



Training of YOUTHRISE Peer Educators on Research Literacy and HIV Prevention Tools with Emphasis on PrEP

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Date and Venue

On the 27th of March, 2017, NHVMAS representatives were graciously hosted by one of her partners, YOUTHRISE, a non Profit Organisation working with PWIDs in Abuja, which is lead by Mr. Adeolu Ogunronmbi, to train its peer educators on research literacy and NPT, with emphasis on the use of PrEP and the need to demand for it. The training was carried out at the YOUTHRISE office: No. 6, Boni close, off Ijebu -ode close, Area 2 Garki.

NHVMAS Training team

The members of the training team for first week training were:

1. Morenike Ukpong
2. Alaka Oluwatosin

Agenda

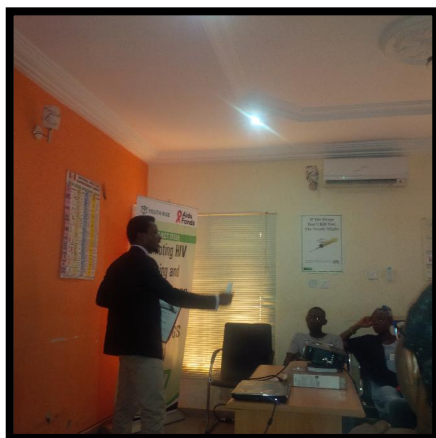
1. Introduction of self
2. Research Literacy training
3. Existing HIV prevention tools
4. New HIV prevention tools
5. Demonstration of PrEP education by participants

Participants

Thirteen PWID peer Educators and three coordinators were present at the training

Introduction

The meeting started at 11:05am. All participants introduced themselves, stating their names, best food, likes and dislikes after which the Executive Director, YOUTHRISE introduced the facilitators of the training. Dr. Morenike Ukpong, NHVMAS Coordinator, gave a brief overview of the purpose of the training to prepare the minds of the peer educators on what to expect.



Research Literacy

This session was facilitated by Mr. Alaka Oluwatosin. He started by asking the participants what they understand by the word research. Some of the feedback which was given include:

- Research is digging deep
- Research is about discovering new things
- Research in investigating.

The trainer used the NHVMAS research literacy field guide to facilitate the training. He discussed with the participants, the research literacy component of the field guide, some of which include: payment for participation

in research, confidentiality, informed consent.



Existing HIV prevention tools

This session was facilitated by Morenike Ukpong. She 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:

STI Management:

STI creates "holes" in the penis/vagina through which HIV can creep in thereby increasing vulnerability. This is a big problem for women in Africa. 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
- Reduce or eliminate transactional sex where possible

Post Exposure Prophylaxis

- It requires taking ARV for 30 days
- Can be used for occupational exposure or other exposures such as during sex or sharing needles
- 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

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.

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.

New Prevention Tools

The participants were made to understand that a lot of studies are being conducted on microbicides and vaccines. Before long, an answers would be gotten. So also are there ongoing cure research.

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

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.

Pre Exposure Prophylaxis (PrEP): PrEP is a way for people who do not have HIV but who are at substantial risk of getting it to prevent HIV infection by taking a pill every day. PrEP brand name is Truvada.

Some facts about PrEP

- It should be taken same time everyday
- It offers over up to 99% 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
- It cannot be used by someone who has a kidney problem

Discussions

Question: "What are the side effects of PrEP?"

Answer: a PrEP user must do a test every 2- 3 months to ensure that he is still negative to prevent drug resistance. In addition, one must have his or her kidney assessed by a medical professional to ensure that it can cope with the usage of PrEP as kidney malfunction is a possible side effect.

Question: "How do we differentiate between PrEP and PEP"

Answer: PEP is taken by people who are sustainably exposed to HIV due to their behavior while PEP is taken by someone who has had a onetime exposure to the virus. Also, PrEP must be must be taken daily over a period unlike PEP which must be taken at least 72 hours after exposure and continued for a maximum of 30 days.

Question "How can one get PrEP?"

Answer: The government has approved, but has not made available yet. One of the reasons of this training is to create awareness about PrEP and demand for it. When speaking to your peers, it is important to let them know that they can demand prescription of PrEP from their doctors. NHVMAS is planning to work with pharmacies around the country to stock and make it available at a humanitarian price.

Question: "Why is it that ARV which are made available to PLHIV are usually close to its expiration?"

Answer: Most times, it is because they are purchased at a cheaper rate when the expiration date draws closer. It is a problem with our local purchasers.

Question: "How does the vaccine prevent HIV?"

Answer: "Basically, it teaches your body to recognize the germs so that when the virus comes in contact with the body, it has the ability to fight it and prevent infection"

Getting Involved

We all must be involved so as to get the best out of our research. It is an opportunity for your unique knowledge to be put to good use for the benefit of your community.

Demonstration (Use of field guide)

After the training, 3 participants (2 males and a female) tried to facilitate a topic of interest using the field guide.