AIDS and REALITY

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This is a fact that AIDS/HIV Awareness is being created by all levels of the Health Educators and other concerned people. During the awareness programme, some of the following important questions arise.

- What is AIDS/HIV?
- How is it transmitted?
- How to prevent and get protected from it?
- What is the treatment for it?
- How to behave with HIV infected person?

AIDS/HIV - AWARENESS

On the first of December, AIDS/HIV awareness day is observed throughout the Country. As it is a STD (Sexually transmitted disease), it is advised not to have sex with more than one partner, avoid unsafe sex and use a condom for prevention and protection from the infection.

Personally, I feel, this advice acts as a negative approach to the people. You may ask how?

It is possible that those who are unaware about sex, they too become aware of the sex (Sexual act) and get inclined towards it. It is indicated by increased rate of infected and affected cases. The figures keep appearing in the daily newspapers. There are other positive ways of sex awareness but I am emphasizing only on the negative approach which acts adversely.

Reality

AIDS/HIV Awareness is a must today because many people are AIDS/HIV infected and there are still ignorant people who lack basic knowledge about AIDS/HIV, for e.g. the article ‘Awareness among the Registered Public Health Nurses’, which appeared in the Nursing Journal of India December 1999.

In the villages some of the people have heard the word of AIDS/HIV but many of them do not know the meaning of it. Because sex is a secret, personal and a delicate subject. It is rather difficult to discuss openly or communicate to the people.

The communication of awareness is done by the Health Educators, Health Workers and concerned people, but apart from above workers following students are involved frequently in the AIDS awareness programmes, such as Medical, Nursing, Colleges and Schools.

In reality, young and inexperienced students are carrying awareness programmes among the mixed group of people. So, there is minimum acceptance and response by the experienced people but, as a part of education, the students are getting learning experience.

Inadequate supply of material:

It is necessary to have sterile and disposable syringes and needles in the wards. But, there is a shortage of supply (now patients are buying themselves). In some hospitals autoclaving and sterilizing facilities are limited. In certain hospitals or private clinics, material is available but trained staff is not available to use it. Somehow, it affects on the admissions of the patients in the hospitals or negligence by the staff.

Risk factors:

Used syringes, needles, IV infusion sets, blood transfusion sets and dressings are not disposed properly but, it is handled while cleaning the ward by the Class IV workers. The Ward Supervisor or Hospital Management should look after the real disposal of the material.

Rare, but a reality

There was a female patient who had received HIV Positive blood transfusion inspite of all precautions. As a result hospital had to look after her for six years. She was advised by the doctor not to have a pregnancy but, she had come to the hospital for her second delivery. All expenses were borne by the hospital.

Conclusion:

AIDS/HIV infection is considered very serious as there is no curable treatment today. AIDS/HIV awareness is done by the different level of people from control to prevention of the infection. In reality, it acts as a negative approach to the people. Careful thinking and proper disposal of materials will help to break the cycle of infection (HIV).

References