HIV AND MHM: Goin’ with the Flow

Presented by:
Julia Rosenbaum, USAID WASHplus Project/FHI 360
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Increased Availability of ARVs in Developing World

- Previously sick, amenorrheac women now healthy and returning to their periods

The menstrual cycle and viral load

- Menstrual blood *can* have higher viral load than blood plasma load
- Different stages of the menstrual cycle are associated with fluctuations in the amount of HIV present in *genital fluids*

- Handling menstrual blood / disposing of fresh pads is risky and requires precautions!
Focusing on Menstrual Blood puts years of anti-stigma work on the line

• Worked years to minimize stigma and misinformation about casual transmission
• Can’t catch HIV from sharing toilets, dishes, silverware
• Now we’re emphasizing the DANGER of menstrual blood
• Talking about the ‘need for precautions’ mixed in with ‘general’ WASH and hygiene
• Requires complex and clear messaging
Small Doable Action Approach

• Identify **feasible AND EFFECTIVE incremental steps** that move people from a current hygiene practice toward the ideal practice – PLHIV *and* caretakers (RESEARCH)

• Identify existing WASH practices to be reinforced and congratulate the HIV-positive householder/caregiver for these practices (PRACTICE)

• Identify practices to be improved and negotiate the options with HIV-positive person/caregiver

• Outreach worker ‘negotiates’ improved practice, helps to solve challenges
Participatory Research to Identify Small Doable Actions: Ethiopia & Uganda confirmed in Kenya and Tanzania

Consider women in all stages of health and mobility

Bed Bound Weak, &
Mobile Women
SW Uganda: Capacity Building Clinical and Home-based Care Local Capacity Building

HIV Women’s Groups Train Others

Basic WASH and HIV Protective Measures Inclusive Sanitation Hygiene in Water Scarce Situation RUMPS
How to make Reusable Menstrual Pads

You’ll need a sleeve of a heavy cotton fabric, and then several removable liners. Liners should be of towel cloth or something absorbent. You can have liners of different thickness for different days.

1. **Sleeve 11x24cm**
   - Cut two pieces of heavy cloth, 11x24cm.
   - Hem all four sides of short ends, by folding 1cm, then over again and stitching.

2. **flap 5x8cm**
   - Cut two flaps, 8x5cm, fold strips in half, sew on two long and one narrow side to make ‘inside out’ wing. Turn right side out, using a pencil or stick to help.
   - Cut button hole in one side, and later sew button to other wing.

3. **Place one piece of sleeve flat, then the two wings overlapping in the middle then the second sleeve piece on top. Sew both long sides of sleeves, leave 1 cm seam making sure to keep the flaps perpendicular as shown. and turn rightside out.**
   - Sew about 3cm at one of the short ends leaving enough room to insert a finger, then turn rightside out.

4. **Liner**
   - Cut several liner pads of absorbent terry or other such material, 16 x 20cm.
   - Insert one liner inside, using the two finger hole gaps at far end to help guide and flatten the pad.

5. **Sew button on outside of wing with hole facing out for easy fastening. Affix to panty and wear with confidence.**

After use, separate, soak your pad in cold water and wash with soap, add JIK if available. Separate the pad from other materials. Hang it under the sun but don’t hang under the bed, because it will grow moulds which will cause itching.
MAKING SANITARY PADS FROM BANANA FIBERS

Counselling Card

1. Harvest the Banana Fiber
   Cut 1 to 1.5 meter long pieces of banana fiber from garden early in morning or late in evening when it is soft. (If it is picked when it is too dry it rips apart during preparation.)

2. Clean the Fiber
   Wipe the banana fiber with a damp cloth to remove dirt.

3. Straighten the Fiber
   Hold fiber with one hand and with your other hand gently, but firmly, pull your palm along length of fiber from one end of fiber to the other.

4. Peel the Fiber
   Carefully peel off waterproof layer from surface of fiber (the “intestine layer”) that will lie against the skin.

   NOTE: CRACKED FIBERS
   If banana fiber cracks near middle, it cannot be used. If it cracks near edge, tear off the cracked edge (as long as remaining un-cracked width is sufficient for user.)
Plastic Pants

Comfort Kits

Bedside Commode

MAKING A COMMODE (POTTY CHAIR)

1. Make a wooden stool or chair.

2. Cut an oval hole in the middle of the stool that fits the user (not too big, not too small). Smooth the edge of the hole to avoid bruising.

3. To use the commode (potty chair):
   * Put a bucket beneath the hole in the stool/Chair
   OR
   * put the stool/chair over the hole in the latrine.

Instructions adapted from “Making Adaptations: Commode/Potty Chair” Hospital Africa (Uganda).
Thank you!

- Julia Rosenbaum
  - jrosenbaum@fhi360.org
- www.washplus.org
  - WASH HIV INTEGRATION TOOLKIT
  - MHM Toolkit