

AIDS: THE ROLE OF NURSE IN GETTING TO ZERO

Ms.Sutha.RM.Sc (N).,

Professor, Rama College Of Nursing, Kanpur, Uttar Pradesh

Abstract:

World aids day is celebrated every year all over the world on 1st of December to raise the public awareness about AIDS (Acquired Immuno Deficiency Syndrome). AIDS is a pandemic disease caused due to the infection of Human Immunodeficiency Virus (HIV). On average, every minute a person dies of an AIDS-related illness, and another person becomes infected with HIV. The current year's World AIDS Day theme focusses on "Getting to Zero: Zero new infections, zero discrimination, zero AIDS-related deaths." Nurse plays a vital role to create awareness, to identify cases, to provide treatment, to counsel, to provide family support and further prevention of infection. Nurse should adopt a new approach to encourage people to be tested voluntarily, disclose their status, prevent transmission of the virus, and access treatment.

Introduction:

In India, epidemic of Human Immunodeficiency Virus/ Acquired Immunodeficiency Syndrome (HIV/AIDS) is now 27 years old. Within this short period it has emerged as one of the most serious public health problems in the country. The Human Immunodeficiency Virus (HIV) targets the immune system and weakens defence systems against infections. As the virus destroys and impairs the function of immune cells, infected individuals gradually become immune deficient. Immune function is typically measured by CD4 cell count. Immunodeficiency results in increased susceptibility to a wide range of infections and diseases. The most advanced stage of

HIV infection is Acquired Immunodeficiency Syndrome (AIDS), which can take from 2 to 15 years to develop depending on the individual. AIDS is defined by the development of certain cancers, infections, or other severe clinical manifestations.

Prevalence:

- There were approximately 9,80,000–1.6 million people died from HIV-related causes globally, 36.9 (34.3–41.4) million people living with HIV at the end of 2014 with 2.0 (1.9–2.2) million people becoming newly infected with HIV in 2014 globally

- AIDS-related illnesses are a leading killer among reproductive age women and almost, One in five maternal deaths worldwide in 2008, AIDS is responsible for over 40% of child mortality across the world, an estimated 17.5 million children have lost at least one parent to HIV.
- It is estimated that currently 54% of people with HIV know their status. In 2014, approximately 150 million children and adults in 129 low- and middle-income countries received HIV testing services.
- Between 2000 and 2015, new HIV infections have fallen by 35%, AIDS-related deaths have fallen by 24% with some 7.8 million lives saved as a result of international efforts that led the global achievement of the HIV targets of the Millennium Development Goals.

Getting to zero vision and goals

In pursuit of this vision getting into zero, UNAIDS has set 10 goals for 2015 for universal access to HIV prevention, treatment, care and support and contribute to the achievement of Millennium Development Goals.

To get to Zero New Infections

Goals for 2015:

- Sexual transmission of HIV reduced by half, including among young people, transmission in the context of sex work.
- Vertical transmission of HIV eliminated and AIDS-related maternal mortality reduced by half.
- All new HIV infections prevented among people who use drugs

To get to Zero AIDS-related Deaths

Goals for 2015:

- Universal access to antiretroviral therapy for people living with HIV who are eligible for treatment
- TB deaths among people living with HIV reduced by half
- People living with HIV and households affected by HIV are addressed in all national social protection strategies and have access to essential care and support

To get to Zero Discrimination

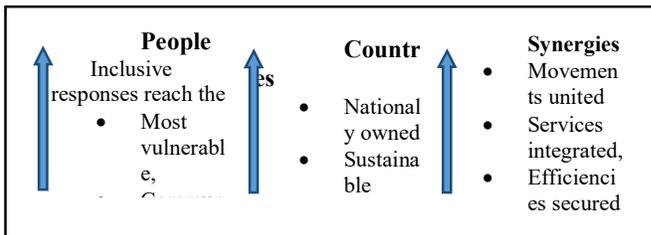
Goals for 2015:

- Countries with punitive laws and practices around HIV transmission, sex work, drug use or homosexuality that block effective responses reduced by half
- HIV-related restrictions on entry, stay and residence eliminated in

half of the countries that have such restrictions

- HIV-specific needs of women and girls are addressed in at least half of all national HIV responses
- Zero tolerance for gender-based violence

Core Themes



Nurses role:

Nurses have an important role to achieve the goal of getting to zero. Specific interventions relevant to their abilities are required at primary, secondary and tertiary levels of prevention. At the primary level, education of prevention behaviors takes precedence. At the secondary level, when an individual has acquired the HIV virus, nurses can help by teaching healthy behaviors for living with the virus. Counselling, and giving health information and support on somatic complaints are important components. At the tertiary level, nursing interventions are much more intense for promotion of the quality of individual's life. This includes helping the person deals with catastrophic fears, anger, sadness and discouragement. Nurse has

to educate, provide care to the public, conduct the research, advocate and council the clients to reach the goal getting to zero.



Education

- Educate Specific groups in general populationlike students, youth, migrant workers in urban and rural areas, women and children regarding mode of transmission, preventive measures, diagnosis and treatment.
- Provides technical assistance and support to schools by promoting best practices in HIV/AIDS prevention and sexual health education.
- Work with networks of people who use drugs to ensurecontinuity in education, HIV treatment, harm

reduction and treatment of drug dependence in the context of HIV, the prevention of sexual transmission.

- Reinforcing the traditional Indian moral values among youth and other impressionable groups of population.
- Making the people aware of implications regarding HIV/AIDS and provide them with the necessary tools for protecting themselves.

Provide accessible care

- Ensuring availability of safe blood and blood products.
- In hospital setting nurses help the patients are being diagnosed, treated, evaluated, and managed
- In clinical setting ensure that strict enforcement of biosafety and infection control measures as per the universal safety precaution guidelines.
- Increasing the access to antiretroviral therapy, in rural areas in this country in terms of increasing access to care, quality, safety and in a cost-effective manner.
- Work with families, communities and faith-based

organizations to strengthen community and social welfare systems to ensure continuous access to treatment and supplies.

- Collaborate with public-private partnerships, such as Stop TB, to improve the early detection and treatment of HIV, to improve chronic disease management and to integrate the prevention and treatment of coinfection.

Advocate

- Evaluating the economic cost/benefit analysis of nursing and nursing care, particularly when nurses provide antiretroviral therapy.
- Adequate facilities would also be created for proper disposal of plastic and other wastes and injecting needles used for treatment of HIV-infected persons.
- Ensure protection/promotion of their human rights including right to access health care system, right to education, employment and privacy.

- Important actions have been taken to ensure blood safety.
- Empower women to protect themselves from contracting the virus, and to prevent transmission to their children

Research

- Epidemiological surveillance to be carried out in order to assess the prevalence and accessibility of the treatment modalities.
- Pilot studies have been conducted on efficacy of AZT and Nevarapine prophylaxis on HIV-positive pregnant women.
- To constantly interact with international and bilateral agencies for support and cooperation in the field of research in vaccines, drugs, emerging systems of health care and other financial and managerial inputs.

Community outreach

- To aware people about the antiretroviral medication or other commodities which can help them to fight against HIV/AIDS.
- Media campaigns in rural areas should be conducted to emphasize on local traditions and cultures

through folk dances, puppet shows, street plays, etc.

- Engage coalitions of health providers and professional and paraprofessional societies across disciplines (clinical, nursing, public health, etc.) to expand outreach and anchor prevention, treatment, care and support among a variety of health fields.
- Work with communities and families to transform their attitudes to HIV.

Counselling

- As a counsellor nurse requires Excellent communication skills, ability to judge state of mind of a person, quick empathetic response, focused Reflection of feeling and questioning Paraphrasing.
- Counselling to be done in the risk assessment phase, pretest counseling, posttest counseling and follow up counseling.
- Counselling is dynamic process. Nurse has to decide the contents of counseling depend on the ability of the client to grasp.

Conclusion:

In India, majority of the population is still not infected with HIV. Prevention

strategies must continue to be given primary focus through awareness campaigns and counselling facilities, which will lead to behavioural change. With the increase in awareness levels in the community, the demand for voluntary counselling and testing services would rise. Specific groups like students, out of school youth, sexual partners or migrant workers need specially packaged awareness programmes on the risk and vulnerability to HIV/AIDS.

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