

# ST. CAMILLUS VCT CENTER

2007



## INTRODUCTION

Report gives a brief description of project activities from January to December 2007. the components include, HIV/AIDS situation analysis, VCT intervention, achievements, challenges and future plans.

Never in history has there been a problem than the HIV pandemic. The wars of Hiroshima an Nagasaki, the desert storm were incomparable to HIV pandemic. Within few years down the line, the whole world is living in fear occasioned by HIV/AIDS.

Sub-Saharan region is a major casualty of the effect, with over 41 million reported cases; 29.4 millions were in sub-Saharan region out of which 11 million children were left as orphans. Efforts to contain this have been adversely affected by varied cultural and economic differences. Many people are hardly learning from the effect of HIV/AIDS. This would therefore call for holistic care that may help address it effectively. Such approaches include medical treatment, nutrition and psychosocial care. For the above to be successful, one would first need to know his/her HIV status and this can only be possible through VCT.

## VCT INTERVENTIONS

Voluntary counseling and testing (VCT) for HIV is an essential link between HIV prevention, care and support. In the recent past, VCT becomes an important entry point for all other services such as MTCT(mother to child transmission of HIV/AIDS), sexually transmitted infection and all other opportunistic infections. Apart from being an entry point, it also facilitates early referral to comprehensive clinical and community based prevention, care and support services including access to antiretroviral therapy (ART). VCT is a model for behavior change, it also acts as life improvement agent through modeling life quality and reducing stigma attached to HIV/AIDS.

*All VCT are strictly guided by laid down structures, these include:*

- Aiming for high quality, to obtain equity and equal access to all people who are voluntarily willing to go for VCT services.
- Despite all the efforts being made, many people are not aware about their HIV status leading to further infections.
- Due to long latency period, many people would think they are well yet they are not.
- Voluntary counseling and testing is the surest way of HIV prevention since there is no known cure for HIV.

St. Camillus Hospital is among institutions that are offering VCT services among other activities. Situated at the shores of Lake Victoria where fishing is the main economic activity. It has many migrants from across the country and even from the neighbouring countries such as Uganda and Tanzania. All these migrants do come without their wives or husbands. This has made this area among the hardest hit areas by HIV pandemic. The prevalence is 28% which is triple that of the national.

Most of the infections are through sexual contact. Many of those living here do not have permanent sexual partners due to diverse cultural backgrounds. Due to meager earnings from fishing, many ladies resort to sex for money leading to many new infections and re-infections. Luos who are the dominant tribe around this region often practice wife inheritance and polygamy. Many of whom are ignorant about safe sex practices like use of condoms.

According to our statistics, for the year 2007, most of those tested from the beaches 2/3 were found HIV positive. Many of those are young women at their early ages between 18-34 years of age. This therefore gives an impression of a bleak future around this lake shore area with anticipated generation gap in the near future.

The introduction of VCT services as an integrated service is a positive step of meeting global efforts of ensuring accessibility and availability of VCT services. Though the effort is superb, the aim may not be achieved within the shortest time due to stigma attached to AIDS and negative reactions from those infected.

## **ACHIEVEMENTS**

Though newly established, two years down the line, our services have made positive impact within the area and neighboring districts such as Suba and Homabay.

### **Stigma reduction**

Due to negative publicity on HIV/AIDS, many people around the world whether infected or affected were stigmatized. Our VCT centre has embarked on giving information about HIV/AIDS leading to better understanding. Many people around this area currently view HIV/AIDS like any other disease and not a curse nor taboo as it was misconstrued earlier.

### **Reduced mortality rate**

In the past few years, many people succumbed to death due to lack of this essential service. Many of those who were sick could die before knowing they were infected. Currently, many people first visit VCT before seeking medical attention. This has helped many to get proper care and support.

### **Available psychosocial support**

Since HIV/AIDS control calls for co-operation among couples to enable them get maximum support from the counselors. During counseling session, both are expected to participate fully to benefit from the support of the counselor such as risk reduction, prevention and support. In the last one year, there has been good improvement of the same due to available services.

### **National status recognition**

The center is one of those registered by the Ministry of health to provide VCT services along other registered centers. The centre submits monthly reports to the district. The practicing counselors do go for supervision every month to enable them observe standard of operation procedures.

### **Reduced myths and misconceptions**

HIV/AIDS has been received with mixed feelings from different cultural backgrounds, some believe in curing HIV/AIDS by having sex with virgin girls, others believe it is a curse. These myths can only be dispelled through accurate information offered in our site.

## **CHALLENGES**

Any form of service is bound for challenges. The challenges are motivating factors for improvements, however, the solution towards this may not be achieved within the shortest time.

### **Few couple clients**

Many of these clients attend to our services without being accompanied by their spouses. This does not go down well regarding their benefit from VCT services since some may not disclose their status to the spouses. This may increase chances of re-infection or new infections when the couple comes for VCT services, there may be three different types of results.

- The couple may test positive
- They may be discordant
- All may have negative result test.

All these results require further information to enable positive co-existence.

## **FUTURE PLANS**

### **Mobile VCT services**

Through collaboration and good partnership, our VCT may in future try to incorporate mobile VCT. This will entirely depend on the availability of funds.

### **Licensing**

After having got registered there will be an effort to have the centre licensed for possible accreditation which is done yearly for all the centres that are licensed.

### VCT CLIENTS FROM JANUARY TO DECEMBER 2007

Month	15-19		20-24		25-29		30-34		35-39		40-44		45-49		50+		Total
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Jan	2	7	4	6	2	11	2	5	9	4	3	5	1	1	7	1	<b>70</b>
Feb	5	4	3	11	6	17	7	11	3	7	4	7	1	5	5	4	<b>100</b>
Mar	5	10	11	13	6	7	6	7	10	6	2	8	2	3	12	9	<b>117</b>
Apr	2	6	2	7	15	22	6	13	6	11	10	11	3	9	10	4	<b>137</b>
May	11	5	13	18	9	18	11	18	3	13	3	3	5	8	5	6	<b>149</b>
Jun	5	0	4	16	7	9	9	12	3	7	8	8	2	5	5	7	<b>107</b>
Jul	0	0	4	9	7	9	5	5	2	5	7	3	1	5	13	5	<b>80</b>
Aug	5	2	6	16	9	14	9	10	2	4	5	2	4	3	6	13	<b>110</b>
Sept	1	3	3	14	11	13	8	9	6	10	4	6	4	9	7	5	<b>113</b>
Oct	5	8	5	12	8	6	2	6	6	5	4	3	3	3	7	11	<b>94</b>
Nov	1	3	4	15	5	15	11	7	0	7	3	5	2	1	10	5	<b>94</b>
Dec	4	6	10	14	4	5	6	7	5	7	5	6	4	1	4	6	<b>94</b>
<b>TOTAL</b>	<b>46</b>	<b>54</b>	<b>69</b>	<b>151</b>	<b>89</b>	<b>146</b>	<b>82</b>	<b>110</b>	<b>55</b>	<b>86</b>	<b>58</b>	<b>67</b>	<b>32</b>	<b>53</b>	<b>91</b>	<b>76</b>	<b>1265</b>

### HIV POSITIVE CLIENTS TESTED BETWEEN JAN & DEC 2007

Month	15-19		20-24		25-29		30-34		35-39		40-44		45-49		50+		Total
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
Jan	2	5	3	4	2	9	1	5	9	4	2	3	0	1	4	0	<b>50</b>
Feb	2	3	0	7	12	17	5	10	2	7	2	5	1	4	4	3	<b>84</b>
Mar	2	6	9	8	4	3	6	6	5	4	1	3	2	4	1	1	<b>65</b>
Apr	0	3	0	5	7	9	4	9	4	8	9	4	2	5	7	0	<b>76</b>
May	11	5	13	10	7	13	9	10	2	8	1	0	4	9	5	0	<b>107</b>
Jun	0	4	3	9	5	7	5	11	2	4	2	3	1	5	2	3	<b>66</b>
Jul	0	0	3	8	3	9	3	5	2	3	7	1	1	2	8	2	<b>57</b>
Aug	2	1	2	14	4	8	2	8	2	4	4	1	2	3	5	5	<b>67</b>
Sept	1	2	1	11	5	12	5	5	6	4	2	3	2	5	4	2	<b>70</b>
Oct	1	5	1	11	6	6	0	11	6	3	3	1	1	2	5	2	<b>64</b>
Nov	0	0	0	9	2	9	7	5	0	4	3	2	1	0	3	2	<b>47</b>
Dec	1	2	3	10	3	2	5	5	4	6	3	3	3	0	0	3	<b>53</b>
<b>TOTAL</b>	<b>22</b>	<b>36</b>	<b>38</b>	<b>106</b>	<b>60</b>	<b>104</b>	<b>52</b>	<b>90</b>	<b>44</b>	<b>59</b>	<b>39</b>	<b>29</b>	<b>20</b>	<b>40</b>	<b>48</b>	<b>23</b>	<b>806</b>