

CHBC

COMMUNITY AND HOME BASED CARE (CHBC)

For People Living with HIV in Nepal

Part One



USAID | **NEPAL**
FROM THE AMERICAN PEOPLE



CHBCC

Photographs:

Thomas L. Kelly

Text:

Shiva Raj Bhatta

Design:

Nikki Thapa/Priti Thapa

Published by:

ASHA Project

FHI Nepal Country Office

GPO Box 8803

Kathmandu, Nepal

Tel: +977-1-4437173

Fax: +977-1-4417475

Email: fhinepal@fhi.org.np

Web: www.fhi.org

Copyright © 2010 FHI Nepal/ASHA Project. All rights reserved.

Number of copies: 200 (June 2010)

This photo journal was made possible through financial support provided by United States Agency for International Development (USAID) under the terms of Cooperative Agreement No. 367-A-00-06-00067-00 to FHI.
Strategic Objectives : 9 & 11

The content of this photo journal does not necessarily reflect the views, analysis or policies of FHI or USAID.

FOREWORD

Community and Home Based Care (CHBC) services is an innovative program to address the critical physical, psycho-social and spiritual needs to improve quality of life of people living with HIV and AIDS (PLHA). CHBC services were initiated in Nepal to help PLHA to maintain good health, relieve pain and other symptoms, prevent and/or control opportunistic infections and provide constant support to maintain adherence of drugs to those on anti-retroviral therapy (ART) in the comfort of their own homes and communities. Given that the health system and its institutions are stretched to provide the services, CHBC services are crucial for PLHA for having uninterrupted access to the required services which is a big challenge as they are rendered unable to access treatment, care and support services due to geographical and structural barriers as well as severe resource constraints. Door-to-door CHBC services are extremely helpful for the health and well-being of PLHA. They are recognized by the National HIV and AIDS Strategy and Action Plan as one of the important treatment, care and support components.

The CHBC teams comprise of a health worker and a PLHA. They provide door-to-door health checkup, regular medicine supply and referral for HIV care, support and treatment. The teams also oversee prevention of mother to child transmission (PMTCT) referral and support and ensure continued care services and support to those on ART. The CHBC program has flexibility of accessing individualized care either at a PLHA's own home or at any community point so that the person/family is not stigmatized. CHBC team members build a personal rapport with the community members, promoting those in need to come forth and access available health services. The home visits are mostly on a as-per-need basis and monthly visits for those on ART. These home visits, especially in the hilly districts requires hours of walking or/and overnight stay to visit PLHA and their family.

In addition to health services, CHBC teams assist families for developing the capacity of caregivers which ensure long-term sustainable caring for the PLHA. The CHBC teams also assist families become economically and socially competent. CHBC team members support PLHA and their families by developing linkages with relevant agencies for income generation opportunities. CHBC team members work with PLHA groups and local community to reduce stigma and discrimination in the community.

CHBC teams work with sheer determination and an undying passion to serve PLHA. Given the rough terrain, resource constrained setting and nature of epidemic where PLHA are spread across a wide geographical area, reaching PLHA at their homes and communities is an uphill task. One cadre of workers, however, make the impossible possible - the members of CHBC teams, many of whom live a metamorphosed life after being HIV infected themselves. They still perform the herculean task of helping out their fellow citizens living with HIV.

These committed health and social service providers have been overcoming geographical constraints and resource constraints to selflessly serve all those in need. Due to access to limited resources, these real life heroes never hesitate to go an extra mile to provide necessary support to the PLHA, wherever they might be. CHBC work is all about sheer determination and commitment to help others. Many PLHA see the CHBC team members as their lifeline. They invariably demonstrate their sincere gratitude which epitomizes the importance of the work of CHBC members.

Appreciating the invaluable contributions of these CHBC workers, ASHA Project has developed a photo journal series that captures and shows the world the enormous amount of commitment and passion demonstrated by the CHBC teams on a daily basis. The journal follows the metamorphosis of some PLHA into an active CHBC worker, their everyday work and testimonies from those accessing CHBC services. You can see from the stories included in the series that the CHBC team members are the true foot soldiers of HIV response in Nepal. Our salute goes to each member of all the CHBC teams and this photo journal is dedicated to their hard work.

ASHA Project thanks USAID for providing funding for the photo journal documentation. ASHA Project also thanks CHBC service beneficiaries and all CHBC team members who permitted us to feature their stories. Additionally, ASHA Project thanks its implementing NGO partners Asha Kiran Pratisthan, Kailali, Community Development Forum, Doti and Gangotri Rural Development Forum, Achham, the photographer (Thomas Kelly), story writer (Shiv Raj Bhatta), designer and all those who have contributed to make this photo journal. This effort to capture the compelling stories of great deeds of CHBC team members could never have been possible without your support.

FHI Nepal's decade and half long work through United States Agency for International Development (USAID) funding, under the AIDSCAP I & II, IMPACT Project and the currently the ASHA Project, has focused on containing the spread of HIV and increase access to HIV prevention, care, support and treatment services for most at risk populations (MARPs). Activities include health systems strengthening, research and surveillance, targeted HIV prevention, HIV-related clinical services such as management of sexually transmitted infections (STIs), HIV counseling and testing, clinical care for PLHA, including CHBC.

ASHA Project, with financial support from USAID currently works with over 45 local partners in 30 districts for HIV prevention, care, support and treatment program. Among them, 13 NGO partners are operating in more than 30 teams to provide CHBC services for PLHA and their families in 13 districts.

Currently, more than 2,500 PLHA are accessing CHBC services through 34 CHBC teams, consisting of two CHBC staff per team. A total of 84 trained individuals, 42 being PLHA themselves, provide door to door services to PLHA and their families.

CHILDREN

Giving Hope
Making Difference





CHBC Team, Their Lives, Their Stories...





CHBC Teams provide basic health services, social, emotional and spiritual support, reinforcing the concept of “positive living” and reducing stigma and discrimination in the community.

Community and Home Based Care:
A critical care and support service for people living with HIV
and their families in Nepal.



Katte Nepali, CHBC Team Member, Doti, Far West, Nepal

Katte was born to a poor Dalit family in Far West, Nepal. Needing employment, like many in his village, Katte left for India. While there he contracted HIV and after returning to Nepal, infected his wife. The consequences were extreme; he sadly lost his two-year-old son and two-and-half-year-old daughter. He endured social discrimination and everyday was a struggle to make ends meet. "After my son died in Seti Zonal Hospital, I went to bury him on the banks of the Mohna River. No one would even lend me a spade to dig the earth. Back then, everybody thought even sharing a spade transmitted HIV!"





After receiving counseling and learning about how to prevent mother to child transmission, Katte and his wife now have a beautiful eleven-month-old daughter, Bhagirathi Nepali. She is HIV negative. "My work as a CHBC team member and taking care of my daughter has given me a new lease on life" .



Once on his deathbed, Katte is now a CHBC team member. He travels to district crisis centers and villages on foot with a declared mission to help people lead healthy lives



Katte reminds people living with HIV to take their medicines regularly. He shares his own experiences, hoping to reduce the fears of stigma and discrimination. He helps people to lead normal lives.

Tara Mahara, CHBC Team Leader, Doti, Far West, Nepal



For the past three years, Tara Mahara has dedicated her energy and expertise to provide services in eight villages in Doti, some very remote. Her work begins at dawn, checking and refilling her CHBC kit.

When asked, "What is the most difficult part of your work?", the team replies, "Crossing over the rugged landscape and reaching all of our patients."





Katte Nepali and the CHBC Team Leader, Tara Mahara, are greeted by villagers before departing to the field. Tara's house often serves as a makeshift shelter for people living with HIV. Tara says, "Even though I am far from family and home, I'm always happy to serve HIV positive people."

Taranath Saud, CHBC Beneficiary, Doti, Far West, Nepal

Taranath Saud, who receives regular visits from the CHBC team, is thankful for the services provided by Katte and Tara. "They gave me strength, support and saved my life." "When in Mumbai, I was young and used to frequently visit beer bars and in return I got HIV. With a family of three sons and a wife, I cannot afford to be sick. I'm now committed to leading a healthy lifestyle."

Taranath's wife, Jhankri Devi said her husband left for India in search of work. He fell ill while working in Mumbai. "When he returned to our village, his health continued to weaken. It was after we got help from the CHBC team, that his health improved."





Katte Nepali



Tara Mahara

CHBC Team Members



Laxmi Pariyar



Bimala Thapa



Dhana Nepali



Dambari Sahu



Dil Bahadur Oad



Keshab Raj Joshi

Like Katte Nepali and Tara Mahara, many CHBC team members are providing much needed services to people living with HIV in rural communities of Nepal.



CHBC Creating Healthy Future

Community and Home Based Care (CHBC) For People Living with HIV in Nepal



Katta Nepali



Tara Mahara



Laxmi Pariyar



Bimala Thapa

Part One

Part Two



Dhana Nepali



Dambari Sahu



Dil Bahadur Oad



Keshab Raj Joshi

Part Three

Part Four

