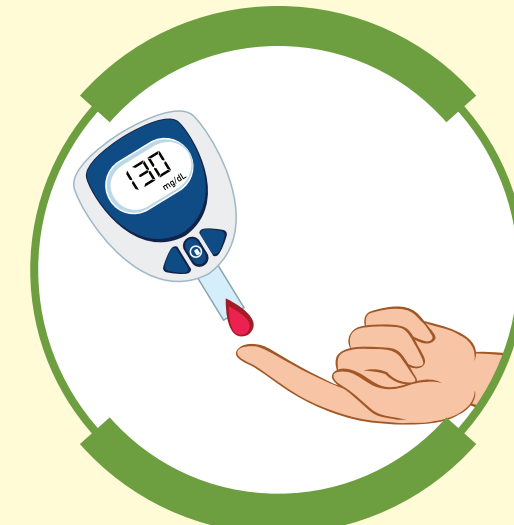


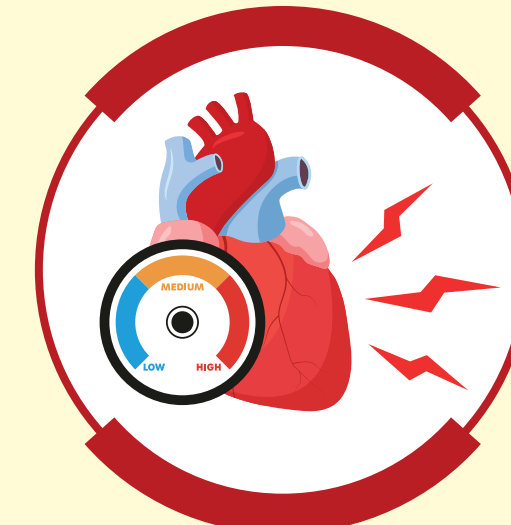
INTEGRATED SERVICE DELIVERY FOR MANAGEMENT OF HIV-NCD COMORBIDITIES AMONG PLHIV

Non-Communicable Diseases (NCD) are chronic diseases which can be prevented by lifestyle modification

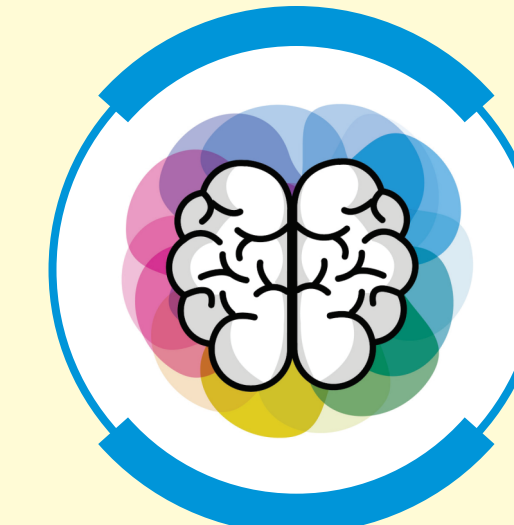
People Living with HIV (PLHIV) are at increased risk of NCD especially Hypertension, Cervical Cancer, Diabetes, and Mental Health conditions



Diabetes



Hypertension

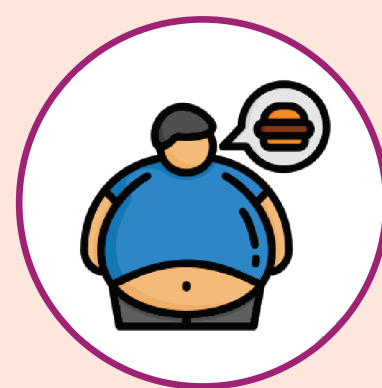


Mental Health Conditions



Cervical Cancer

What are the risk factors?



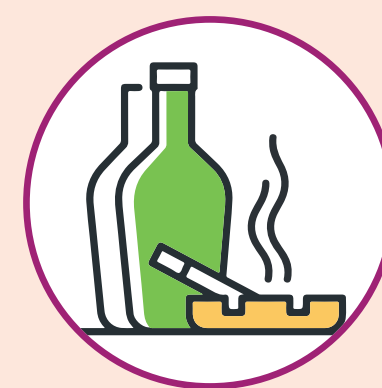
Obesity



Unhealthy Diets



Physical Inactivity



Harmful use of Tobacco & Alcohol



Stress

How to reduce the risks?



Maintain Healthy Diet



Appropriate Activity



Avoid Tobacco & Alcohol



Yoga/Meditation



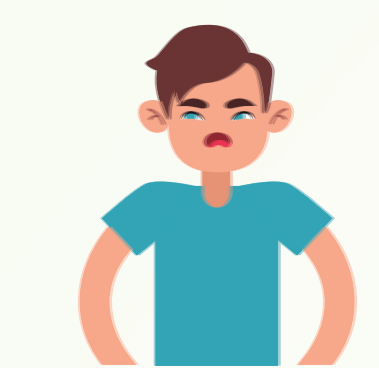
Regular Check-ups

DIABETES

- Frequent urination
- Feeling very thirsty
- Loss of weight
- Blurred vision
- Feeling very tired
- Numbness or tingling in hands
- Slow-healing wounds



HUNGER



BLURRED VISION



FREQUENT URINATION



TINGLING HANDS

Common Symptoms



DIZZINESS



CHEST PAIN



NAUSEA



VOMITING

HYPERTENSION

Common Symptoms

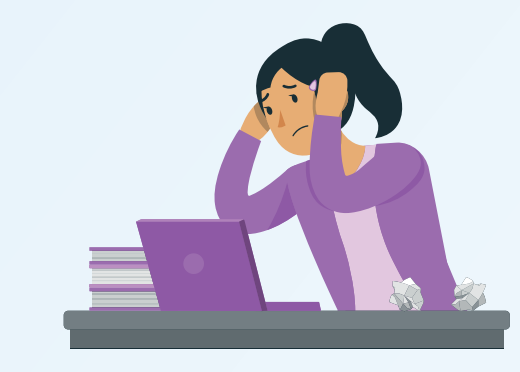
- Malaise/ Uneasiness
- Nausea and Vomiting
- Light headedness

Warning/Danger Symptoms

- Difficulty in breathing
- Severe headache
- Anxiety
- Blurred vision or other vision changes
- Sudden, severe pain in abdomen, chest, or back

MENTAL HEALTH CONDITIONS

- Feeling worried, anxious or stressed
- Difficulty in handling day to day activities
- Changes in sleeping and eating habits
- Changes in emotions
- Withdrawal from family and friends



FEELING WORRIED, ANXIOUS OR STRESSED



DIFFICULTY IN HANDLING DAY TO DAY ACTIVITIES



CHANGES IN EMOTIONS



WITHDRAWAL FROM FAMILY FRIENDS

CERVICAL CANCER

- Vaginal bleeding between periods, after sex, or after menopause
- Vaginal discharge that is watery, has a strong odour, or contains blood
 - Heavier or longer periods
- Pain in the pelvis, lower back, or legs

Remember

All PLHIV should get screened as early as possible and at regular intervals thereafter for early diagnosis and proper management.

NCD screening and treatment is available **FREE OF COST** at ART centers, NCD clinics and other government health facilities.

For more information contact medical officer/staff nurse at the ART centre.

Screening, Referrals and Linkages

Coordinated efforts by ART centers and NCD clinics for complicated cases management, supplies, data sharing and case-based monitoring



ART Centre

Referrals for further management & expert consultation

PLHIV with Uncontrolled DM / complications, Elevated BP readings (emergency/urgency), Mental health conditions, Cervical cancer screening

Linked back for continued monitoring and follow-up

Accompanied referrals through community networks



NCD Clinic



Medical College

My Health - My Right - My Responsibility !!!

Acting Together to Stay Healthy- Preventing NCD in PLHIV