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HIP HYGIENE IMPROVEMENT
PROJECT

WASH & HIV/AIDS INTEGRATION: TRAINING AND SUPPORT MENSTRUAL BLOOD MANAGEMENT

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

Cue Card – Back page

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.

Caring for a bed bound HIV + woman with menses

Counseling card 11: Protection during menstruation

Small doable actions for protection during menstruation:

- Use clean a piece of cloth from linen or cotton material or a clean pad.
- Store the used piece of cloth in a plastic bag during day time
- Dispose of the used pad in the latrine or in the trashcan.

Washing the blood stained cloth, linen, and bed sheet

- Wash the used piece of cloth with soap and water at night. (Caregivers should wear gloves to protect their hands.)
- Dry on the line/hang at night and collect early in the morning.
- Keep the clean and dry pieces of cloth in a clean box after menstruation.
- Remove the dress, linen/bed sheet and wash with soap and water.
- Dry the dress, bed sheet/linen outside the house under the sun

Counseling card 12: Caring for the bed bound HIV+ woman with menstruation and safe disposal of blood stained material

Small doable actions for DA on the reverse page

1. Ensure privacy of the client
2. Wash your hands with water and soap
3. Wear the gloves or festas
4. Clean the perineal area
5. Turn the bed bound person
6. Clean the anal area, always wiping front to back away from the anus
7. Change the pad/piece of cloth
8. Throw blood stained pad in a garbage can
9. Change the bed sheet and clothes
10. Place the bed bound woman in a comfortable position and cover her
11. Soak, wash, and dry the stained bed sheet and clothes
12. Wash your hands with soap water