Promoting Healthy Hygiene and Sanitation Practices for People Living with HIV and AIDS

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Background

- Half of the Kenyan population does not have access to proper hygiene and sanitation facilities, and about 14% practice open defecation (JMP 2013)
- About 80% of Kenyans in hospital suffer from hygiene and sanitation related illnesses
- Approximately 1.6 m Kenyans live with HIV and require comprehensive care to boost resilience and lead healthier lives (NACC 2012)
Why WASH Matters in PLHIV

• Diarrhea affects 50-90% of PLHIV; with significant morbidity and mortality
• Diarrheal disease reduces antiretroviral absorption
• Diarrhea leads to poor absorption of nutrients
• Burden on caregivers in clinics and at home
• PLHIV need more water for washing, medication
WASHplus Kenya Program

- WASH-HIV integration is implemented through Kenya’s community strategy
- Works closely with the MOH and USAID bilateral partners, e.g. APHIAplus
- Program encourages improving key WASH practices through “Small Doable Action” approach
Key WASH Small Doable Actions

- Handwashing
- Drinking treated water & safe storage
- Safe disposal of feces
- Menstrual hygiene

Healthy person/family
Small Doable Action Approach

• Identify feasible incremental steps that move people from a current hygiene practice toward the ideal practice

• Identify existing hygiene and sanitation good practices to be reinforced and congratulate the householder/caregiver

• Identify practices to be improved and negotiate the options

• Visit families to find out how families are able to practice the new behavior
Context - Approach

• Build capacity of public health practitioners and front line community health workers in WASH & HIV service delivery
• Integrate WASH into existing structures, trainings and interventions
• Encourage implementers to negotiate with families to use Small Doable Actions
Results

• Over 400 TOTs across the country: COP- Google network formed
• CHWs implementing *Small Doable Actions* directly with households
• MOH and NGO partners trained
• WASH-HIV Integration Training Guide used as reference materials—HBC, CHWs, OVC
Tools:

- Negotiating small doable actions using pictorially based assessment and counseling tools.
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Communities Innovate and Adopt

Small Doable Action - a commode for a weak person who needs support

Small Doable Action - a toilet seat that is affordable and portable
Lessons Learned – Local Adaptation

- Working within existing structures ensures that a new concept is accepted and the corresponding materials are resonant, relevant, and sustained
- The training guide developed with flexibility in mind has enabled adaptation of the content for different target audiences/settings
- Participatory training style and approach engages facilitators and learners and encourages local solutions
Lessons Learned - Integration

• **Small Doable Actions** can be integrated into other ongoing activities/interventions HBC, OVC, CLTS, school health

• Integration assures that WASH actions become part of the promoted behaviors that households practice
Conclusion

• Replicable lessons
  – Engage existing structures for sustainability

• Respect for communities is key to change behavior

• Negotiation & providing room for incremental steps enables households to adopt improved practices as possible
Thank you