



# Institute for Capacity Development

Suite 3B, Third Floor, Capital Centre Building, Werner List Street, Windhoek, Namibia;  
PO Box 10193, Khomasdal, Windhoek, Namibia;  
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## Nutrition and HIV/AIDS Management

### Course Objectives

By the end of this course the participants are able to:

- Identify the role of nutrition in comprehensive care of PLHIV
- Define the role of balanced nutrition in people living with immune compromising illness
- Identify, prepare and use nutrition herbs and vegetables for communities living with HIV/AIDS
- Develop and convey health information for people living with HIV/AIDS
- Prevent loss and encourage representation as well as community participation in collective programs
- Carry out nutrition assessments
- Formulate a nutritional care plan based on nutrition assessment results
- Conduct nutrition counselling
- Prepare a drug-meal plan
- Identify when the patient should be referred for specialized nutritional care
- Develop and implement a follow-up plan
- Be familiar with the "food-by-prescription" and how to monitor its impact
- Collect data from patient records and write reports

### Target Group

- Programme Officers
- Project Managers
- Community Developers
- Life skills Trainers
- Trainer of Trainers
- Training Officers
- Psycho-social Support Staff
- Counselors
- Care Givers
- Early Adulthood Educators

### Course Outline

- General Management Principles and skills
- Overview on HIV/AIDS
- Understanding HIV and AIDS and Nutrition
- Nutrition and HIV Medications
- Nutrition and HIV/AIDS
- Relationship between Nutrition and HIV/ AIDS
- Benefits of Nutrition Interventions
- Parameters of Practice for Nutrition in HIV/AIDS Care and Treatment
- Role of Nutritional Status in the Stages of HIV Infection in Adults
- Characteristics of HIV/AIDS-Related Malnutrition
- Energy and Nutrient Requirements of PLHIV
- Critical Nutrition Practices for PLHIV
- The roles of nutrition in care and treatment of PLHIV

- Nutritional requirements/needs of PLHIVs
- Critical nutrition practices for PLHIV
- Nutritional care of persons taking medication, supplements and herbal remedies
- Nutrition assessments (including effects of ART),
- Preparation of a nutritional care plan
- Nutritional assessment interpretation
- Underlying problem identification
- Identification of plausible intervention options
- Nutrition messages for behavioural change for PLHIV
- Dietary strategies for symptom management
- Demonstration models on counselling and education
- Drug-Meal plan preparation
- Characteristics and purpose of drug-meal plans,
- How to prepare a drug-meal plan and support its use
- Setting nutritional goals and review plans based on Risk level
- Nutritional care plan adherence (development and review)
- Referral and linkages to community/group support
- Nutritional assessment of critically ill patients on ART
- Management of patients with severe malnutrition
- Managing Severe Malnutrition among Adult PLHIV
- Identifying Severely Malnourished Adults
- Nutritional Management of Symptoms Associated with HIV
- Micronutrients - Their Roles and Sources
- Management of feeding (mode of feeding and appropriate diets)
- Body cell mass enhancement approaches
- Data collection, monitoring and reporting
- Data management and reporting
- Data analysis, interpretation and presentation
- Data storage and reporting
- IT and D-Base Management
- Action Planning

Dates: 05<sup>th</sup> – 16<sup>th</sup>December 2011

Duration: 2 Weeks

Course Costs: US\$2950

Venue: Windhoek, Namibia



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## Application/Nomination Form

Organisation \_\_\_\_\_

Department \_\_\_\_\_

Email address \_\_\_\_\_

Postal address \_\_\_\_\_

Phone numbers \_\_\_\_\_

Course Title/ Code \_\_\_\_\_

Attendance Month/ Dates \_\_\_\_\_

	Surname	First Name	Position	Email
Delegate 1				
Delegate 2				
Delegate 3				
Delegate 4				
Delegate 5				
Delegate 6				

*Attach a separate list in cases where the delegates are more than six ( Applications can also be submitted online or by email).*

Expected Benefits from participation \_\_\_\_\_

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Authorised Signature: \_\_\_\_\_ Position \_\_\_\_\_ Date: \_\_\_\_\_