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HIP HYGIENE IMPROVEMENT
PROJECT

WASH & HIV/AIDS INTEGRATION: TRAINING AND SUPPORT HANDWASHING

The following participants guide was developed as part of HIP's country programming in Ethiopia. It contains only those sections relevant to handwashing. The entire training package from Ethiopia (with information all key WASH behaviors), including counseling cards and the trainer'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: HANDWASHING

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		
How do you wash your hands? When are the critical times of hand washing?		
2. Proper hand washing technique		
Prepare a place to hang the water saving device	Use soap or ash or sand	Make sure to wash your hands at critical times

Hand washing counseling cards

Counseling card 1: Critical times for hand washing in the context of home-based care

Small doable actions for washing hands at critical times:

1. Use soap, ash, or sand for washing hands
2. Wash hands at critical times: before eating, before cooking, after using the latrine, after cleaning a baby or an adult's bottom or cleaning the potty, before and after taking care of a sick person

Counseling card 2: Proper hand washing technique

Small doable actions for proper hand washing technique:

1. Wet your hands with water.
2. Lather your hands with soap, ash or other cleansing agent.
3. Rub the palms, in between fingers, under nails, and the back of your hands vigorously.
4. Keep your finger nails short for easy cleaning because nails hide germs.
5. Rub as high as your wrists.
6. Rinse your hands well with running water (pour from a jug or tap).
7. Dry them in the air to avoid recontamination from a dirty towel or dirty clothing.
 - It is the soap or ash that lifts the germs.
 - Water poured over the hands carries the germs away.
 - The combined action makes them "clean."

We are "reducing" contamination, not sterilizing or getting rid of ALL germs.

Counseling card 3: How to make a tippy tap

Illustration on the front page: How to make a tippy tap

Small doable actions for how to make a tippy tap

Prepare

Materials

- Plastic bottle, old jerry can, small ensara, gurd, calabash
- Nail to make the hole
- Straw, pen tube, or clean bamboo tube

Decide where to place the tippy tap, either next to the latrine or in the kitchen

Make the tippy tap

- Heat up the nail to make the hole
- Make a hole on the container, 2cm above the bottom of the container

- Insert the straw, pen tube, or clean bamboo straw by pushing tube slowly and steadily
- Place the water container + the straw in the appropriate place, fill with water and close the container

How to use the tippy tap

- Open the water container to let the water flow and close the water container for the water to stop.