



**MoH**



# PLHIV Support Group Monthly Meeting

## Discussion Topic

Date: 22<sup>nd</sup>-July-2023

**ART Adherence**

Date: 14<sup>th</sup>-August-2023

**Prevention of Mother to Child Transmission (PMTCT)**

Date: 14<sup>th</sup>-September-2023

**Positive Living**

**Implementing Organization**  
Integrated service for displaced people  
**(ISDP)**

**Locations**  
**Bossaso Gardo, Garowe, Galkaio**

## Background

Support groups for people living with HIV are integrated into HIV care and treatment programs as a modality for increasing patient literacy and as an intervention to address the psychosocial needs of patients. However, the impact of support groups on key health outcomes has not been fully determined.

Support groups for people living with HIV are integrated into HIV care and treatment programs as a modality for increasing patient literacy and as an intervention to address the psychosocial needs of patients. However, the impact of support groups on key health outcomes has not been fully determined.

In addition to providing HIV education and fostering psychosocial support, recent efforts have shifted the focus to socio-economic activities and retention in care. The sense of urgency to adopt new treatment and prevention strategies, HIV Prevention and care Management engages to promote prevention strategies and optimize treatment as prevention to maximize the utility of support groups in doing so efforts to create an organized, collaborative framework should be considered.

This paper aims to describe the process of refocusing an adult HIV peer-support group and illustrate how a structured program was strengthened to sustain implementation research in resource-limited settings, while promoting patient recruitment and retention. Psychosocial support, nutrition care and support,

Adherence education and income generating projects were the main interventions employed. PLHIV SUPPORT GROUP MONTHLY successfully conducted in every month in each region such as Bossaso, Gardo, Garowe and Galkaio since we started this program which is participated by people living with HIV and registered with art centres, The benefits of monthly meeting PLHIV Support Group comprehensive to psychosocial support, microeconomic projects plan, and improved nutrition.

Support groups bring together people who are going through or have gone through similar experiences. A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments.

For many people, a health-related support group may fill a gap between medical treatment and the need for emotional support. A person's relationship with a doctor or other medical personnel may not provide adequate emotional support, and a person's family and friends may not understand the impact of a disease or treatment. A support group among people with shared experiences may function as a bridge between medical and emotional needs.

## Introduction

Support group meetings were held on in every monthly in each region Bossaso, Gardo, Garowe and Galkaio in each month during. The meetings were platforms for group therapy and peer support during PLHIV S.G Monthly meeting. HIV health information was shared through oral presentations and group discussions led by members of the multi-disciplinary team. Information, education, nutrition support, ARV routine and communication materials sourced from partner institutions was disseminated during these meetings. Refreshments were provided at each meeting when resources were available. In a support group meetings were held meetings in each location.

Routine nutrition care and support was provided by WFP nutrition program. Support group members received group nutrition education and individual nutrition counseling for members with deteriorating nutrition status. ART doctors provided education and linkages to clinic and community-based nutrition programs to avoid introducing a parallel system to the government nutrition program at

As nutrition plays a crucial component for PLHIV, routine nutrition education, care and support was a core component for people living with HIV. New clients PLHIV were educated on basic nutrition requirements, healthy foods and received nutrition counseling. Support group as malnourished members would receive assistance from ISDP organization of advocating of people living with HIV while developing sustainable life skills to help and support of PLHIV people.

A PLHIV support group is a group of people living with HIV who come together to talk about the challenges, experiences and/or roles that they have in common within their society without being judged, blamed, stigmatized or isolated. Support groups often advocate for members' mutual goals and create awareness about shared challenges. PLHIV S.G action leads to development and enactment of policies that better serve PLHIV and advance supportive community environments in which group members can increase. Promoting peer educators especially case managers closely with the ART doctors and counselors by the support groups facilitated by trained PLHIV to address the special needs of fellow PLHIV and their partners. The Support groups of monthly meeting held in each region are generally initiated and supported and implementing ISDP nongovernmental organizations, through engaging with ART centers.

## Purpose

Such groups serve the purpose of sharing experiences, encouraging disclosure, reducing stigma and discrimination, improving self-esteem, enhancing patients' coping skills and psychosocial functioning and supporting medication adherence and improved retention in HIV care.

Support groups are generally initiated and supported by non-governmental organizations (NGOs), ISDP and civil society or community-based organizations and may convene in a health facility or in the community.

PLHIV S.G Monthly meeting is the purpose of sharing experiences, encouraging disclosure, reducing stigma and discrimination, improving self-esteem, enhancing patients' coping skills and psychosocial functioning, and supporting medication adherence and improved retention in HIV.

These benefits can be maximized further if the support groups are formed around specific populations such as pregnant women, adolescents, or couples in discordant relationships. Support groups are also considered an intervention in the management of mental health issues, including alcohol and other substance of drug abstinence,

Formats of support groups vary, including face-to-face meetings someone who shares or has shared the group's common experience often leads a support group, but a group also may be led by a professional facilitator, such as a nurse, social worker or psychologist.

- ✓ To provide emotional support and coping mechanisms to those people who are undergoing a difficult time in their lives, and are willing to be part of a support group.
- ✓ To provide information for its members so that they can understand the disease and be able to educate their family members, friends, colleagues, neighbours about the disease.
- ✓ To draw strength from other members experiences.
- ✓ To share information around treatment, care and healing.
- ✓ To educate people about antiretroviral medication and to encourage people to keep taking their medication.

## Objectives

- Disclosure of HIV positive status, one of the potential benefits of support groups,
- The Mentor Mothers is considered an effective intervention to improve maternal and infant well-being among women living with HIV. They work alongside health care workers in the clinic and at community meetings to provide health education,
- to promote adherence to antiretroviral therapy (ART) and to promote disclosure of HIV status among other services.
- The impact of HIV support groups on ART adherence and treatment outcomes. In a systematic review that generally evaluated the impact of HIV support groups on clinical outcomes, support group participation was reported to be consistently beneficial on a range of morbidity outcomes including reduced frequency of HIV-related somatic and psychological symptoms, improved access to ART,
- ART adherence and treatment success, and moderately impactful on improving mortality and quality of life.
- Treatment success was measured as time to treatment failure or reduced risk of detectable change in CD4 count.
- Support group participation and improved ART adherence and viral suppression was specifically demonstrated by observational studies from SSA included in the systematic review In a study in Kenya that followed PLWH for 1 year after initiation of ART, participation in three or more support groups was
- To understand the benefits of support group participation on HIV care and treatment.
- Understanding the impact of support group participation on ART adherence and viral suppression
- PLWH in regional zone in puntland could inform strategies for improving HIV treatment outcomes.

## Specific Objectives

The role of antiretroviral therapy (ART) in HIV prevention has generated hope for an AIDS-free generation but also interest in behavioural outcomes of people living with HIV (PLHIV). This is from the knowledge that the benefits of ART in terms of enhancing

- ❖ Shared experiences may function as a bridge between medical and emotional needs.
- ❖ PLHIV health outcomes and preventing HIV transmission depend on PLHIV's behaviors including sexual risk, disclosure, treatment adherence and retention.
- ❖ to compare stigma, disclosure, sexual risk behaviors and ART adherence rates of PLHIV who participate in support group activities and those who do not.
- ❖ Nutritional counselling of people living with PLHIV The stigma surrounding HIV/AIDS makes life more difficult for people living with HIV/AIDS and their families.
- ❖ Psychological, social, physical and clinical support.
- ❖ support groups as an intervention is expected to have a high impact on morbidity and retention in care and a moderate impact of people living with HIV.
- ❖ Improving nutrition care and support, psychosocial wellbeing, and adherence to ART. Such a comprehensive approach does provide the much-needed support the clients Retention ARVs, people living HIV will get
- ❖ Confidentiality to know each other and support each other and change the wrong cultural contexts in the society and between them.
- ❖ improve disclosure with potential prevention benefits but the impact on ongoing transmission is uncertain.

**PLHIV S.G Participation:** Participation all members should be active in meetings and activities. Being active makes the group stronger and helps each member learn and trust more. To help this happen, the group leader or facilitator can:

A support group provides an opportunity for people to share personal experiences and feelings, coping strategies, or firsthand information about diseases or treatments. Support groups bring together people who are going through or have gone through similar experiences.

Sharing experiences allows members to give each other support, and to exchange practical information and ways of coping. It also allows participants to understand themselves better through the insights of others.

### **Benefits of participating in a support group may include:**

- Feeling less lonely, isolated or judged
- Reducing distress, depression, anxiety or fatigue
- Talking openly and honestly about your feelings
- Improving skills to cope with challenges
- Staying motivated to manage chronic conditions or stick to treatment plans
- Gaining a sense of empowerment, control or hope
- Improving understanding of a disease and your own experience with it
- Getting practical feedback about treatment options
- Learning about health, economic or social resources

**Support Team:** PLHIV Support Group Monthly Meeting Participation of people living with HIV arranged by ART doctors in the regions and selects PLHIV clients who have changed their lives. PLHIV S.G. Monthly meeting and it helped meaningful participation. The participating partners with support PLHIV clients such as WFP, World Vision, ISDP, CMW, ART Doctors, implementing organisation ISDP, Daryeel Network, MOH, PAC, and program team such as Project coordinator, Field officer to support and guidance of legal aid support is essential by providing legal counsel and ensuring access to justice and fundamental human rights as equal and same rights for all citizens and every citizen has the right to get justice.

**Confidentiality Area:** PLHIV Support Group sessions held once a month for each region such as Bossaso, Gardo, Garowe and Galkaio and held in the ART centre or at the Daryeel Network/ ISDP premises depending on feasibility, accessibility. The area chosen for the meeting should be a place that the PLHIV feel comfortable as well as they asked their consent to participate in the meeting in order to keep their choices and confidentiality as project their mental wellbeing. And where they can get counselling is the first step in the uptake of HIV/AIDS-related health care services. Confidentiality thus establishes trust between the two parties because it enables clients to conceal their status.

**Discussion Topics selection Monthly :** topics selected to discuss pre-planned of the quarterly work plan of the quarter before it started the quarter 3 started July, August, September 2023 in each month we **selected a topic discussion**

- ✓ In July we choose to discuss **22nd–July - 2023 | ART Adherence**
- ✓ In August we also we choose discuss **14<sup>th</sup> – August - 2023 | Prevention of Mother to Child Transmission (PMTCT)**
- ✓ In September we also we choose discuss **14<sup>th</sup> – September – 2023 | Positive Living**

PLHIV Support Group Monthly Meeting of arrangement and coordinations through ART Doctors in each region, Regional PLHIV leader, ISDP of implementing NGO and preparations in all necessary needed and We invited this meeting to WFP and World Vision to join us at our monthly meeting. At our monthly meeting, we talked about Family planning and dual protection and also, we talked about the scope card.

**PLHIV SUPPORT GROUP MONTHLY MEETING THE TOTAL REACHED IN EACH REGION QUARTER THREE 2023**

<b>PLHIV SUPPORT GROUP MONTHLY MEETING IN ALL 4 REGIONS PUNTLAND-SOMALIA</b>				
<b>Regions</b>	<b>July,2023</b>	<b>August,2023</b>	<b>Sept,2023</b>	<b>Total</b>
1-Bossaso	10	15	15	40
2-Gardo	10	10	15	35
3-Garowe	20	15	20	55
4-Galkaio	25	15	20	60
<b>TOTAL REACHED</b>	<b>65</b>	<b>55</b>	<b>70</b>	<b>190</b>

**QUARTER 3 TOTAL REACHED BOTH FEMALE AND MALE**

<b>QUARTER 3: PLHIV SUPPORT GROUP MONTHLY MEETING</b>			
<b>TOTAL REACHED BOTH FEMALE AND MALE IN ALL REGIONS</b>			
<b>MONTHLY</b>	<b># Female</b>	<b># Male</b>	<b>TOTAL</b>
<b>ART ADHERENCE</b>	47	18	65
<b>PMTCT</b>	40	15	55
<b>Positive Living</b>	47	23	70
<b>TOTAL REACHED</b>	<b>134</b>	<b>56</b>	<b>190</b>

**PLHIV S.G Monthly Meeting Arrangement Time**

Support group monthly meetings are usually occurs ones a month, depending on the situation and chance that be possible to meet and their preparation of their local arrangement of the PLHIV clients which can participated of PLHIV S.G Monthly Meeting in each region. We Consulting with ART Doctors take a good role of preparation of the participants arrangement and appropriate time to make it happen of the meeting PLHIV S.G Monthly Meeting how long you will meet. We prepare for the meeting when its agreed WHEN/ WHERE/TIME.



## Recommendations

- HIV/AIDS control programmes have implemented a number of innovations to reduce sexual risk and enhance ART adherence and retention among PLHIV, stigma and non-disclosure of positive HIV status remain daunting challenges
- The outstanding to the knowledge that public health impact of ART in reducing HIV transmission and enhancing treatment outcomes significantly depends on how much PLHIV adhere to the prescribed daily dosing regimens of antiretroviral medicines and reduce risky sexual behaviors.
- PLHIV who participated in support group activities were more likely to have less internal HIV-related stigma, disclose their positive HIV status, adhere to ART and live less risky sexual lives. These findings suggest that PLHIV who participate in support group activities are more likely to adopt positive behaviors than those who do not.
  
- Educational improvement of people living with HIV Lack of education
- Income generation support of small scale of business orient
- Reduce isolation and discrimination while encouraging acceptance around HIV/AIDS.
- Balanced nutrition plays an important role in maintaining well-being and long-term life, regardless of living with HIV/AIDS. Nutrition
- To create awareness on the need for and the benefits of using dual methods by all sexually active HIV infected partners as a way of promoting the reproductive rights of women to safer sex and birth control.
- HIV prevention services to start promoting dual protection with dual methods. In the long-term, the development of highly efficacious and highly acceptable methods of dual protection.
- To provide emotional support and coping mechanisms to those people who are undergoing a difficult time in their lives, and are willing to be part of a support group

## Conclusions:

Implementing support groups as an intervention is expected to have a high impact on morbidity and retention in care and a moderate impact on mortality and quality of life of PLHIV. Support groups improve disclosure with potential prevention benefits but the impact on ongoing transmission is uncertain. It is unclear if this intervention is cost-effective given the paucity of studies in this area.

