing. Keep your penis in the upright position. It is best to wear well-fitting underwear to avoid discomfort. Do not lift heavy things and do not play sports immediately after procedure.**
- **If you experience bleeding or discharge from the wound, pain when passing urine, or severe pain, go to the health facility immediately. After procedure, continue with normal diet and drink water.**
- **After two days, you will need to return to the clinic to have the bandages removed.**
- **Keep your penis dry and clean to avoid infection. After two days, you may resume washing your penis once a day with warm water and mild soap and dry the wound after washing. Do not use Savlon or Dettol on the wound.**



- **After seven days, again visit the clinic for the nurse to check on the healing process and to ensure there are no problems.**
- **Do not pull on the sutures. They will disappear on their own over time as the wound heals better.**
- **After six weeks you should be fully healed. Visit the clinic again so the nurse can clear you again to begin sexual intercourse. You should abstain from sex for six weeks to ensure the wound has time to properly heal. After six weeks, continue correct and consistent condom use to continue to protect against HIV and STIs.**

QUESTIONS?



QUESTIONS?

What questions do you have about any of the issues we discussed?

Please remember that if you have personal questions it is best to save them and ask during the individual counseling session.

- **Clients may have questions on any topic, including:**
 - **VMMC wound care and follow-up care**
 - **VMMC procedure**
 - **Sexuality and gender issues**
 - **Male and female reproductive health**
 - **STIs**
 - **HIV/AIDS**
 - **The ABCs of safe sex**
 - **HTC**
 - **Family planning**
 - **Substance abuse (drugs, alcohol, tobacco)**
 - **Violence (including GBV)**

