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**HIP** HYGIENE IMPROVEMENT  
PROJECT

## **WASH & HIV/AIDS INTEGRATION: TRAINING AND SUPPORT SAFE FECES MANAGEMENT**

The following participant's guide was developed as part of HIPs country programming in Ethiopia. It contains only those sections relevant to safe feces management. The entire training package from Ethiopia (with information all key WASH behaviors), including counseling cards and the participant's guide, are a part of HIP's WASH HIV Integration Toolkit, which can be found at <http://www.hip.watsan.net/page/4489>.

To access other program documents, such as research reports, please visit:  
<http://www.hip.watsan.net/page/2489>

*Please note that because the following pieces were taken from a larger document and some sections have been removed, the numbering of the various sections matches the original document and is therefore not always consecutive.*

# **PARTICIPANT'S GUIDE: FECES MANAGEMENT**

**HOUSEHOLD WASH ASSESSMENT CARD and MIKIKIR JOB AIDS**

Staying healthy is important for people living with HIV/AIDS (PLWHA) and their families. Diarrhea, a common opportunist infection among PLWHA, is mostly caused by ineffective hygiene and sanitation. Improving these practices helps to prevent diarrheal diseases, and reduces morbidity and mortality in PLWHA and in children under five. Improving WASH practices helps improve the whole family's health and quality of life.

## USING THIS GUIDE

As a home based care worker, you have two tasks in using this guide:

1. Begin using improved water, sanitation and hygiene (WASH) practices during every home visit
2. Teach PLWHA and caregivers to improve their WASH practices at all times.  
When teaching caregivers, you can use the following steps:
  - a. Explain the skill you will teach and use the job aid card to explain or illustrate the steps to follow
  - b. Demonstrate how the task is performed
  - c. Encourage the caregiver to try the task
  - d. Give feedback. Congratulate the caregiver for trying. Highlight particular actions that need to be improved and show how to improve them.
  - e. Follow up at the next visit

To determine which practice to improve, use the assessment card to determine how well the household is practicing each WASH area. Congratulate the client about existing good WASH practices, decide which WASH practice should be improved, and select the small doable actions (SDA) to negotiate

Below is a description of the steps required to do these tasks, particularly with the PLWHA and caregivers. Following that are individual cards that demonstrate how to teach specific improved water, sanitation and hygiene practices.

## Negotiating Improved WASH Practices

To succeed in helping the client and household improve their WASH practices requires good preparation, an effective WASH negotiation session, and regular follow-up visits.

### ***Step 1: Prepare for a negotiation session***

- Review the content of the front page of the cue card and the SDA for safe feces disposal for people with limited mobility on the reverse side of the cue card

- For each WASH behavior, familiarize yourself with the small doable actions to assess and the criteria to consider when deciding which WASH behavior to help the household improve
- Bring the cue card and the counseling cards with you to the client's household

**Step 2: Conduct an effective negotiation session – MIKIKIR session**

**An effective negotiation session includes the following tasks:**

- Making a good contact with the client and household members
- Assessing the household current WASH practices
- Identifying the WASH practices already implemented and congratulating the client and household members
- Selecting the WASH to be improved and the SDA to be negotiated
- Negotiating the SDA to be implemented
- Scheduling and carrying out a follow-up visit

**→ Make a good contact with the client and household members**

- Greet the client and the household members
- Introduce yourself and explain the objectives of your visit
- Ask if the client is available to talk/discuss about WASH practices

**→ Assess the household current WASH practices**

- Guided by the cue card, ask questions and observe current WASH practices

**→ Identify the WASH practices already implemented and congratulate the client and household members**

- Compare the household's current WASH practices with the SDA on the cue card and identify what the client and household members are already implementing
- Congratulate the client and household member for implementing the SDA
- Encourage the client and household members to continue to implement these SDA

**→ Decide the WASH to be improved and the SDA to be negotiated**

If the household has multiple WASH behaviors that need improvement, select one behavior to start. Select the WASH behavior to be improved based on the following criteria:

- Availability of materials/commodity/product at household level
- Easy to be implemented

- Approval of the client

**Always start with what is most easy and feasible for the client and the household!**

**→ Negotiate the SDAs to be implemented**

- Show the counseling card with the SDA (s) you would like the client and household to try and explain each SDA and why the client should try the SDA – If the SDA is a skill to acquire such as treating water, drawing drinking water..., demonstrate and ask the client to try and give feedback. – Encourage the client and household members to continue to practice. – Schedule a follow-up visit.

***Step 3: Conduct a follow-up visit with the client and household members***

- Make a good contact with the client and household members
- Always check if it is a good time for the client and household to talk/discuss
- Ask the client to recall the SDA he/she and the household agreed to implement
- Ask what made it easy to implement the SDA and encourage the client to continue to implement the SDA
- Ask also about the constraints: what made it difficult to implement the SDA and help the client problem solve the constraints identified
- Encourage the client to continue to try and schedule a follow-up visit

***Step 4: If the household has multiple WASH needs***

- Follow up until the client successfully and consistently implements and adopts the improved WASH practice. Congratulate the client and ask him/her to continue to implement the behavior consistently.

***Negotiate a second WASH practice to be improved– Use the appropriate counseling cards***

- Check the SDA to be negotiated for the second WASH practice; and ensure the first behavior is maintained.
- Negotiate improving the second WASH behavior and follow up on how the household implements the improved practice.
- Continue to follow up on consistent implementation of the first improved WASH practice.

**Cue card – Front page – Translated from the Amharic cue card**

|   |   |  |
|---|---|--|
| Reminder: WASH Practices You Can Easily Implement |   |  |
| <b>How do you dispose of your feces?</b>          |   |  |
| 3. How to dispose of feces safely                 |   |  |
| Use latrine all the time                          | If you can't use the latrine, use the potty | After using the potty, dispose of the feces in the latrine |

**Cue Card – Back page**

|   |  |  |                    |  |
|---|--|--|--------------------|--|
| <b>How do you help bed bound &amp; weak people dispose of their feces safely?</b> |  |  |                    |  |
| 4. How to dispose of weak people's feces  |  |  |                    |  |
| Clear the path:<br>remove bushes and<br>obstacles.                                | Use a cane.  | Hold the pole in the<br>latrine.                                   | Use a potty chair. | Dispose of the feces from the potty into the<br>latrine. |
| 5. Safe feces disposal for bed bound people                                       |  |  |                    |  |
| Cover the mattress with plastic<br>sheeting.                                      | Before caring for a bed bound person,<br>cover your hands with gloves or plastic<br>bag. | Wash your hands before and after<br>caring for a bed bound person. | Use a bedpan       |  |

**How can you get rid of blood stained materials? How can a caregiver be protected from blood contamination while s/he gives care to a PLWHA with menstruation?**

6. How to get rid of and how to properly take care of blood stained materials

|   |   |   |   |
|---|---|---|---|
| Prepare clean pieces of cloth and pads. | Dispose of the used pads or pieces of cloth into the trash can. | Wash the blood stained cloth with water and soap and dry it on the line at night. | Wash your hands before and after caring for a bed bound person. |
|---|---|---|---|

## Safe feces disposal counseling cards

### Counseling card 6: How to build a latrine

Small doable actions on how build a latrine

1. Dig a pit in the ground. The pit should be dug:
  - At least 6 meters away from kitchen or homestead
  - 30 meters from water sources
  - In the back of the dwelling house for privacy purposesThe pit should be narrow at the bottom and wider at the mouth. The size of the pit's mouth should be 90 centimeters diameter; the depth depends on the type of soil but the depth should not exceed 3 meters deep.
2. Build 10 to 20 centimeters mud masonry work above the ground. If the masonry work is difficult, put a basket made of bamboo or cane into the pit
3. Make a pit cover or slab and make a squatting hole  
Put woods or logs on top of the pit and make sure that the woods or logs are 50 centimeters long from each side of pit mouth and cover the whole pit with woods or logs leaving a 15 cm X 20 cm space at the centre of the pit for squatting (crouching)
4. Then construct a superstructure and a roof with locally made materials and plaster the wall with mud or cow dung.
5. Prepare a cover for the squatting hole and a hand washing facility (tippy-tap). Hang the tippy-tap on the wall of the latrine outside

#### **Remember to:**

- Keep the latrine clean and do the repair when maintenance is needed.
- Wash hands with ash or soap and water after using a pit latrine.
- Put a handful of ash into the pit each time after using latrine to prevent the bad smell (odor) that comes out from the pit latrine

### Counseling card 7: Help a weak person safely disposes of feces

Small doable actions for how to help a weak person safely dispose of feces:

1. Clear the path to the latrine
2. Use a cane to go to the latrine
3. Have a pole in the latrine
4. Use a potty chair
5. Use a bed pan

### Counseling card 8: How to make a commode



Small doable actions for how to make a commode:

1. Make a wooden stool or chair.
2. Cut an oval hole in the middle of the stool that “fits” the user (not too big, not too small). Smooth the edge of the hole to avoid bruising.

To use commode (potty chair):

- Put a bucket beneath the hole in the stool/chair
- Put the stool/chair over the hole in the latrine.

Counseling card 9: How to make a bedpan

Small doable actions for how to make a bedpan:

Counseling card 10: How to provide perineal care

Small doable actions for how to provide perineal care:

1. Ensure privacy of the client
2. Wash your hands with soap and water
3. Wear the gloves or festas
4. Clean the perineal area
5. Turn the bed bound person to the side
6. Clean the anal area, always wiping front to back away from the anus
7. Change the bed sheet and clothes and place the bed bound person in a comfortable position and cover him/her
8. Soak, wash, and dry stained bed sheet and clothes
9. Wash your hands with soap and water