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PROJECT

WASH & HIV/AIDS INTEGRATION: POLICIES AND GUIDELINES PROGRAM LEVEL GUIDANCE

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FOREWORD

Water, sanitation, and hygiene (WASH) practices are essential to maintaining healthy lives, yet most countries and donors have not included WASH when developing national HIV policies and programs.

The World Health Organization and the United States Agency for International Development began to explore how to integrate WASH into HIV programming and the U.S. Centers for Disease Control and Prevention, in particular, developed and studied approaches to providing safe drinking water for people living with HIV.

Since 2006, WHO and USAID have supported three pioneering country applications that integrated WASH into HIV programs: in Ethiopia, Malawi, and Uganda. In addition, USAID has promoted WASH-HIV integration within different US Government programs through various working groups of the President's Emergency Plan for AIDS Response. Many different donors, organizations, and programs are now considering WASH when developing HIV programs and are seeking more guidance for how to do it.

This practical document is a response to requests from countries and programs for concrete guidance on how to integrate water, sanitation, and hygiene practices into HIV policies and programs. Our colleagues around the world who have reviewed this document think this is a valuable publication and we hope that you will find it useful in your work to improve the health and lives of people living with HIV.

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PROGRAM APPROACHES FOR WASH-HIV INTEGRATION

Comprehensive water, sanitation, and hygiene strategies include a wide range of interventions to improve the quality of life for the individual and family. These interventions are not specific to any one setting or location and are generally delivered through the home, community, school and/or facility. Recognizing that water, sanitation, and hygiene interventions cannot be standardized for all situations and countries, specific methods of implementing WASH are likely to vary within regions, and even within countries, depending on the setting and the capacity of the partners who are implementing such programs. Thus, a “menu” of interventions that could be considered is presented here. Prioritizing and selecting WASH components must be performed locally, and should be consistent with national guidelines.

Program Approaches	Examples/Links
Integrate/ mainstream WASH as an issue spanning across all intervention areas (OVC, PMTCT, Counseling and Training, etc.)	<p>Integrate WASH into existing community-based approaches (e.g., home-based care, post test clubs, PMTCT/HBC support groups, behavior change communication strategies and campaigns, etc.). Mainstreaming can be facilitated into home-based and community care through distributing a WASH household assessment tool for all who do home visits to quickly identify existing WASH conditions and recommendations for practical "small doable actions" based on assessment and resources/support in the community; integrate WASH into training for all HIV/AIDS service delivery areas for providers, caregivers, community health workers, etc.; make available appropriate curriculum for adaptation/integration and job aids that can be adapted.</p> <ul style="list-style-type: none"> • Training of Trainers and Training for Integrating WASH into Home based Care Work. • Pictorial tool/counseling cards for home-based care (HBC) providers to counsel community and family members on WASH actions.
Build NGO and government capacity	<p>Build the capacity of water, sanitation, health, and HIV/AIDS programs to deliver in-country technical assistance, supervision, planning, and training. The USAID/Hygiene Improvement Project is currently implementing this approach in Ethiopia and Uganda across the sectors to facilitate improved WASH and HIV/AIDS programming. See Annex 1 for program resources. The USAID-supported Safe Water and AIDS Project in Kenya trains HIV self-help groups in household water treatment, safe water storage, and improved hygiene, after which the groups distribute soap and water treatment products to people in their communities as an income-generating activity.</p>
Integrate WASH training into all HIV/AIDS service delivery trainings	<p>HIP has developed a Global WASH Training Package for the Prevention of Diarrheal Disease, which can be accessed here: http://www.hip.watsan.net/page/3396</p> <p>The following CDC training resources have also been developed. Training manuals can be locally adapted.</p> <ul style="list-style-type: none"> • Safe Water Treatment and Storage (at least 4 hours of training) • Hand washing at critical times and with proper technique and other personal hygiene measures (at least 4 hours of training) <p>http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSTrainingGuidNurses.pdf</p>

	<p>http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSCurriculumNurses.pdf</p> <p>http://www.shea-online.org/Assets/files/IHI_Hand_Hygiene.pdf</p> <p>Training is also essential in other aspects of WASH:</p> <ul style="list-style-type: none"> • Promoting improved sanitation • Food hygiene • Personal and environmental cleanliness
<p>Develop and use curricula, behavior change and counseling tools/materials</p>	<p>Develop supplements or integrate WASH themes into:</p> <ul style="list-style-type: none"> • Participant manuals, trainer manuals, flipcharts • IEC materials, especially reminder materials for PLHIV homes • Pocket cards for health workers to remember key points and something similar for PLHIV to use at home as a reminder <p>Examples of available professional training and school-based curricula can be found in annex 1.</p>
<p>Implement a basic care package through the clinic system</p>	<p>Include a bleach/hypochlorite product, (commonly available) container, and soap in a Basic Care Package for PLHIV, with accompanying hygiene education, reinforcement, and follow up.</p>
<p>Include a comprehensive WASH package for adult PLHIV and families in the home setting</p>	<p>As with the Basic Care Package, include a bleach/hypochlorite product, (commonly available) container, and soap, with accompanying hygiene education, instructions on making home-made devices for hand washing with limited water; home made potties for facilitating safe feces disposal; tips for making latrine use easier for PLHIV with limited mobility; gloves; plastic sheeting.</p>
<p>Ensure adequate supply of essential hygiene commodities</p> <p>With appropriate behavior change communication and counseling</p>	<p>Safe Water Treatment and Storage Commodities</p> <ul style="list-style-type: none"> • Treatment products (bleach/hypochlorite in solution or tablets (Aquatabs); Pur (for water that is particularly turbid, murky and contains large particles for water disinfection) • 1- to 2-liter transparent plastic bottles appropriate for solar treatment of water (SODIS) • Safe water storage containers (clay pot, jerry can, or container with a spigot), lids, and dippers <p>http://www.cdc.gov/safewater/publications_pages/proven.pdf</p> <p>http://www.cdc.gov/safewater/publications_pages/options-sodis.pdf</p> <p>http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSCurriculumNurses.pdf</p> <p>Hand Washing Commodities</p> <ul style="list-style-type: none"> • Soap and other local products such as ash or sand • Materials for making a water-saving device to facilitate hand washing or “tippy tap.” These include: plastic container, jug, gourd or local material with spigot or opening to provide slow stream of water and rope to suspend the jug or gourd. <ul style="list-style-type: none"> ○ http://www.cdc.gov/safewater/publications_pages/tippy-tap.pdf ○ Counseling cards for handwashing, including constructing a

	<p style="text-align: center;">tippy-tap</p> <ul style="list-style-type: none"> • Hand washing stations in health facilities or schools ^{1,2} <p>Safe Feces Handling and Disposal Commodities</p> <ul style="list-style-type: none"> • Rubber or mackintosh sheets to protect linen, mattresses, and skin • Potties, bedpan, and/or commode (bedside structure) to assist clients who are unable to get to a latrine or toilet (can be created with local materials – for both infants and adults) • Clean cloth, nappies, or diapers for incontinent clients (infants and adults) • Gloves for safe handling of feces and body fluids • Hygiene stations (for hand washing with soap) – can create a tippy tap • Sanitation platforms (SanPlats) for latrines (can be produced at low cost by local masons) <p>Food Hygiene Commodities</p> <ul style="list-style-type: none"> • Water treatment solution to ensure that treated water is used to prepare nutrition products (complementary foods, formula), sanitize food or formula preparation vessels, and wash produce • Hand washing with soap – can create a tippy tap <p>Personal Cleanliness and Environmental Hygiene Commodities</p> <ul style="list-style-type: none"> • Clean cloth for daily bathing, hygiene, etc. • Bags for collecting and disposing of waste • Hygiene stations (for hand washing with soap) – can create a tippy tap <p>Behavior Change Communication and Counseling</p> <p>Ensure that adequate education, follow-up, reinforcement, and monitoring accompanies all commodity distribution. This may include clinic-based education, home visits, peer support groups, etc. Commodities are only effective if they are used correctly and consistently.</p>
Support supervision	Provide a framework for integrating water, sanitation, and hygiene activities within HIV/AIDS programs that support PLHIV, OVC, and their families. This includes integrating evidence-based WASH approaches in HIV/AIDS policies and guidelines and creating linkages with “wrap-around” programs that address access to water and sanitation infrastructure for vulnerable populations.
Recruit and fund coordinator	Develop and implement SOPs that delineate the essentials of delivering WASH in HIV/AIDS settings at various practice levels and settings. This may include performance expectations for the practice of individuals responsible for WASH or HIV programming (e.g. nurses, volunteers, teachers), professional standards, etc.
Explore options for increasing access to water and sanitation infrastructure	Follow-up with providers or teachers, staff, etc. to reinforce improved WASH behaviors. Add to or develop and use supervision checklists and tools to enhance the performance monitoring of providers, teachers, etc. Include items such as the following in job aids and supervision checklists to provide supportive WASH integration supervision: presence of hand washing station with signs of use, latrine with signs of use, presence of soap in home-based

	care provider checklists, and distribution of “how to” sheets on how to make a tippy tap as part of activity monitoring, etc.
Support national committees on WASH and HIV/AIDS	Support a local WASH integration coordinator embedded in a PEPFAR partner organization who could work with PEPFAR partners to integrate hygiene and sanitation across HIV/AIDS programs.

¹ [Parker AA, Stephenson R, Riley PL, Ombeki S, Komolleh C, Sibley L, Quick R](#). 2006. Sustained high levels of stored drinking water treatment and retention of hand-washing knowledge in rural Kenyan households following a clinic-based intervention. *Epidemiology and Infection*. Oct;134(5):1029-36. E-published Jan 26. <http://www.ncbi.nlm.nih.gov/pubmed/16438747?dopt=Abstract>

² O'Reilly et al. 2008

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This new publication was conceived to integrate WASH considerations into existing national HIV policies, guidelines, and handbooks and HIV programming.

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LIST OF ACRONYMS

AFASS	Acceptable, feasible, affordable, sustainable and safe
ART	Antiretroviral therapy
ARV	Antiretroviral
BCP	Basic Preventive Care Package
CBO	Community-based organization
CDC	Centers for Disease Control and Prevention
COP	Community of Practice
CT	Counseling and testing
DALY	Disability-adjusted Life Years
EPI	Expanded program on immunization
HBC	Home-based care
HIP	Hygiene Improvement Project
HIV/AIDS	Human Immunodeficiency Virus/Acquired ImmunoDeficiency Syndrome
NaDCC	Sodium dichloroisocyanurate
NGO	Non-governmental organization
OI	Opportunistic infections
OSSA	Organization for Social Services for AIDS
OVC	Orphans and vulnerable children
PEPFAR	President's Emergency Plan for AIDS Relief
PLHIV	Persons living with HIV
PMTCT	Prevention of mother to child transmission of HIV
PSI	Population Services International
SODIS	Solar disinfection
SWS	Safe water system
UN	United Nations
UNICEF	United Nations Children's Fund
US	United States
USAID	United States Agency for International Development
UV	Ultraviolet
WASH	Water, sanitation, and Hygiene
WHO	World Health Organization
WSP	Water and Sanitation Program, World Bank

ANNEX 1: Technical Resources on Water, Sanitation and Hygiene

1. General WASH Resources

Training in Community-led Total Behavior Change in Hygiene and Sanitation: Facilitator's Guide. USAID/HIP. 2009. <http://www.hip.watsan.net/page/3213>

Health Extension Worker Handbook: Community-led Total Behavior Change in Hygiene and Sanitation. USAID/HIP. 2009. <http://www.hip.watsan.net/page/3214>

2. Safe Water Treatment and Storage Resources

Proven Methods for Safe Water Treatment

http://www.cdc.gov/safewater/publications_pages/proven.pdf

Job Aid: How to Take Care of Drinking Water. <http://www.hip.watsan.net/page/3324>

Safe Water System Training Guide for Nurses

http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSTrainingGuidNurses.pdf

Safe Water System Curriculum for Nurses

http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSCurriculumNurses.pdf

Fact Sheet: Solar Disinfection (SODIS)

http://www.cdc.gov/safewater/publications_pages/options-sodis.pdf

Fact Sheet: Safe Water Systems and HIV

http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWS_HIV.pdf

Fact Sheet: Kenya Safe Water System Project

http://www.cdc.gov/safewater/publications_pages/fact_sheets/Kenya.pdf

Fact Sheet: Haiti Safe Water System Project

http://www.cdc.gov/safewater/publications_pages/fact_sheets/Haiti.pdf

Fact Sheet: Zambia Safe Water System Project

http://www.cdc.gov/safewater/publications_pages/fact_sheets/Zambia.pdf

A Guide for Establishing a Community-Based Safe Water System Program

http://www.cdc.gov/safewater/publications_pages/Safe_Water_for_the_Community.pdf

CDC HIV Prevention Strategic Plan through 2005

<http://www.cdc.gov/hiv/resources/reports/psp/pdf/prev-strat-plan.pdf>

3. Hand Washing Promotion and Building Hand Washing Stations

The Handwashing Handbook. A guide for developing a hygiene promotion program to increase handwashing with soap. World Bank Water and Sanitation Program.

http://www.globalhandwashing.org/Publications/Handwashing_Handbook.pdf

How to Make a Tippy Tap

http://www.cdc.gov/safewater/publications_pages/tippy-tap.pdf

<http://www.hip.watsan.net/page/3330>

Health Extension Worker Handbook: Community-led Total Behavior Change in Hygiene and Sanitation. Amhara State Regional Health Bureau, USAID/HIP, WSP/WB. 2009.
<http://www.hip.watsan.net/page/3214>

4. Feces Management and Latrine Options

Water and Sanitation for Disabled People and Other Vulnerable Groups
<http://wedc.lboro.ac.uk/publications/details.php?book=1%2084380%20079%209>

Job Aid: Feces Disposal <http://www.hip.watsan.net/page/3322>

Job Aid: Feces Management <http://www.hip.watsan.net/page/3323>

Job Aid: Making a Commode <http://www.hip.watsan.net/page/3325>

Job Aid: How to Make Plastic Pants <http://www.hip.watsan.net/page/3326>

5. Integrating WASH into the School and Classroom

WASH in Schools Compendium. USAID/Hygiene Improvement Project. 2008
<http://www.hip.watsan.net/page/2827>

Toolkit on Hygiene, Sanitation, and Water in Schools. World Bank.
<http://www.schoolsanitation.org/>

IRC Water, Sanitation and Hygiene (WASH) in Schools Resources. IRC International Water and Sanitation Centre. <http://www.schools.watsan.net/page/107>

UNICEF Water, Sanitation and Hygiene in Schools Resources
http://www.unicef.org/wes/index_schools.html
UNICEF—'Friends of WASH' bring hygiene-friendly schools to Madagascar.
http://www.unicef.org/infobycountry/madagascar_34865.html

Project WET: Water Education for Teachers. <http://www.projectwet.org/>

Children's Hygiene and Sanitation Training (CHAST)
Download the CHAST Manual: <http://www.irc.nl/page/13170>

CHAST Description and Tools:
<http://www.schoolsanitation.org/Resources/Readings/Kenya-Vreede-CHAST.pdf>
<http://www.schoolsanitation.org/BasicPrinciples/Methodologies.html>

6. Integrating WASH into Food and Nutrition Programs

HIV/AIDS: A Guide for Nutritional Care and Support. FANTA project/AED. 2004.
<http://www.fantaproject.org/publications/HIVguide.shtml>

Food and Nutrition Implications of Antiretroviral Therapy in Resource Limited Settings. FANTA project, AED. 2004. <http://www.fantaproject.org/publications/tn7.shtml>

Nutrition Care and Support of People Living with HIV in Countries in Francophone Africa: Progress, Experience, and Lessons Learned. FANTA project. 2008. <http://www.fantaproject.org/>

Ethiopia Nutrition and HIV Tools. FANTA project. 2008. http://www.fantaproject.org/focus/hiv_aids.shtml

Nutrition, Food Security and HIV: A Compendium of Promising Practices. FANTA project. 2008. http://www.fantaproject.org/focus/hiv_aids.shtml

Nutrition Care for People Living with HIV and AIDS: Training Manual for Community and Home-Based Care Providers' Facilitators Guide and Participant Handouts. FANTA project. 2008. http://www.fantaproject.org/focus/hiv_aids.shtml

A Guide to Monitoring and Evaluation of Nutrition Assessment, Education and Counseling of People Living With HIV. FANTA project. 2008. http://www.fantaproject.org/focus/hiv_aids.shtml

Kenya Trainer Manual and Trainee Toolkit for Nutrition in Comprehensive Care Centers. FANTA project. 2007. http://www.fantaproject.org/focus/hiv_aids.shtml

Food Assistance Programming in the Context of HIV. FANTA project. 2007. http://www.fantaproject.org/focus/hiv_aids.shtml

Recommendation for the Nutrient Requirements for People Living with HIV/AIDS. FANTA project. 2007. http://www.fantaproject.org/focus/hiv_aids.shtml

National Guidelines and Protocol for Nutritional Support and Care for People Living with HIV/AIDS in Rwanda. FANTA project. 2006. http://www.fantaproject.org/focus/hiv_aids.shtml

Rwandan HIV and Nutrition Wall Chart & Counseling Cards. FANTA project. 2006. http://www.fantaproject.org/focus/hiv_aids.shtml

Zambian HIV and Nutrition Wall Charts & Flip Chart. FANTA project. 2006. http://www.fantaproject.org/focus/hiv_aids.shtml

Kenyan National Guidelines on Nutrition and HIV/AIDS. FANTA project. 2006. http://www.fantaproject.org/focus/hiv_aids.shtml

Counseling Materials for Nutritional Care and Support of People Living with HIV/AIDS. FANTA project. 2005. http://www.fantaproject.org/focus/hiv_aids.shtml

Zambia Nutrition Guidelines for the Care and Support of People Living with HIV/AIDS. FANTA project. 2005. http://www.fantaproject.org/focus/hiv_aids.shtml

PEPFAR: Report on Food and Nutrition for People Living with HIV/AIDS, May 2006. <http://www.state.gov/documents/organization/66769.pdf>

PEPFAR: Policy Guidance on the Use of Emergency Plan Funds to Address Food and Nutrition Needs, September 2006. <http://www.state.gov/documents/organization/75859.pdf>

7. WASH Training Curricula for Home-based and Clinical Care Workers

Programming Guidance for Integrating Water, Sanitation, and Hygiene Improvement into HIV/AIDS Programs to Reduce Diarrhea Morbidity. USAID Hygiene Improvement Project.

<http://www.hip.watsan.net/page/2458>

Trials of Improved Practice: Determining Feasible Water and Feces Management Small Doable Actions for HIV Programs in Ethiopia. USAID/HIP. 2009.

<http://www.hip.watsan.net/page/3214>

Pictorial tool/counseling cards for HBC givers in Uganda to counsel community and family members on WASH actions. (USAID/HIP, developed with Save the Children/US and PSI/Abt Associates. <http://www.hip.watsan.net/page/3320>

Job Aid: Assessment Tool. <http://www.hip.watsan.net/page/3321>

Nutrition and HIV/AIDS: A Training Manual for Nurses and Midwives. FANTA project. 2008.

http://www.fantaproject.org/focus/hiv_aids.shtml

Meeting the Hygiene, Safe Water, and Sanitation Needs of People Living With HIV.

USAID/HIP poster presentation. 2008. <http://www.hip.watsan.net/page/2533>

Analysis of Research on the Effects of Improved Water, Sanitation, and Hygiene on the Health of People Living with HIV and AIDS and Programmatic Implications. USAID/HIP.

2007. . <http://www.hip.watsan.net/page/2656>

Programming Tips for Integration of Safe Water, Hygiene Sanitation into HIV/AIDS Activities. USAID/HIP. 2008. <http://www.hip.watsan.net/page/2157>

Safe Water System and Hand Washing Curriculum

http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSCurriculumNurses.pdf

http://www.cdc.gov/safewater/publications_pages/fact_sheets/SWSTrainingGuidNurses.pdf

http://www.shea-online.org/Assets/files/IHI_Hand_Hygiene.pdf

Focus on Home Hygiene in Developing Countries

International Scientific Forum on Home Hygiene, London School of Hygiene and Tropical Medicine.

www.ifh-homehygiene.org/2003/2library/Bloomfield_BonnPaper_HH_DvlpingCntries.pdf

http://www.shea-online.org/Assets/files/IHI_Hand_Hygiene.pdf

WASH Curriculum for Facility-based Workers (forthcoming; December 2009)

<http://www.aidstar-one.org>

Technical Considerations for PEPFAR Working Groups on:

- Adult Treatment
- Food and Nutrition
- OVC
- Palliative Care
- Pediatric Treatment
- PMTCT
- TB/HIV

<http://www.pepfar.net>