

Positive Prevention in Mozambique

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Project Description

Facilitated by The Twinning Center, the UCSF School of Nursing has partnered with the Ministry of Health in Mozambique in order to adapt, pilot, and implement an US evidence-based Positive Prevention (PP) intervention within rural Mozambique. The purpose of this project is to develop a PP intervention that will effectively address the needs of people living with HIV (PLHIV) in Mozambique through advancing understanding among healthcare providers, counseling and testing staff, and peer educators.

Beginning in 2006, this intervention is taking place in two sites in Maputo Province in Mozambique. The first site focuses on building healthcare provider skills around effective risk assessment and prevention messages for their HIV-infected patients. The second site focuses on implementing similar needs assessment and prevention messages within one community-based Voluntary counseling and testing center and an accompanying peer support group.

Collaboration among US and Mozambican partners (including healthcare providers, counseling and testing counselors, and PLHIV peer counselors) has guided the development of this PP intervention. The intervention currently includes case studies developed by Mozambican partners and a peer-led support group with enhanced one-to-one risk reduction counseling by counselors and PLHIV peers. Case studies are used in each setting to illustrate concepts such as assessment of transmission risk, behavioral risk reduction approaches, encouragement of partner testing and disclosure, prevention of mother-to-child transmission, and family planning.

Significance

As of March 2008, a total of 98,613 individuals were on antiretroviral therapy (ART) in Mozambique, an increase of 44,000 from December 2006. As ART becomes more available and life expectancy among PLHIV increases, PLHIV face new challenges, including negotiating sex and disclosure of HIV status. The primary goals of the intervention are that healthcare providers and community-based workers will develop skills to address the prevention needs of PLHIV accessing their services. If successful, this program will instill in healthcare providers the competencies, comfort, and desire to discuss risk behavior and prevention needs with their HIV-infected patients, thereby decreasing HIV transmission.

Interesting Findings

- A participatory approach has been vital in the adaptation of the PP activities and pilot implementation.
- Healthcare providers report increased comfort in discussing transmission risk and delivering prevention messages with their HIV-infected patients.
- The peer support group (in connection with the VTC Center) meets weekly, and has 45 regularly-attending PLHIV members.
- Group members have reported increased disclosure to family and partners, knowledge of risk reduction, and the importance of HIV treatment.

Project End Date: September 2009 (with expected extension to September 2010)

