

ADHERENCE GUIDELINES: Education on Illness and Treatment



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

Introduction to Adherence Education

Purpose:

The purpose of this adherence education flip file is to guide and assist health care service providers during the counselling of patients to provide standardised adherence education on TB, HIV, hypertension, diabetes, healthy living and mental health.

Who can use the Adherence education flip file?

The flip file can be used during education and counseling by the following:

- Health care workers
- Enrolled nursing assistants and enrolled nurses
- Health promoters
- Lay counsellors
- Home based carers
- Community health workers
- Ward based outreach team leaders
- Support group facilitators

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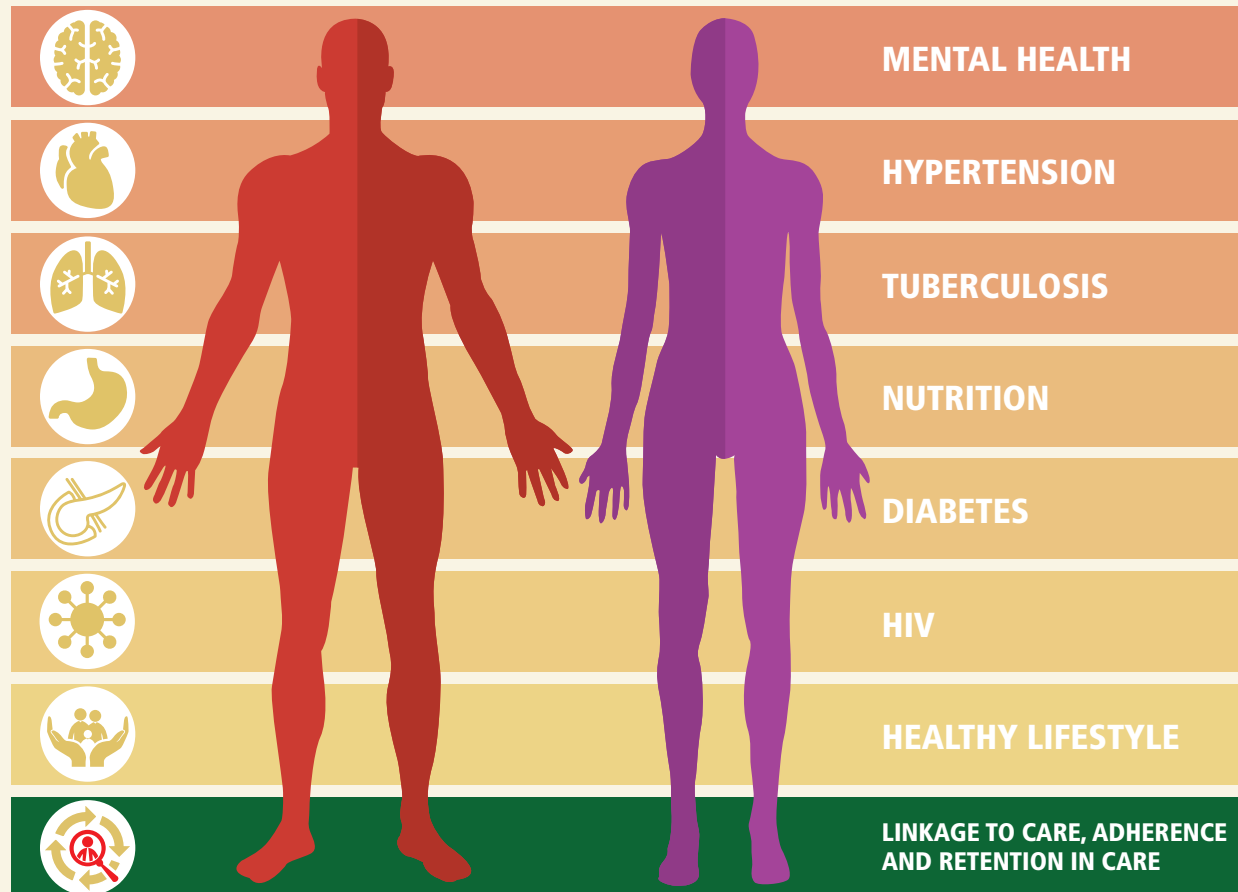
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Education on Linkage to care, Adherence and Retention in Care





LINKAGE TO CARE, ADHERENCE AND RETENTION IN CARE

To be facilitated from the day of screening, diagnosis or treatment initiation in group or individual session.

What does linkage to care mean?



What does linkage to care mean?

- Linkage to care means the process of linking or connecting a person with a disease to appropriate prevention, treatment, care, and support services.
- Advantages of linking to care as soon as possible are that:
 - You will receive information about your condition.
 - You will be supported and empowered to make decisions about your health.
 - You will be supported to choose health seeking behaviour.
 - You will be empowered to demand quality and comprehensive health care.
 - You will contribute to your own improved healthy and long life.

What does linkage to care mean?



What is your role to ensure that you and your family are linked to care?



What is your role to ensure that you and your family are linked to care?

- Get tested for TB, HIV, high blood pressure and diabetes during community campaigns or when you visit the clinic.
- If there is a risk that your child may be exposed to HIV or TB, bring your child to the clinic to be tested for HIV, TB, and malnutrition.
- Once you have been tested and are diagnosed with a condition, you must discuss and agree with the health care worker which health facility you should be referred to for follow-up patient care.
- You must say what your concerns are and ask questions if you do not understand.
- You should also consider sharing information with your family and friends so that they can support you.
- You must look for peer support to share feelings with people diagnosed with the same condition as you.

Remember: Most importantly, you must visit the health facility you are referred to according to agreed plan.

What is your role to ensure that you and your family are linked to care?



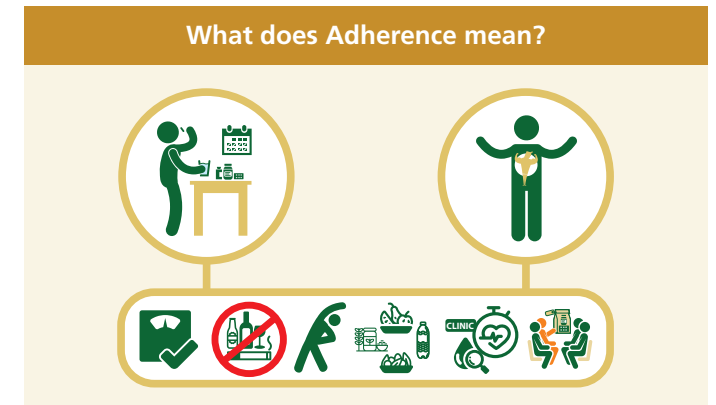
Take your official documentation (such as a birth certificate, ID book or passport) with you to the clinic. The clinic will use this number to follow you in the health care system so that they can understand which other clinic(s) you are attending and which other service(s) you are accessing.

What does Adherence mean?



What does Adherence mean?

- **Adherence** means the extent to which a person's behaviour corresponds with agreed recommendations from a health care worker in respect to taking medication, following a diet and or making lifestyle changes.



Remember: The power to change and improve your health status through adherence lies in your hands.

What is your role to ensure that you and your family adhere to treatment?



What is your role to ensure that you and your family adhere to treatment?

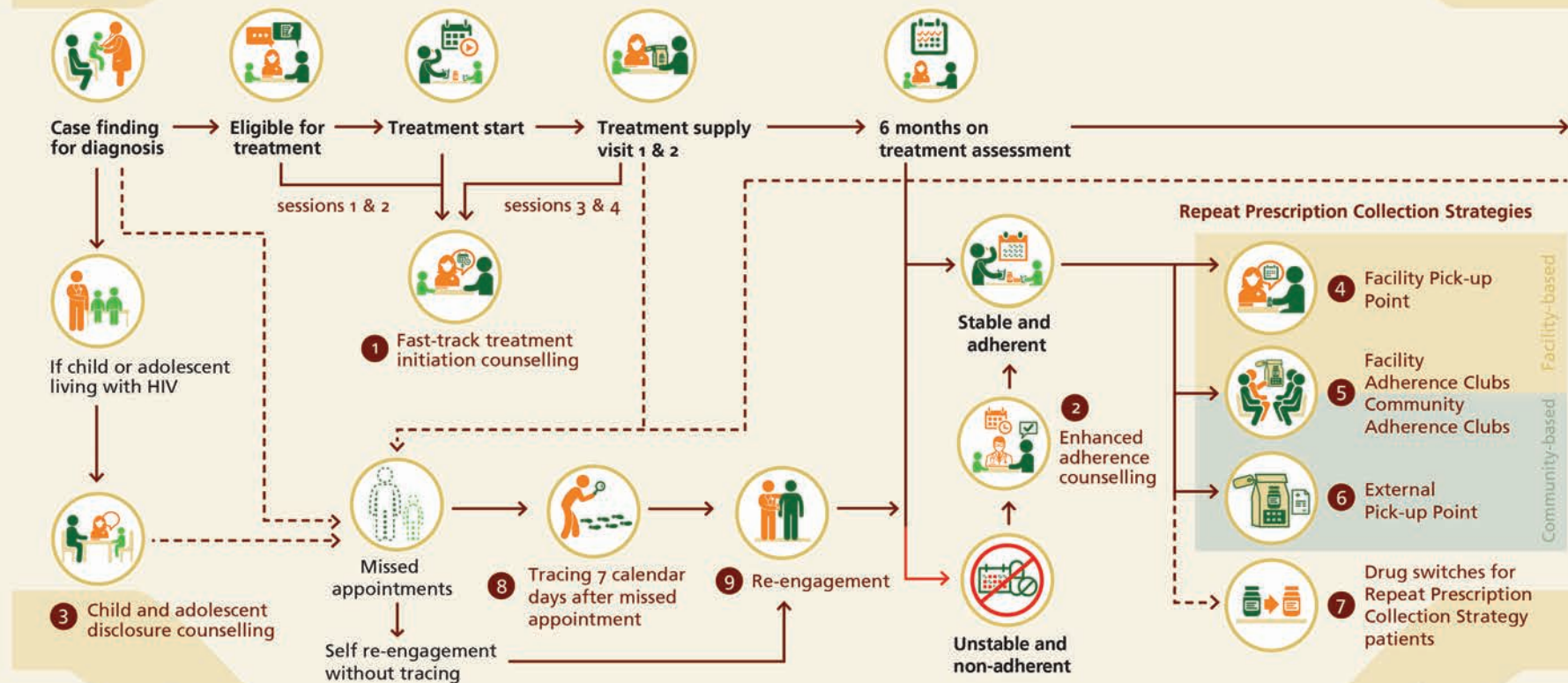
- Take treatment as prescribed and follow up on health advice provided by the health care worker.
- If your child is taking medication, speak to a health care worker to assist you to ensure that your child takes their medication everyday as prescribed.
 - we can help you to talk to your child about their condition and support them to stay healthy and live longer.
- Make sure you understand how and why it is important to take treatment.
- Develop an adherence plan with the counsellor and identify:
 - 1) The best time to take treatment
 - 2) Medication reminders
 - 3) How to get to appointments
- Inform the health care worker if you or your child are experiencing serious side effects to medications.
- Know how to adhere to treatment in case of alcohol or substance use.
- Identify an appropriate support system or networks and adhere to guidance.
- Go to the health facility for follow up appointments.

Remember: It is important to discuss and agree on treatment goals and care plan with your health care worker.



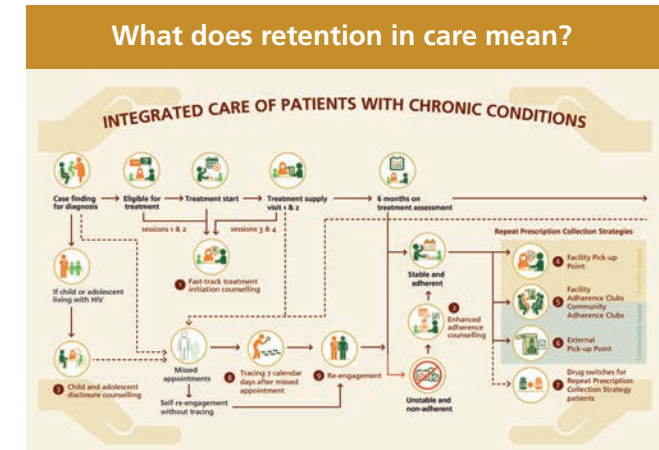
What does retention in care mean?

INTEGRATED CARE OF PATIENTS WITH CHRONIC CONDITIONS



What does retention in care mean?

- **Retention in care** means continuous, regular engagement of a patient, from the time of diagnosis, in an ongoing comprehensive provision of follow-up assessment, prevention, treatment, care and support services.



Remember: Being retained in care is the best gift you can give to yourself and your loved ones.

What is your role to ensure that you and your family are retained in care?



What is your role to ensure that you and your family are retained in care?

- Show up for follow-up scheduled appointment.
- Always bring your child for follow-up scheduled appointment.
- Follow the adherence plan and take responsibility for your own health and adherence.
- Complete your adherence plan and review as necessary.
- Stick to treatment and collect medication as scheduled.
- Come for medical follow up visits and blood tests as agreed with health care worker.



If it becomes difficult for you to continue taking treatment at your clinic (for example; if you move to live in a different area), tell your clinic and request a transfer letter

Remember: Always inform the health care worker when you are unable to visit the facility, if you move to a new area or if your contact details change.

What happens in case you miss your appointment?



What happens in case you miss your appointment?

- In case you or your child miss your scheduled appointment, you will be traced by
 - phones,
 - SMS, and
 - home visits,depending on what tracing method you have agreed to.

What happens in case you miss your appointment?



It is important that the clinic always has your up to date address and contact details. These will be used to trace you or your child if you miss your scheduled appointment

Remember: You must visit the facility as soon as possible, when you realise you have missed your scheduled appointment date.

What is your role in ensuring that you are adequately traced if you miss your appointment?



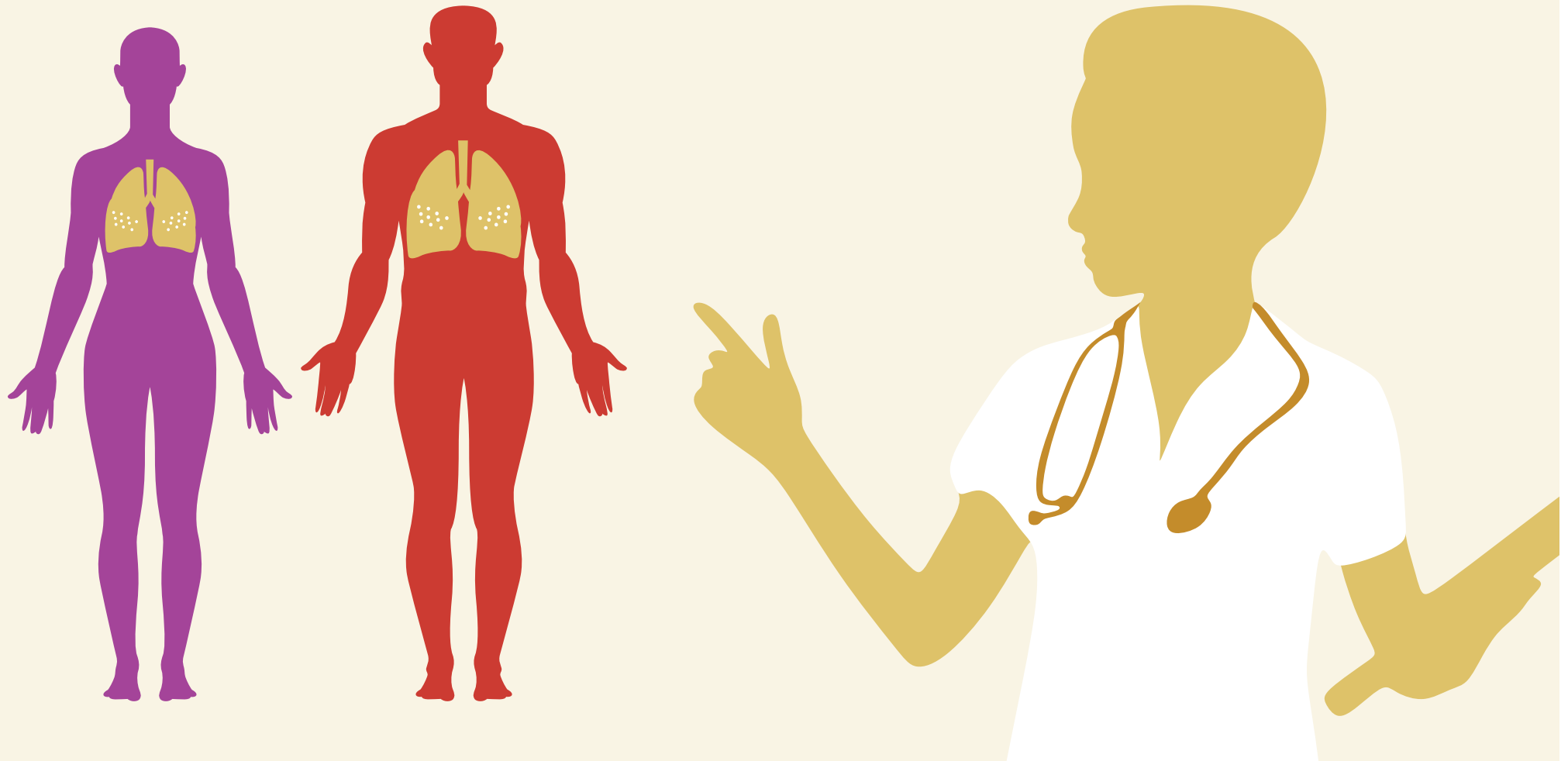
What is your role in ensuring that you are adequately traced if you miss your appointment?

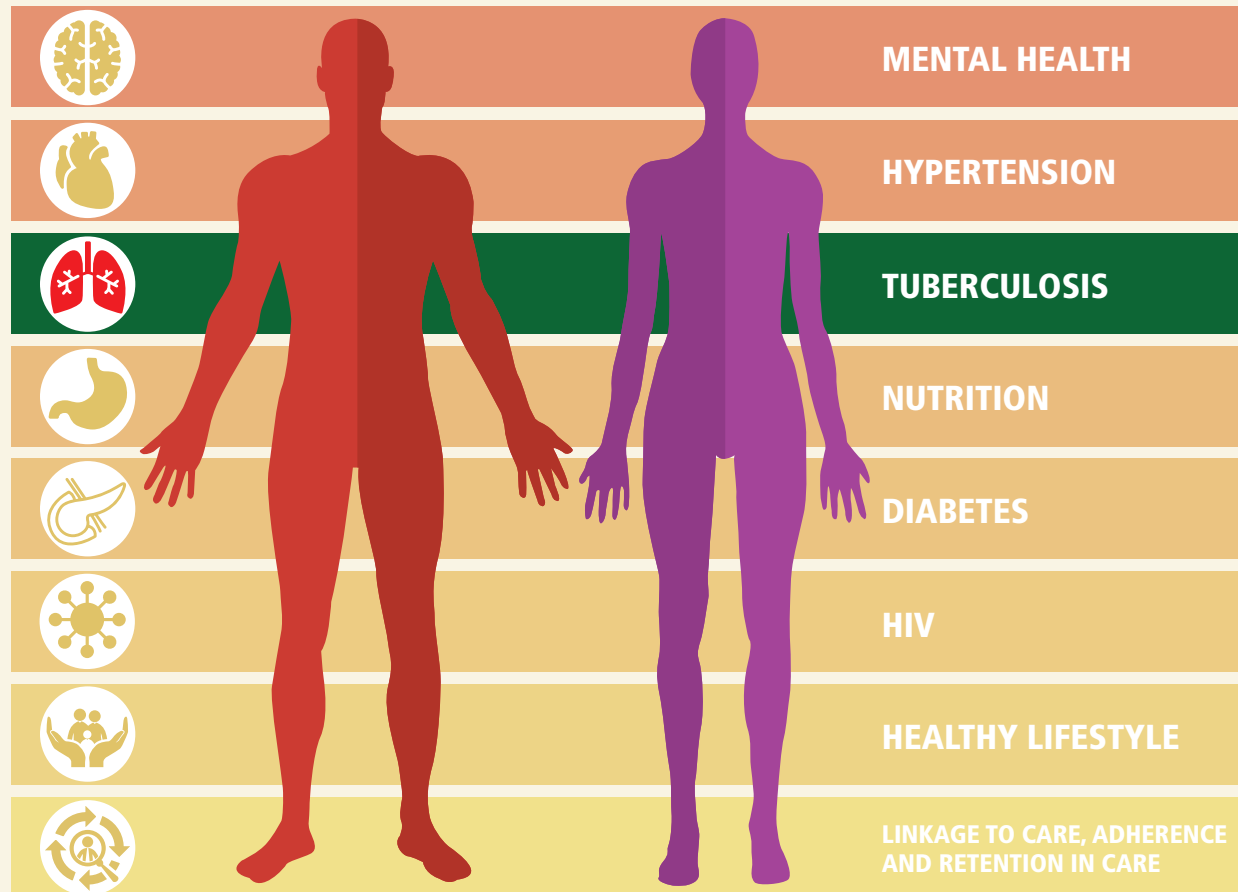
- Understand the **Tracing and Retention in Care** system at your facility.
- Agree on the best way to be traced such as through home visits, by phone or SMS if necessary.
- Provide your latest contact details and treatment supporter's contacts (in case you have one) at every visit, and inform the health care worker, if there has been any changes.
- Arrange your follow-up visit with health care worker on scheduling a follow up visit, including confirming time and date to ensure that you are available.
- If you have children who are also taking the same treatment as you, inform the health care worker so that your clinic visits are scheduled on the same day as your children, if possible.
- If you have children who attend school, share the name of the school the child is attending so that the child can be traced through school.

Remember: It is important that if you are traced, you agree to come back to the facility to continue treatment and care and be referred to get support, so that you can live a healthy life!



EDUCATION ON TB

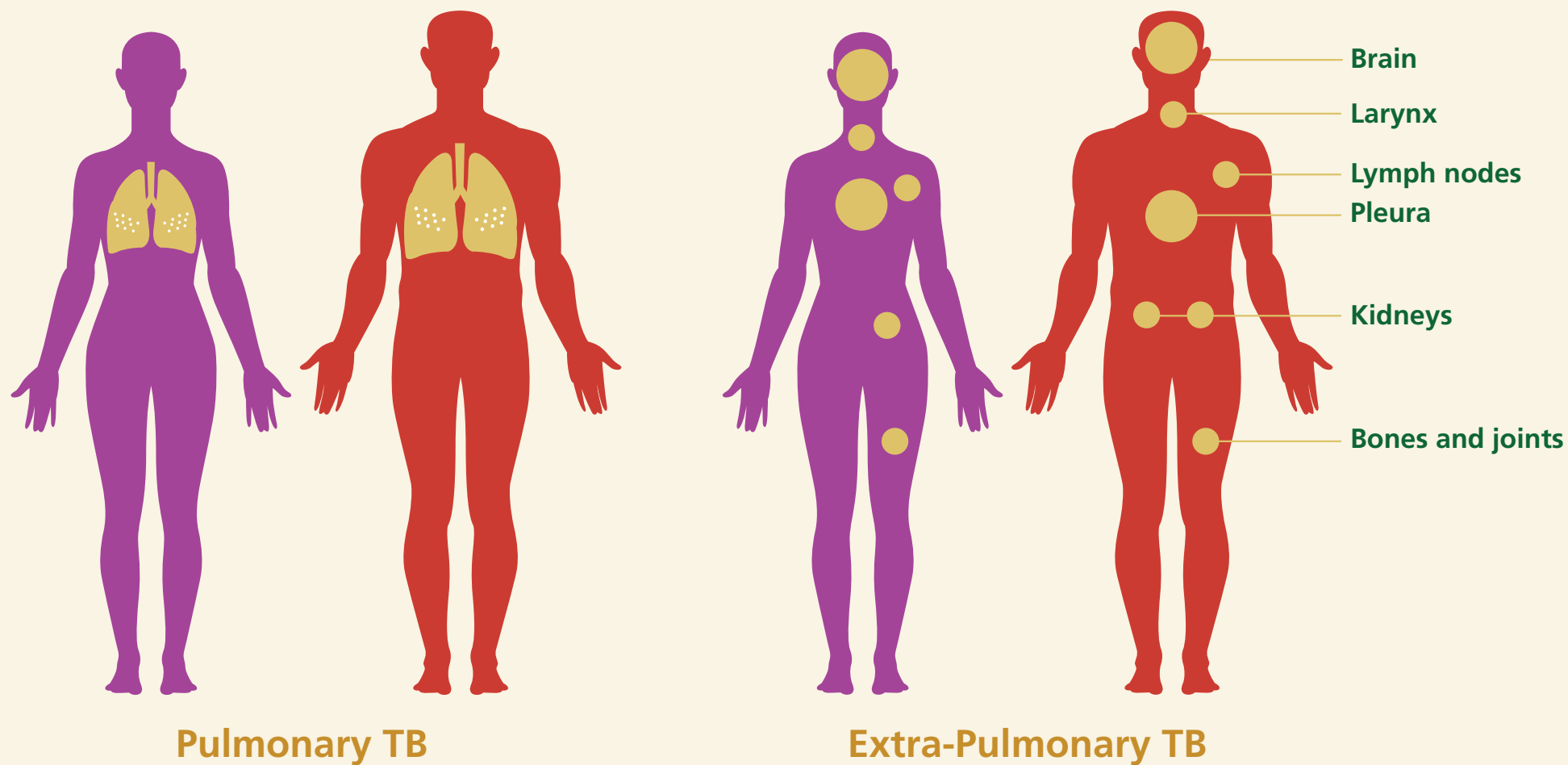




EDUCATION ON TB

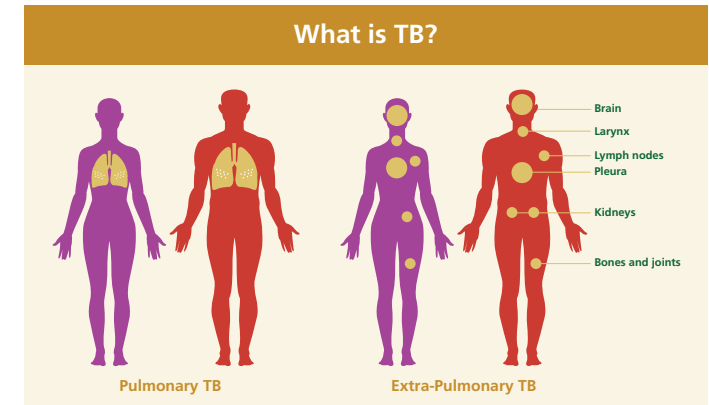
To be facilitated from the day of TB screening, diagnosis or treatment initiation in group or individual session.

What is TB?



What is TB?

- TB is an infectious disease.
- TB is caused by a bacteria called *Mycobacterium TB* that you breathe in.
- TB mainly damages the lungs by growing and causing local destruction.
 - This form is called **Pulmonary TB** and is infectious to others.
- TB can also occur in some parts of the body outside of the lungs such as:
 - brain,
 - larynx,
 - lymph nodes,
 - pleura (the membrane surrounding each lung),
 - kidneys, or
 - bones and joints.
 - These forms are called **Extra-Pulmonary TB** and are not infectious to others.

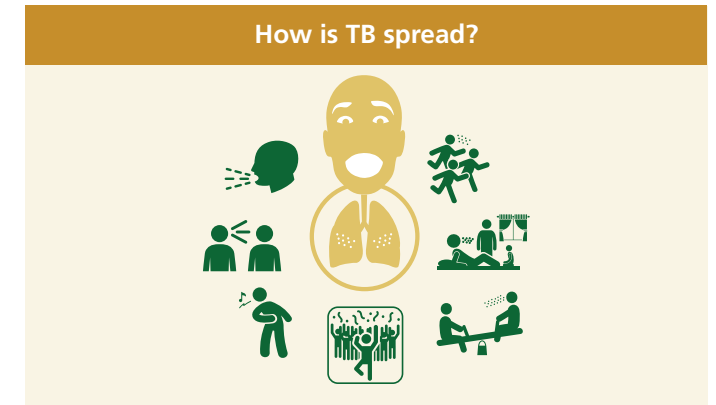


How is TB spread?

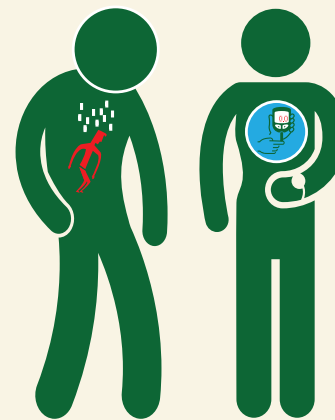
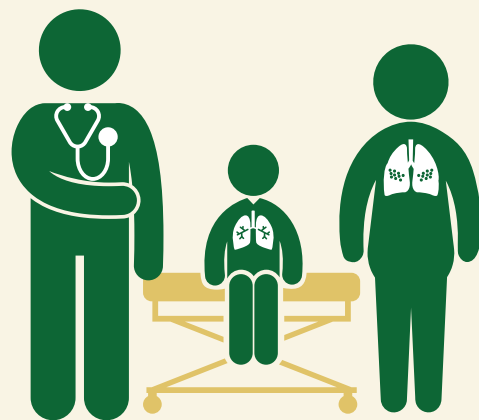


How is TB spread?

- TB is spread in the air when people who have active TB are:
 - coughing,
 - sneezing, or
 - singing,
 - Other people can breathe in the Mycobacterium TB and may get sick sooner or later.
 - This happens more in crowded spaces.
- TB cannot be spread by:
 - shaking hands,
 - sharing cups, or
 - eating utensils.

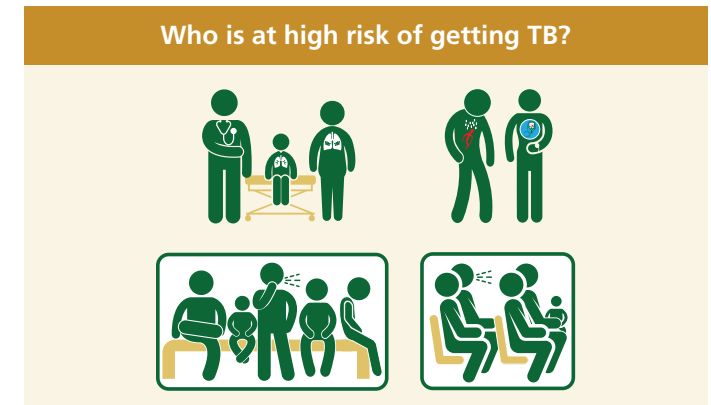


Who is at high risk of getting TB?



Who is at high risk of getting TB?

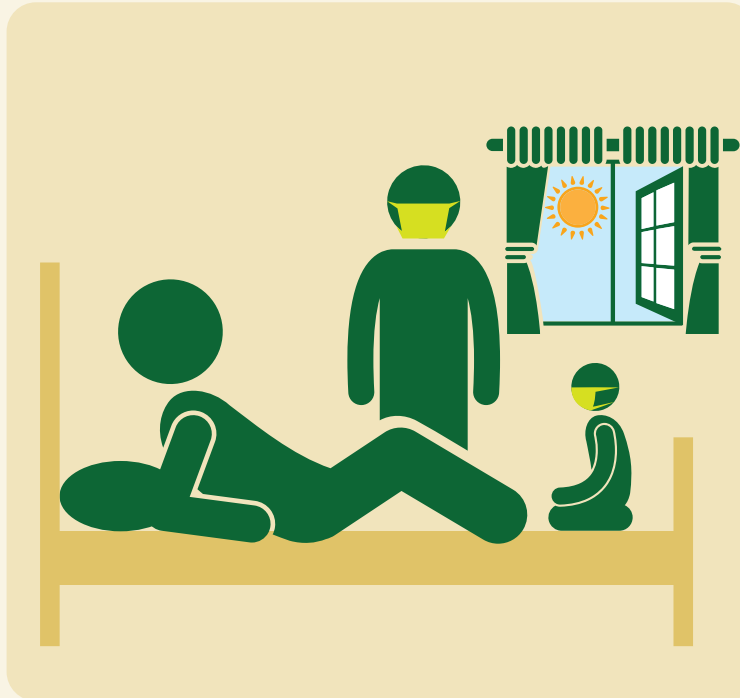
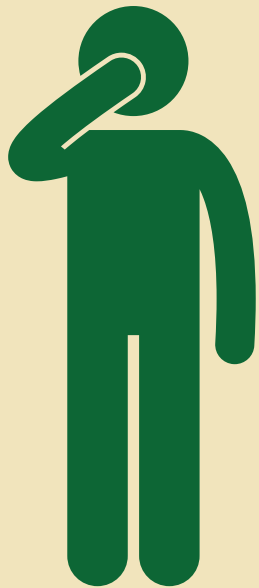
- Children under 5 years.
- People with weak immune systems such as HIV infected or people with diabetes.
- People who work or live in crowded spaces such as miners, prisoners and not well ventilated closed environment.



People at high risk of TB may be eligible to receive TB prevention medication. Children use this medicine daily for 6 months while adults use the medicine daily for one year. TB prevention medicine can be used at the same time as other medicine such as ARV medicine.

Remember: All children under 5 living with someone diagnosed with TB should be taken to the clinic for a TB test and preventive treatment.

How can you prevent passing TB on to others?



How can you prevent passing TB on to others?

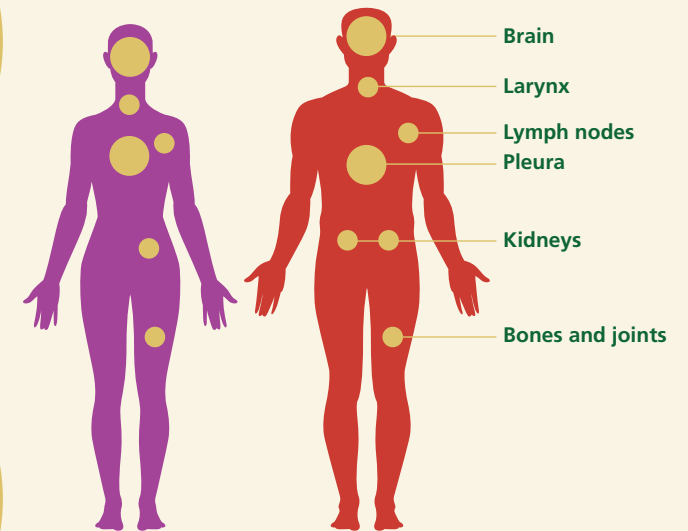
- Cover your mouth with a tissue or your sleeve when you cough or sneeze.
- Let sunshine and fresh air in:
 - open windows and doors in your house, cars, taxis, schools, crèches, early learning centers and hospital wards.
- Wear a mask when in contact with someone who has been diagnosed with or may have TB.
- Avoid close contact with others until you have completed at least 14 days of treatment:
 - if possible sleep in a room on your own during this time.

Remember: The best way to avoid spreading TB is to complete your TB treatment.

How can you prevent passing TB on to others?



What are the symptoms of TB?



What are the symptoms of TB?

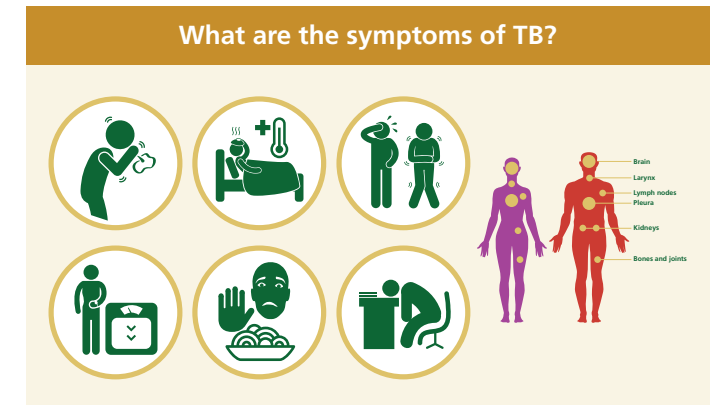
- Main TB symptoms:

Adults	Children
<ul style="list-style-type: none">– Cough for 2 weeks or more– Fever for 2 weeks or more– Unexplained weight loss– Night sweats	<ul style="list-style-type: none">– Cough for 2 weeks or more which is not improving on treatment– Persistent fever for 2 weeks or more– Documented weight loss (check ROAD TO HEALTH CARD)– Fatigue (less playful)

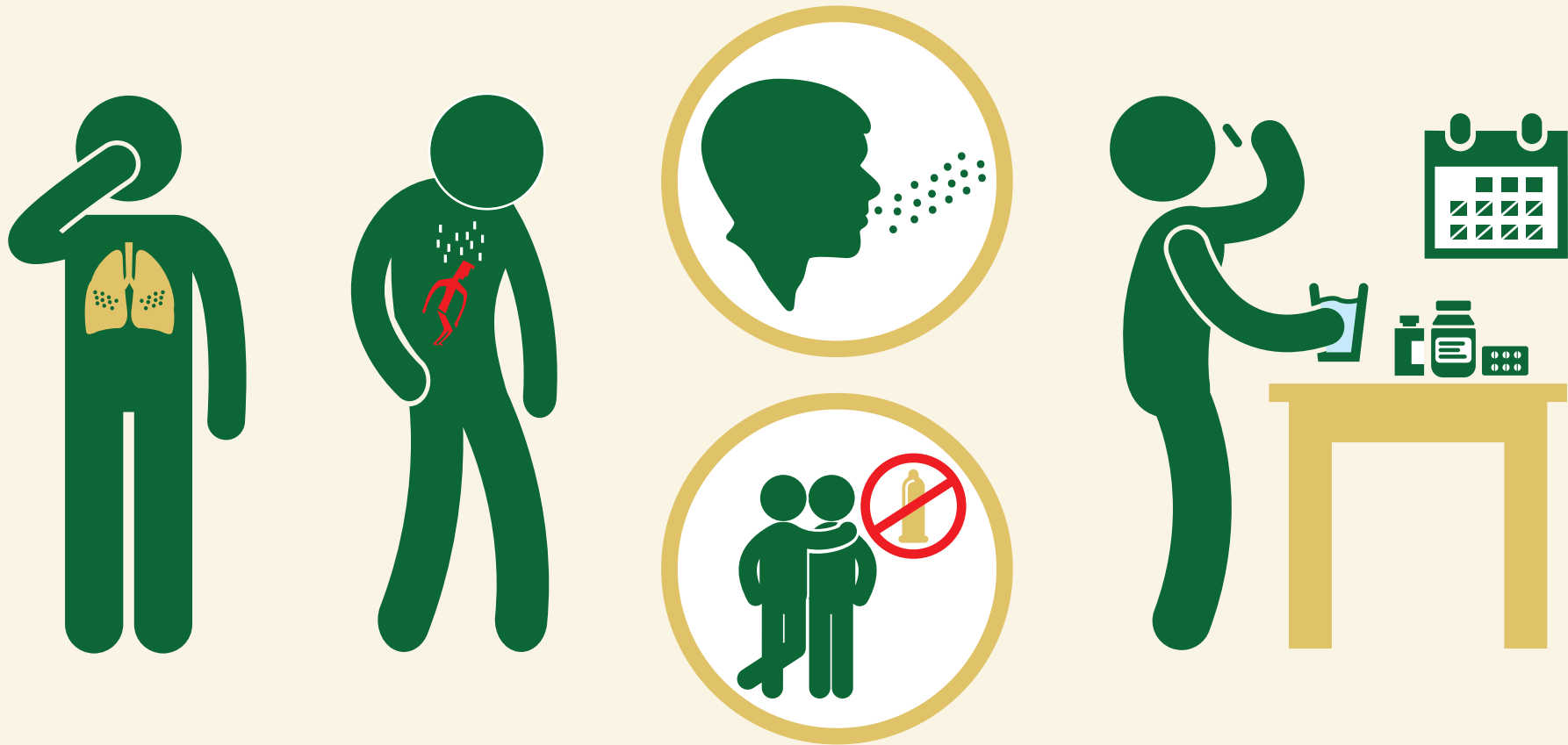
- Other symptoms can be specific to the part of the body where the TB bacteria is growing such as:

- | | |
|--|-------------------------|
| – larynx, | – the brain, |
| – the lymph nodes, | – the kidneys, or |
| – the pleura (the membrane surrounding each lung), | – the bones and joints. |

Remember: If you have any of these signs or symptoms, you need to go to the clinic to be tested for TB.



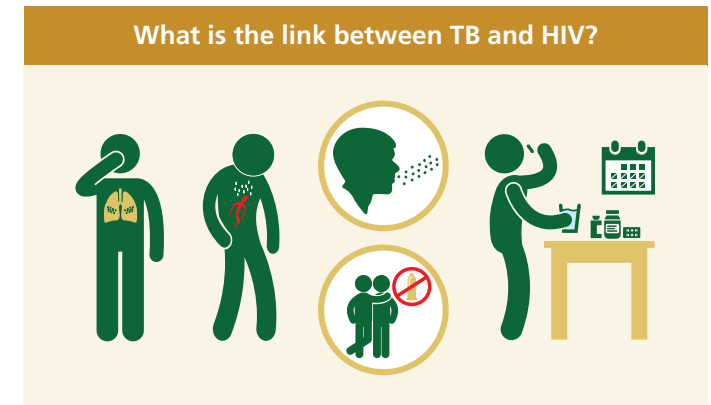
What is the link between TB and HIV?



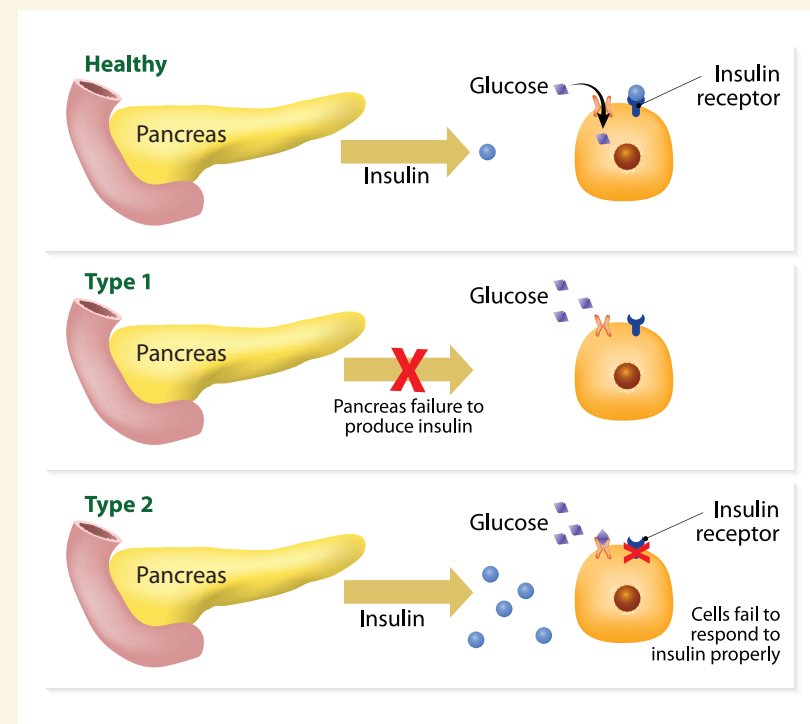
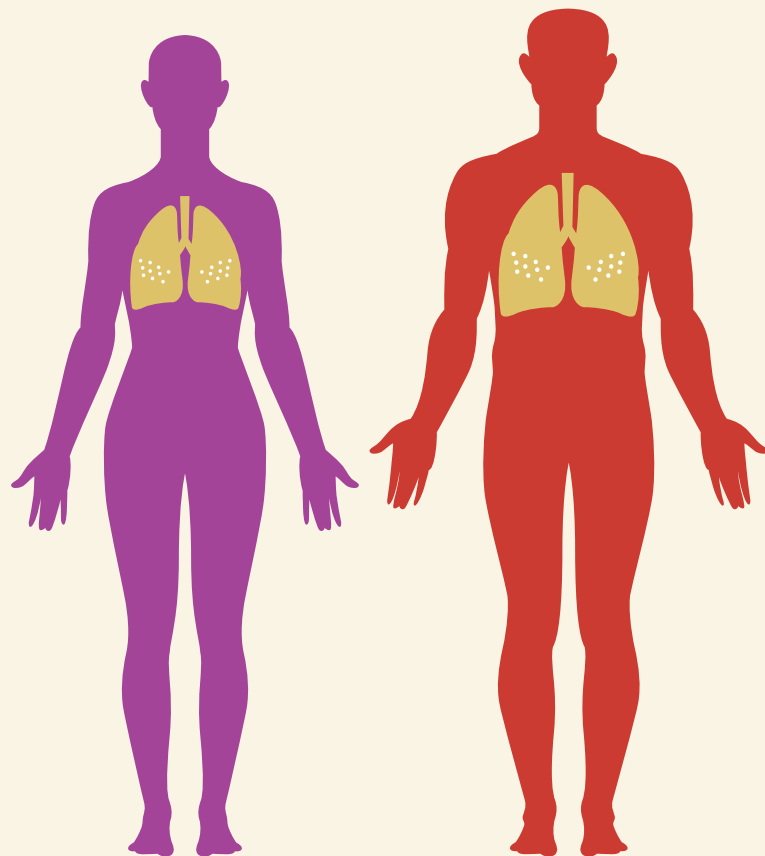
What is the link between TB and HIV?

- TB is the most common serious opportunistic infection among people living with HIV and AIDS.
- HIV attacks the soldiers (CD4 cells) of the immune system that protect the body from infection.
- As the immune system of people living with HIV is weak, TB easily develops in the body.
- TB and HIV are spread in different ways
 - TB bacteria are breathed in.
 - HIV is most commonly spread through unprotected sex.
- TB can be treated and can be cured.
- HIV can be treated but cannot be cured.

Remember: When you have HIV and TB at the same time and have not been started on ART, you will be started on TB treatment first, followed by ART as advised by the health care worker.



What is the link between TB and diabetes?

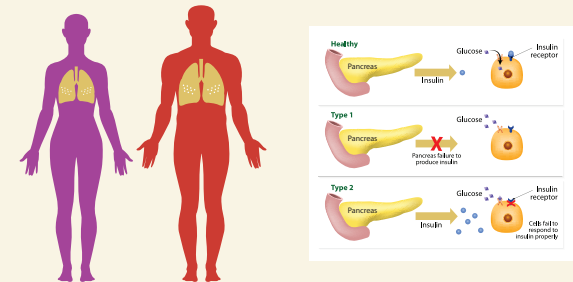


What is the link between TB and diabetes?

- Diabetes Mellitus also known as Diabetes increases the risk of developing TB.
- TB infection may progress at a faster rate in people with diabetes than in those without diabetes.
- Diabetes can delay TB treatment response and reduce the likelihood of a good outcome, increasing the risk of relapse or death.
- TB may trigger the onset of diabetes or worsen control of blood sugar in people who already have diabetes.

Remember: It is important to get tested for TB if you have diabetes, and for diabetes if you have TB.

What is the link between TB and diabetes?



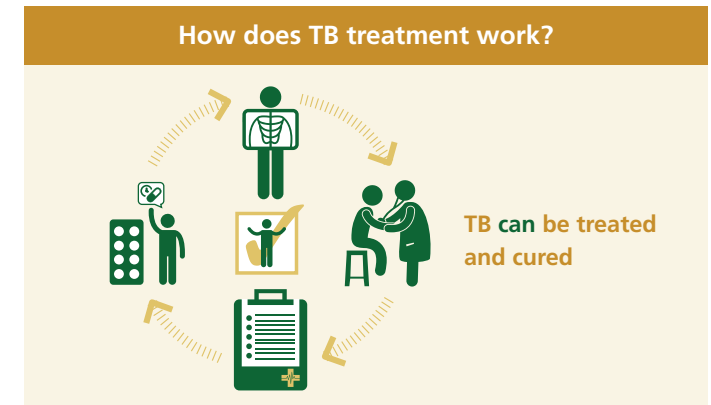
How does TB treatment work?



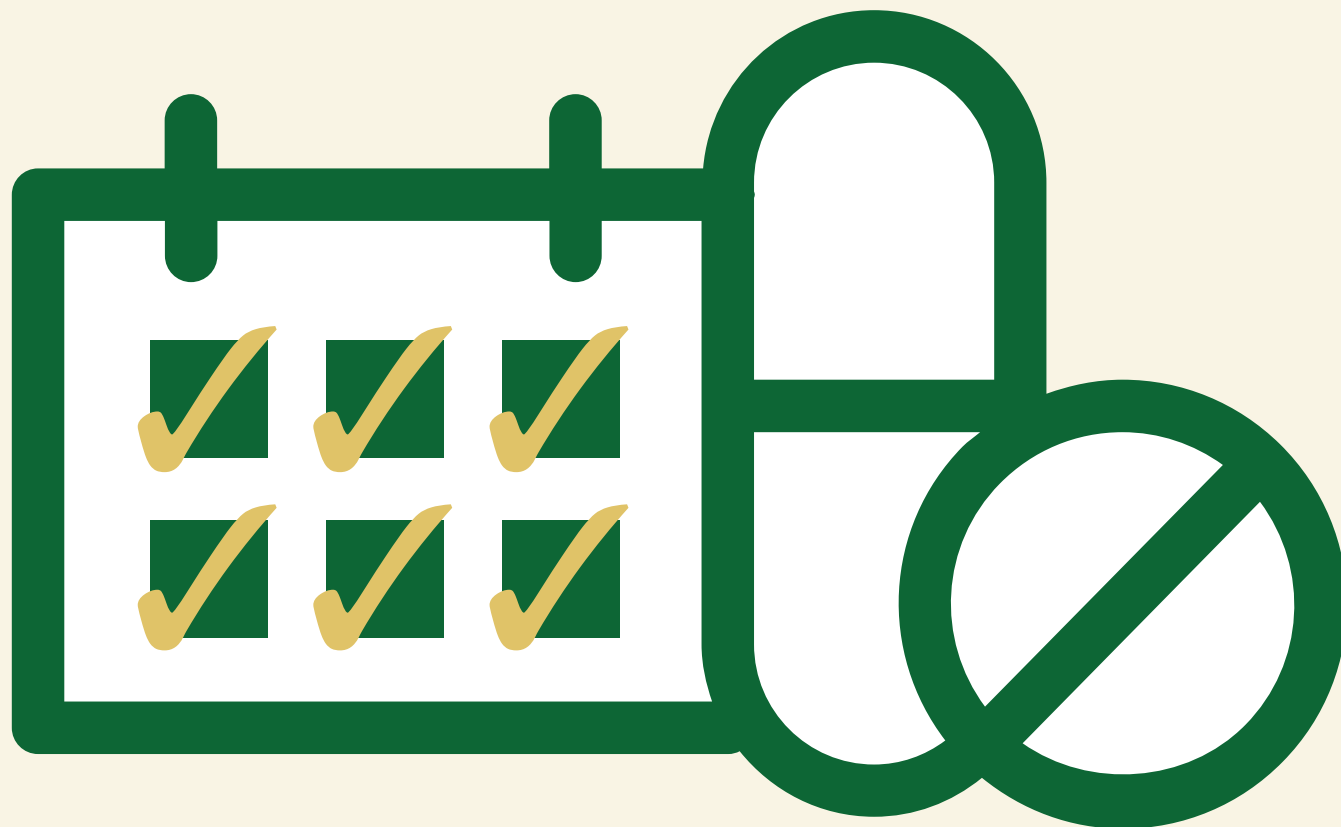
**TB can be treated
and cured**

How does TB treatment work?

- A combination of at least four medicines will fight TB.
- The medicines are put together into one tablet called fixed dose combination or FDC.
- It takes 6 months to kill the TB bacteria.



How should TB treatment be taken?



How should TB treatment be taken?

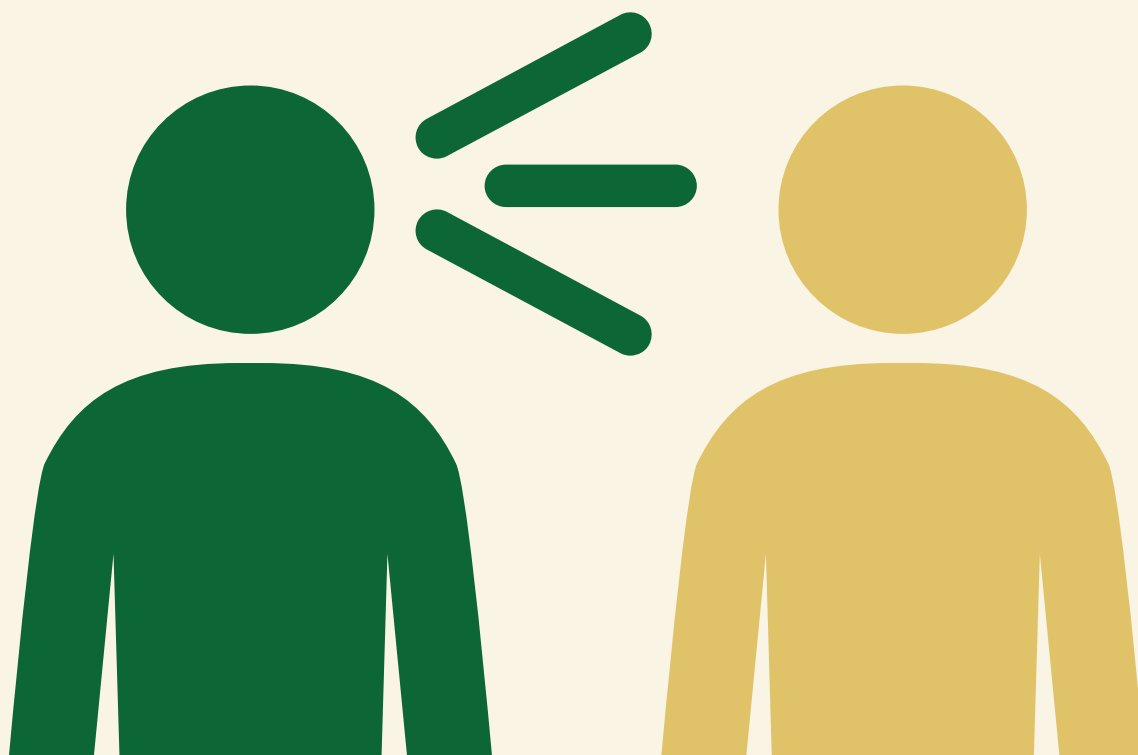
- TB medicines need to be taken, as prescribed, every single day, for a minimum of 6 months.
- When you miss a dose, you should take the forgotten dose as soon as you remember and then get back to your usual medication schedule.
- Medicines should be kept in a safe, dry place that is not too hot.

How should TB treatment be taken?



Remember: Your goal when taking TB treatment is to complete 6 months TB treatment and be cured of TB!

Transmission of Drug-resistant TB

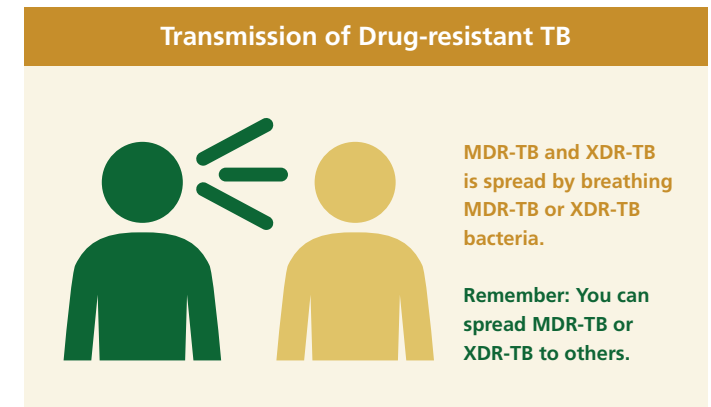


MDR-TB and XDR-TB is spread by breathing MDR-TB or XDR-TB bacteria.

Remember: You can spread MDR-TB or XDR-TB to others.

How does TB become medicine (Drug) resistant?

- If you stop taking TB treatment before 6 months or do not take TB treatment regularly, you may develop Drug Resistant TB (DR-TB).
 - This kind of TB cannot be cured with Drug sensitive TB treatment
 - The common types of DR-TB are:
 - a) Multi Drug Resistant TB (MDR-TB)
 - b) Extensive Drug Resistant TB (XDR-TB)
 - You can also spread MDR-TB or XDR-TB to others and as such, people you have had close contact with should be traced and tested for MDR-TB or XDR-TB.
- Sometimes you can get MDR-TB or XDR-TB when you breathe in MDR-TB or XDR-TB bacteria.
- MDR-TB and XDR-TB are more difficult to treat.
- You will have to take treatment longer to get rid of the bacteria.
- You will be hospitalised to take treatment if you have been diagnosed with MDR-TB or XDR-TB.



How does treatment for DR-TB medication work?



How does treatment for DR-TB medication work?

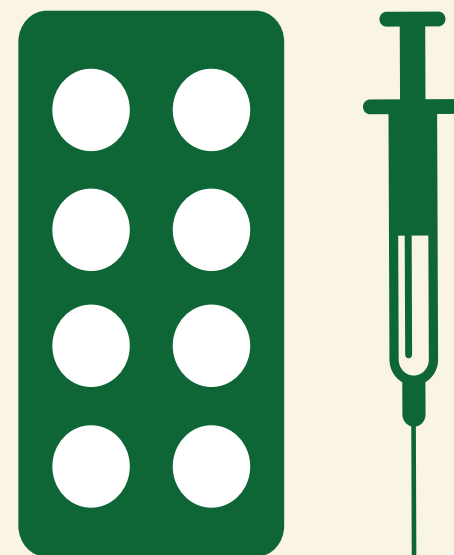
- DR TB treatment takes up to 2 years. The treatment is made up of a number of different medications which you may be on for different lengths of time.

How does treatment for DRTB medication work?



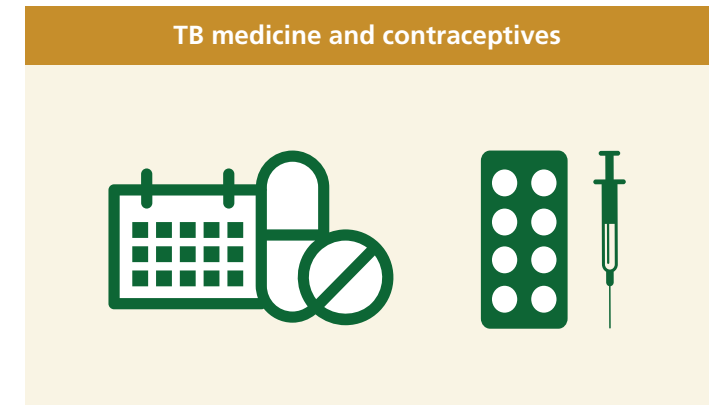
Remember: Your goal when taking DR-TB treatment is to complete treatment and be cured of DR-TB!

TB medicine and contraceptives



TB medicine and contraceptives

- If you are taking oral contraception or using injectable contraception, and diagnosed with TB, medicines could affect their effectiveness.
 - Let your health care provider know about your method of contraception because the TB treatment can make the contraceptive less protective against unwanted pregnancy.



Remember: Inform the health care worker if you are using contraceptives.

What are the side effects of TB treatment?

Minor side effects



Serious side effects



What are the side effects of TB treatment?

Minor side effects

- Most people do not get side effects.
- Some people could experience mild side effects like:
 - heartburn,
 - nausea,
 - rash,
 - painful feet, or
 - urine turning orange.

Serious side effects

- A few people may experience serious side effects like:
 - yellow skin/eyes,
 - severe abdominal pain,
 - bruising, or
 - problems with sight and hearing.

Remember: If you have any of these serious side effects, go to the facility to be seen by a doctor or nurse.

What are the side effects of TB Treatment?

Minor side effects



Serious side effects



TB treatment and alcohol



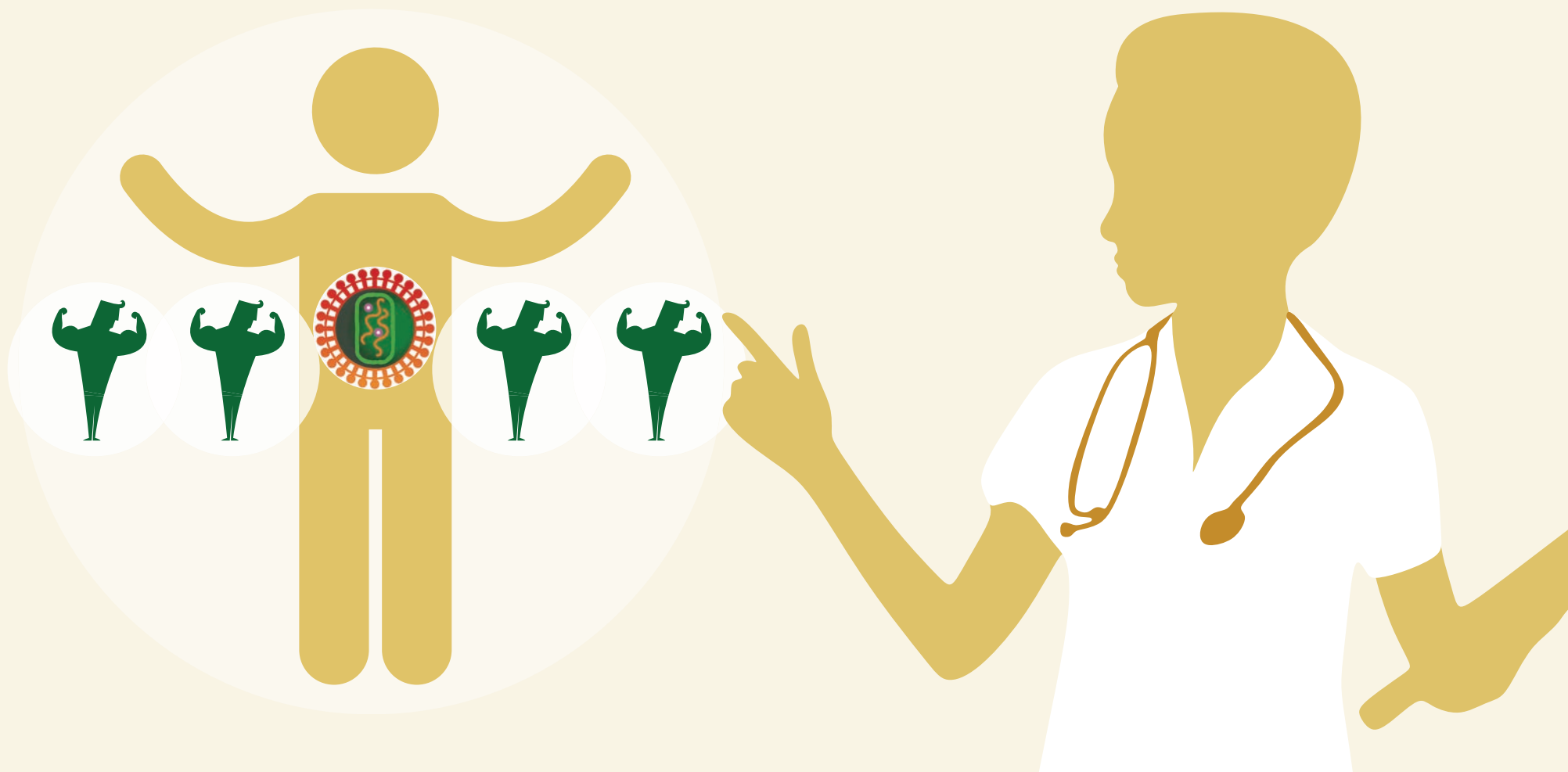
TB treatment and alcohol

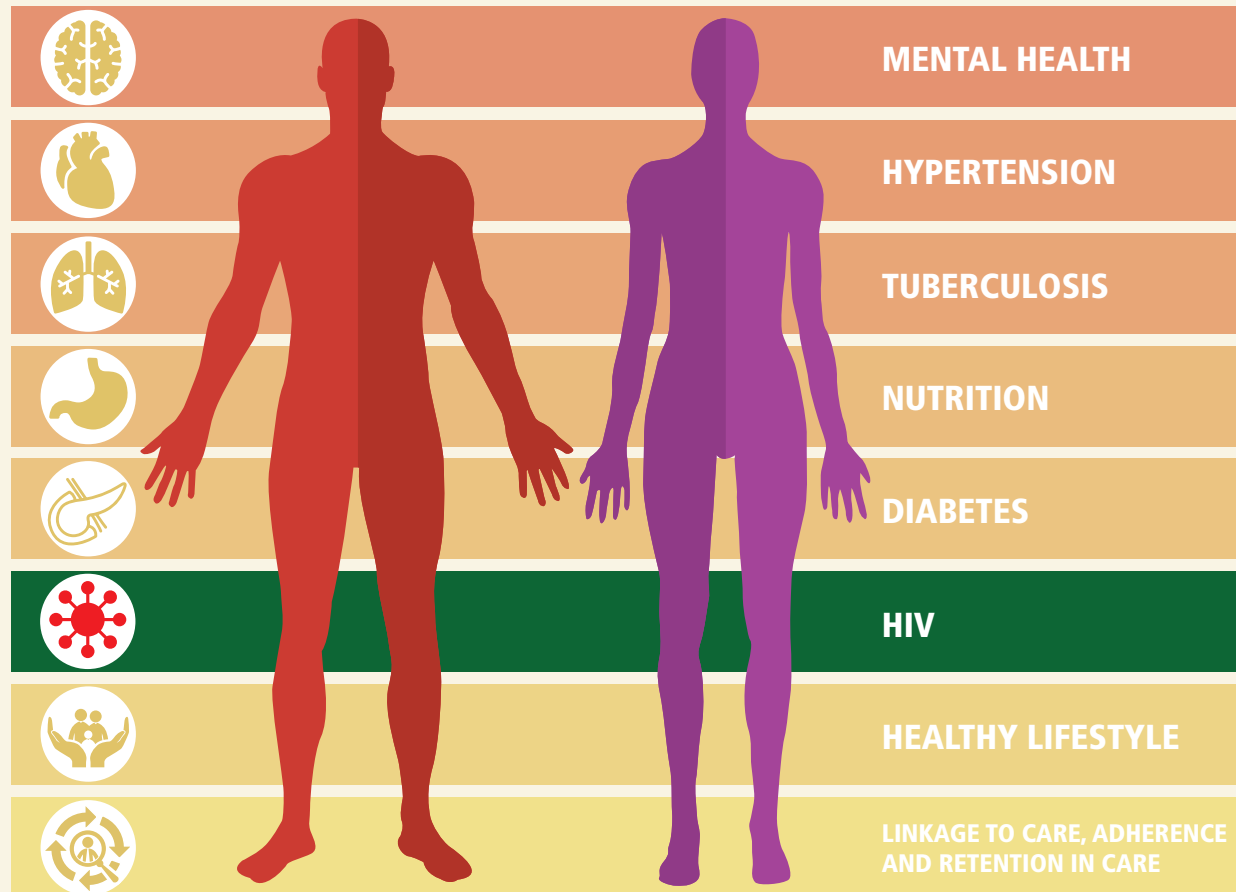
- It is better not to drink any alcohol during the period that you are taking TB treatment.
- The combination of TB treatment and alcohol will have a bad effect on your liver and your nerves.
- If you experience difficulty in reducing alcohol consumption, do not stop the TB treatment and rather inform the health care provider immediately.

TB treatment and alcohol



Education on HIV and ART

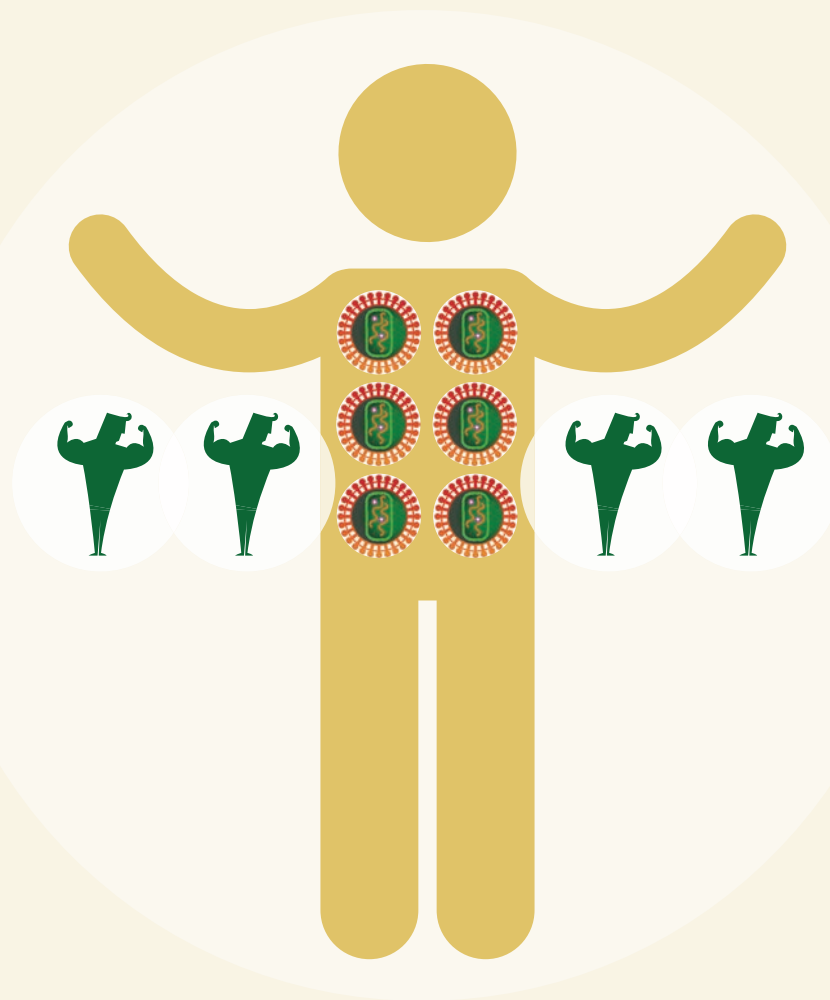




EDUCATION ON HIV AND ART

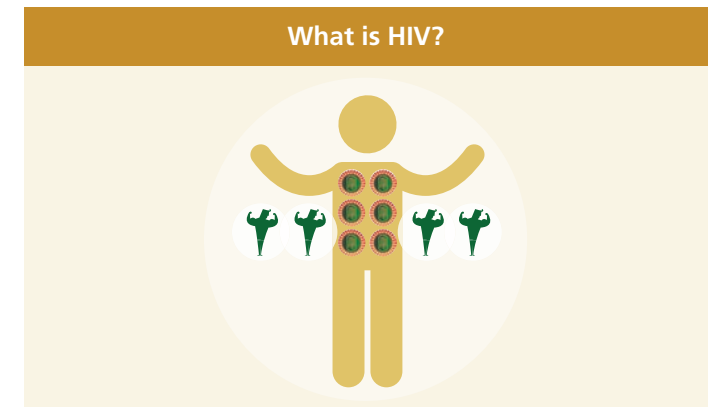
To be facilitated from the day of HIV screening, diagnosis or treatment initiation in group or individual session.

What is HIV?

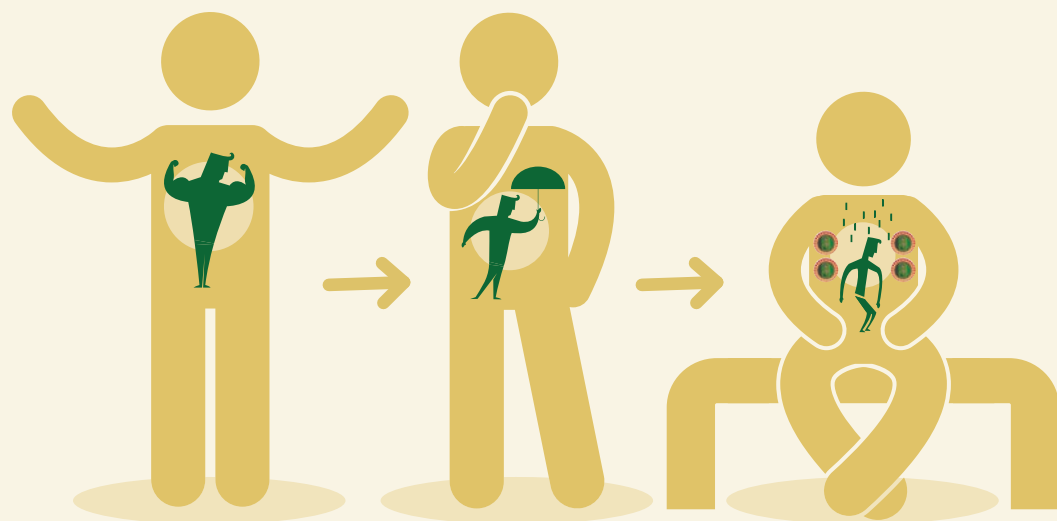


What is HIV?

- **HIV** is a virus that enters your body.
- This virus is clever. It uses the human body's own cells to make copies of itself.
- It makes more and more HIV when it enters the body and attacks our CD4 cells, destroying the immune system (our body 's defence system, soldiers).



What are CD4 cells?



HIV-negative person

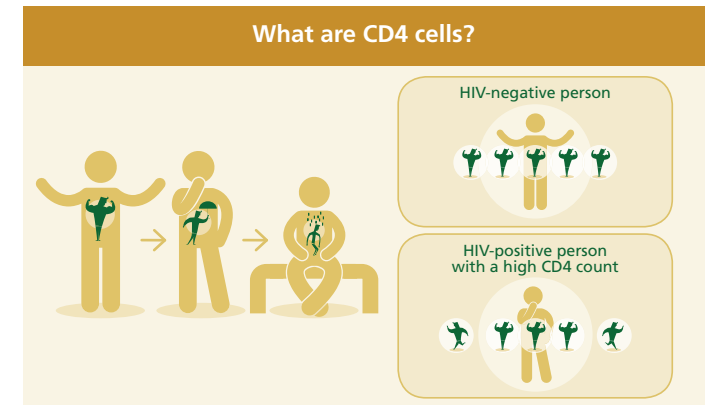


HIV-positive person
with a high CD4 count



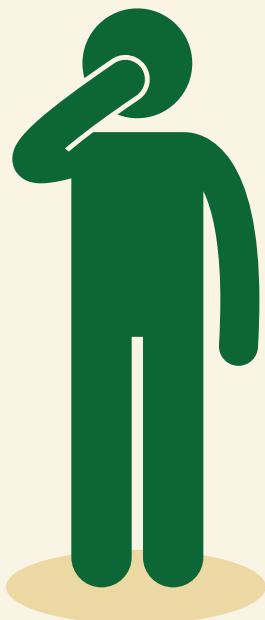
What are CD4 cells?

- CD4 cells are cells that live inside our blood and protect the body against diseases.
- They are like 'soldiers' of the body and they fight against diseases.
- Together with other cells, CD4 cells form the body's 'army', which is called the immune system.
- The blood test you took after testing HIV positive is called CD4 count test.
- It measures how strong the immune system is and how many soldiers you are left with to fight infections.



What happens when your immune system gets too weak?

As the CD4 count decreases the risk of Opportunistic Infections increases



1

- Short-lived flu-like symptoms
- Often no other symptoms



2

- Fatigue
- Night sweats
- Rashes



3

- Weight loss
- Persistent fever
- Chronic diarrhoea
- Pulmonary TB

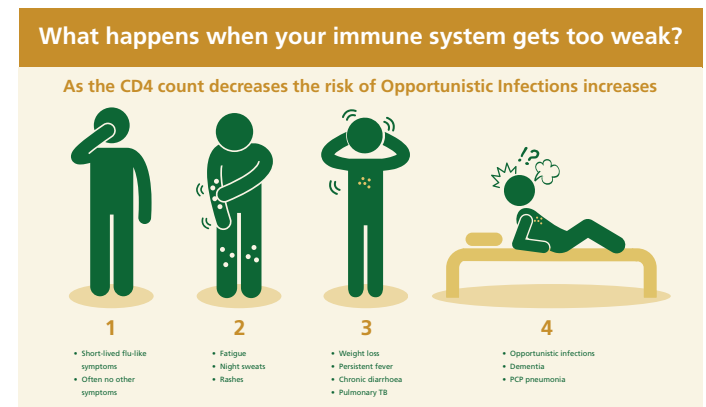


4

- Opportunistic infections
- Dementia
- PCP pneumonia

What happens when your immune system gets too weak?

- When the HIV kills your CD4 cells (your body's soldiers) infections can enter into the body and make you sick.
- We call these **opportunistic infections** (the infection is taking the opportunity to spread because your soldiers of the body are weak).
- The most common opportunistic infections are:
 - TB,
 - Pneumonia,
 - Diarrhoea, and
 - Skin diseases.



Signs and symptoms of HIV



The only way to know for sure whether a person is infected with HIV is for them to have an HIV test

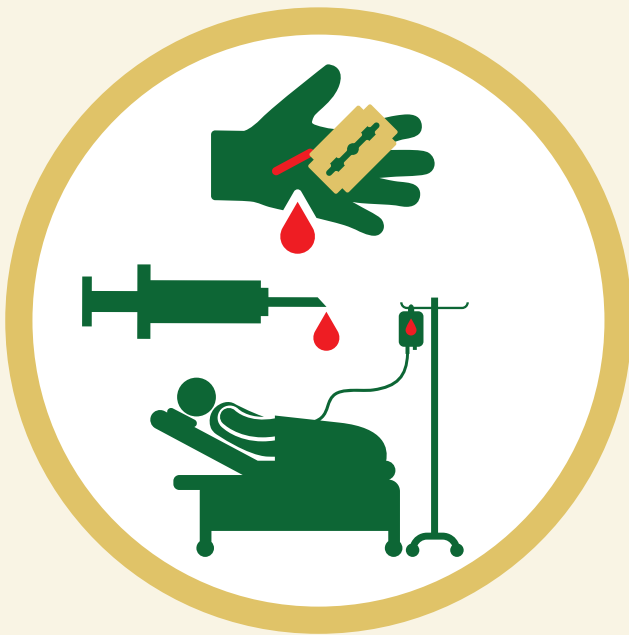
What are signs and symptoms of HIV?

- Some people who become infected with HIV do not notice any immediate change in their health.
- Some suffer from flu-like symptoms within a few weeks of becoming infected, or develop a rash or swollen glands.
- HIV symptoms are very similar to the symptoms of other illnesses, so it is not possible to diagnose HIV infection based on symptoms alone.



Remember: The only way to know for sure whether a person is infected with HIV is for them to have an HIV test.

How is HIV spread?



How is HIV spread?

- Through contact with HIV-positive blood through open wounds or broken skin.
- Through the transfusion of HIV-positive blood, use of infected blood products, or accidents in the healthcare setting.
- From sharing unsterilised, contaminated drug needles, razor blades and other skin-piercing instruments.
- Having unprotected sexual intercourse with a person who is HIV positive.
- From an HIV-positive mother to the baby before or during birth, or through breast milk.

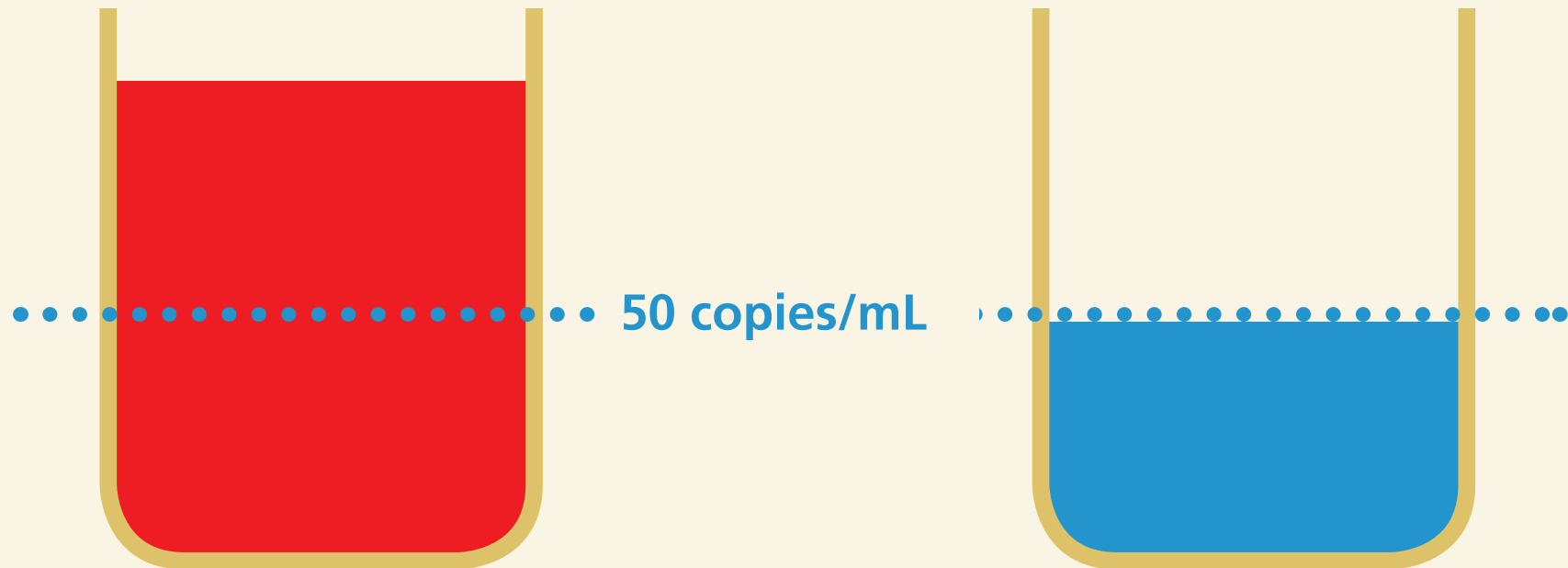
Remember: HIV cannot be spread by shaking hands, sharing cups or eating utensils.



How is HIV treated?

Before ARV:
High viral load

With ARV:
Low viral load

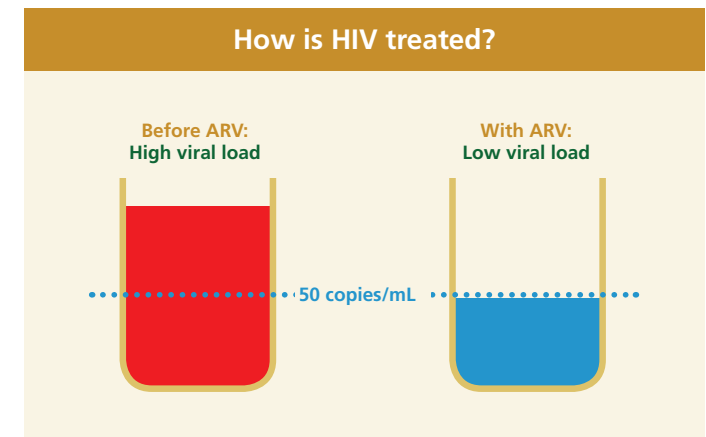


How is HIV treated?

- HIV is treated with antiretroviral (ARV) medicines.
- ARVs are medicines that stop the multiplication of HIV.
- ARVs do not kill all HIV in the body but they kill enough to keep us healthy.
- When you are taking ARV medicines, you will have viral load blood taken to check if ARV medicines are working.
 - Viral load test should be done at 6 months after starting ARV medicines and then every 12 months unless your viral load measure is more than 50 copies/mL.
 - You will have to go to the facility at least annually thereafter.
- When HIV stops multiplying in our bodies, our CD4 cells grow strong again, helping our immune system to fight off infections.

Remember:

- **There is no cure for HIV, however, lifelong ARV treatment allows most people with HIV to live a long and healthy life.**
- **Your goal after you start ARV, is to have your viral load suppressed! And thereafter remain below 50 copies/mL.**



When should Antiretroviral (ARV) treatment be started?

As soon as your health care worker advises you to take treatment



When should Antiretroviral (ARV) treatment be started?

- ARV treatment can be started at any CD4 count. Most people are able to start taking ARV treatment on the day they find out they are HIV positive.
- If you do not take the advise to take ARV treatment as advised by health care worker, you will be at a higher risk of getting opportunistic infections like TB.
- The earlier you start ARVs, the faster your CD4 count will return to normal and the smaller the chance that you will get sick.
- Starting ARVs early reduces the chance of infecting your partner or your unborn or breastfeeding baby with HIV.
- Pregnant or breastfeeding women who have tested negative for HIV before should continue to test for HIV regularly. The earlier a pregnant or breastfeeding women finds out she is positive and starts taking ARV treatment, the lesser the chance of her baby getting HIV.

When should Antiretroviral (ARV) treatment be started?



As soon as your health care worker advises you to take treatment



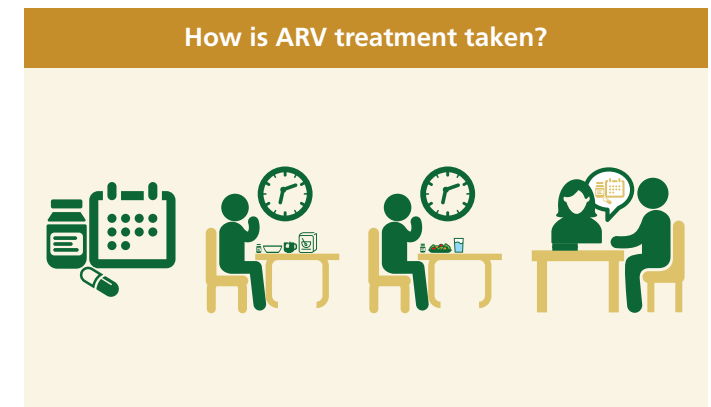
How is ARV treatment taken?



How is ARV treatment taken?

- ARV treatment is lifelong.
- ARV treatment needs to be taken every day, approximately at the same time, as prescribed for the rest of your life to keep HIV under control.
- Your doctor or nurse will give you information on the different types of ARV treatment available and you may be asked to decide which type of treatment to take.
- ARV treatment should not be stopped and restarted again and again, without informing your health care worker.
- Any missed dose should be taken as soon as you remember.

Remember: The better you are at taking your treatment, the healthier you will be and the longer you will live!



Do ARVs have side effects?



You must go to the facility if you suffer from serious side effects

Do ARVs have side effects?

- Some patients may have some minor side effects at the start of their ARV treatment.
- Some side effects are normal in the first few weeks, like feeling sick, dizziness, diarrhoea, headaches or problems with sleeping (either feeling sleepy or not being able to sleep).
- You must continue the ARV treatment even if you have side effects but tell your doctor or nurse about them.
- If you vomit in the first hour of taking your ARV treatment, you will need to take your dose again.

Remember: You must go to the facility if you suffer from serious side effects.

Why is family or a friend's support important when you are on ARV treatment?



You must go to the facility if you suffer from serious side effects.

Why is family or a friend's support important when you are on ARV treatment?



Why is family or a friend's support important when you are on ARV treatment?

- Family and friends you trust can help you to:
 - Take your treatment as advised by the health care worker.
 - Remind you about your facility appointments.
 - Listen to your concerns and provide psychosocial support.
 - Pick up your treatment if you are unable to go to your medicine parcel pick up point.
 - Inform the facility if you are too sick or call a WBOT leader for help.

Why is family or a friend's support important when you are on ARV treatment?



What are the risks of poor adherence?



What are the risks of poor adherence?

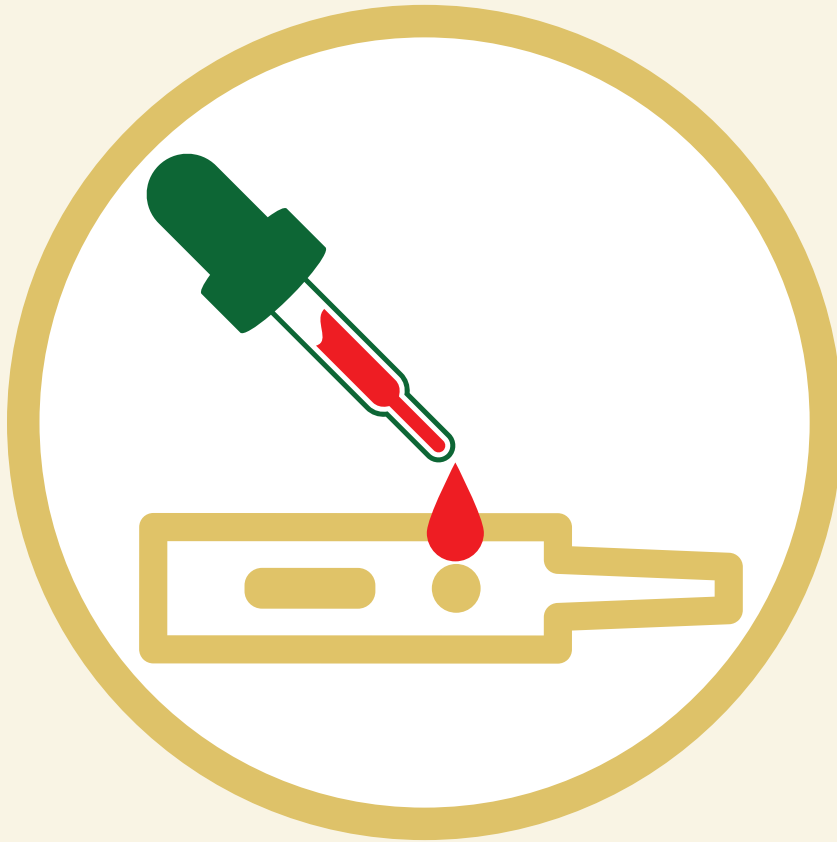
- If you do not take your ARVs every day you will not have enough ARVs in your blood to fight the HIV.
- So the HIV will multiply and destroy the CD4, which means you will get sick.
- Another consequence of not taking medicine properly is resistance to ARVs.
 - If the HIV virus encounters few ARVs in the blood, it multiplies and transforms itself and becomes able to resist ARV treatment, meaning that your ARVs will no longer work to kill your HIV.

Remember: If you are struggling with taking treatment, you should discuss with health care worker to assist you with strategies to cope with poor adherence.

What are the risks of poor adherence?

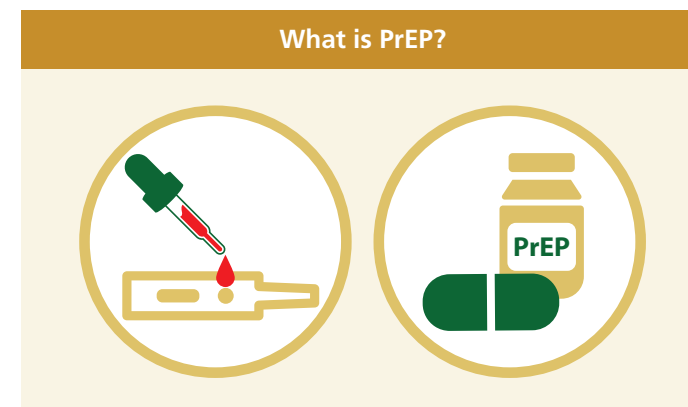


What is PrEP?



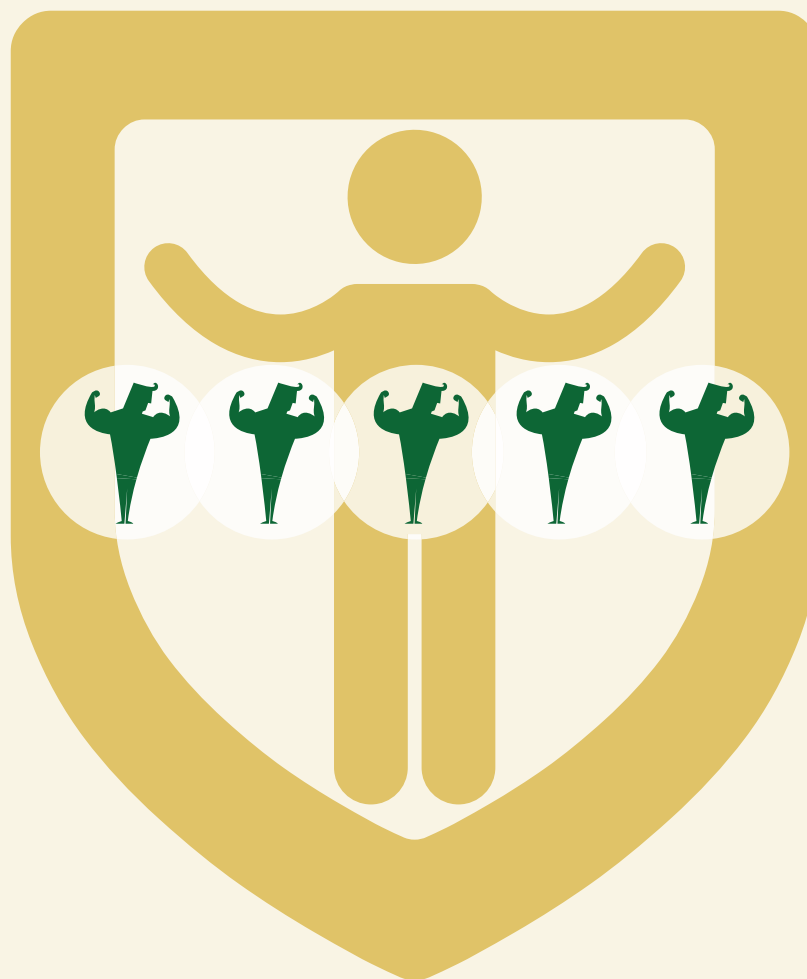
What is PrEP?

- Pre-exposure prophylaxis, also known as PrEP, is a new HIV combination prevention option for HIV negative women and men with ongoing HIV risk exposure.
For example,
 - if you cannot always have protected sex with partners who you do not know the status of, or who are HIV positive;
 - if you are not always able to negotiate condom use; or
 - if you find it difficult to control the risk of being infected with HIV.



Remember: PrEP cannot be taken by everyone. PrEP is a prevention option for HIV negative people with ongoing HIV risk.

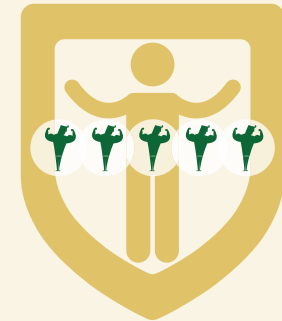
How does PrEP work?



How does PrEP work?

- PrEP combines some types of ARV medicines that are commonly used as part of ARV group of medicines to treat HIV infection in HIV-positive people in one tablet.
- When you take PrEP, it makes a shield around your soldiers (CD4).
- It takes approximately 3 weeks for your shield to be well built and protect you well against HIV.
- When HIV comes in your body, the shield protects the CD4 cells, HIV does not survive the battle with the shield and dies.
- When you stop taking PrEP the shield around your soldiers will become weaker and eventually disappear.

How does PrEP work?



Remember: PrEP does not cure HIV, but can prevent HIV infection if you are HIV negative.

Why is adherence to PrEP important?



Why is adherence to PrEP important?

- You need to take PrEP during periods in your life when you think you may be at high risk of getting HIV, this can be several months to many years.
- To give you a high chance to remain HIV negative, PrEP needs to be taken around the same time, every day, even on days when you do not have sex.
- It is important to take PrEP with other combination prevention methods for optimal protection against HIV infection, Sexually transmitted infections and unwanted pregnancies.
- If you are taking PrEP, you need to attend the facility periodically for laboratory monitoring including scheduled HIV tests and adherence support.
- You can stop taking PrEP if you feel you are not at risk of getting HIV, however you should still take PrEP for one month following the last time you had unprotected sex or risky behaviour.

Why is adherence to PrEP important?



Why is adherence to PrEP important? (Cont.)



Why is adherence to PrEP important? (Cont.)

- If you decide to stop taking PrEP, you must inform the health care worker, so that you can be advised about other HIV prevention options.
- Most people who take PrEP do not experience side effects, however, if you experience side-effects, it is important to keep taking your PrEP and come to the health facility to inform the health care worker about your experience and to find appropriate support.

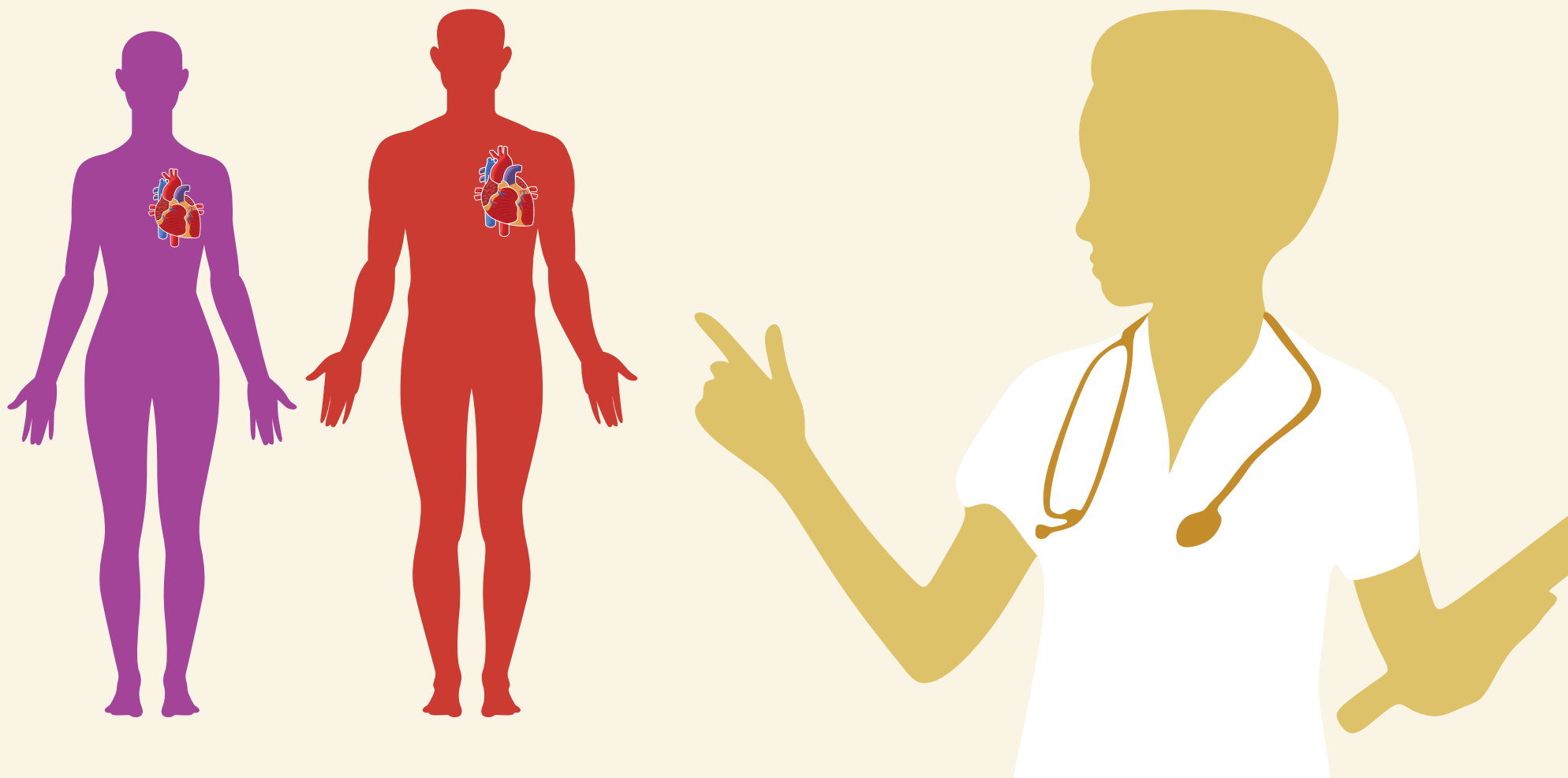
Remember:

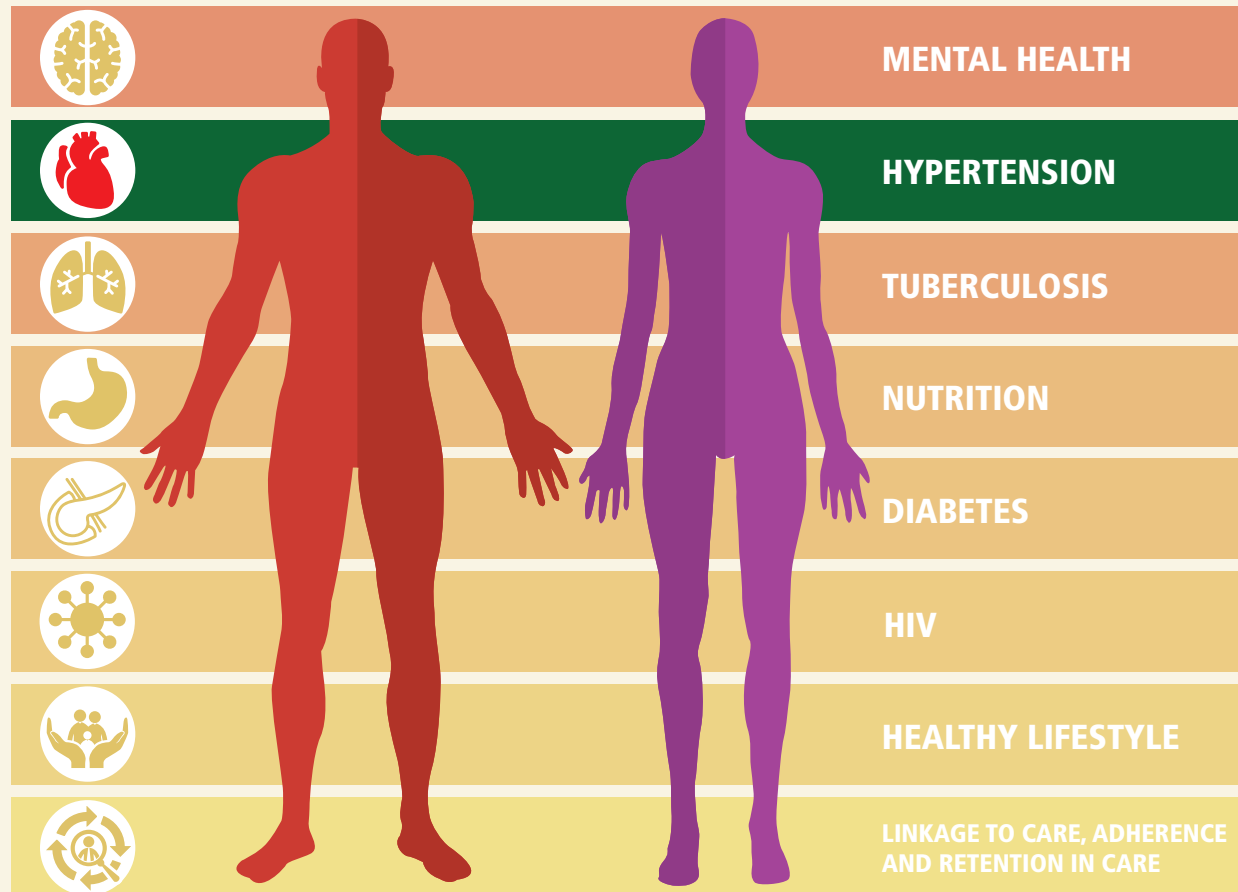
- PrEP is most effective if it is taken routinely, around the same time, every day.
- For the best protection against HIV it is recommended that people taking PrEP should still use other combination prevention methods, such as consistent and correct use of condoms when they have sex, since PrEP is not 100% effective at preventing HIV infection.

Why is adherence to PrEP important? (Cont.)



Education on Hypertension

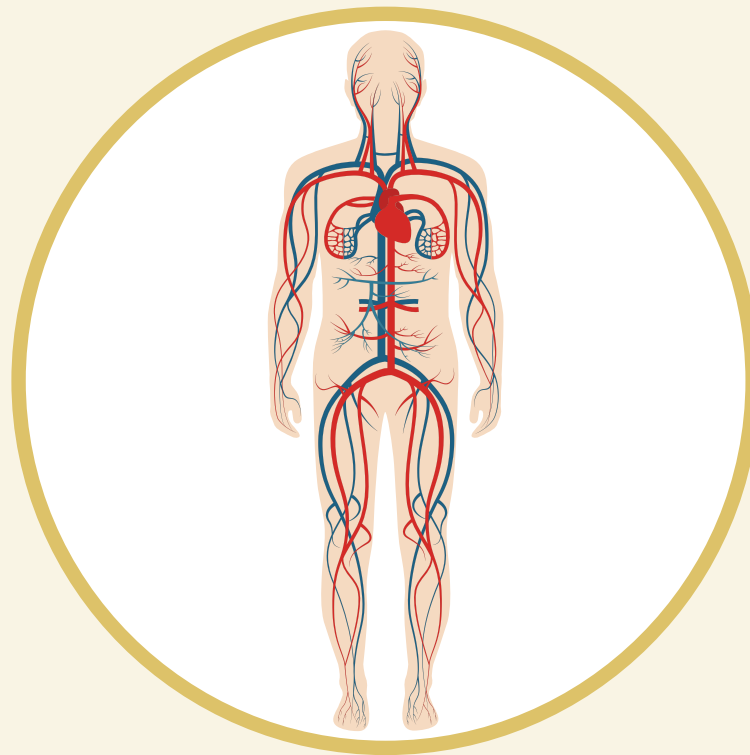
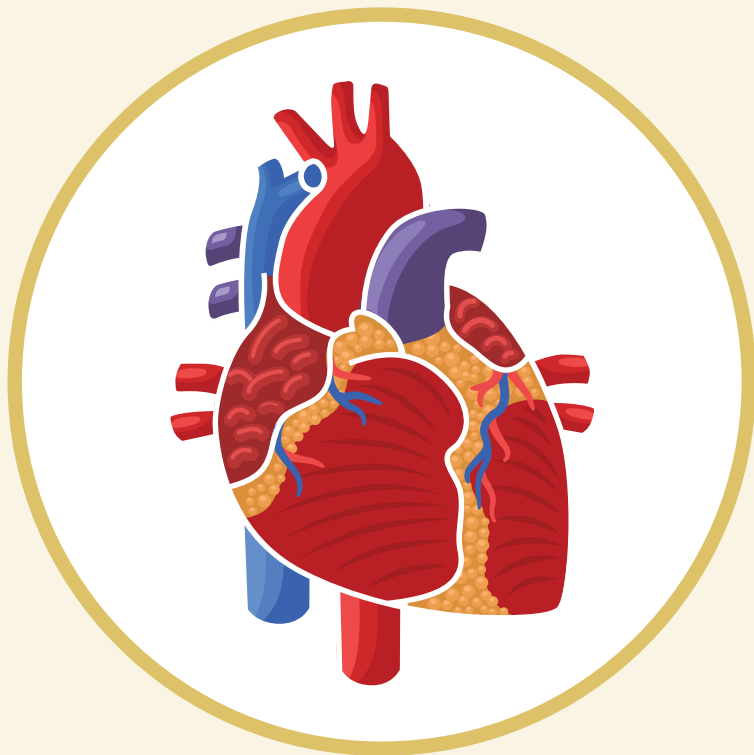




EDUCATION ON HYPERTENSION

To be facilitated from the day of hypertension screening, diagnosis or treatment initiation in group or individual session.

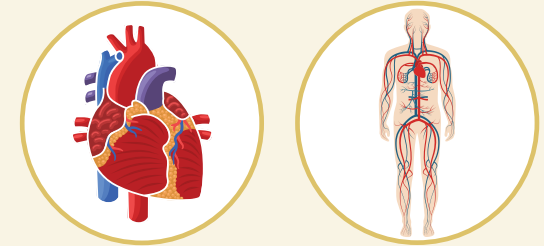
How does our heart and blood work?



How does our heart and blood work?

- Our heart works like a pump and makes the blood circulate around the body.
- With every heart beat blood is pushed through the veins and sent through the body carrying oxygen and nutrition.
- Blood pressure is the force of blood as it flows through your veins.

How does our heart and blood work?



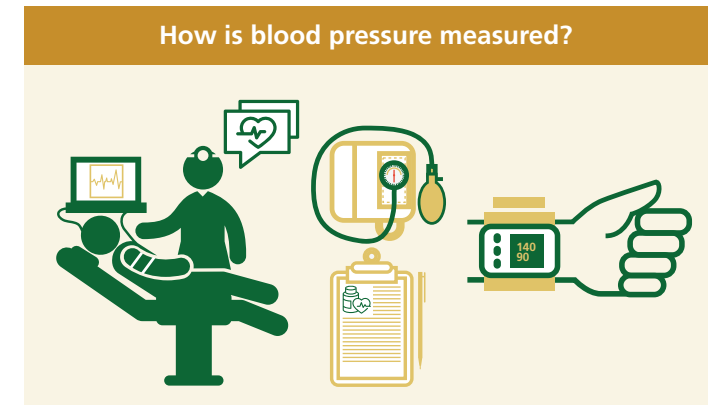
How is blood pressure measured?



How is blood pressure measured?

- Blood pressure is measured with a blood pressure machine, ideally at the facility.
- Two numbers are used to describe blood pressure:
 - Systolic is the upper number used to measure blood pressure when your heart pumps, and
 - Diastolic is the lower number used to measure blood pressure when your heart is at rest.
- When blood pressure remains high, meaning above 140 over 90 after several tests taken on different days, the doctor diagnoses high blood pressure.
 - Blood pressure can be different over time; therefore a number of readings need to be done to properly diagnose high blood pressure.
- Even if healthy you should go to the facility every year to have your blood pressure checked.

Remember: Your goal when taking blood pressure medicine is to have blood pressure less than 140/90.



What causes high blood pressure?

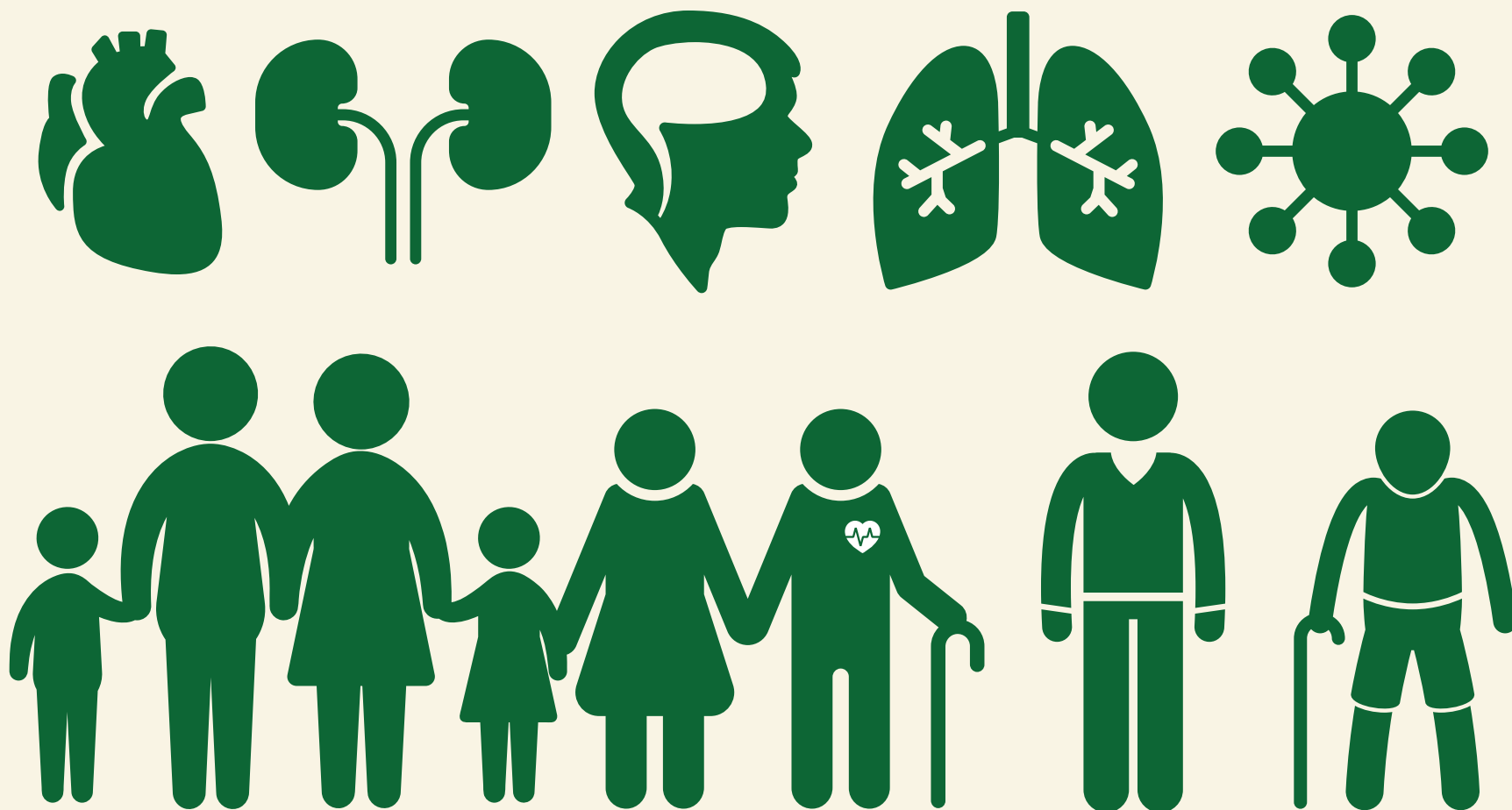


What causes high blood pressure?

- High blood pressure can be caused by multiple factors.
- Some factors can be controlled and some cannot.
- Factors that cause high blood pressure that can be controlled by making lifestyle changes include:
 - Smoking,
 - being overweight,
 - eating a lot of salt and fat,
 - drinking a lot of alcohol,
 - being very stressed, and
 - not getting exercise.
- These factors will increase your risk of high blood pressure and therefore should be managed through lifestyle changes.



Who is more at risk for high blood pressure?

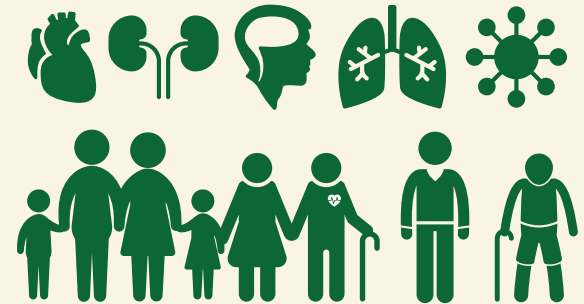


Who is more at risk for high blood pressure?

- People who are at risk for high blood pressure should get their blood pressure measured on a regular basis.
- The following people are more likely to have high blood pressure:
 - People who have heart or kidney diseases, as well as people who have had a stroke.
 - People who have a history of high blood pressure in the family.
 - People with another chronic condition like diabetes or HIV.
 - People over 50 years.

Remember: People who are at risk for high blood pressure should get their blood pressure measured on a regular basis.

Who is more at risk for high blood pressure?



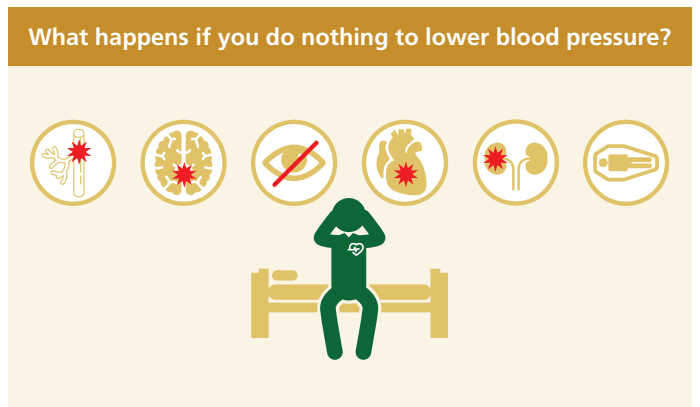
What happens if you do nothing to lower blood pressure?



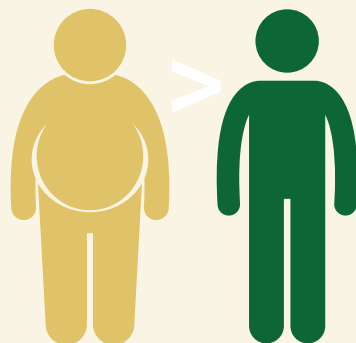
What happens if you do nothing to lower blood pressure ?

- Due to high blood pressure, blood vessels can break if pressure is too high.
- In other cases, blood vessels can be blocked so that the blood can no longer pass.
- The rupture or blockage can lead to a stroke, blindness, heart attack, heart failure, kidney failure and even death.
- The higher your blood pressure is over time, the greater the risk of complication or death.

Remember: When you have high blood pressure and you do nothing to lower your blood pressure, your chances will be high to develop complications.



What can you do to lower high blood pressure?



Reduce



What can you do to lower high blood pressure?

- Controlling high blood pressure means a lifelong change of eating and lifestyle habits for all people with high blood pressure. This means:
 - Lose weight if overweight,
 - Do not smoke,
 - No excessive alcohol use,
 - Reduce stress,
 - Eat food low in salt, saturated fats and cholesterol,
 - Increase fruit and vegetables to five servings per day, and
 - Exercise 30 minutes a day or more by walking, dancing, or playing a sport.

Remember: Medications may also be necessary to bring high blood pressure back to normal for some people with high blood pressure, if the high blood pressure is not controlled by lifestyle changes or too high.



Can medicines control high blood pressure?



Can medicines control high blood pressure?

- When lifestyle changes alone do not help to control blood pressure enough, the clinician may prescribe medications.
- Lifestyle changes should continue to help you manage your blood pressure.
- The doctor will choose suitable treatment for you depending on your blood pressure and medical history.
 - This means you might take different medicines than somebody with the same condition.
- Some people need just one medicines to control their blood pressure, others need three or more.

Remember:

- **It is very important to take your blood pressure medicines as prescribed.**
 - Blood pressure medicines should not be taken just when you feel sick but should be continued even if blood pressure is well controlled.
- **Interrupting or stopping blood pressure medicines can be dangerous and should be discussed with your doctor or nurse first.**

Can medicines control high blood pressure?

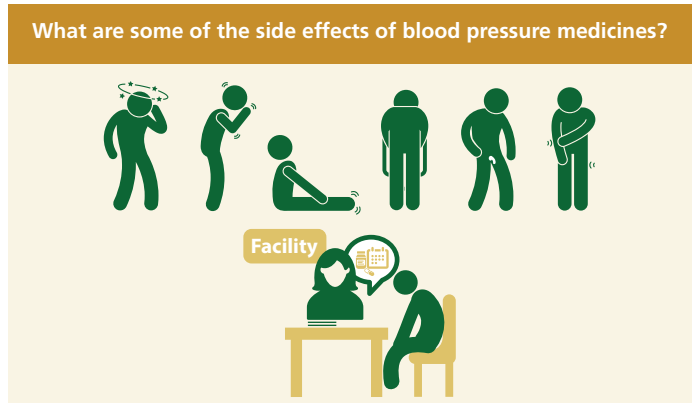


What are some of the side effects of blood pressure medicines?



What are some of the side effects of blood pressure medicines?

- If you have unpleasant side effects, rather than getting discouraged and stopping the blood pressure medicines on your own, consult with your doctor who may be able to change your medicines or adjust your dosage to reduce the side effects.
- Possible side effects depending on specific medicine include:
 - Dizziness
 - Cough
 - Swelling
 - Increased urination
 - Sexual dysfunction
 - Muscle cramps

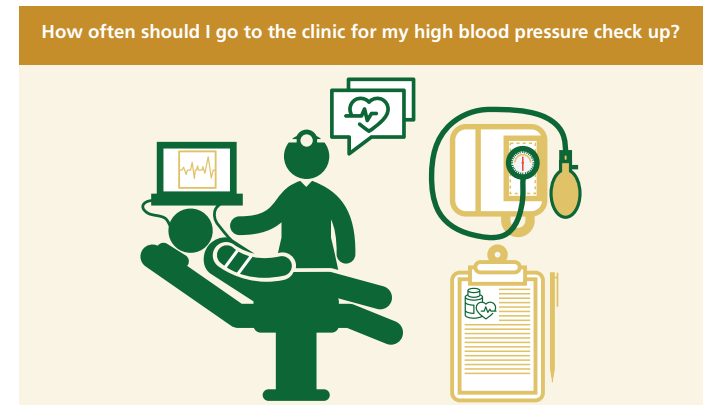


How often should I go to the clinic for my high blood pressure check up?



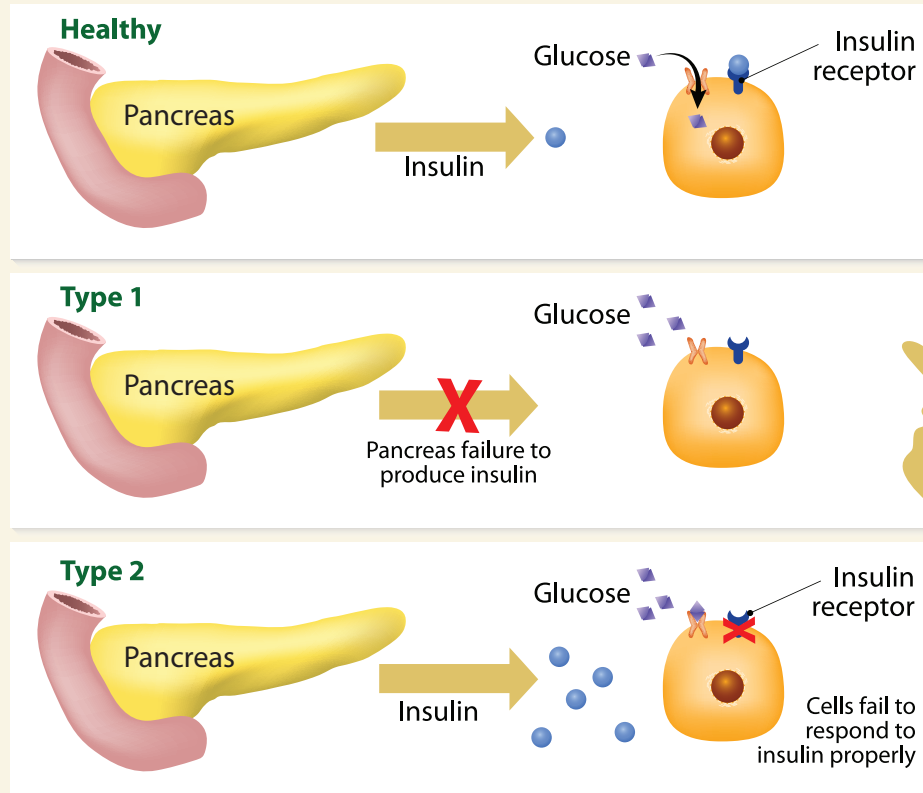
How often should I go to the clinic for my high blood pressure check up?

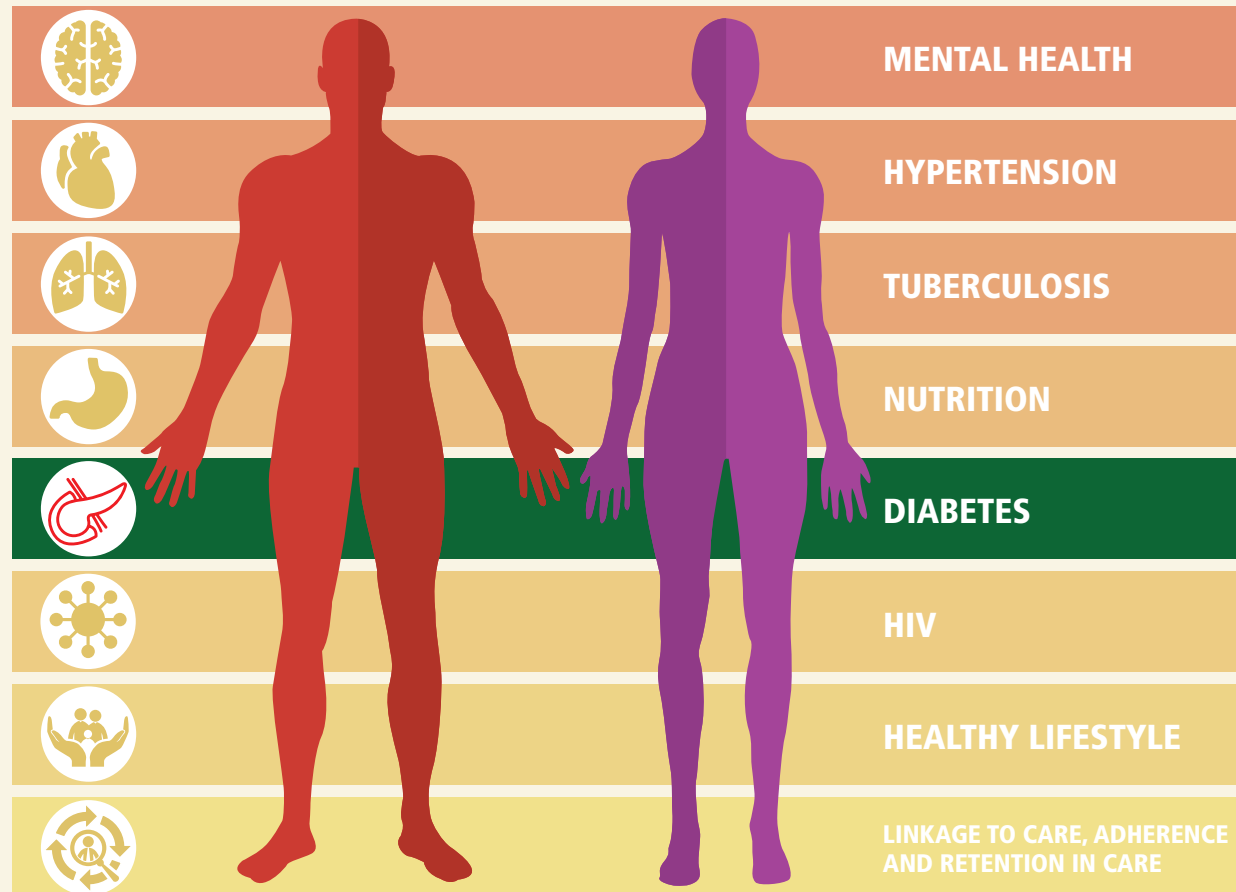
- **If you are not on blood pressure medicines:**
 - You should have your blood pressure checked every 3-6 months and see the doctor once a year for a check-up.
- **If you are on blood pressure medicines:**
 - Regular check-ups with the doctor in the clinic are important to determine the effectiveness of the medicines by checking your blood pressure and to have a physical examination.
 - At the start of your blood pressure treatment we will help you to make a plan on how to adapt your lifestyle and adhere to your medicines.



Remember: You can live love and improve quality of your life when you manage your blood pressure as advised.

Education on Diabetes

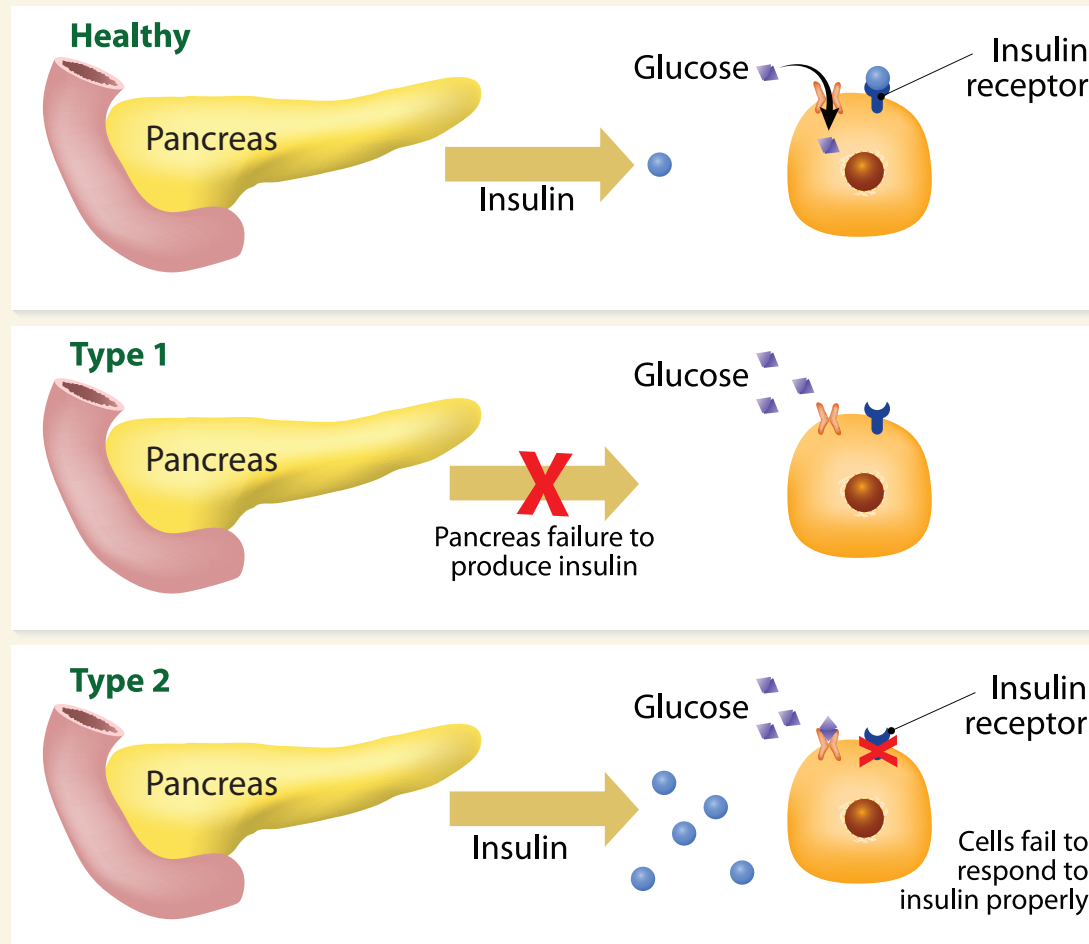




EDUCATION ON DIABETES

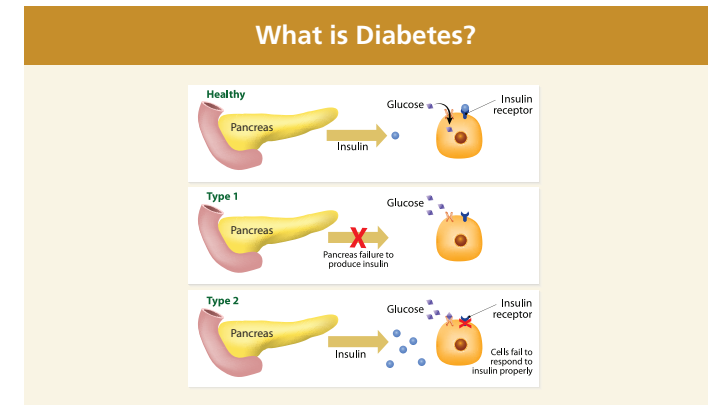
To be facilitated from the day of diabetes screening, diagnosis or treatment initiation in group or individual session.

What is Diabetes?



What is Diabetes?

- Diabetes Mellitus also commonly known as diabetes is a chronic disease which increases the level of the sugar in your blood above normal.
- The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help 'sugar' get into the cells of our bodies.
- When you have diabetes, the pancreas does not produce enough insulin or cannot use its own insulin as well as it should.
- The blood will have very high sugar levels. The sugar concentrated blood circulates around your body and destroys blood vessels and nerves in some parts of your body.



What are the types of diabetes?



Type 1



Type 2



Type 3

What are the types of diabetes?

Type 1	Type 2	Type 3
Often develops in children.	Often develops in adults.	Occurs during pregnancy due to hormonal changes in the body.
Children will lose weight, feel very thirsty and urinate more than normal.	Over 30 years old, and often overweight.	Goes away after birth, but can develop Type 2 later.

Remember: It is important to be screened for diabetes throughout your pregnancy but especially from week 24 of your pregnancy.

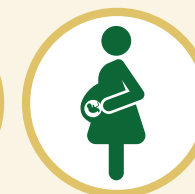
What are the types of diabetes?



Type 1

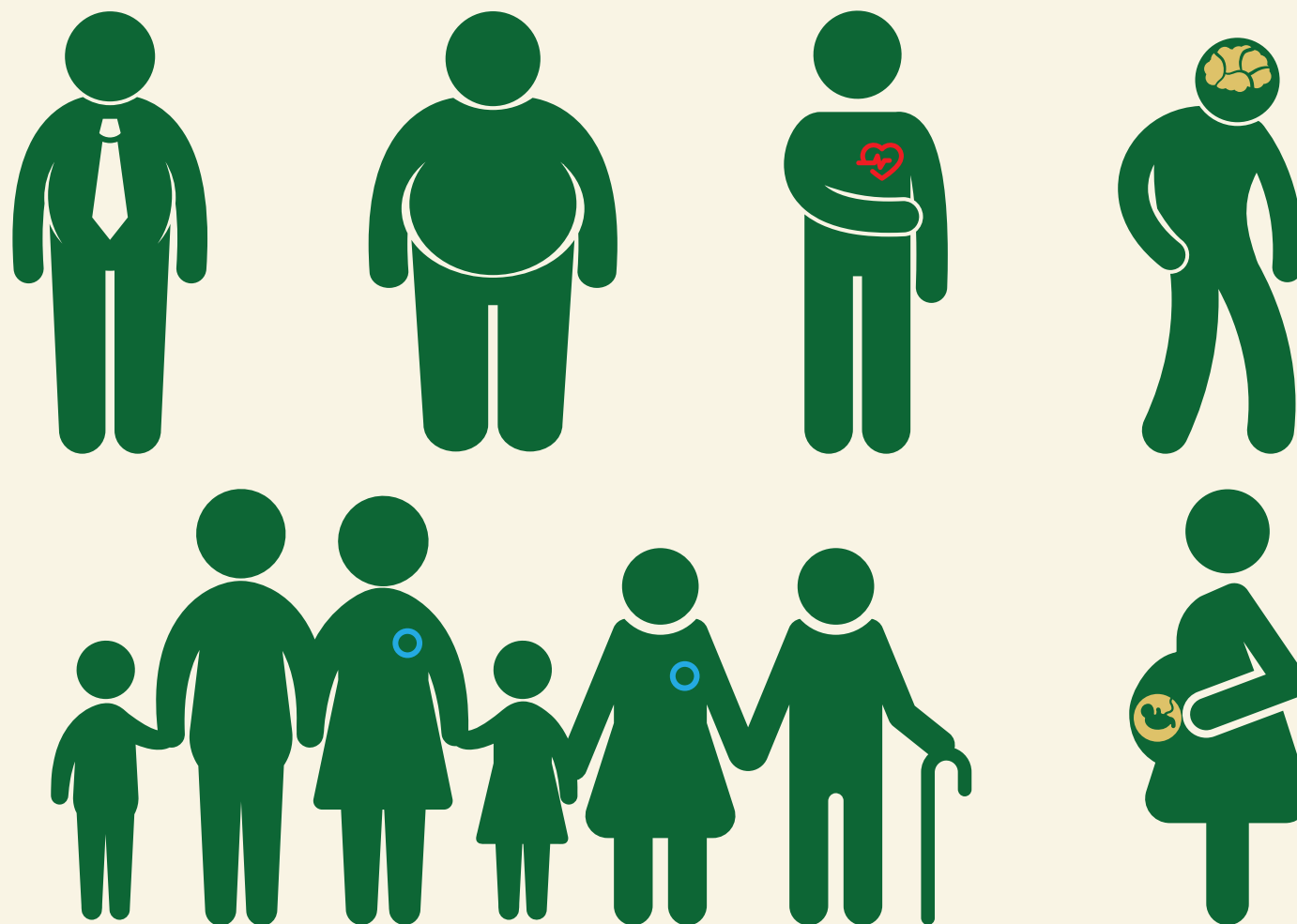


Type 2



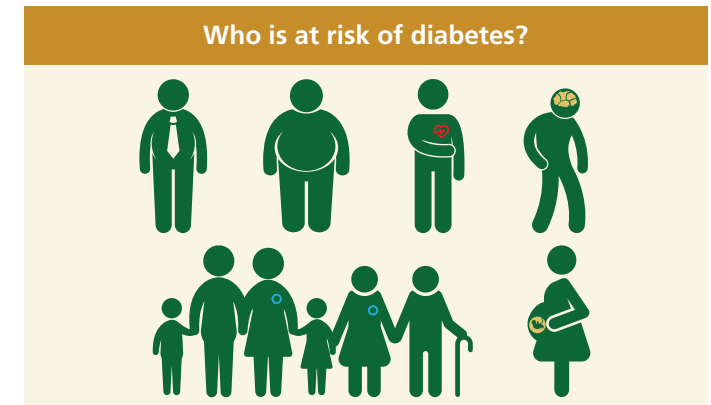
Type 3

Who is at risk of diabetes?



Who is at risk of diabetes?

- Overweight people.
- Large waist circumference: **Women: more than 80 cm and Men: more than 94 cm.**
- People with high blood pressure.
- People who have had a stroke in the past.
- Family history of diabetes.
- History of diabetes in pregnancy.



What are the signs and symptoms of diabetes?



What are the signs and symptoms of diabetes?

- Frequent urination.
- Excessive thirst.
- Unexplained weight loss.
- Extreme hunger.
- Sudden vision changes such as blurred vision.
- Tingling or numbness in hands or feet.
- Feeling very tired most of the time.
- Very dry skin, sores that are slow to heal.
- Erectile dysfunction.
- Persistent vaginal thrush and urinary tract infections.

What are the signs and symptoms of diabetes?



How is diabetes prevented?

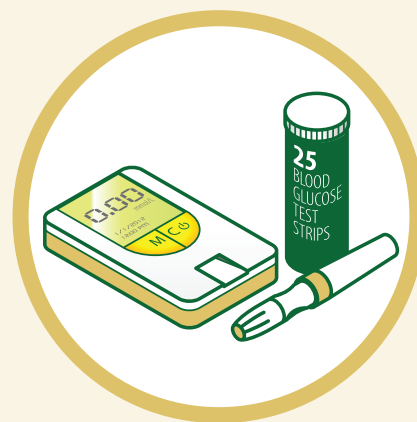


How is diabetes prevented?

Type 1	Type 2	Type 3
Cannot be prevented.	Can be prevented with lifestyle changes.	Cannot be prevented.
Should be diagnosed as early as possible, when the symptoms present.	Correct body weight, regular exercise and healthy diet.	Will resolve at the end of the pregnancy.
	Reducing alcohol intake and stop smoking.	



What should you do to manage your diabetes?



What should you do to manage your diabetes?

- **It is important:**

- To lose weight if you are overweight.
- To care for your feet.
- To stop smoking.
- To have your blood pressure checked regularly.
- To have your eyes checked.
- To take the recommended dosage and avoid taking traditional medication for diabetes.

What should you do to manage your diabetes?



Remember: Lifelong treatment and lifestyle changes allows most people with diabetes to live a long and healthy life.

How is diabetes treated?



How is diabetes treated?

Type 1	Type 2
Regular blood glucose testing and insulin injections.	Regular blood glucose testing and insulin injections.
	Lose weight if overweight, stop smoking, regular physical activity, follow a healthy diet and eat smaller meals, more often.
	Good foot care, regular blood pressure and eye tests.



Why is it important to keep blood sugar controlled?



- The more sugar in your blood, the more it sticks to the hemoglobin.
- HbA1c measures the percentage of sugar stuck to the hemoglobin in your blood instead of measuring your sugar in a drop of blood.
- HbA1c is a longer-term measurement that is able to show your average blood sugar over the three months.

Your goal in taking diabetes treatment is to monitor and keep your blood glucose at
HbA1c $\leq 7\%$

Why is it important to keep blood sugar controlled?

- If you do not keep the level of sugar controlled, the sugar will go round and destroy blood vessels and nerves and cause complications including:
 - Kidney disease,
 - Nerves not functioning properly,
 - Eye problems,
 - Sores and wounds, especially on the feet, not healing well which could lead to amputation,
 - Damage to the heart muscle and blood vessels, and
 - Death.



Remember: Your goal in taking diabetes treatment is to monitor and keep your blood glucose at HbA1c ≤ 7%

What are the side effects of diabetes treatment?



What are the side effects of diabetes treatment?

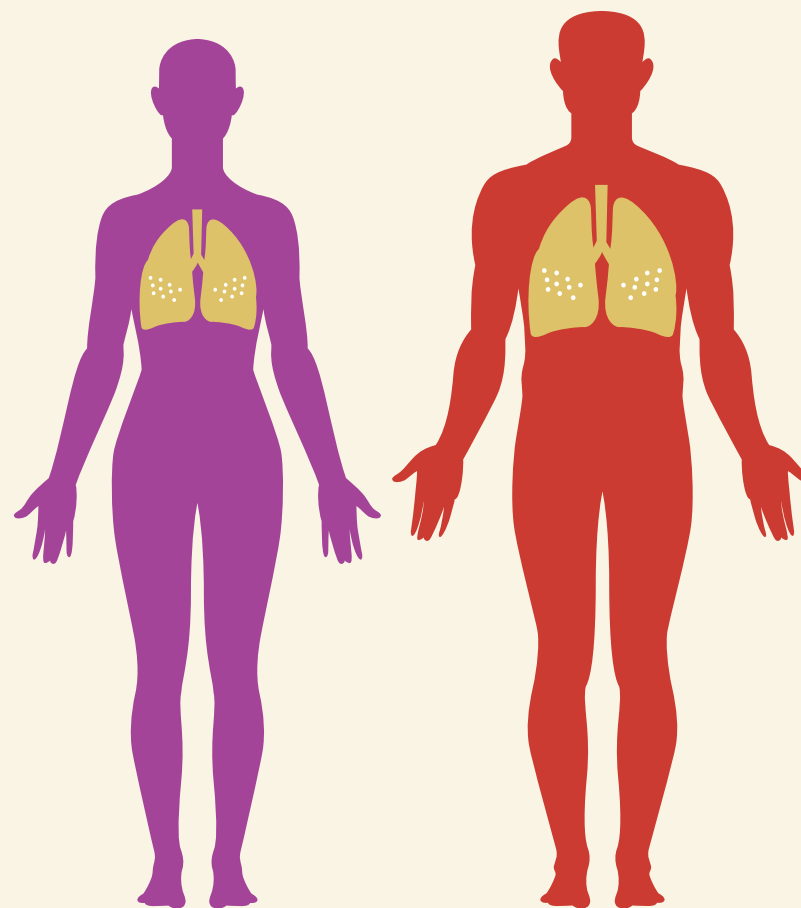
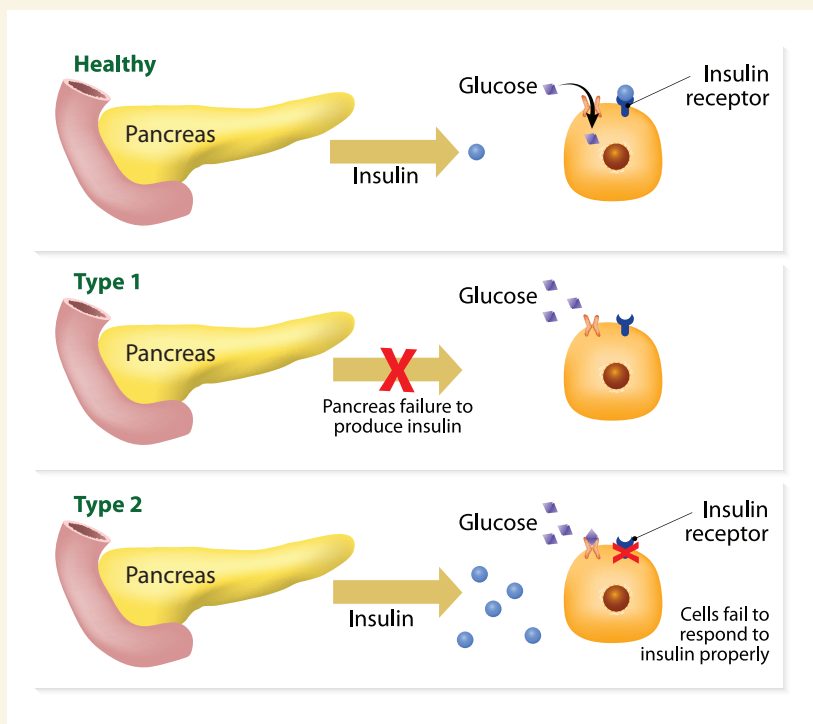
- Side effects are different, depending on the types of medicines that you are taking. Examples can be:
 - Low blood sugar,
 - Tiredness or dizziness,
 - Upset stomach,
 - Swelling of legs and ankles, and
 - Weight gain.

What are the side effects of diabetes treatment?



Remember: If side effects are experienced, you MUST NOT stop treatment but go to the nearest health facility.

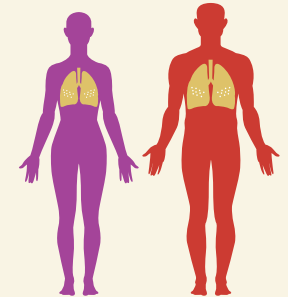
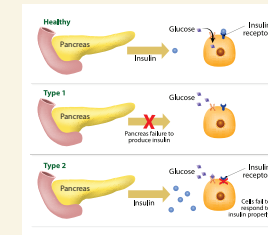
What is the link between Diabetes and TB?



What is the link between Diabetes and TB?

- Diabetes increases the risk of developing TB.
- Rates of TB are higher in people with diabetes compared to the rest of the population.
- TB infection may progress at a faster rate in people with diabetes than in those without diabetes.

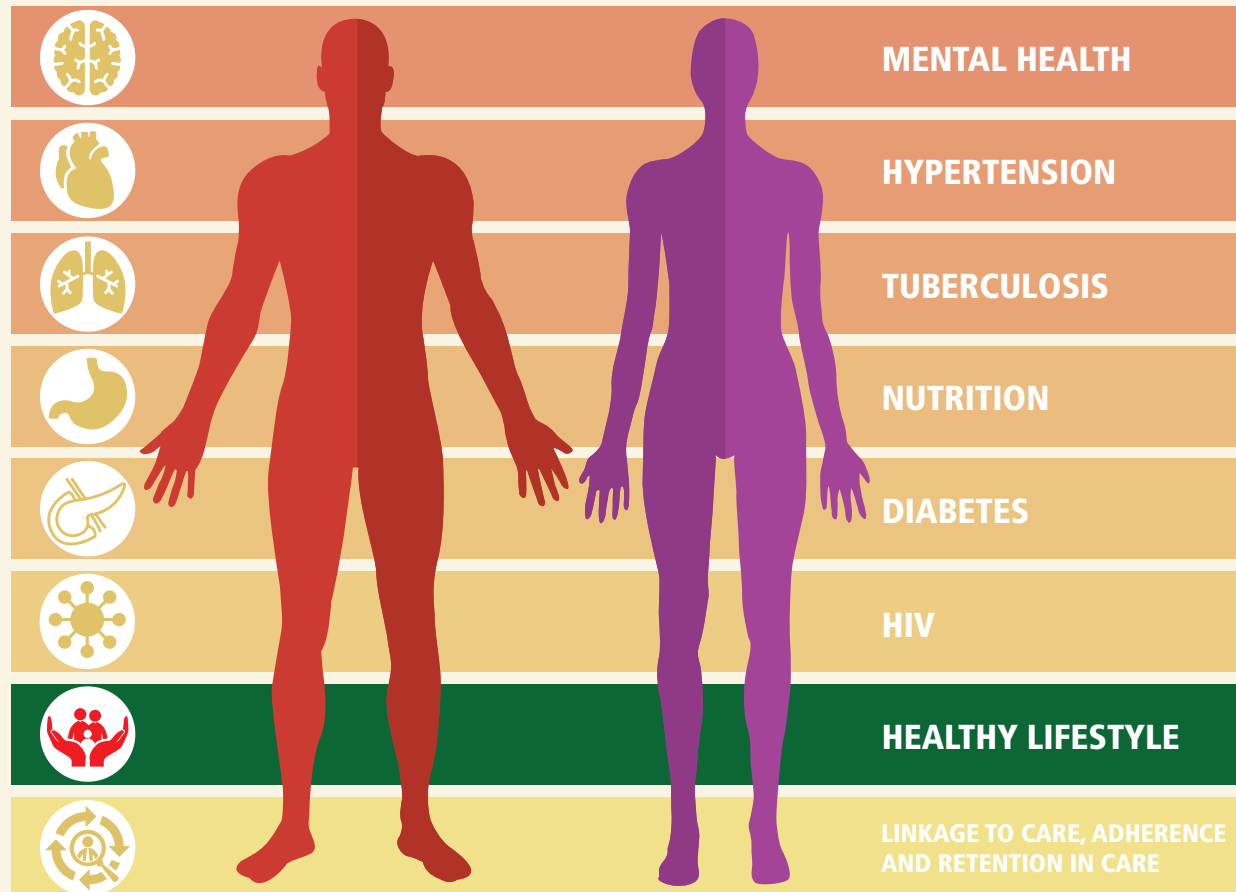
What is the link between Diabetes and TB?



Remember: It is important to screen people with diabetes for TB and to screen people with TB for diabetes.

Education on Healthy Lifestyle & Nutrition





Healthy Lifestyle

To be facilitated on the day of screening, diagnosis or treatment initiation in group or individual session.

Healthy Lifestyle



Healthy lifestyle

- For all chronic illnesses, it is recommended that one leads a healthy lifestyle by:
 - Adopting healthy eating habits
 - Drinking plenty of water
 - Reducing salt and fat in your meals
 - Avoiding alcohol and substance abuse
 - Stop smoking
 - Manageing stress



Remember: Talk to your health care worker about what healthy living options such as exercise and diet are suitable for you.

- Everyone's body is different.

Taking responsibility for your health

- **As a person living with a chronic illness, it is important to be aware of additional services you may be eligible for:**

TB is a common illness in South Africa and can lead to severe illness or death if not properly managed.

- People who have certain chronic illnesses may be eligible for TB prevention medication.
- Ask your doctor or nurse if you are eligible for this medicine.

Some chronic illnesses are monitored through regular blood tests.

- People with Diabetes should understand what their blood sugar levels are.
- People with HIV should understand what their viral load is.
- Ask your doctor or nurse if you are unsure.

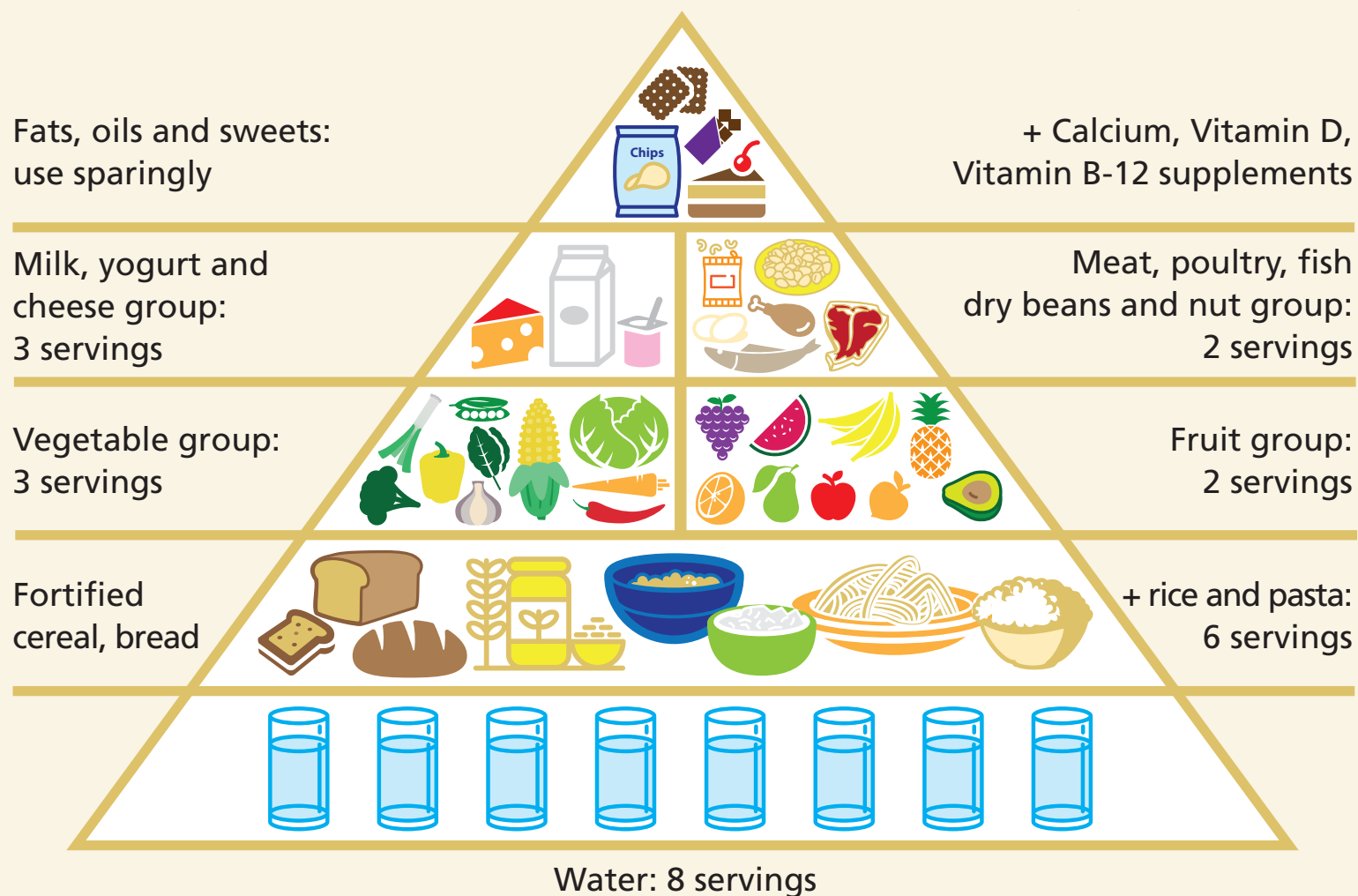
Some people with chronic illnesses do not have any signs of the illness.

- Remember to undergo regular health screening for diabetes, high blood pressure (hypertension), TB and HIV.

You may be able to get more than one month's medication at a time.

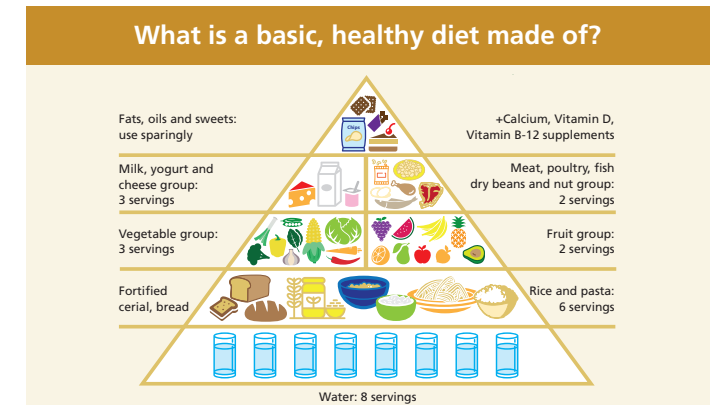
- Once your chronic illness is stable and well controlled, you may be eligible to receive more than one- month of medicine at a time (multi-month scripting) or to get your medicine from a private pharmacy or other service provider (such as the post office).
- If you have been on chronic medication for at least 6 months and your illness is well-controlled, you may be eligible for one of these methods.
- Ask your doctor or nurse for more information.

What is a basic, healthy diet made of?



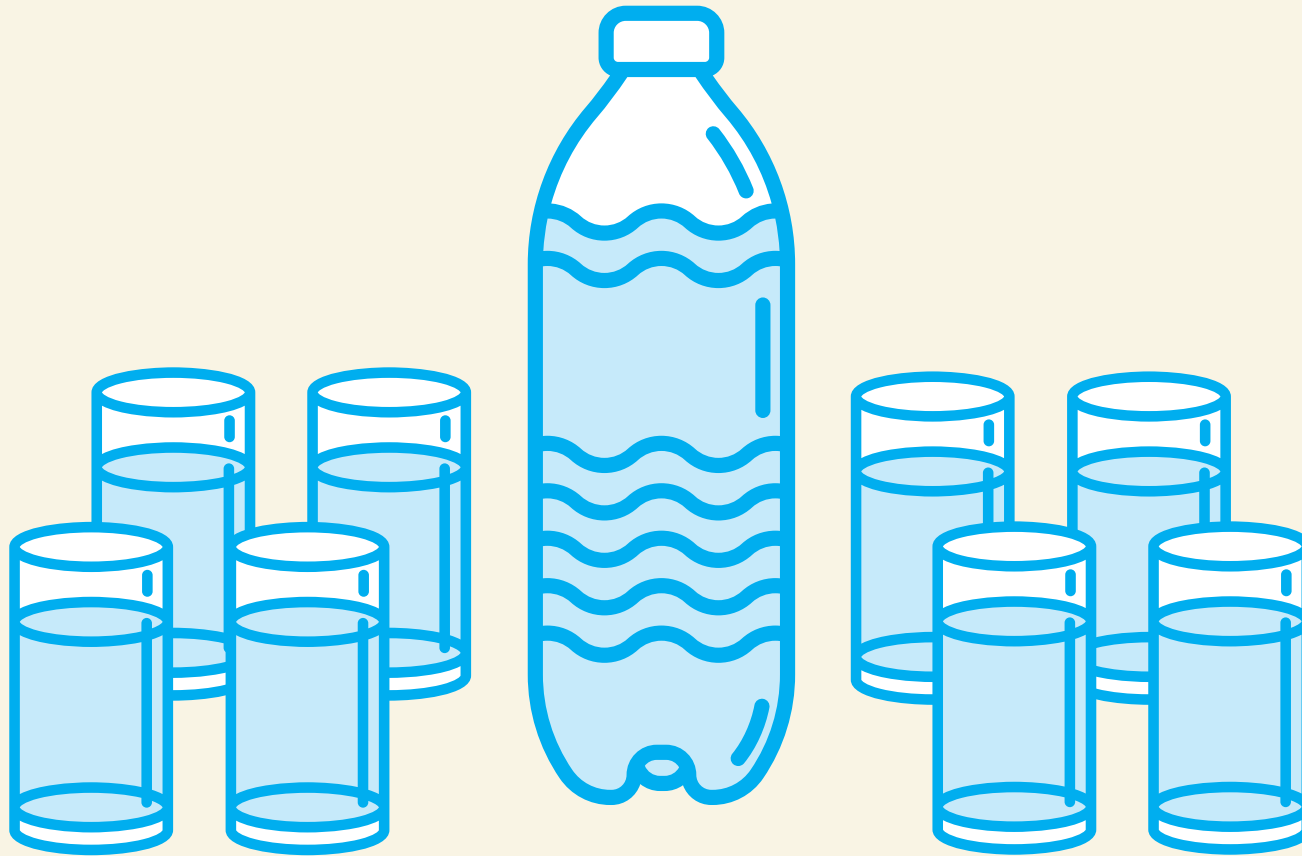
What is a basic, healthy diet made of?

- See the Food Triangle below to understand what a basic, healthy diet is made up of.
- It is recommended that you eat most of the products that are at the base of the triangle, and the least of the products on top.
- Foods have different things that they give us. It is important to eat a variety of foods to ensure that we get complete nutrition.
- **Carbohydrates and fats give us energy.** Some examples include:
 - Maize
 - Oats
 - Sugar
 - Rice
 - Potato
 - Oil
- **Proteins help our bodies repair and work smoothly.** Some examples include:
 - Maize
 - Meat
 - Fish
 - Milk
 - Soya
 - Rice
 - Chicken
 - Eggs
 - Beans
 - Peanuts
- **Vitamin rich foods are important to help us fight disease.** Some examples include:
 - Maize
 - Fruits and vegetables
 - Rice



Remember: Drinking a lot of water or tea without sugar is important.

Healthy living and water



Healthy living and water

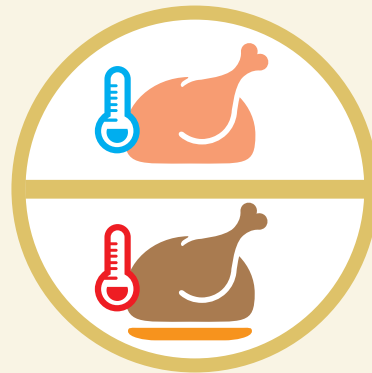
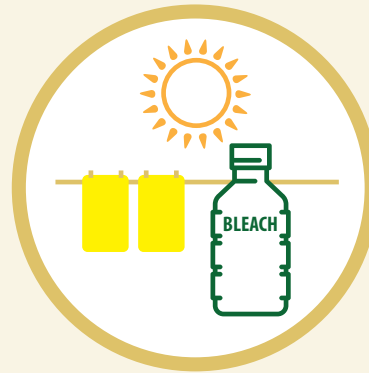
- The most accessible way to stay healthy is to drink plenty of fluids.
- Drinking water helps:
 - Digestion
 - Regulate body temperature
 - Prevent colds and flu
 - Maintain healthy blood pressure
 - Decrease risk of kidney stones
- When urine is clear or pale yellow = hydrated.
- When urine is yellow or gold = need more water.

Remember: Drink plenty of water every day.

Drink more when you have diarrhoea, vomit or sweating.



Safe food preparation



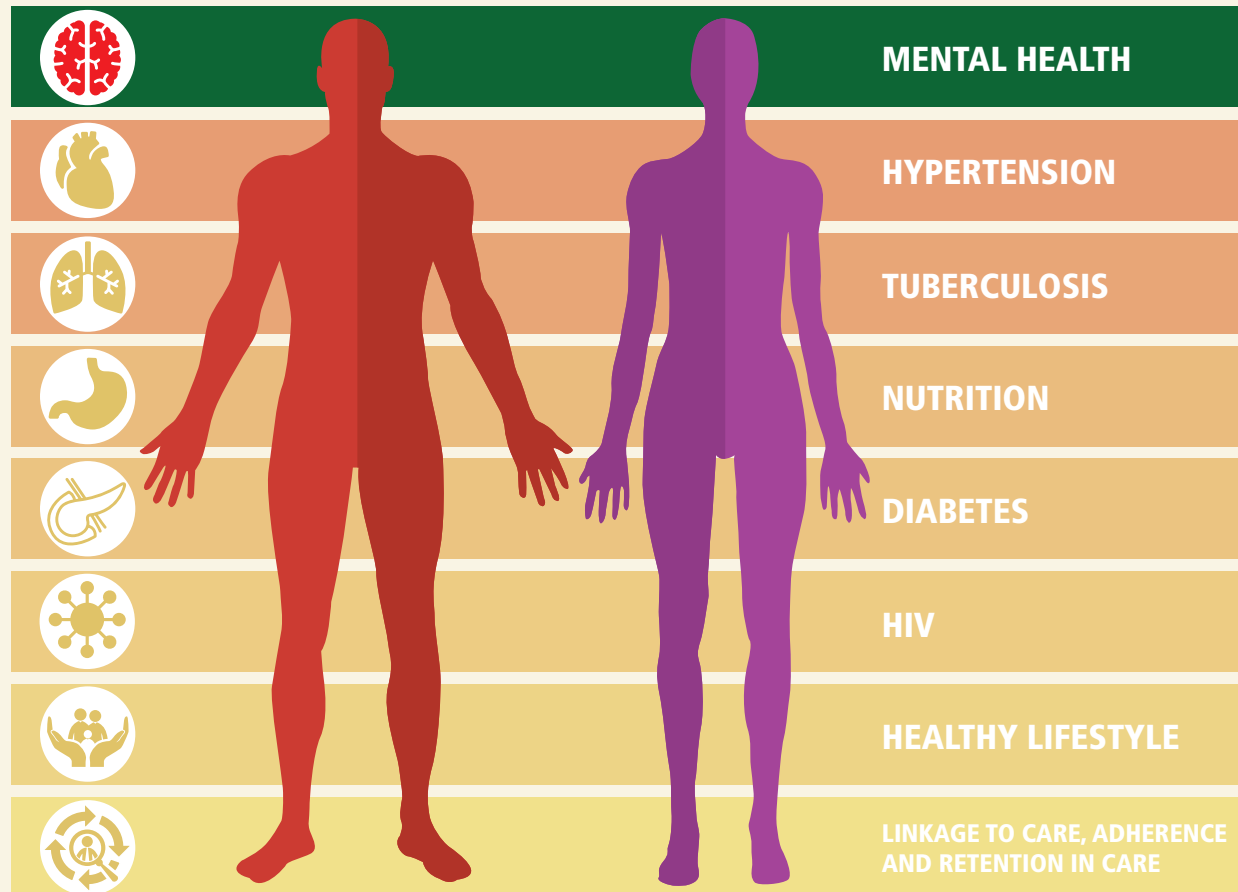
Safe food preparation

- Maintain a clean environment in the kitchen.
- Clean cloths, sponges and scourers with bleach or let them dry in sun.
- Wash dishes with hot, soapy water.
- Wash hands before touching food, cover all wounds.
- Keep uncooked food separate from cooked food.
- Clean up immediately after spills.
- Avoid food that has passed its sell-by date.



Education on Mental Health

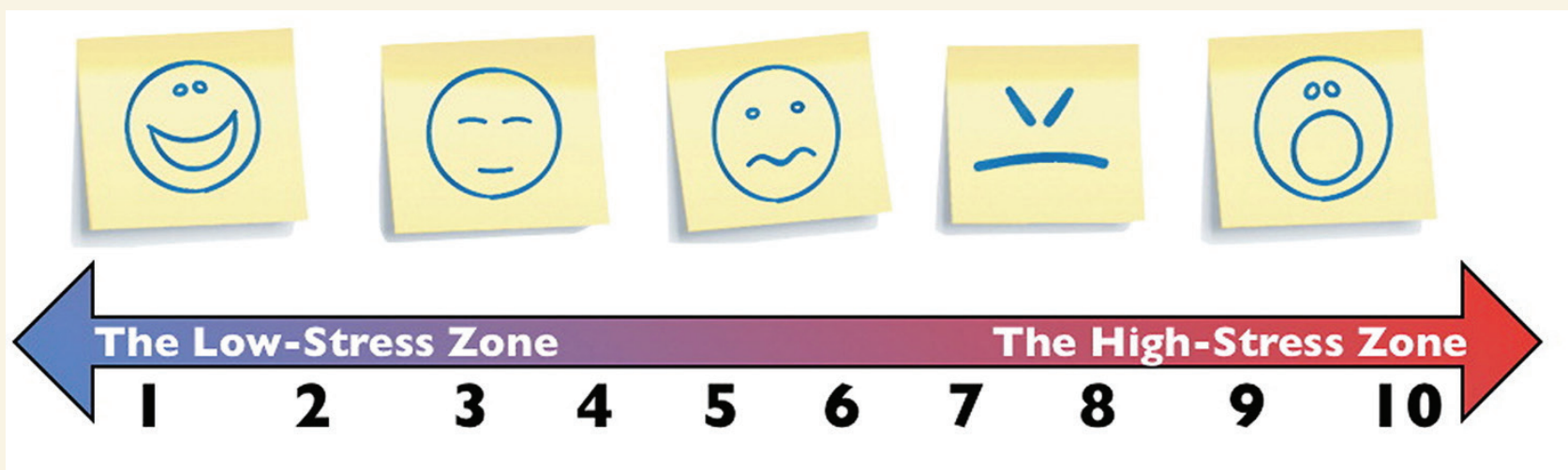




Mental Health

To be facilitated from the day of screening, diagnosis or treatment initiation in group or individual session.

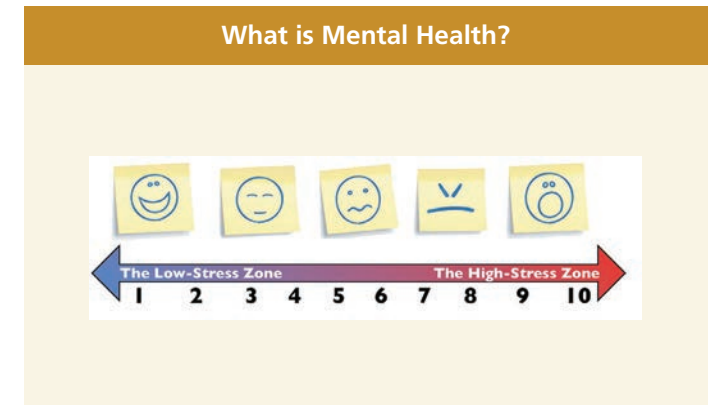
What is Mental Health?



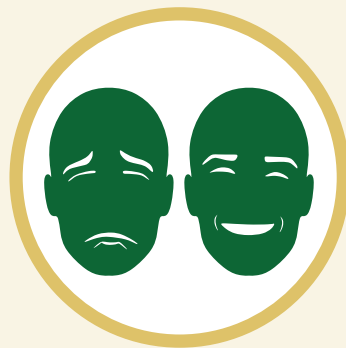
What is Mental Health?

- Mental health refers to a state of well-being in which every individual realises his or her own potential and can positively cope with the normal stresses of life, can work productively and fruitfully and is able to contribute to his or her community.
- Mental health also includes a person's ability to enjoy life and cope when bad things happen.
- Mental health problems are real and sometimes very serious.
- Your mental health can affect your daily life, relationships and even your physical health.

Remember: If you are sad or stressed, this can affect your adherence to treatment.



When do you need help with mental health?



When do you need help with mental health?

- You might need help if you:
 - Always feel very angry or very worried.
 - Feel very sad for a very long time after a loss or death.
 - Think your mind is controlled or out of control.
 - Need to use alcohol or drugs.
 - Exercise, diet and/or eat obsessively.
 - Hurt other people or destroy things.
 - Do irresponsible things that could harm you or others.

When do you need help with mental health?



Remember: Mental health can significantly affect how a person thinks, behaves and interacts with other people.

What are the signs and symptoms of mental health issues?



What are the signs and symptoms of mental health issues?

- Losing interest in things that you are used to enjoy doing.
- Extreme changes in mood which are not normal for you.
- Hurting yourself, such as cutting yourself.
- Changes in eating habits and or appetite such as eating too much or refusing to eat.
- Having problems sleeping or feeling tired and not having energy.
- Feeling anxious, looking or feeling 'jumpy' or upset, having panic attacks.
- Not wanting to spend time with people; spending too much time in bed.
- Hearing and seeing things that others do not see.



What can I do for myself in case I have some of these signs and symptoms of mental health issues?



Do's



Don'ts

What can I do for myself in case I have some of these signs and symptoms of mental health issues?

- **Do's (Things that can help you to deal with the symptoms):**

- Share your feelings and spend time with other people you trust.
- Get back to daily routine as much as possible such as work, school, housework.
- Participate in religious or spiritual activities.
- Play sports or get regular exercise.
- Eat regular meals.
- Get adequate rest.
- Take a break and relax.
- Participate in enjoyable activities such as singing, dancing, reading even if at the moment it may be hard for you to enjoy them.
- Help other people talk about how they feel, but also respect if they choose not to talk about it.



Don'ts (Things to try to avoid to cope with signs and symptoms of mental health issues)



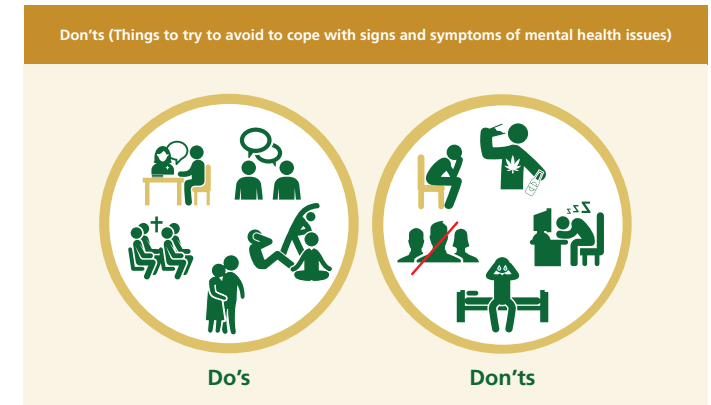
Do's



Don'ts

Don'ts (Things to try to avoid to cope with signs and symptoms of mental health issues)

- Using alcohol or drugs to cope.
- Withdrawing from family and friends.
- Withdrawing from daily activities.
- Overworking.
- Blaming yourself or others.
- Neglecting your health and self-care such as sleep, hygiene or diet.



Remember: You may need to seek professional help from a psychiatric nurse ,social worker or psychologist if you want to talk with someone outside of your family or circle of friends or if your symptoms do not improve with the coping strategies.

What are the specific issues people with mental health issues are faced with?



What are the specific issues people with mental health issues are faced with?

- They may be stigmatised as people do not understand that it is a medical condition.
- Families of people with mental health issues may be ashamed of them and hide them away from the community.
- They may be locked away because their behaviour is unacceptable.

What are the specific issues people with mental health issues are faced with?



Remember: People who show symptoms of mental health issues should be referred to a facility for further assessment and treatment.

Mental health treatment and adherence



Mental health treatment and adherence

- **Can mental health issues be treated?**
 - Yes, mental health issues can be treated.
 - Many people who have mental health issues, and are treated, recover well or even completely.
 - However, because there are many different factors that lead to someone getting a mental health issue, it can sometimes be difficult to tell how, when, or to what extent a person is going to get better.
- **Why must treatment be adhered to?**
 - Treatment for mental health issues must be adhered to, to make sure that the mental health issue is under control.
 - This will help clients live and work with their mental health issue.

Mental health treatment and adherence



How and when should mental health treatment be taken?



How and when should mental health treatment be taken?

- There are different ways that mental health issues can be treated.
- These can involve medication, individual therapy or counselling and different forms of support in the community, as well as people with the mental health issue helping themselves.
- How and when should medicines for mental health issues be taken?
 - It is very important that medicines be taken as prescribed.
 - Medication should not just be taken when you are not feeling well, but should be continued even if you are feeling well.
 - Interrupting or stopping treatment can be dangerous and should be discussed with a doctor or nurse first.



What are the side effects of mental health treatment?



What are the side effects of mental health treatment?

- Side effects are different, depending on the types of medicines that the client is taking.
- If side effects are experienced, clients **MUST NOT** stop treatment.
- They should go to the nearest facility immediately.
- How often should a client visit the facility?
 - The client should visit the facility based on the follow up schedule that the healthcare workers provide.
 - It is important that clients keep all their scheduled appointments.

What are the side effects of mental health treatment?



What is substance abuse?



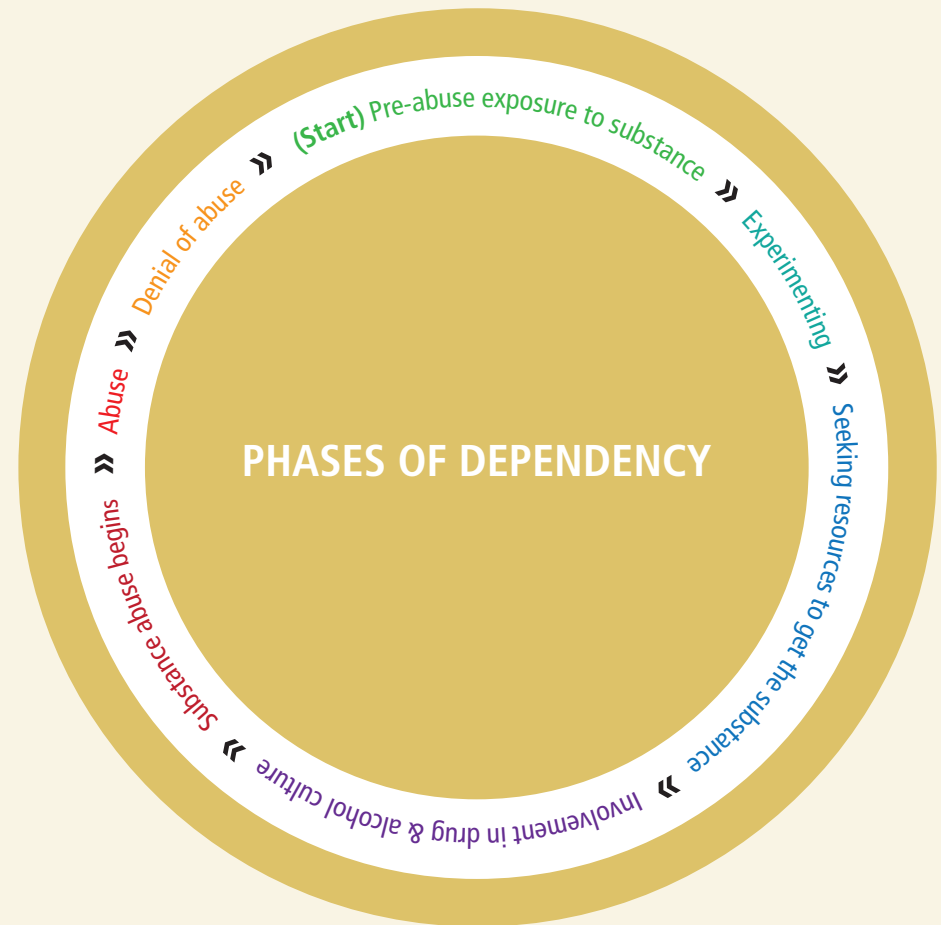
What is substance abuse?

- **Substance abuse** is the **regular or too much use** of a drug or substance which leads to addiction and **physical and psychological cravings**.
- **Substance include:**
 - Alcohol – tobacco – snuff
 - dagga – mandrax – cocaine
 - acid and LSD – tik (meth) – nyaope
 - medication like cough syrup and pain killers
 - everyday household substances such as glue, turpentine, benzene, cooking spray and petrol.



Remember: Alcohol and substance use increases the risk of forgetting to take treatment or to come to the facility for scheduled appointment.

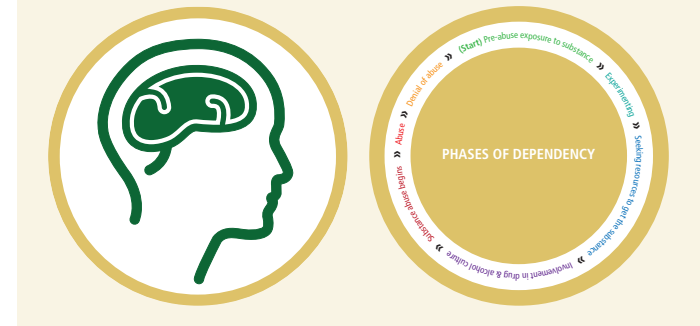
What does it mean if someone is dependent on substances?



What does it mean if someone is dependent on substances?

- Someone is dependent on substances if they do at least three of the following for a period of time for several binge episodes, and it becomes a recurring cycle of behavior:
 - Use substances in larger amounts over a longer period of time than originally intended;
 - Excessive use is recognised but their ability to control is lacking;
 - Daily activities focus on getting, using, and recovering from the effects of the substance; and/or
 - Substance use and intoxication (or withdrawal) interferes with their everyday functioning.
- If you are worried about yourself or a friend, inform health care worker or contact South Africa Anxiety and Depression Group Substance Abuse Helpline on 0800 12 13 14 or SMS 32312. Open 7 days a week.

What does it mean if someone is dependent on substances?



Adherence to treatment and substance use



Adherence to treatment and substance use

- It can be difficult to adhere to long term treatment if you are using or abusing alcohol or drugs.
 - It is better to try to limit your consumption of alcohol or drug when being on long term treatment.
- If you drink alcohol or use drugs, it is very important to make sure that you keep on taking your treatment correctly.
- In case you are planning to drink alcohol or use drugs, there is a risk that you will forget to take the treatment.
 - To make sure you do not forget to take treatment:
 - make a plan to take the treatment before using alcohol or drugs, or
 - make sure someone (who is not using alcohol or drugs) can remind you to take medication even if you are under the influence of alcohol or drugs.

Remember: If you feel that your consumption of drug or alcohol is problematic, we can refer you to a specialised service that can support you to cut down your consumption.



Acknowledgements

The development of the Adherence Education flip file has been a collective effort and extensive consultative process. The Department of Health would like to acknowledge and thank all those who have contributed to this process thus far. The collaboration and involvement of the National and Provincial Department representatives, support partner organisations and technical experts has ensured a valuable resource to implement an effective adherence programme. The National Department of Health would like to acknowledge the resources provided by support partners to finalise this process.

DISCLAIMER

This publication was supported by Cooperative Agreement Number GH001554-01 from Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the National Department of Health of South Africa and do not necessarily represent the official views of CDC.



This publication was also made possible with the support of:



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