

English HLS Episodes

Episode 1: Introduction to HIV:

- Chapter 1: What is HIV?
- Chapter 2: The History of the HIV pandemic
- Chapter 3: Types of HIV
- Chapter 4: How can you get HIV?
- Chapter 5: Stages of HIV infection

Episode 2: Understanding the human body:

- Chapter 1: Roles of body systems
- Chapter 2: Different types of germs
- Chapter 3: The healthy immune system
- Chapter 4: HIV lifecycle
- Chapter 5: The HIV infected immune system
- Chapter 6: What is a CD4 count?

Episode 3: HIV Counselling and Testing (HCT):

- Chapter 1: What is HCT?
- Chapter 2: Who should go for HCT?
- Chapter 3: Know your rights
- Chapter 4: Pre-test counselling
- Chapter 5: Testing for HIV
- Chapter 6: Post-test counselling

Episode 4: HIV Prevention:

- Chapter 1: Condoms
- Chapter 2: Reducing your number of sexual partners
- Chapter 3: Alcohol and drugs
- Chapter 4: Transactional sex
- Chapter 5: Sex between different age groups
- Chapter 6: Male circumcision

Episode 5: Sexually Transmitted Infections (STIs):

- Chapter 1: Preventing sexually transmitted infections
- Chapter 2: Gonorrhoea
- Chapter 3: Chlamydia
- Chapter 4: Herpes
- Chapter 5: Syphilis
- Chapter 6: Human papillomavirus (HPV)

Episode 6: Opportunistic Infections (OIs):

Chapter 1: How to keep your mouth healthy

Chapter 2: Oral thrush and ulcers

Chapter 3: Herpes simplex 1

Chapter 4: Herpes simplex 2

Chapter 5: Shingles

Chapter 6: Kaposi's sarcoma

Chapter 7: How to keep your skin healthy

Chapter 8: Respiratory system

Chapter 9: Sinusitis

Chapter 10: Bronchitis

Chapter 11: Pneumonia

Chapter 12: PCP Pneumonia

Chapter 13: Structure of the nervous system

Chapter 14: Meningitis

Chapter 15: Stroke

Chapter 16: Peripheral neuropathy

Chapter 17: Depression

Chapter 18: Dementia

Episode 7: TB and HIV:

Chapter 1: How TB is transmitted

Chapter 2: Who can get TB?

Chapter 3: What happens when TB is inhaled into your lungs?

Chapter 4: The relationship between TB and HIV

Chapter 5: How do we identify TB?

Chapter 6: Diagnosing TB

Chapter 7: Treating TB

Chapter 8: Preventing TB

Chapter 9: Side effects of TB treatment

Chapter 10: Directly observed treatment short course (DOTS)

Chapter 11: Drug resistant TB

Episode 8: Infection Control:

Chapter 1: What causes infections?

Chapter 2: How infections are spread

Chapter 3: General household hygiene

Chapter 4: Personal hygiene

Chapter 5: Caring for sick people in your home

Chapter 6: TB control

Chapter 7: Infection control in hospitals

Episode 9: Positive Living:

Chapter 1: Basic rules for better living

Chapter 2: Living longer with HIV

Chapter 3: Condoms

Chapter 4: Substance abuse

Chapter 5: Unproven treatments

Chapter 6: Nutrition

Episode 10: ARVs and Adults:

- Chapter 1: How HIV infects and spreads in the human body
- Chapter 2: How ARVs work
- Chapter 3: Different types of ARVs
- Chapter 4: Combination therapy
- Chapter 5: When to start on ARV treatment
- Chapter 6: Generics
- Chapter 7: Post-exposure prophylaxis

Episode 11: ARV Side Effects:

- Chapter 1: Introduction to side effects
- Chapter 2: Efavirenz
- Chapter 3: Nevirapine
- Chapter 4: 3TC (Lamivudine)
- Chapter 5: d4T (Stavudine)
- Chapter 6: Immune reconstitution inflammatory syndrome (IRIS)
- Chapter 7: Unproven treatments and drug on drug interactions

Episode 12: Adherence:

- Chapter 1: What is adherence?
- Chapter 2: Why is good adherence important?
- Chapter 3: Causes of poor adherence
- Chapter 4: Strategies for good adherence
- Chapter 5: Community preparedness

Episode 13: Women and HIV:

- Chapter 1: Why are women so vulnerable to HIV?
- Chapter 2: Gender based violence and rape
- Chapter 3: What to do if you have been raped
- Chapter 4: Accessing medical services after being raped (Post-exposure prophylaxis)
- Chapter 5: Teenage pregnancy

Episode 14: PMTCT:

- Chapter 1: Maternal Health
- Chapter 2: How Babies Get HIV
- Chapter 3: What is PMTCT?
- Chapter 4: Rates of Mother-to-Child Transmission
- Chapter 5: When to Start PMTCT Treatment
- Chapter 6: Infant Feeding Options
- Chapter 7: When to test your baby for HIV

Episode 15: Maternal and Child Health:

- Chapter 1: What is maternal and child health?
- Chapter 2: Maternal care during pregnancy and after the birth of the child
- Chapter 3: What is family planning?
- Chapter 4: Monitoring the child's growth
- Chapter 5: Child immunisation
- Chapter 6: Infant and child nutrition
- Chapter 7: Infection control and childcare

Episode 16: Children and HIV:

- Chapter 1: Rates of HIV infection in children
- Chapter 2: Starting children on ARVs
- Chapter 3: Preparing the caregiver
- Chapter 4: Doses for children
- Chapter 5: First line regimen
- Chapter 6: Second line regimen
- Chapter 7: Caring for HIV positive children not on ARVs
- Chapter 8: Preventing other infections

Episode 17: Chronic Diseases:

- Chapter 1: What are chronic diseases?
- Chapter 2: Lifestyle changes to prevent or manage chronic diseases
- Chapter 3: Hypertension
- Chapter 4: High cholesterol
- Chapter 5: Diabetes
- Chapter 6: Obesity and overweight
- Chapter 7: Asthma
- Chapter 8: Cancer
- Chapter 9: Regular check ups

Episode 18: Home Based Care:

- Chapter 1: What is home based care?
- Chapter 2: What are care plans?
- Chapter 3: Home based care for people living with HIV and AIDS
- Chapter 4: Practical advice on providing home based care
- Chapter 5: Common conditions
- Chapter 6: Additional support beyond home based care

Episode 19: Human Rights:

- Chapter 1: What are human rights?
- Chapter 2: What is the constitution?
- Chapter 3: Rights at work and HIV
- Chapter 4: Medical scheme and the law
- Chapter 5: Women's rights
- Chapter 6: Children's rights
- Chapter 7: Prisoner's rights
- Chapter 8: Refugee rights