

INTRODUCTION

- **Manual written by:** Annabelle Wienand
- **Original scripts by:** Polly Clayden

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Introduction

Welcome to the Siyayinqoba Beat it! Health Literacy Series. This manual is for Community Health Workers (CHWs) like you to give people accurate and valuable information about HIV. This manual will help you to use the Siyayinqoba Beat it! Health Literacy DVDs. It can also be used without the DVDs as a resource book. Just like the DVD series, this manual will give you information on all aspects of HIV treatment, prevention and care. This series was made for South Africans, but most of the information is still very useful for people living in other places, especially other Southern African countries.

Let's meet the presenters

The Siyayinqoba Beat it! Health Literacy Series is also available on DVDs that give the same information as this manual. The DVDs are available in English, isiXhosa, isiZulu, Sesotho, Chichewa and Portuguese. In this manual, you will find some of the different presenters who present the material. Let's meet the presenters!



Hi, my name is Roxy Marosa. I am the presenter in the English Health Literacy Series for South Africa.



Hi, my name is Palesa Lechesa. I am the presenter in the Sesotho Health Literacy Series for South Africa.



Hi, my name is Ntombi Makhutshi. I am the presenter in the isiXhosa Health Literacy Series for South Africa.

Hi, my name is Vulindlela Mthethwa. I am the presenter in the isiZulu Health Literacy Series for South Africa.



Why Health Literacy?

Health Literacy is giving people accurate information about the science behind a disease and treatment. In this manual we are giving you information about HIV and AIDS, maternal and child health, and other chronic diseases. Health Literacy is based on the belief that if people are more aware of the science behind their disease and how their medication works, then they are more able to understand:

- How to look after their health if they are HIV positive.
- How to prevent HIV infection if they are HIV negative.
- How they can manage opportunistic infections.
- How antiretroviral drugs work.
- How to manage chronic diseases.

Health Literacy is important because it:

- Helps people to understand how HIV works and make informed decisions about their health.
- Helps people to understand the importance of adherence to treatment and to manage side effects more effectively if they occur.
- Helps community advocates to understand the focus of their lobbying and informs good treatment policies.
- Helps health care workers provide appropriate care and treatment. Appropriate means the right care and treatment for the patient and their situation.

As a CHW it is important to understand and explain things that people may not be very interested in to start with. Sometimes people may be intimidated by this kind of information because most of the time people think it is for doctors and nurses. Health Literacy is for everyone. Health Literacy is for us, our friends, families and communities because we are all affected by HIV.

As a CHW you need to be able to explain new information in a way that makes people understand what they need to do to take better care of themselves and those they care for. Sometimes people don't want to know about science they just want to get on with their lives. But we all need to understand the science behind how things work. The science of HIV helps us to understand, believe and trust in things we can't see with our own eyes.

We can't see a virus, or a CD4 cell, and we can't see whether one pill or another will work better or work at all. But understanding how HIV affects the immune system and how treatment works does empower people to have more control over their treatment and their choices about their health. Learning about the science of HIV and other diseases can also be very exciting and rewarding. Once you start, you realise there is always more to learn!



How to use the Health Literacy series

As a CHW you are a ‘facilitator’, which means you help people and other organisations to understand the Health Literacy series. This manual was written specially for you. The manual will provide you with information and also ideas on how to help people to understand this information.

Not every CHW will use the series in exactly the same way. This manual was written to help you use the DVD series and to give Health Literacy training. It has suggestions on how you might want to explain and talk about the different topics.

Use your own ideas and do what you are best at to help explain ideas. Many CHWs already use songs, games and short plays as a way of getting people to learn.

You will notice that the names of the chapters in this manual are not exactly the same, or in the same order, as the DVD series. This is because the manual is designed for trainings and the order of the chapters is based on five day training program. But the manual will always tell you which DVD the information comes from. Next to the text in each chapter, you will see which DVD to use. Sometimes, you might be asked to train a group of people just on ARVs. In this case, you will choose those chapters that talk about ARVs for adults and children, as well as adherence and positive living.

Not all the sections in this manual are on the DVD. This is because they have been added to give you extra information on topics that are important to Health Literacy and looking after your health. You might notice extra information in the manual that is not on the DVDs. For example, more information about HPV and cervical cancer has been added to the chapter on Women and HIV. Use this extra information when you show the DVDs.

The DVD series can help facilitate information in the manual



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Here is a list of all the chapters in the manual and which DVDs they are based on:

- Chapter 1: Myths and Truths about HIV (DVD Episode 1)
- Chapter 2: Understanding the Human Body and the Immune System (DVD Episode 2)
- Chapter 3: Understanding the Science of HIV (DVD Episodes 1 & 2)
- Chapter 4: HIV Counselling and Testing (DVD Episode 3)
- Chapter 5: HIV Prevention (DVD Episode 4)
- Chapter 6: Sexually Transmitted Infections (DVD Episode 5)
- Chapter 7: Opportunistic Infections (DVD Episode 6)
- Chapter 8: TB and HIV (DVD Episode 7)
- Chapter 9: Infection Control (DVD Episode 8)
- Chapter 10: Sexuality and HIV (DVD Episode 4)
- Chapter 11: Positive Living (DVD Episodes 9 & 12)
- Chapter 12: ARVs and Adults (DVD Episode 10 & 11)
- Chapter 13: Women and HIV (DVD Episode 13 & 19)
- Chapter 14: PMTCT (DVD Episode 14)
- Chapter 15: Maternal and Child Health (DVD Episode 15)
- Chapter 16: Children and HIV (DVD Episode 9, 16 & 19)
- Chapter 17: Chronic Diseases (DVD Episode 17)
- Chapter 18: Home-based Care (DVD Episode 18)
- Chapter 19: Human Rights (DVD Episode 19)

This manual is available on the Siyayinqoba Beat It! website. Go to www.beatit.co.za or www.cmt.org.za to find it. You can download and print the whole manual or you can choose only those chapters that you need.

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website**





TIPS FOR TRAINERS

In the trainer version of the manual, you will find 'Tips for Trainers' in each chapter to give you ideas on how to present and explain the information in each chapter. Many of you already use songs, drama and games to make learning more fun. Please continue to do this. This manual is a guide for you and it is up to you to build on it with your own experience of what works for different groups of people. The 'Tips for Trainers' will tell you what the most important things (key points or questions) for each chapter are. The notes will also give you a guideline for how to manage your time to get the important points across during a session.



DISCUSSION POINTS

You will find 'Discussion Points' sections in each chapter. They usually come after each section of information. These questions are there for you to ask the group of people you are training. The participants also have the answers in their books. It is a good way to revise and to check if everyone has understood what you have covered. It is always a good idea to stop and ask questions and get the group to discuss the topic before moving to a new topic. You can make these questions more fun by dividing people into small groups. Each small group can discuss the questions among themselves before reporting back.

Workbook notes

In the workbook version of the manual you will find 'Workbook notes' sections for you to make your own notes.

Multiple choice questions

You will find a page of multiple choice questions and answers at the end of each chapter. These answers are not in the workbook version and trainers should be sure that participants have answered the questions correctly. This is to help you test your knowledge of the information covered in the chapter.

Some suggestions for trainers

1. If you don't know the answer to a question, don't worry. No one knows everything, even after many years of study and work experience. Be honest and say you are not sure, but will go and find the answer. Write down their question and see if you can find the answer after the session by asking colleagues, using the facilitator's guide or reading more on the topic.
2. When people ask you questions make sure that they understand your explanation before you go on. If you are busy explaining something different and would rather answer their question later, write it down and ask them to remind you to answer it later.
3. Before you start facilitating a session, read through the manual and remind yourself of all the information. Decide what songs, games and other ways of explaining the material you are going to use. You might want to write some of this planning down on a piece of paper.

Enjoy using the Health Literacy manual and DVD series. It was made with the help of people like you. We welcome your feedback and ideas.

Good luck!

The Siyayingqoba Beat It! Team

