

Social strategies for prevention of HIV and STD

Surekha Devi

Asha Darpan, India

The title of the talk states the necessary steps has to be followed for the prevention of HIV/AIDS and STDs.

1. All patients attending clinics/hospitals/laboratories should be educated and screened for HIV/AIDS and STDs.
2. Family physicians should educate and screen for HIV.
3. Health workers should involve in training about HIV and STDs and should visit illiterates and educate urban slum dwellers and villagers.
4. Physicians should also educate people working in industries and offices. In schools and colleges, a special sessions has to be arranged with physician for teenagers, trainings on Reproductive Health and HIV for teachers and counselors.
5. Also health education camps has to be organized in crowded areas like railway stations; cultural events, street-shows, banners, hoardings, documentaries in theatres, physician talk show on TV, articles in popular sports and fashion magazines.
6. Re-check blood collected for transfusion.
7. Screening all pregnant women attending ANC. PPTCT for every HIV positive. Screening of HRG for STDs monthly and for HIV quarterly. Prompt treatment of STDs in HRG and follow up for resistance or recurrence.
8. Paramedical staves training on universal precautions and PEP.PTB co-infection with HIV common. All patients with cough for 2 weeks duration screened for PTB and HIV.
9. PLHIVs be educated about modes of transmission and how to take care of her health and about PPTCT during pregnancy and prevention of STDs and about importance of periodic CD4 test. PLHIVs should be followed up monthly by physician for opportunistic infection, monitoring of CD4 count half yearly. Counseling of PLHIVs for adherence to ART.

This plays a vital role in prevention of transmission. Once patient starts feeling better with ART, they misinterprets that they are cured and doesn't need to adhere to ART and safe sex is not mandatory now.

Biography

Surekha Devi, has completed her M.B.B.S. [bachelor's degree in medicine] from Nil Ratan sircar Medical college and Hospital under Calcutta University in 1992. She worked with Govt. Hospital, E.S.I.S., [Worli, Mumbai] as medical officer and other non-governmental organizations like Baitulmal Charitable Dispensary, [Andheri, Mumbai] and Care Medical and Research Foundation as medical officer, [Bandra, Mumbai]. She also worked as a medical officer with Asha Darpan, [Grant Road, Mumbai], a community based [CSW] non-governmental organization for Avahan project of family health international on prevention and treatment of STIS & STDs among high risk group [commercial sex workers] since Jan 2007. Presently, she is working as a Honorary medical officer with Asha Darpan on prevention & screening of STDs & HIV, and care and support for PLHIVS.

drdevisurekha@gmail.com