

STDs and HIV

A review of related clinical and social
issues as they apply to Laos

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Learning Objectives

- Understand the current global and regional statistics on STDs and HIV/AIDS
- Recognize the populations most at risk in Lao PDR
- Learn about successful prevention strategies for maintaining a low HIV prevalence status in Lao PDR
- Practice prevention lessons.

Transmission Exercise Rules

- Take a card - do not look at it
- Walk around the room and greet three (3) people (by shaking hands or by a verbal greeting)
- Remember who you greeted

Transmission Exercise

- Those who have a yellow dot - stand up. *You are symbolically infected with AIDS.*
- If you greeted any of these people - stand up. *You are symbolically infected with AIDS.*
- If you greeted any of these people - stand up *You are symbolically infected with AIDS.*
- Does anyone have a the C symbol on their card? *These people can sit down.* These people used a condom.

Transmission Exercise

What we learned.

- HIV can be transmitted very quickly and easily.
- You cannot tell if someone has HIV.
- Using a condom can reduce your risk of contracting HIV.
- Having contact with one person is the same as having contact with all the partners of that person.

Transmission Exercise

Emotions

- How did it feel to be an have a green dot?
 - STIGMA
- How did it feel to have a C?
 - PROTECTION

Transmission Exercise

How could you have avoided infection in this exercise.

- They could refuse to play.
 - (ABSTINENCE)
- They could have insisted on seeing their partners' card.
 - (TESTING)
- They could have only greeted one partner.
 - (RISK REDUCTION - BEING FAITHFUL)

Transmission Exercise

Women and Condoms

- Fewer women had a C card. Women are more at risk because they often do not make decisions about condoms use.
- Thus the importance of gender empowerment.

- Low levels of HIV/AIDS awareness, limited access to comprehensive services, unfavorable social and culture norms , low socio-economic status of women, high levels of poverty add complexity to the HIV problem.
- Only if fast and comprehensive action is taken to address the above mentioned challenges can Lao PDR expect to see low prevalence of HIV/AIDS maintained.
 - The National Lao Committee for the Control of AIDS - 2002

HIV/AIDS

Human immunodeficiency virus (HIV) is the virus that causes **acquired immune deficiency syndrome (AIDS)**. AIDS develops as HIV weakens the body's immune system and its ability to fight off infection and fatal illness.

HIV is spread through sexual contact and exchange of some bodily fluids, including: blood, semen, vaginal fluid, breast milk, and other bodily fluids containing blood.



*Every day over **13,500 men, women, and children become infected with HIV**. Half of all new infections are among young people aged 15 to 24.*

Sexually transmitted infections (STIs)

Sexually transmitted infections (STIs) are spread primarily through sexual contact and are among the most common diseases in the world.

STIs can cause physical discomfort, infertility, and sometimes — if left untreated — death. For women, they may also lead to chronic abdominal pain and ectopic pregnancy. Some STIs can increase a person's susceptibility to HIV infection.



Every day more than 1 million people are infected with a curable STI.

Common STDs

- Chlamydia
- Gonorrhea
- HPV
- PID
- Syphilis
- Hepatitis B
- Hepatitis A
- HIV
- Herpes simplex
- Chancroid, *H. ducreyi*

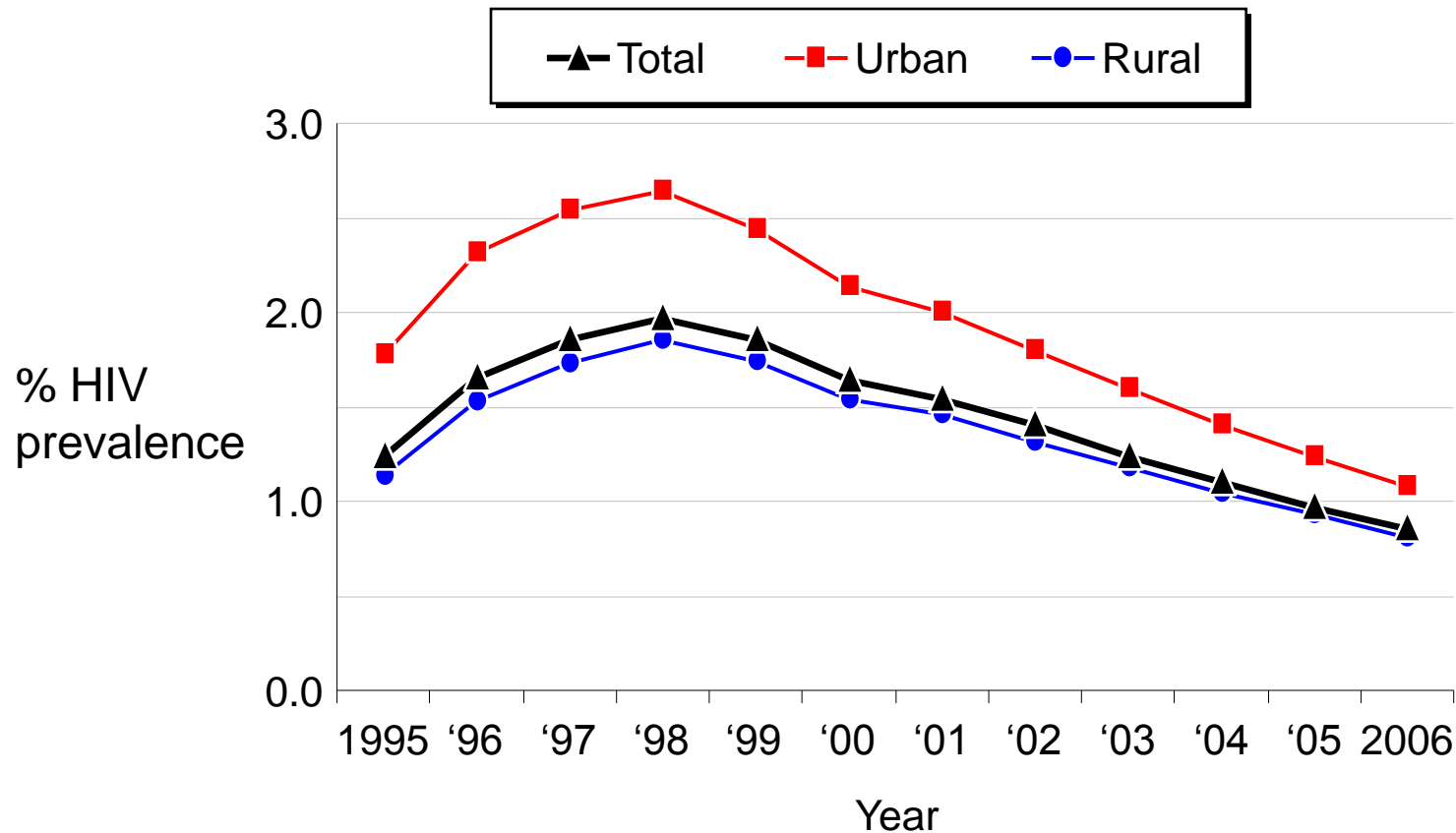
What makes women vulnerable to STIs/HIV/AIDS?

- Worldwide, women account for 48% of adults living with HIV.
 - Because of their **physiology**, women are 2 to 4 times more likely than men to contract an STI, including HIV, during unprotected vaginal sex.
 - **Gender roles**, especially in sexual relations, may limit a woman's ability to refuse sex or negotiate for safer sex, and may hinder a man's willingness to use a condom.
- A study in India found that 93% of women attending an STI clinic were married, 91% of whom had never had sex with anyone but their husband.

Cause of New HIV Infections in Asia

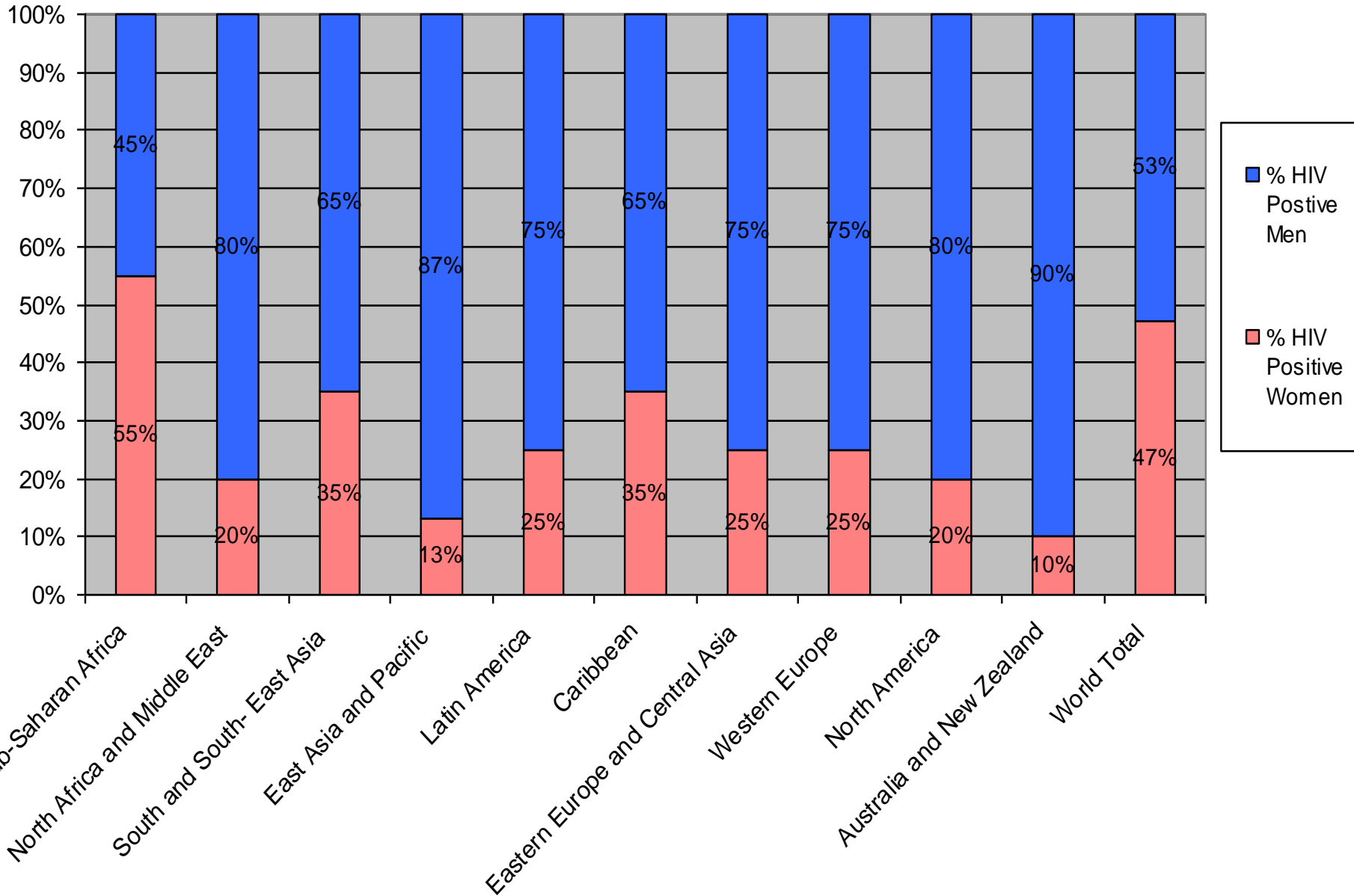
- Most new HIV infections in Asia occur when men buy sex. Household-based surveys in a number of Asian countries suggest that between 5% and 10% of men buy sex which makes commercial sex a large and lucrative industry in Asia. Many of these men are married or in steady relationship and run the risk of passing on the HIV to wives and partners.
- The majority of sex workers who did not use condoms with their last client in places where condoms were easily available said it was because their clients refused to use them. CSW went ahead with sex and charged more money.

HIV prevalence among general population in Cambodia, 1995–2006



Source: National Center for HIV/AIDS, Dermatology and STDs (NCHADS).

HIV/AIDS By Gender and Region



What Are HIV and AIDS?

- I. How HIV/AIDS is spread and is not spread
- II. Why HIV/AIDS is different for Women
- III. Preventing HIV/AIDS
- IV. The HIV Test
- V. Living Positively with HIV & AIDS
- VI. Pregnancy, Childbirth and Breastfeeding

Common Medical Problems

Fever from multiple possible infections

- Diarrhea
- Skin rashes and itching
- Nausea and vomiting
- Cough
- Problems with the mouth and throat
- Wounds and Sores
- Mental confusion
- Pain
- Women- recurrent vaginal candidiasis and abnormal PAP smears and cervical cancer.

Prevention of AIDS and STDs

Condoms



Condoms



The transmission of which
common STD is not prevented by
condoms?


What is the role of oral sex in transmission of STDs?

To prevent AIDS,
use condoms
every time you
have sex.



But I cannot
get my
husband to
use a condom.

PREVENTING HIV/AIDS IS NOT ALWAYS EASY



To prevent AIDS
do not sell or
trade sex.

But I cannot
feed my children
or send them to
school unless
I do.

S.F.

To prevent
AIDS, have
sex only with
one faithful
partner.

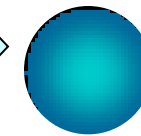
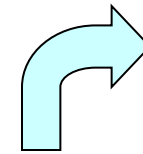


I do have sex
with only my
husband, but
I know he has
other women.

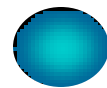
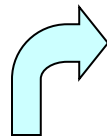
Expected outcomes

Output depends on input

HEALTH & DEVELOPMENT GOALS



BEHAVIOURAL OUTCOMES



ANTECEDENTS: PROTECTIVE & RISK FACTORS



% adolescents who know how to protect themselves



% adolescents able to resist unwanted sex



% adolescents ever had sex (at ages 13, 15, 19)



% adolescents using intravenous drugs



% adolescents infected with HIV (15-19; m:f)



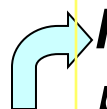
% adolescents with STIs



% adolescents addicted to intravenous drugs

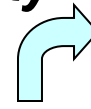


School, community plus...



policies, health services, community partnerships...

School, community, national plus...



media campaigns, national policies, health & social services

Effort required

School ...

Skills-based health ed plus...

Teach an HIV/AIDS Lesson



Education is Power

- Break into group of five.
- Present a 5 minute lesson to group using a flip chart topic.
- Name the Target Audience - High School students, University students, Female Sex Workers, Male Sex Workers, Community Group etc.