



The OliveBranch for Children

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HBC Community
Research Report:
Facts & Findings

September - December 2010

The Olive Branch for Children (TOBFC) has developed a Community Home-Based Care (HBC) for Patients Living with HIV/AIDS Program, which has expanded within the most vulnerable and remote communities within Mbeya region of Tanzania. TOBFC integrates health care, nutritional, psychological educational and economic support for over 500 patients enrolled in the program.

HIV/AIDS education remains one of the best tools for combating HIV/AIDS. In addition, general health education is particularly important for HIV/AIDS patient to help encourage healthy lifestyles and reducing risk of illnesses or opportunistic infections that may result in serious consequences for an immuno-compromised individual. In order to provide comprehensive care and support, it is important to understand the needs of the communities and know areas where our services are most needed.

The HBC community research questionnaire was created in order to have an understanding of the health knowledge of the HBC patients within the program. The overall findings and general commonalities identify areas where educational and support programs should be highly focused.

TOBFC volunteers from Canada, Wendy Tanner, Kelly Johnson and Kristie Inch facilitated the gathering of information, visiting patients at their homes along with a HBC worker and translator. Each questionnaire was completed one-on-one with the patient. The patients were provided with eggs for participating and completing the questionnaire.

The HBC community research questionnaire was implemented within twelve villages with a total of 136 patients participating in the research:

1. Mswiswi (26 patients)
2. Utengule-Usangu (15 patients)
3. Mahongo (9 patients)
4. Azimio (17 patients)
5. Uhambule (17 patients)
6. Igurusi (26 patients)
7. Mambi (7 patients)
8. Mpolo (8 patients)
9. Majenje (5 patients)
10. Chamoto (4 patients)
11. Simike (1 patient)
12. Luhanga (1 patient)

The questionnaire covered a wide array of areas, including basic medical knowledge (HIV, TB, malaria), nutrition, health and sanitation practices, as well as maternal and child health.

II. HBC COMMUNITY RESEARCH: FINDINGS & POINTS OF INTEREST

The overall findings of the research provide insight about the level of knowledge patients have within the various areas of health and nutrition. This helps to identify the most important topics regarding health education that the HBC team should now integrate into the program. Some highlights include:

Tanzanian Medical System:

- The large majority of patients (>80%) did not have an accurate understanding of the Tanzanian Medical System and the Referral system. Almost every one of the 136 patients interviewed stated that

they wish to learn more about the Tanzanian medical system. This remains a great obstacle as the government provides little or no information about the medical system to these villages - the large majority of patients had never received any information from the government regarding the system.

- Patients are for the most part aware that CTC cards allow them free treatment at government clinics. When asked what the patient expects from the CTC clinics, many of the responses regarded help with transport to attend the clinics, as well as having access to CD4 tests at these clinics.

General Health:

- Overall, only 64% of all patients interviewed believed that unboiled water leads to sickness. Furthermore, less than half of all participants (43%) boil drinking water and only a small percentage boil water for dishes, laundry or bathing.
- Daily food consumption consists mainly of carbohydrates, including ugali, rice, porridge and cassava. As meat and fish are not financially viable options for many of our patients, protein is severely lacking in many of the diets. During the interviews, patients were educated about alternative forms of protein, including milk, eggs and beans that are more accessible and still provide the necessary protein to help patients eat a more balanced diet.

HIV/AIDS:

- Over 95% of patients interviewed are aware of at least one way in which HIV is transmitted. The most common answer was unprotected sex, followed by sharing of needles, open wounds and taking care of HIV-positive patients.
- As the HBC program expands and TOBFC continues to hold testing days around the villages, more individuals continue to be tested and are learning their status. This was apparent during the questionnaire with a large majority of patients stating that their partner had been tested (though there are a number of women whose husbands refuse testing). However, the most significant of these findings indicate that a large proportion of children (approximately 75%) have not been tested for HIV. The HBC team should strongly encourage all patients to have all family members tested, especially children who are often at high risk of transmission.

Tuberculosis (TB):

- TB is well known by the majority of patients (<80%) to be both contagious yet also treatable. However, far fewer of the patients interviewed were able to answer how TB was transmitted, which is an important aspect which educational programs should focus on. To have a more preventative rather than treatment approach, HBC team members should educate their villages about the symptoms of TB as well as how it is transmitted in order to reduce the spreading of this disease (with particular importance for HIV-positive patients, as TB is one of the most common opportunistic infections).

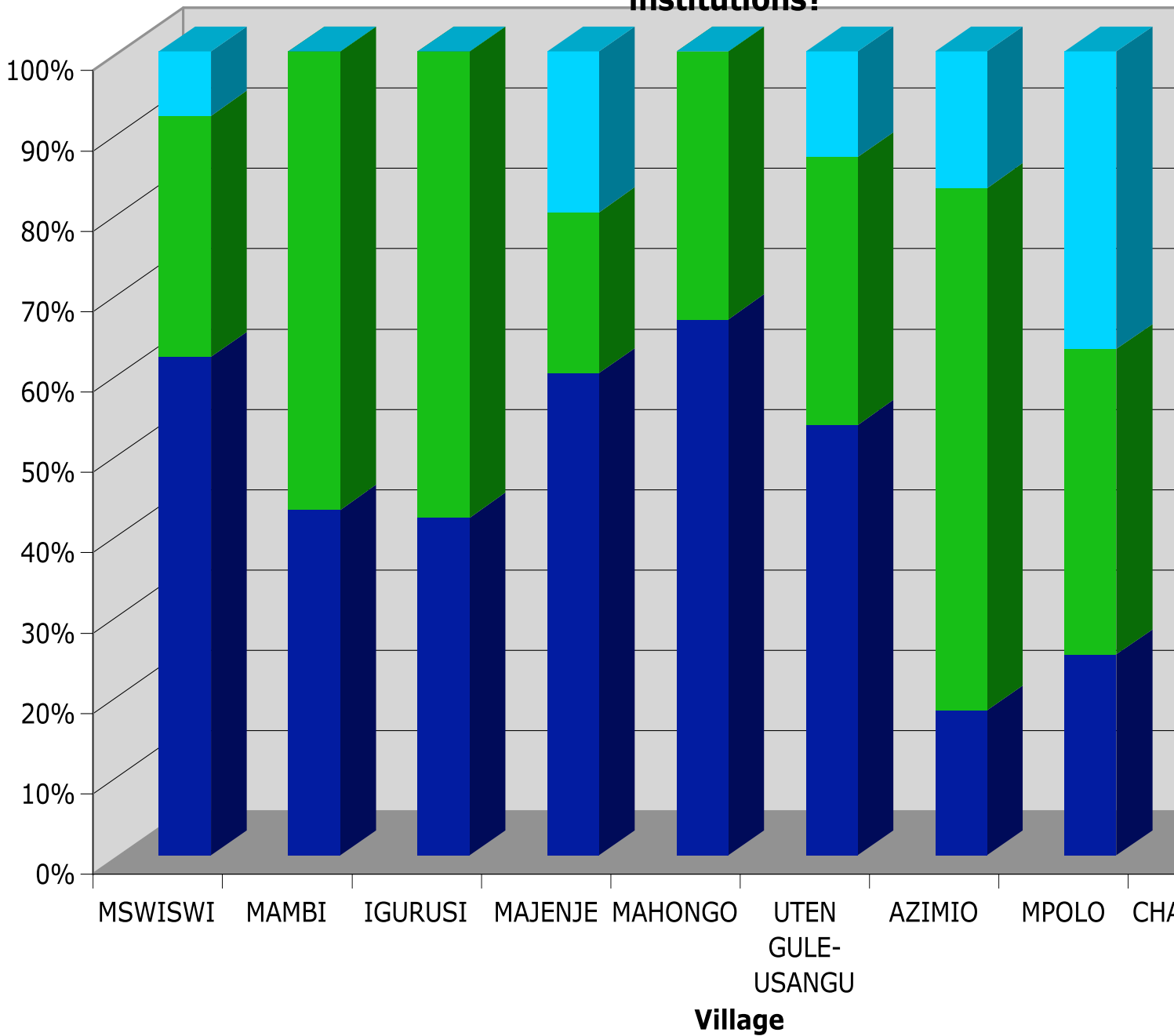
Women's Health:

- Almost all of the women interviewed (<90%) attended pre-natal and post-natal clinics. Only approximately half of the women went to a hospital to give birth. Many of the reasons stated were due to the timing of the onset of labour and being far from the hospital.

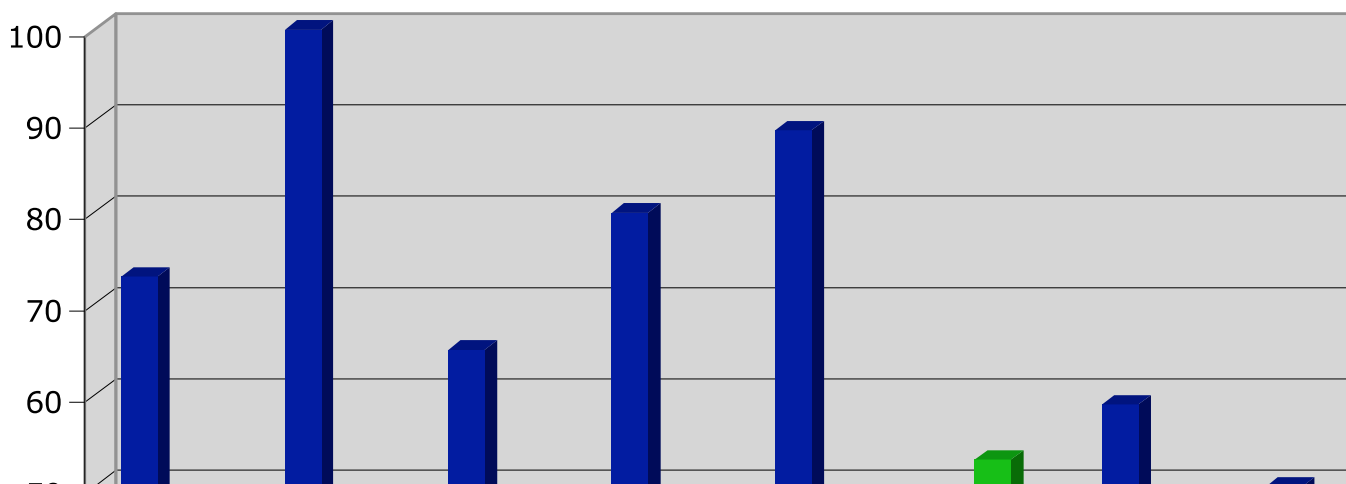
- A large proportion of the patients interviewed know that HIV can be transmitted from mother-to-child during breastfeeding. However, many of the patients believed this transmission was due to wounds on the nipple and open sores caused by teeth of the baby, instead of the HIV in the breast milk itself. Furthermore, while many of the patients knew a baby can contract HIV from the mother during breastfeeding, a much smaller percentage of the patients knew the protocol involved breastfeeding exclusively for six months and then switching to alternatives (ie. cow milk, powdered formula, etc).
- Over 95% of the patients know that smoking is bad for health. However, the majority of women use small huts with little or no ventilation for cooking and inhale the dense smoke, which can produce similarly destructive effects on the lungs as smoking. However, the majority of patients were not aware of this correlation and were told of the importance of ventilation while cooking in such conditions.

It is to be noted that not all of the statistics presented in this report are statistically significant due to small sample sizes. However, the general trends and commonalities can be used to help direct educational and support programs within the villages and further research can be conducted to confirm these findings.

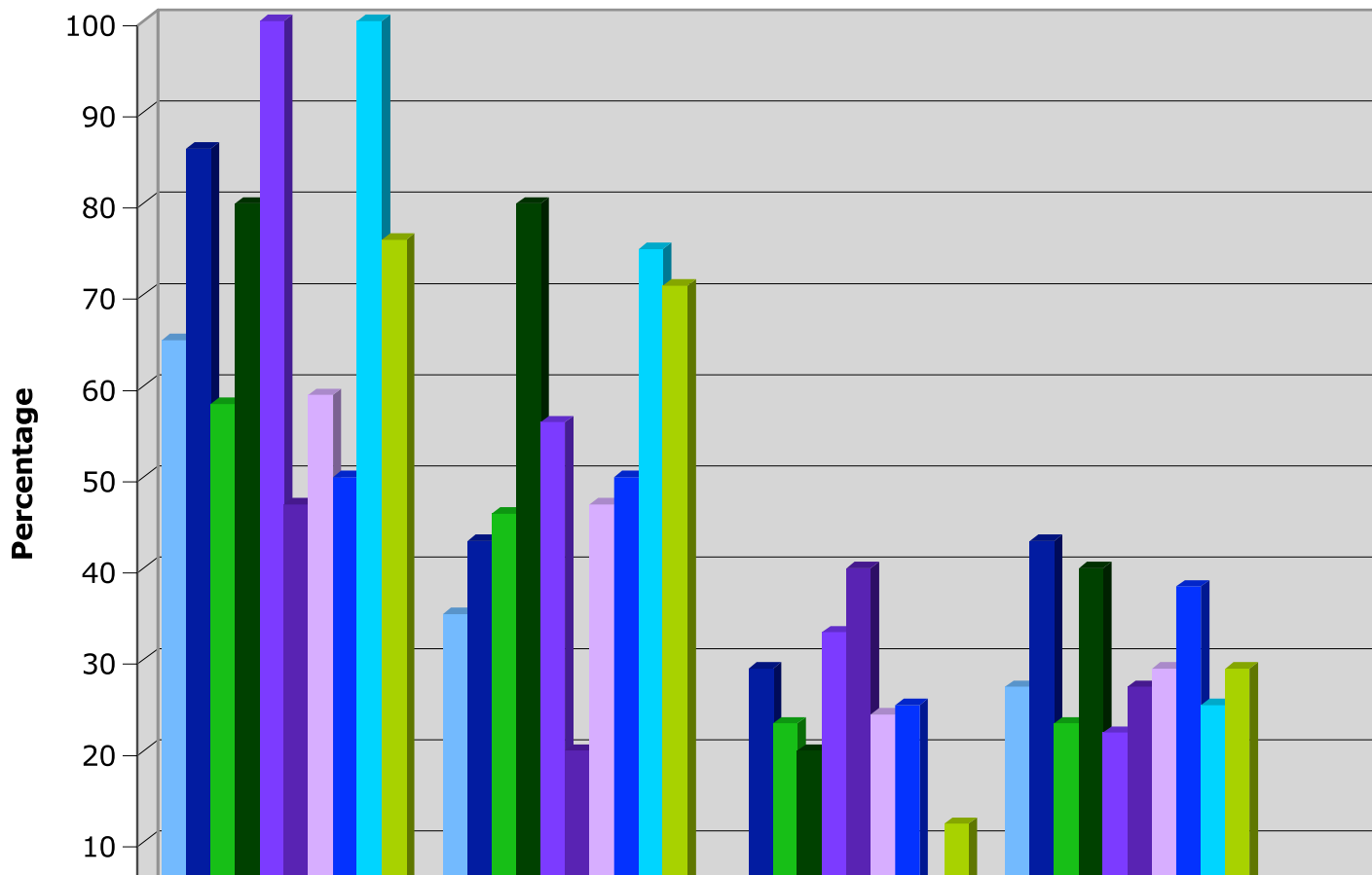
Do you believe you receive better care at government or private/institutions?



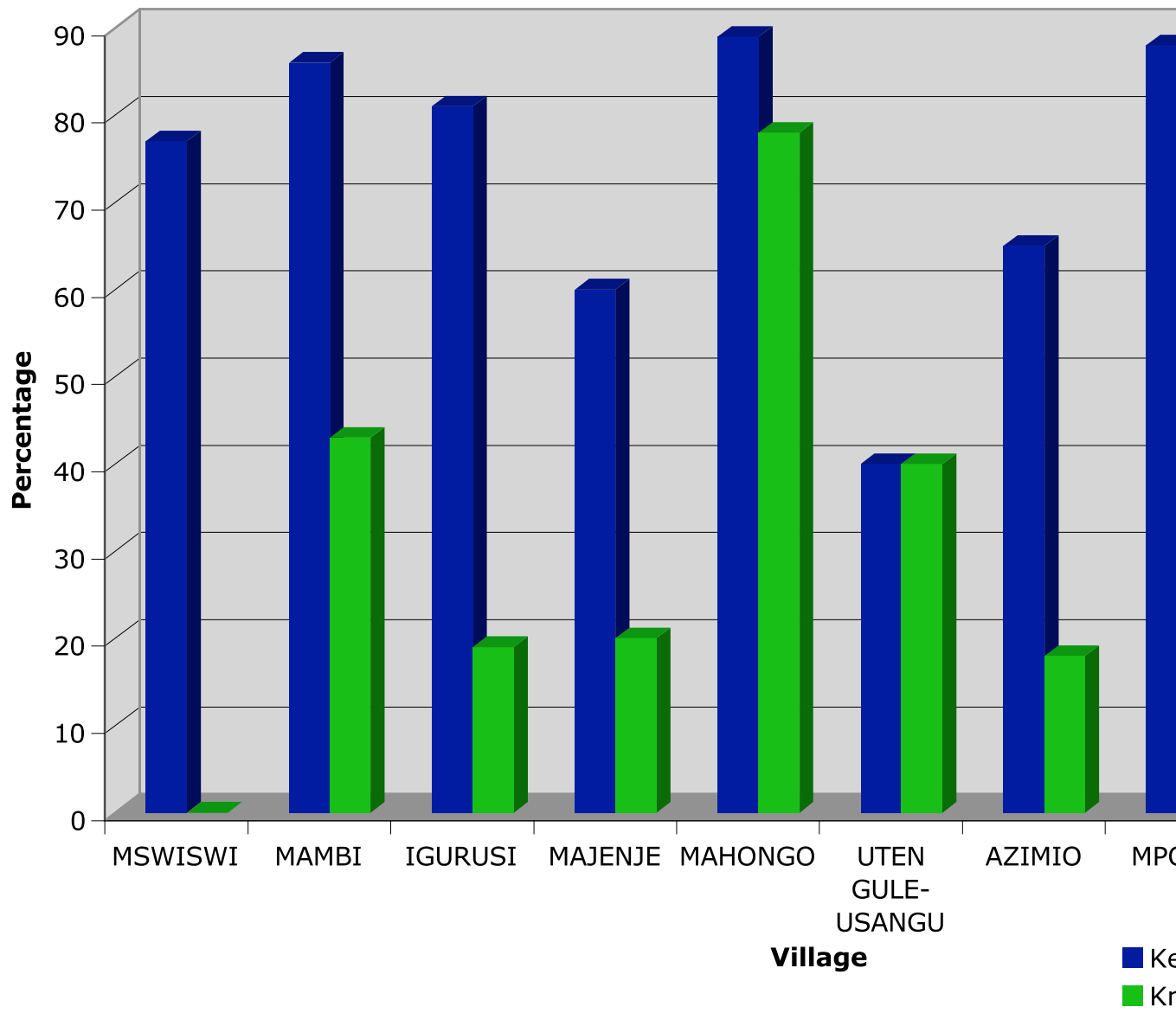
Who do you seek first for medical advice?



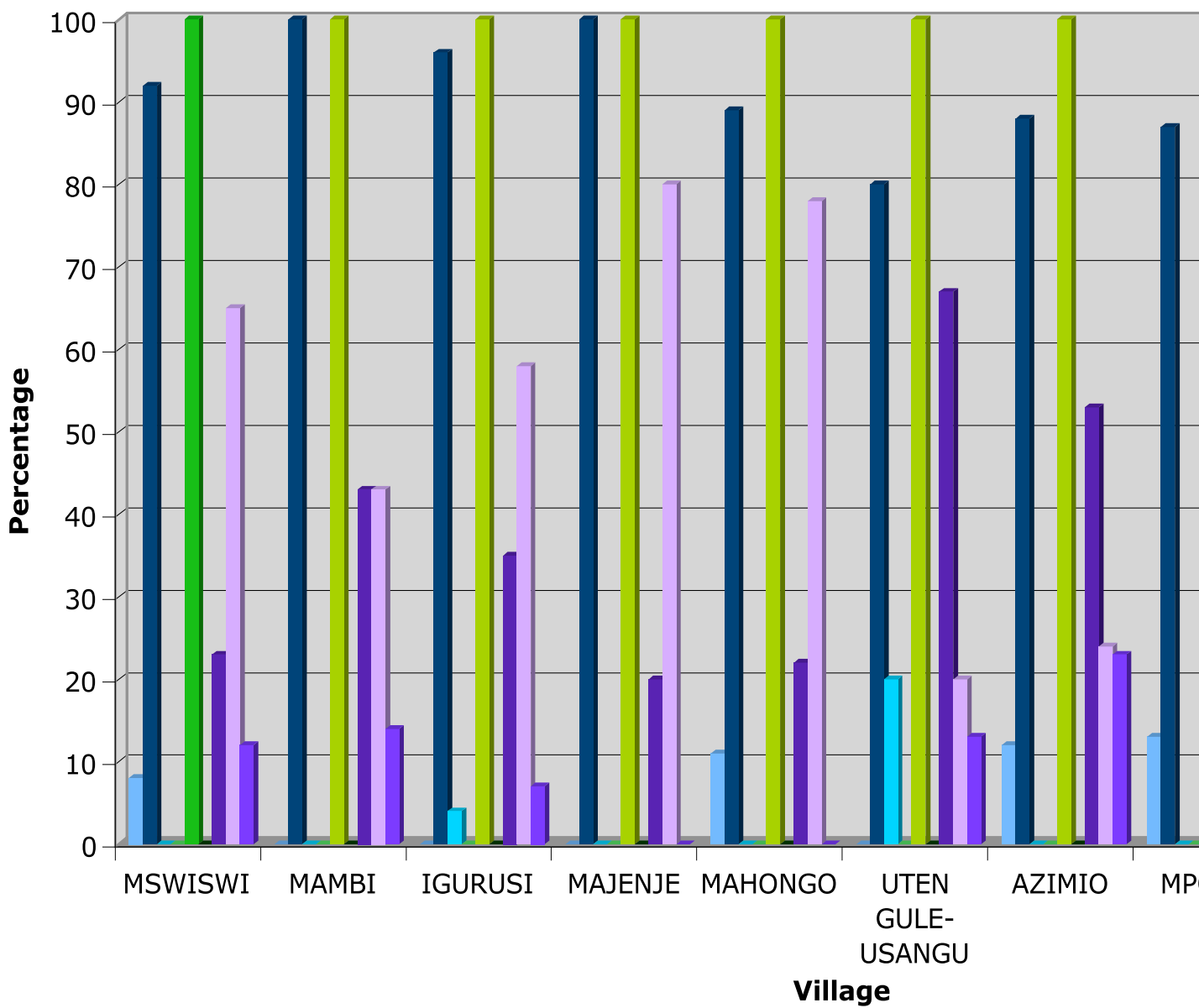
Basic Health Knowledge: Water & Sanitation



Basic Health Knowledge: Environment & Sanitation



Basic Health Knowledge:



RANKING OF VILLAGES BASED ON KNOWLEDGE IN VARIOUS AREAS OF

RANK	HIV/AIDS	TB/MALARIA	WOMEN'S HEALTH	HEALTH & NU
1	Mambi	Mambi	Mahongo	Majenje
2	Mswiswi	Mahongo	Uhambule	Mahong
3	Igurusi	Uhambule	Utengule-Usangu	Mamb
4	Utengule-Usangu	Igurusi	Mambi	Uhambu
5	Mahongo	Mswiswi	Igurusi	Chamo
6	Mpolo	Chamoto	Mswiswi	Mpolo
7	Chamoto	Utengule-Usangu	Azimio	Igurusi
8	Majenje	Azimio	Chamoto	Azimio
9	Azimio	Majenje	Mpolo	Mswiswi
10	Uhambule	Mpolo	Majenje	Utengule-U

	MSWISWI	MAMBI	IGURUSI	MAJENJE	MAHONGO	UTENGULE-USANGU	AZIMIO	MPOLO	CHAMOTO	UHAMBULE	
n=	26 (19f, 7m)	7 (2f, 5m)	26 (18f, 8m)	5 (4f, 1m)	9 (8f, 1m)	15 (13f, 2m)	17 (14f, 3m)	8 (5f, 3m)	4 (females)	17 (13d, 4m)	
Average age	41 (24-70)	44 (29-54)	41 (32-52)	46 (34-60)	42.2 (29-54)	36.4 (23-50)	35 (20-58)	33 (22-49)	34 (27-50)	45 (35-58)	
Average # of children	3.8 (100 total)	4 (28 total)	3 (79 total)	2.6 (13 total)	2.3 (21 total)	2.6 (39 total)	3.7 (63 total)	2 (16 total)	3.3 (13 total)	2.8 (49 total)	
Believe government provides better care		62	43	42	60	66	53	18	25	50	29
Believe mission/private provides better care		30	57	58	20	33	33	65	38	50	59
Unsure		8	0	0	20	0	13	17	37	0	12
HBC		73	100	65	80	89	40	59	50	25	59
Dispensary/Hospital		12	0	31	20	0	53	35	38	50	29
Friends/Family		15	0	4	0	11	7	6	12	25	12
Know unboiled water causes sickness		65	86	58	80	100	47	59	50	100	76
Boil drinking water		35	43	46	80	56	20	47	50	75	71
Boil water for dishes		4	29	23	20	33	40	24	25	0	12
Boil water for bathing		27	43	23	40	22	27	29	38	25	29
Boil water for laundry		4	0	4	0	0	7	0	0	0	12
Keep animals/livestock		77	86	81	60	89	40	65	88	25	59
Know diseases from animals		0	43	19	20	78	40	18	0	0	24
Know you can get sick from unprotected sex		96	100	100	100	100	93	100	75	100	94
Have unprotected sex		35	0	31	100	44	67	41	38	0	59
Know how pulmonary TB is transmitted		46	86	38	20	56	20	18	13	50	59
Knows TB is contagious		73	100	85	60	100	67	53	38	100	82
Knows TB is treated		92	86	96	40	89	87	82	100	100	100
Knows TB & HIV are linked		80	100	85	80	78	67	82	63	25	71
Know how HIV is transmitted		100	100	96	100	100	100	94	100	75	100
Believe HIV/AIDS is curable		4	0	0	0	0	0	12	12	0	26

Know HIV/AIDS is treatable	96	100	96	100	89	93	88	75	100	74
Unsure whether curable/ treatable	0	0	4	0	11	7	0	12	0	0
Know the function of ARVs	77	100	77	60	67	40	47	50	0	29
Partner is tested	65	100	58	40	56	33	47	63	0	53
Children are tested	24	14	28	8	47	28	32	25	15	12
# of Pregnancies	109 total	29 total	91 total	29 total	32 total	56 total	93 total	25 total	17 total	68 total
Live Births	85	100	78	52	91	84	76	68	17	88
Still births/miscarriages	15	0	22	48	19	14	24	32	0	12
Deaths < 5yrs	14	18	25	0	34	21	12	18	18	15
Birtherd at hospital	51	50	63	27	84	75	29	35	53	82
Know HIV is transmitted through milk	77	100	81	60	78	80	70	63	0	100
Know how to prevent transmission through milk	50	43	69	40	66	67	53	50	75	41
Believe alcohol is good for health	8	0	0	0	11	0	12	13	0	0
Know alcohol is bad for health	92	100	96	100	89	80	88	87	100	100
Unsure about alcohol	0	0	4	0	0	20	0	0	0	0
Believe smoking is good for health	0	0	0	0	0	0	0	0	0	0
Know smoking is bad for health	100	100	100	100	100	100	100	75	100	100
Unsure about smoking	0	0	0	0	0	0	0	25	0	0
Believe soda is good for health	23	43	35	20	22	67	53	88	75	24
Know soda is bad for health	65	43	58	80	78	20	24	0	0	76
Unsure about soda	12	14	7	0	0	13	23	12	75	0