

CHAPTER V

PRESENTATION

I presented the portfolio thesis entitled "Outreach for HIV Prevention Counselling: An Intervention to Reduce Unsafe Sexual Behaviors Among Transport Workers in Nepal" on September 28 1998 to the examination committee. The three major parts of the thesis: essay, proposal and data exercise, were highlighted in the presentation.

I presented various aspects of the problem, raised the issue and forwarded the solution. For the issue of unsafe sexual behaviors of the transport workers I concluded HIV prevention counselling as the solution. I also presented various reasons to arrive on that conclusion. I presented a conceptual framework and different alternative strategies to solve the problem.

As a specific proposal, I presented an intervention for the transport workers in the Kailali district, Nepal. I presented objectives and methodologies. The methodology included three phases of the intervention: formative research, counselling services and evaluation. In each of these phases I discussed the procedures and instruments.

In the third part of the presentation, I presented data exercise, conducted in the Ayutthaya province, Thailand. The objectives, methods and findings of the data exercise were presented. Similarly lessons learned for future implementation counseling were presented.

The presentation was done with the help of 27 overhead transparencies, prepared on the "power point" computer program. Exact contents of the transparencies are given below in sequential order:

1. Outreach for HIV Prevention Counseling: an Intervention to Reduce Unsafe Sexual Behaviors Among the Transport Workers in Nepal.

2. HIV/AIDS in Nepal :

- First detected in 1988
- Estimated number of HIV infected people: 2,600
- Adult prevalence rate: 0.24%
- Main route of transmission: Sexual mode 85%

3. Table: Number of the core, the non-core and the bridge population :

4. Bridging the virus by transport workers :

- In Thailand 25% bridging the virus, 87% visited sex workers
- High infection rate: Thailand 7.4%, India 2.4%, Africa 27%

- In Nepal -- High rate of visit to CSW
 - Risky sex act
 - High alcohol consumption
- In Nepal more than 80% married

5. Issue :

What interventions should be launched to promote safer sexual behaviors among transport workers in the Kailali District.

Conclusion :

HIV prevention counseling should be provided as an outreach activity on the highway routes to promote safer sex practices among the transport workers in Kailali.

6. Reasons :

Risk assessment and information can deal with many false beliefs and low risk perception, and lead to perception of self-risk.

- Counseling through emotive influence provides support to cope with mental stress, low self-esteem & aversive emotions.
- Goal setting and assertive communication skills can help deal with risky environment and peer pressure.

- Life skills training such as condom use and non- penetrative sex and referral increases self-efficacy and response efficacy.

7. Safer sex measures and situation among transport workers :

- Limiting no. of partners: Average sex partners 3.5 to 6, 39% of CSWs clients.
- Sexual act: Sex with men 6%, Sex during menstruation 21%, Anal Sex 9%, Oral sex 7%.
- Condom use: Condom use rate with CSWs 59%, in last sex act with wives less than 1%.
- Treatment of STDs: 33% no treatment 17 % self treatment.

8. Cognitive, emotive and behavioral influences and cofactors affecting safer :

9. Alternative interventions for HIV prevention Increasing accessibility :

- Condom promotion: Shortage
- Social marketing: 70% use
- Early treatment of STDs: Far

HIV Anti-body testing:

- Counseling and testing: Not available. Cost-benefit \$ 1:21
- Partner notification: Cost per client 0.5% of percapita GNP

HIV/AIDS counseling:

- Individual: Multiple sessions
- Group counseling: inform / skill
- Telephone hotline: Limited
- Condom promotion: Shortage
- Social marketing: 70% use
- Early treatment of STDs: far

AIDS education:

- Media: Low concentration
- Peer education: Expensive
- Speakers bureaus: Stigma

10. HIV prevention counseling :

Definition : HIV prevention counseling refers to the active interchange between counselor and the client. It is a client centered process that focuses on behaviors, which place an individual on increased risk for infection and assist the client in addressing those issues through assessment, identification of options and support positive behavior changes.

Why needed : Reduction of emotional stress

Coping with changes in life due to HIV

Making messages personally relevant

11. Important issues :

- Counseling site: Any setting.
- Who requires it: Those seeking help because of risk behavior & those not seeking but with high risk behavior.
- Counselors: Paraprofessionals like community workers & volunteers. Teachers, NGO members etc.
- Skills and Qualities: Confidentiality, positive regard, empathy, active listening, non judgmental.

12. Problem statement :

- Transport workers in Kailali are practicing different unsafe sexual behaviors due to various social psychological, accessibility factors
- With high sexual mixing transport workers are bridging HIV between high-risk such as CSWs and low-risk population such as their wives.
- Earlier interventions such as media campaign, static booth education, counseling in STDs clinics could to reduce risk behaviors.

13. Objectives of the study :

- Explore the history of truck-stops, major outlets of health and other products, social structure, daily activities, sexual & other behaviors by using ethnographic techniques.

- Improve the quality of HIV prevention counseling and make it culturally sensitive to the transport workers by applying standard protocols & tools.
- Enhance the qualities & skills of indigenous outreach counselors by training them.
- Provide HIV prevention counseling services to the transport workers in highway outreach setting.
- Monitor counseling services by routinely assessing client satisfaction and quality of sessions.
- Evaluate the impact by measuring reduction in unsafe sexual behaviors among transport workers.

14. Study site: Kailali district :

- Area: 3235 sq. km.
- Arable land 73,401 hectares
- Total Population 505,996
- Population density 155 per sq.km.
- Family size: 7.9 members
- Literacy: 31 percent
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- Literacy: 31 percent
- Strategically important for vehicular traffic
- Total road length: 157 km.
- East-west highway: 83 km.
- Three spots are very important: Lamki, Ataria and Dhangadhi

15. Map of Nepal :

16. Map of Kailali :

17. Proposed intervention:

Phase I: Formative research

- Triangulation
- Key informant interviews: Interactors and gate-keepers-50 interviews to collect beliefs, risk perceptions, behaviors, action and barriers
- Observation: Rapid ethnographic observation of 5 truck stop sites to collect information on risk environment and its interaction with transport workers
- FGDs: Four groups of discussions with 32 to 40 participants to collect information on beliefs/behaviors.

18. Phase II: HIV prevention counseling services :

- Altogether four outreach counselors will provide service five days a week in truck stop sites

- Each will receive a minimum four counseling sessions.

19. Flow chart of HIV prevention counseling :

20. Training of outreach counselors :

- Issues: Values/attitude, danger sensing, accuracy, referral
- Content: HIV/STDs, behavioral model, counseling techniques, assessment skills, outreach work.
- Methods: Six days competency-based training by role plays, games, exercises, field practice
- Evaluation: Process by observation & reaction; Learning evaluation by pre and post tests; Performance evaluation by supervision and simulated client.

21. Phase III: Evaluation :

Process Evaluation

- Review of records: efficiency
- Case reports
- Simulated clients
- Client satisfaction

Impact evaluation

- Method: Pre and post test
- Sample: 260 clients will complete 4 sessions

- Incentive: Reminder stickers, lottery, cash vouchers

22. Table: Impact indicators of the intervention :

23. Objectives of data exercise :

- Observe truck-stop to learn about the general environment, risk situation & its interaction with transport workers
- Conduct a FGD with transport workers to find out their perception, beliefs & practices
- Modify the instruments and data collection methodology

24. Methods of data exercise :

Rapid ethnographic observation

- Checklist
- Map
- Informal conversation
- 3 researchers observed people, site and activity

Focus group discussion

- Topic guide
- Tape recorder
- 12 participants
- About 1 hour 30 minutes

- Active participation

25. Findings of data exercise :

Observation

- The truck-stop: 9 km. North of Ayutthaya on the Asian highway
- Shops and entertainment: Van shops, restaurant, nearest Karaoke parlor 6 km. south-east
- Trucks: 300 trucks, 18 wheels
- People: Guards, drivers, wives
- Activity: Resting

Focus Group discussion

- Drive 10 hrs per day
- Use “Yaba”(amphetamine)
- Together with “Mya” (wife).
- CSWs: Massage/parlour girls or highway restaurant girls
- Some oral sex
- Denied possibility of STDs
- No risk perception

26. Lessons learned :

- Observation checklist: General
- FGD structure: Need to be more homogeneous by screening

- FGD moderator: participants not shy, probe not enough
- Training: Limited orientation not enough
- Logistics: Time, language, advance letter, appointment

27. Map of the truck-stop site in Ayutthaya :