

REPORT: ADOLESCENT CLINIC AND WORLD AIDS DAY

I. ADOLESCENT CLINIC

Value Health Africa Engaging Adolescents in conflict areas on Healthy Lifestyle through the Establishment of Community Adolescent Clinic.

THEME; *A FUTURE OF HEALTHY YOUNGSTARS*

DATE; *1 DECEMBER 2019 to December 2020*

BRIEF INTRODUCTION

Globally there has been a reduction in the spread of HIV from about 2.9million in 1997 to 1.7million people newly infected in 2018, and averagely 770000 people registered dead from AIDS related illnesses. However out of the 34million infected worldwide, 69% live in Sub-Saharan Africa and about 23.8million infected persons in all Africa. While more than 1million adults and children die every year from HIV/AIDS and its related infections. Cameroon has witness a general drop in the prevalence rate from 4.3% in 2017 to 3.4% in 2018. Vulnerability age is between 15-64 with women mostly infected registering a percentage rate of 9.3% with ages 40-44 years,6%for men between 50-54years and >15-24 ages with percentage of 1.2%.

AIMS:

The aim of this project is to empower young boys and girls in crises zones to take control over their sexual and reproductive health and rights to reduce sexual violence and new infections of HIV and other STDs in the community

OBJECTIVES:

- To enhance knowledge on HIV/AIDS, create an enabling environment for mutual aid among peers, facilitate social integration among youths through shared experiences and extracurricular activities
- To improve on drug adherence by engaging adolescents in sexual and reproductive health education making drugs available to them and linking them to care.
- Integrate education on non-Communicable diseases and their risk factors into this scheme to promote healthy lifestyle amongst young people.

- Improve mental health by providing victims of sexual assaults, and displaced adolescents with psychosocial support.

ADOLESCENT CLINIC.25/11/2019.First visit.

Participants=20.

2 positive.1 male and 1 female.

Topics:

HIV/AIDS; What the disease is. Method of contraction, transmission and prevention.

-Knowledge of Reproductive Health, Dangers of unhealthy lifestyle, Dangers of teenage pregnancy, consequences.

“The following are some of the intriguing questions asked by the participants; when can one start having sex? What are the signs n symptoms of maturity? Can long-term virginity can lead to severe ill-health” Question from adolescent

2nd ADOLESCENT CLINIC.2/12/2019.

Attendance: 31

Topics: Consequences of early marriages, Exposure to sexual habits by parents.

CHALLENGES:

The need to sensitize youths against early marriages. Also encourage parents to avoid accepting or arranging premature marriages.

UPCOMING ACTIVITIES.

- Learning how to produce detergent and body lotion.
- Learning how to prepare a healthy meal.
- Christmas party

3: Next clinic day.30/12/2019.

II. World AIDS DAY

The world AIDS day was marked with a series of events. VAHA's HIV/AIDS ambassador organized an HIV/AIDS awareness and advocacy session online aimed at stopping the stigma around the disease and enhancing community participation in the management and prevention of this disease. During these sessions, he used his life experience as someone who has been living with HIV for over 8 years to encourage others living with the disease to be consistent in their treatment in order to reduce transmission. He also made mention of his book titled "Determined to live" which he wrote following his diagnoses and has gone a long way to inspire other HIV patients who have lost hope.

a. Live Show Interview with Mr. Peter and Madam Mercy

Interview I: Perceptions on the theme of 2019 World AIDS Day

The show started with a brief introduction of speakers; Mr. Peter Ouma Ojong- VAHA's HIV/AIDS Activists and Ambassador and Madam Kyeng Mercy Tetuh- CEO of VAHA. "Communities Make the Difference" is the theme of this year's World AIDS Day and is understood in different perspectives. According Mr. Peter, communities should take the rightful rungs in dealing with HIV, it means rejuvenating community actions from bottom to top in addressing HIV/AIDS and this involves everyone to take action, organizing conferences, seminars and workshops in addressing HIV/AIDS. To madam Mercy, the buildings blocs of communities are families. Therefore, families play a vital role in management of the disease and implementation of strategies in addressing the concerns of the disease and how this relate to the common man in the community and also the role of families in helping positive cases to accept their status and move on

Interview II: Role of Communities towards HIV/AIDS Patients

In the interview with Mr. Peter, he said that the community has the responsibility to accept people living with HIV/AIDS and that HIV is not a death sentence. He also added that the community should rather help people with HIV/AIDS by offering the necessary support they need to live a meaningful, positive and productive life. As some of the challenge coming publicly as a seropositive person, he said community reactions varies; some people applaud for taking the bold step to break the stigma while others had different opinions. He proceeded by saying the family especially the sister who is HIV/AIDS Counsellor and the mother helped him during his helpless moment. He recounted VAHA for being supportive.

Interview III: Breaking the Stigma

Mr Peter who has been living with HIV for 8 years decided to break the stigma surrounding the disease by sharing his experience in this journey. "There are three key things which lead me go publicly"- he said happily. First, he said that when he was diagnosed seropositive he went through a lot of stigma, so coming publicly is a kind of giving the disease a face so people can be bold in going for screening to know their status. Secondly, he said he wanted to live with his daughter and

thirdly, he said coming out publicly is a major way of breaking the stigma associated with HIV/AIDS.

Interview IV: Making ‘Lemonade’ out of Lemon.

Coming out publicly was not challenging at all according to Mr. Peter though some people felt he will be discriminated, under looked, mocked among other vices, as he explained. He bold step in coming to talking about HIV/AIDS from personal experience gained a lot of support. He added that the ‘Lemonade’ he made out of the situation is a book titled “**Determined to Live**” which has actually helped thousands of people to live a fruitful life even in the condition they found themselves. For this words to the public; they can live if they are determined

b. HIV EDUCATION AND SCREENING



Awareness, education on HIV and free screening

1. Talks given on how HIV can be transmitted, preventive measures, Health life style, initiation to treatment if Positive, talk given by the Chief of Center.
2. Distribution of condoms to sexually active participants.
3. Number of participants: 120, staff: 6,
4. Total number screened.126.

Testimonies from some Beneficiary

“As a ‘player’ I knew my life was at risk of HIV but after doing the test, I was glad to know that I don’t have HIV. My advice is that every young person should come and know his or her status and we the young people should stick to a single partner and that they should go for check to commence with their marriage plans. Many thanks to VAHA for this golden opportunity. May God continue to give them wisdom to help many others too”—Fomban Spencia

*“I came to celebrate the World AIDS Day for the very first time. As a first timer, I was warmly received with pre and post counselling. During the pre-counselling, I was told about HIV and methods of diagnosis, result management and healthy lifestyle. The population was encouraging and the exercise was free as I didn’t pay for anything. People got tested even after the working hours. I also learnt about the adolescent clinic and I have attended it. It’s absolutely a good initiative because it offers the opportunity for us to become aware of our health. I am already preparing to attend it again on 1/12/2020. I want to thank VAHA for coming to this village to provide an opportunity like this one. It has never existed before in as much as I can remember. May god bless them and may they continue to come.”—**Diana Clovis***

*“I have never done HIV test before. This is my very first time of doing it. I know the virus can be transmitted from person to person through unprotected sex and infected sharps. I was told of if I am positive I will be enrolled in the treatment center.”—**19 years old girl***

*“I have heard about World AIDS Day, but it has been a long while we see a thing like this happening in Bamali-Ndop. This is the very first time such a free campaign is organized in my community. I was warmly welcome and this test was free of charge. I think this exercise will help many people to know their status and the communities will be free of the virus. I really thank God for VAHA and I pray may they continue to come here at Bamali- Ndop”.—**Njiku Denis***

2/12/2019