

UNIVERSITY OF NAIROBI

INTERNAL MEMO

From: Harrison Njeru, Data Centre Manager
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REF. UON/CA/ICT/HIVAIDS

To: Director, ICT Centre, Central Administration

Date: 15/06/2011

RE: UON HIV/AIDS, DRUGS SUBSTANCE ABUSE SEMINAR

The above training seminar that was held on June 13 and 14, 2011 at the CCU Unit Hall covered the following areas:

- ❖ Historical background of HIV/AIDS
In 1984 HIV virus was demonstrated to be the causative agent of AIDS and in the same year the first case of AIDS was discovered in Kenya.
38 million people are living with HIV with about 16million men, 16million women and 3 million children. Modes of transmission are: mother to child, sexual intercourse, blood and blood products and sharp objects.
- ❖ Sex and Sexuality
Different cultures and religions have different opinions about sex and sexuality. People know sex and sexuality depending on how they have been socialized. Sexuality is the way we express ourselves and our bodies as male or female and we behave differently at different times and age.
Sexual activity should be save in order to protect ourselves from HIV.AIDS.
- ❖ Behaviour Change Communication
Behaviour is influenced by environment. HIV/AIDS affects the most important part of human race, its sexuality. Behaviour change can shift humans from unfavourable or risky to favourable conduct of individual, community or society. Increasing knowledge may not always change behaviour. Create behavioural change by creating awareness that leads to motivation for change and dangers involved. Providing information on HIV/AIDS prevention will lead to sustained new behaviour.
- ❖ Stigma and discrimination
Note that HIV/AIDS can be managed but stigma cannot. Stigma is due to ignorance, fear, etc. There is need to stick to Human Rights Declaration.
- ❖ Drug and Substance abuse

Definition of drugs and illegal drugs were presented. Drugs may affect either negatively or positively the functioning of the body. Depressants decrease the activities of the central nervous system.

Drugs are used due to stress, work pressure, peer pressure, etc.

Rehabilitation centres are available and Nacada always helps.

Rehabilitation from drug and substance abuse is very expensive

A life experience of a drug addict recovering from drug and substance abuse was presented.

- ❖ Effective communication skills

Building credibility, effective reasoning, supporting arguments, creating mutual access point, language of communication, appealing to emotions and building rapport.

- ❖ Basic counselling

Counselling as an art to assist people going through difficult times; it involves integrity and confidence to help individuals to overcome immediate problems and build capacities to face the future.

- ❖ Activities of peer counsellors

Sensitize staff on HIV/AIDs, drugs and substance abuse.

Organize group counselling for the department.

Identifying cases and referring them to trained counsellors.

A three day training by Nacada will be held soon.

I hope this gives good insights on progress on the matter and I recommend that we circulate to all staff.

H. N. Njeru