

Project Title

GF HIV Prevention and Care Management Grant 2021 – 2023

PLHIV Support Group Monthly Meeting

Implementing Organization

Integrated service for displaced people
(ISDP)

Topic Discuss

All topics to discuss will be pre-planned and contain open ended questions by choosing for the following selected topics in each month

Quarter One 2023

27th – April 2023 | Family Planning and dual Protection

**22nd –May- 2023 | Nutrition Counselling for people living
with HIV (PLHIV)**

21st – June- 2023 | Drug Abstinence

Locations

**Bossaso, Garowe, Galkaio, Gardo
Puntland-Somalia**

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.

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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

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

- ✓ Support family planning for family happiness and a financial future and must be built on self-confidence and self-respect to find success in their future.
- ✓ Double protection is not only reproductive protection but also protection against diseases and saves human a life.
- ✓ You have to make a beautiful life with confidence; you have to be people who take care of every problem that comes to you.
- ✓ Men should be given family planning awareness to support their wives and stand by them in difficult times.
- ✓ we have discussed he scope card should be divided into four categories
People who have not received a scoop card must be rechecked and issued a scoop card.
- ✓ The scope Cardholders who do not receive money must be re-educated.
- ✓ The scope cardholder who received this month's money will continue to receive their money every month.
- ✓ People with previous scope cards whose fingerprints have been found should bring in their old cards to be renewed.

- ✓ To create jobs for PLWHA, the Ministry of Health should include it when doing HIV awareness.
- ✓ Requested from WFP for increase their nutritional support by portion per individual is very small so we need enough per month.
- ✓ Additional adding food support such as Rice, maize, oatmeal, corns, beans, sorghum, sunflower oil, etc.
- ✓ We also request from WFP for supporting to create income generation programme so that we can create in our small scale of business.
- ✓ Attending SDO organization with partner WFP in charge of distribution scoop cards for PLHIV clients.
- ✓ Enhance participation PLHIV S.G monthly meeting in Galkaio.
- ✓ Increase adherence session.
- ✓ Every should take Monthly Nutrition borage and should not sale it. But it's important to use it.
- ✓ Next meeting should be invited religious leaders and other big companies who provides SAKAWAT yearly come and see these vulnerable population.(Mr Said will be in charge this responsibilities)
- ✓ Increase participatory with different levels donors and other related closely working with people living with HIV In all Puntland.
- ✓ PLHIV S.G Monthly Meeting invitation should send earlier time and discussion topic.
- ✓ Daryeel network should have responsibilities connections and advocating and lobbying in all PLHIV clients.
- ✓ PLHIV clients in Galkaio request also to provide formal and non formal education support on their children.
- ✓ Income generation support or develop of small scale business support.
- ✓ Increase nutritional support.

Specific Objectives

- ❖ The specific objectives of 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. Loneliness, anxiety, stress, confusion, bitterness and depression can make people more vulnerable to illness if they do not get any kind of support.
- ❖ People living with HIV/AIDS need a lot of emotional, spiritual, psychological, social, physical and clinical support. Implementing 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.
- ❖ PLHIV support groups can potentially advance implementation monthly meeting while 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.

- ❖ Support groups improve disclosure with potential prevention benefits but the impact on ongoing transmission is uncertain.
- ❖ Changing stigma in a lasting way will require coordinated efforts, based on the best possible evidence, which are supported at the national level and planned and implemented by a representative coalition of stakeholders.
- ❖ Engaging a wide range of stakeholders would facilitate consensus building and provide the support needed to overcome major obstacles to the implementation of effective anti-stigma programs Best practices in choosing effective messages first require that a communications campaign develop well-defined goals for each specific group targeted.

PLHIV S.G Participation: PLHIV Support Group Monthly Meeting Participation of people living with HIV arranged by ART doctors In the regions and selects plhiv clients had changed their lives of PLHIV S.G Monthly meeting and it helped Meaningful participation. the participated 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 puntland human right as equal and same rights for all citizens and every citizen have 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 the meeting in order to keep their choices and congenitally 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.

Monthly Discussion Topics selection: topics selected to discuss pre-planned of the quarterly work plan of the quarter before it started the quarter 2 started April, May, June 2023 in each Month we select a topic discussion which is suitable and appropriate topic discussion of people living with HIV **27th – April 2023 | Family Planning and dual Protection 22nd – May- 2023 | Nutrition Counselling for people living with HIV (PLHIV) 21st – June- 2023 | Drug Abstinence, PLHIV S.G Monthly Meeting** had an action point monthly meeting that was held together ART staff, PLWHA, ISDP and Daryeel Network. 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. This meeting was very interesting because we discussed a lot and understood each other. We talk about family planning which was a good point and a good topic to talk about it. I am very happy in this meeting that they were part of the WFP and World vision, and they will get to know PLWHA better and have a good time with them.

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

PLHIV SUPPORT GROUP MONTHLY MEETING IN ALL 4 REGIONS PUNTLAND-SOMALIA				
Regions	April,2023	May,2023	June,2023	Total
1-Bossaso	20	15	15	50
2-Gardo	14	13	10	37
3-Garowe	20	15	15	50
4-Galkaio	28	15	15	58
TOTAL	82	58	55	195

QUARTER 2 TOTAL REACHED BOTH FEMALE AND MALE

QUARTER 2: PLHIV SUPPORT GROUP MONTHLY MEETING			
TOTAL REACHED BOTH FEMALE AND MALE IN ALL REGIONS			
MONTHLY	# Female	# Male	TOTAL
27th-April-2023	56	26	82
22nd-May-2023	41	17	58
21st -June-2023	38	17	55
TOTAL REACHED	135	60	195

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

- 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.
- Condoms used alone can prevent both infections and pregnancy, and do this very well if condoms are used correctly and consistently.
- 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.
- Focused on the family planning strategy among PLHIV and their steady partners. A steady partner was defined as someone with whom the PLHIV had an emotional (e.g., loving, caring, respectful)
- Balanced nutrition plays an important role in maintaining well-being and long-term life, regardless of living with HIV/AIDS. Nutrition
- Educational improvement of people living with HIV Lack of education
- Enhance Nutritional Support portions
- Income generation support of small scale of business orient
- 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 build a social network of people with similar problems.
- Reduce isolation and discrimination while encouraging acceptance around HIV/AIDS.
- To demystify the disease and promote de-stigmatisation and community acceptance of people living with HIV/AIDS and their families.
- To improve the nutritional well-being of people living with HIV.

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 people living with HIV. At the end of this project of HIV Prevention and care Management will change and improve disclosure with potential prevention benefits but the impact on ongoing transmission is uncertain. Improving the outcomes of HIV/AIDS treatment programs requires successful linkages from the initial diagnosis through the continuum of care. Better and more efficient systems that allow patients to be tracked between service delivery points are needed to properly deal with issues regarding loss to follow up and care. Impact interventions on key outcomes Support groups were associated with reduced mortality and morbidity, increased retention in care, and improved quality of life of people living with HIV.

