



**Training of Entertainment Crew Initiative
Peer Educators on HIV Prevention Tools with
Emphasis on PrEP
26th April, 2017**

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Date and Venue

On the 26th of April, 2017, Oluwatosin, Assistant Program Officer for NHVMAS, was graciously hosted by Entertainment Crew Initiative (ECI) in Oron, Akwa Ibom. NHVMAS leveraged on ECIs review meeting with a group some of her peer educators to sensitize them on HIV prevention tools, with Emphasis on PrEP. The training was implemented at the ECI office in Oron Akwa Ibom.

NHVMAS Training team

The members of the training team:

1. Alaka Oluwatosin

Agenda

1. Introduction of self
2. Existing HIV prevention tools
3. New HIV prevention tools
4. Basic facts about PrEP

Participants

48 participants and 2 coordinators were present at the training.

Introduction

The meeting started at 11:30 am. All participants introduced themselves, stating their first names, after which Mr. Oluwatosin then gave a brief overview of the purpose of the training to prepare the minds of the counselor testers on what to expect



Existing HIV prevention tools

This session was facilitated by Oluwatosin. He showed participants pictures of different existing prevention tools. Participants were required to pick anyone of the tools and discuss about it. Some highlight on the discussion of HIV existing tools include:

Male Medical circumcision

- A great percentage of men in Nigeria are circumcised. This reduces the chances of males contracting HIV.
- The foreskin of an uncircumcised penis harbors several bacteria which can increase vulnerability of the woman to HIV infection.

Post Exposure Prophylaxis

- It requires taking ARV for 4 weeks
- It is taken when there has been a one-time exposure of an individual to the virus. E.g rape, health worker occupational hazard,
- Must be used within 72 hours after exposure or contact
- Use 24 hours after exposure- Best
- Use 48 hours after exposure- Better
- Use 72 hours after exposure: Good

STI Management:

STI creates "holes" in the penis/vagina through thereby creating microscopic openings and increasing vulnerability. It is very important that it is treated properly to reduce the risk of HIV.

Behaviour Change:

- Delay sexual debut (the earlier one starts, the more likely he/she is to have multiple sexual partners.
- Reduce sex partners to the barest minimum
- Correct and consistent use of condom

Lubricants:

- Does not protect against HIV infection
- Reduces friction during sexual intercourse
- It is very helpful during anal sex to lubricate the rectum and for vagina sex to prevent dry sex
- For men who do not like to use condom, drop a little quantity of lubricant inside the condom before wearing it. It works magic.

New Prevention Tools

The participants were made to understand that a lot of studies are being conducted on microbicides and vaccines. Before long, answers would be gotten.

Vaccine: A vaccine is a substance that is used to provide immunity against an infection. HIV vaccine is used to protect an individual from coming down with the virus.

Microbicide: A microbicide is a substance, that can be applied rectally or vaginally which has the ability to protect against STIs and HIV.

Treatment as prevention: Some say it is using one stone to kill two birds. It is a situation whereby a person living with HIV is placed on ART treatment not only to keep them healthy and inhibit its progression to AIDS, but to significantly reduce the risk of transmitting the virus to an uninfected partner by about 96%. It works by suppressing the viral load so much so that it becomes undetectable.

Facts about PrEP



Candidates for PrEP

People at substantial risk of acquiring HIV due to their risky behavior are potential candidates of PrEP. This includes:

- a) Men who have sex with men (MSM) who have
 - An HIV-positive sexual partner
 - Recent bacterial STI
 - High number of sex partners

- History of inconsistent/no condom use

b) Heterosexual women and men

- HIV-positive sexual partner
- Recent bacterial STI
- High number of sex partners
- History of inconsistent/no condom use
- Commercial sex work
- High-prevalence area or network

How It works

PrEP is taken only by individuals who are HIV negative as a pill of Truvada a day (combination of Tenofovir and emtricitabine). PrEP stops HIV from taking hold and spreading throughout your body. It is highly effective for preventing HIV if used as prescribed, but it is much less effective when not taken consistently.

Other important talking point about fact about PrEP

- It should be taken same time everyday
- It offers over 90% protection if used consistently
- It is used by people who are HIV negative but at substantial risk of HIV
- It does not protect against other STIs and pregnancy
- It requires you attend hospital every three months to get a HIV test to rule out any HIV infection
- Renal assessment must be conducted to ensure that the kidneys are working normally and are in good shape.

Discontinuing PrEP

Positive HIV result, Acute HIV signs or symptoms, non-adherence to usage, development of renal diseases, infection with hepatitis A or B, lowered risk behavior are all possible reasons for an individual to discontinue PrEP.

Discussions

Question *"If one starts PrEP, can he or she stop using condoms?"*

Answer: Condoms are the only tool that protects against both HIV and certain other sexually transmitted infections (STIs) while preventing pregnancy when used correctly and consistently. For people who do not use condoms every time they have sex, PrEP can provide effective protection against only HIV. Using condoms correctly and consistently while taking PrEP will provide the maximal protection against HIV and STIs. The choice to use either of the two is a personal decision that should be made upon information acquisition.

Question: *"Where can one get microbicides?"*

Answer: microbicides are still in the clinical phase of research. No effective microbicide has been rolled out yet. The availability of a microbicide would greatly empower women to protect themselves and their partners. So it is important that we make them prepared and inform them about it prior to its arrival to promote utilization of the product upon its development.

Question: *"Is PrEP Safe?"*

Answer: Truvada which is the brand name for PrEP is safe and well tolerated by humans. However, it is important that users get their kidneys assessed by a medical professional to ensure that it can cope with the usage of PrEP as kidney malfunction is a possible side effect.

EVALUATION FORM FOR PREP AWARENESS PROGRAMME/TRAINING

1. Please provide us with some feedback about Workshop module.

Please indicate your overall satisfaction with the <u>content</u> of each of the modules:	Please circle one (N=48)					No Response
	Very Good	Good	Fair	Poor	Very Poor	
1 – HIV prevention: Existing tools	42 (87.5%)	6 (12.5%)	-	-	-	-
2 – HIV prevention: New prevention tools	32 (66.7%)	16 (33.3%)	-	-	-	-
3– PrEP presentation	28 (58.3%)	13 (27.0%)	1 (2%)	-	-	6 (12.5%)

2. Please provide us with some feedback on your experience of the Workshop:

Please indicate your agreement with the following statements:	Please circle one (N=48)					No Response
	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree	
This Workshop provided me with HIV prevention existing tools	34 (70.8%)	11 (22.9%)	-	1 (2%)	1 (2%)	1 (2%)
This Workshop provided me with new insights about New prevention tools	40 (83.3%)	8 (16.7%)	-	-	-	-
This Workshop provided me with new insights about PreP	40 (83.3%)	8 (16.7%)	-	-	-	-
Participating in this Workshop was a good use of my time	36 (75%)	9 (18.8%)	-	-	-	3 (6.3%)
I will be able to apply the content of this Workshop to my everyday work	31 (64.6%)	17 (35.4%)	-	-	-	-
Overall, the facilitation style was effective	21 (43.8%)	22 (45.8%)	2 (4.1%)	-	-	3 (6.3%)
There was adequate time allocated for informal discussions among workshop participants	21 (43.8%)	24 (50%)	2 (4.1%)	-	-	1 (2%)
The Workshop was well-organized.	34 (70.8%)	12 (25%)	1 (2%)	-	-	1 (2%)

3. What changes would you recommend to make this Workshop better?

- To make the new HIV prevention tool such as the vaccine and microbicide to be available for use.
- Materials should be given
- Provide us with a little item 7
- Provide with a little token for transport
- For me, the workshop was well organised and i will be able to apply the content of this workshop in my everyday work.
- Materials should be given to all individuals
- You should provide prevention tools like condom and make microbicide available.
- Number of days should be increased so that we get a better understanding new HIV prevention tools
- It provided new information that we did not know.
- Everything went well and I plead that the workshop should be organised again for better ideas to be gained.
- I think next time it should be on a higher platform and more time and days should be given.
- New tools that can eradicate HIV totally should be discovered.
- Materials should be given for further studies.
- The workshop was OK but we need more time. Please help to make the vaccine available.
- I wish that the flip chart should be enough for everybody
- I wish that the flip chart will be enough for everybody. I really enjoyed the workshop and i have learned a lot.
- To make the new HIV prevention tools available especially the microbicide and vaccine.
- I am going to apply this new idea and shall see to it that I pass it to my people.
- I recommend the reorganization of the workshop in a very good area and the number of days should be increased.
- They should continue to lecture us more about things that we don't have idea about so that we can know how to take care of ourselves.
- Provide us with the drugs
- To me this workshop is OK because I learned enough
- Please whenever the microbicide is ready, let us know.

4. Any other comments?

- I would love the programme/training to hold again so as to acquire more knowledge about prevention of HIV, STI and unwanted pregnancy.
- I gained new knowledge in this workshop. Please work hard to ensure production of new drugs
- would be grateful if this sensitization can be done periodically #the workshop was very enlightening and educative.
- I think having a program like this monthly or quarterly will make us have more knowledge of prevention for STIs and HIV.
- I pray that God should give love and ideas to find total prevention drugs for HIV.
- I gained great knowledge in this workshop. I have more interest.
- Everything was perfect
- I am really grateful
- I love the teaching and I will make good use of it.

PRE-POST ANALYSIS

S/N	CODE NAME	Post Test	Pre Test	Post Test-Pre Test
1	Blessing Efang	5	3	2
2	Cecilia	6	3	3
3	Ito	6	3	3
4	Margret Cornelius Okon	7	3	4
5	Rita Edet Effiong	6	1	5
6	Beatrice O	7	3	4
7	Dorcas	7	3	4
8	Gladys Bernard	6	4	2
9	Ebieme Rebecca	5	3	2
10	Ukeme Effiong Udo	6	3	3
11	Patience sampsan	6	2	4
12	Emem O. Udo	7	3	4
13	Gospel	3	2	1
14	Patricia	6	2	4
15	Theresa	7	3	4
16	Mary Ito	5	3	2
17	Theresa	7	2	5
18	Kate Edunoh	4	2	2
19	Naomi	6	3	3
20	Pholomina Edet	4	4	0
21	Victoria 08162275222	5	3	2
22	Jp	5	4	1
23	Eunice	7	3	4
24	Mandu	9	4	5
25	Mandu	6	4	2
26	Uduak	8	2	6
27	Abasi-aka Edet	5	3	2
28	8136403089	3	2	1
29	Atim	10	3	7
30	Rosy	7	3	4
31	Esther Okon	6	4	2
32	Nkpoikana Davis	6	3	3
33	Bright	10	4	6
34	Unyejong	7	4	3
35	George	8	4	4
36	Margaret Edet	7	5	2
37	Patience Atabia	5	1	4
38	Deborah Ime	5	4	1
39	Kate Bassey Okoh	7	2	5

40	Peace O. Usuyak	7	4	3
41	Victoria E. Etim	9	4	5
42	Okpong	7	3	4
43	Lizzy Dan	7	4	3
	TOTAL	272	132	140
	AVERAGE	6.33	3.07	3.26
	SD	1.55	0.88	1.53
	T-Test	<0.05		