WELLNESS FOR CLIENTS LIVING WITH HIV/AIDS

NUTRITION

- **Poor nutrition reduces the effect of ARVs**
- **Well-balanced nutrition boosts immunity, reduces side-effects of ARVs, improves physical health**
- **Diet should include high protein, high calories, vitamins & minerals**

LIFESTYLE

- **Encourage exercise, adequate sleep, stress reduction, positive mindset**
- **Discourage smoking, excessive drinking**
- **Refer for psychosocial support**

CONTRACEPTION

- HIV positive clients **need continued protection** from other STIs & HIV re-infection**. Re-infection can speed progression of HIV disease**
- **Correct & consistent condom use, alone or with another method, protects against both pregnancy & re-infection**
- **Pregnancy can carry major health risks** for HIV+ women & their babies (HIV transmission to the baby, LBW, stillbirth, miscarriage etc)

√ Condoms

- **Can be used by HIV+ women who wish to avoid pregnancy**
- **Can be used by HIV discordant couples**

√ Hormonal Contraceptives

- **Do not protect against STIs/HIV**
- **Drug interactions between ARVs & hormonal contraceptives may affect safety & effectiveness of both drugs**

e.g. Certain ARVs & other medication e.g. rifampicin reduce the efficacy of pills & monthly injections

√ IUDs

- **Do not protect against STIs/HIV**
- **Can be used in HIV infected women without untreated AIDS**

Can be used in women with AIDS who are clinically well on ARV therapy

UKUHLELA IZINGA ELINGCONO LEMPILO KUBANTU ABAPHILA NEGCIWANE LENGCULAZI

UKUDLA UKUYIKHO

- Ukudla okungenamsoco kunciphisa izinga lokusebenza kwamakhambi eARV
- Ukudla okunomsoco, kulekelela amasosha omzimba, kunciphisa ubungozi bama ARV, kuthuthukisa impilo.
- Ukudla kufanele kube nalezigaba: izakhamzimba, ezisinika umfutho, ezisinika amandla nezivikela izifo.

INDLELA YOKUPHILA

- Gqugquzela ukunyakazisa umzimba, ukulala okwanele, ukunciphisa umzwangedwa, umqondo evulelekile/ owamukelayo izimo ezinzima.
- Gwema ukubhema nokuphuza ngokweqile
- Khuthaza / udlulisela kwabanakekela umqondo nezenhlala kahle.

UKUGWEMA UKUKHULELWA

- Abantu asebenalo igciwane lengculaza, badinga ukuhlala bevikelekile ezifweni ezithathelana ngokocansi, nokutheleleka futhi ngegciwane lengculazi. Ukuphindaphinda ukutheleleka ngegciwane lengculazi kungasheshisa ukuqhubeka kwesifo sengculazi.

- Ukusebenzisa amakhondomu ngendlela eyiyona ngaso sonke isikhathi uma uya ocansini, noma uhlanganisa nenye indlela yokugwema ukukhulelwa, ukukuvikela ekukhulelweni nasekuthelelekeni futhi ngegciwane lengculazi.

- Ukukhulelwa kungabeka impilo yowesifazane ophila negciwene kanye nezingane zabo engozini (ingane ingatheleleka ngengciwane, izalwe nesisindo esincane, izalwe seyishonile, noma umama aphuphunyelwe isisu, njalonjalo)

Amakhondomu

- Angasetshenziswa ngabesifazane abanegciwane ukugwema ukukhulelwa
- Angasetshenziswa lapho omunye wabathandanayoenalo igciwane kepha omunye engenalo.

Ezinye izinhlobo zokugwema ukukhulelwa (amaphilisi noma umjovo)

- Azivikeli ukutheleleka kwegciwane lengculaza, noma izifo ezithathelana ngocansi
- Ukuxabana kwemithi yama ARV neyokugwema ukukhulelwa, kungehlisa izinga lokuphepha, ukusebenzakwaARV namaphilisi noma umjovo wokuhlela.

Njengokuthi amaARV neminye imithi njengamaphilisi esifo sofuba, inciphisa amandla ephilisi noma omjovo wokuhlela wanyanga zonke.

Izinhlobo zokuhlela ezishuthekwa esibelethweni

- Azivikeli ukutheleleka kwengciwane lengculazi nezifo ezithathelana ngokocansi
- Zingasetshenziswa ngabesifazane abanegciwane lengculazi abangakabi sesigabeni esingalapheki.
- Ingasetshenziswa ngabesifazane abanengculazi abaphila kahle, asebedla amakhambi engculazi.