



Health for all

A health promotion tool for health professionals



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



ACKNOWLEDGEMENTS

This clinical tool provides an approach to health promotion in the primary care setting. It serves as an aid to the clinician in identifying and mitigating the health risks to the patient either from lifestyle and/or existing disease conditions and to ensure that consistent health promoting and educating messages are conveyed to the users of the health service at each encounter.

The guidance of the Health Promotion Cluster of the National Department of Health with significant engagement and participation by all the relevant clinical programmes in the development of this aid was critical in achieving this success. Furthermore, the robust engagement by the provincial and district representatives during the National Consultation workshop has immensely enriched the tool and the accompanying training material.

The conceptual and evidence based development of this tool was undertaken the following team: Dr Shaidah Asmall, Dr Beverly Draper, Dr George Draper, Dr Nandi Siegfried, Dr Mireille Porter and Ms Candice Bonaconsa.

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key

SECTIONS:



CONDITION



RISK



GOOD HEALTH

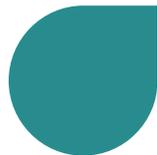
COLOURS USED:



BASIC FACTS



KEY MESSAGE



TO DO LIST

OTHER ICONS



TO KNOW



TO DO



PATIENTS



HEALTH CARE
PROFESSIONAL



ADULT PRIMARY CARE
DEPARTMENT OF HEALTH

introduction



WHAT IS IT?

This is a clinical tool for health promotion in Primary Health Care. It is designed specifically for use during consultation between the health care professional (eg nurse or doctor) and the person* who comes for health care.

WHY?

The increase in chronic conditions (communicable and non-communicable diseases, and mental health) needs to be actively addressed in order to promote good health and prevent disease in the population. This tool helps to identify risk factors that threaten good health or worsen existing conditions. It will assist doctors and nurses in primary health care to recognise risks and make patients aware of these risks. By offering ways to reduce risks, it will aid patients to reduce the effect of risk behaviour before disease develops and those patients who have existing conditions to prevent further complications.

WHO BENEFITS?

The information in this tool is aimed at the patient. It is framed in a way that this information can be given to patients in a simple manner and that is easily understood. The messages should be used by the doctor/nurse to encourage patients towards self-management of their health or existing conditions.

* The information in this tool is aimed at the patient/client/user/person, depending on the context

HOW DOES IT WORK?

This tool contains the basic facts (TO KNOW) on 22 main conditions and 7 key risks. It provides information that the health care professional (HCP) can share with the patient, and identify key risks that threaten the patient's health .

The action messages (TO DO) give direction to the patient to make informed choices that will improve health.

These messages have been designed to target the general population. At the individual level, the tool can be used to tailor the messages to fit the profile of each patient according to his or her particular health needs.

The content and messages are aligned with the Adult primary Care (APC) clinical guidelines and National Department of Health policies.

WHAT ARE WE AIMING FOR?

To shift from an approach of making a clinical diagnosis to forming a patient profile that includes the health risk factors.

This then facilitates a shift from purely clinical care to patient management that includes behaviour change and self-care.

definitions and concepts

HEALTH PROMOTION

The process of enabling people to increase control over their health and its determinants, and thereby improve their health.

HEALTH PREVENTION

Actions directed to preventing illness and promoting health to reduce the need for secondary or tertiary health care.

HEALTH EDUCATION

Any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes and stimulating action.

HEALTHY LIFESTYLE

A way of life which helps to keep and improve people's health and well-being.

SELF-EFFICACY

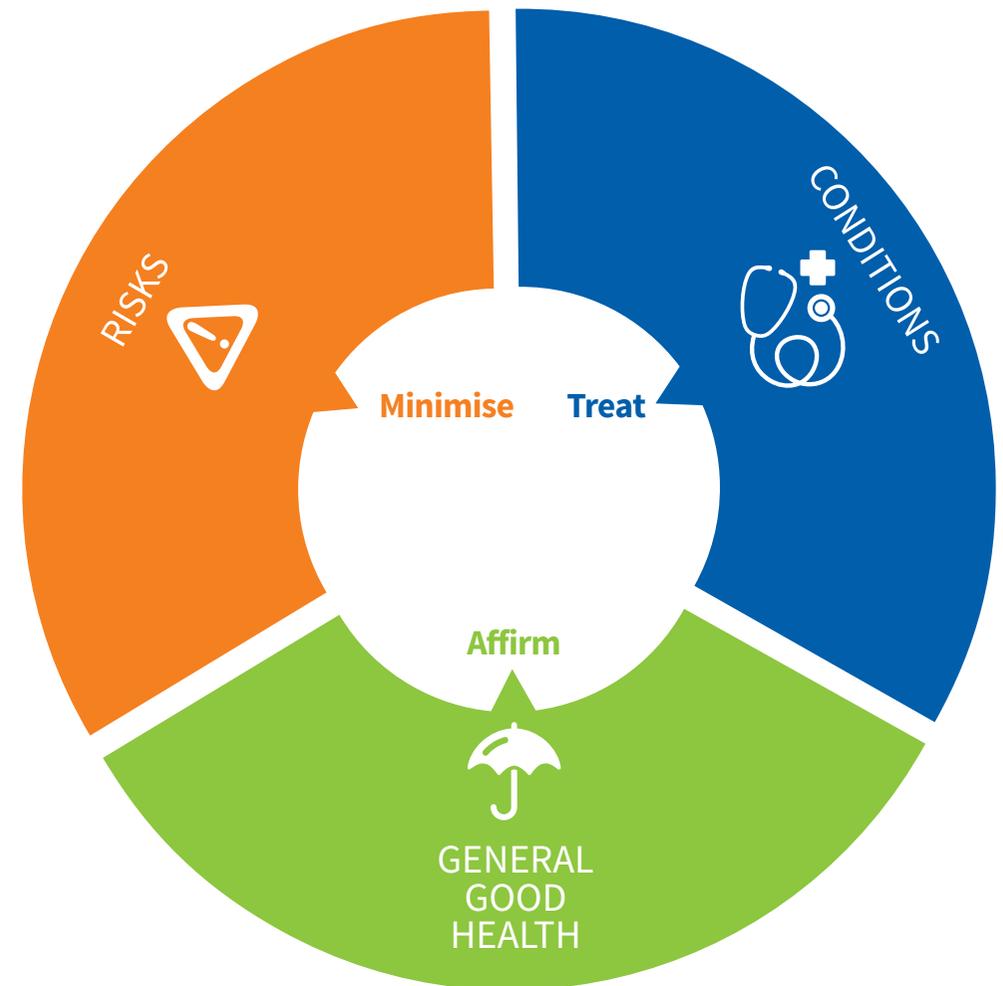
Self-efficacy is the extent to which people believe they are capable of performing specific behaviours in order to attain certain goals.

SCREENING

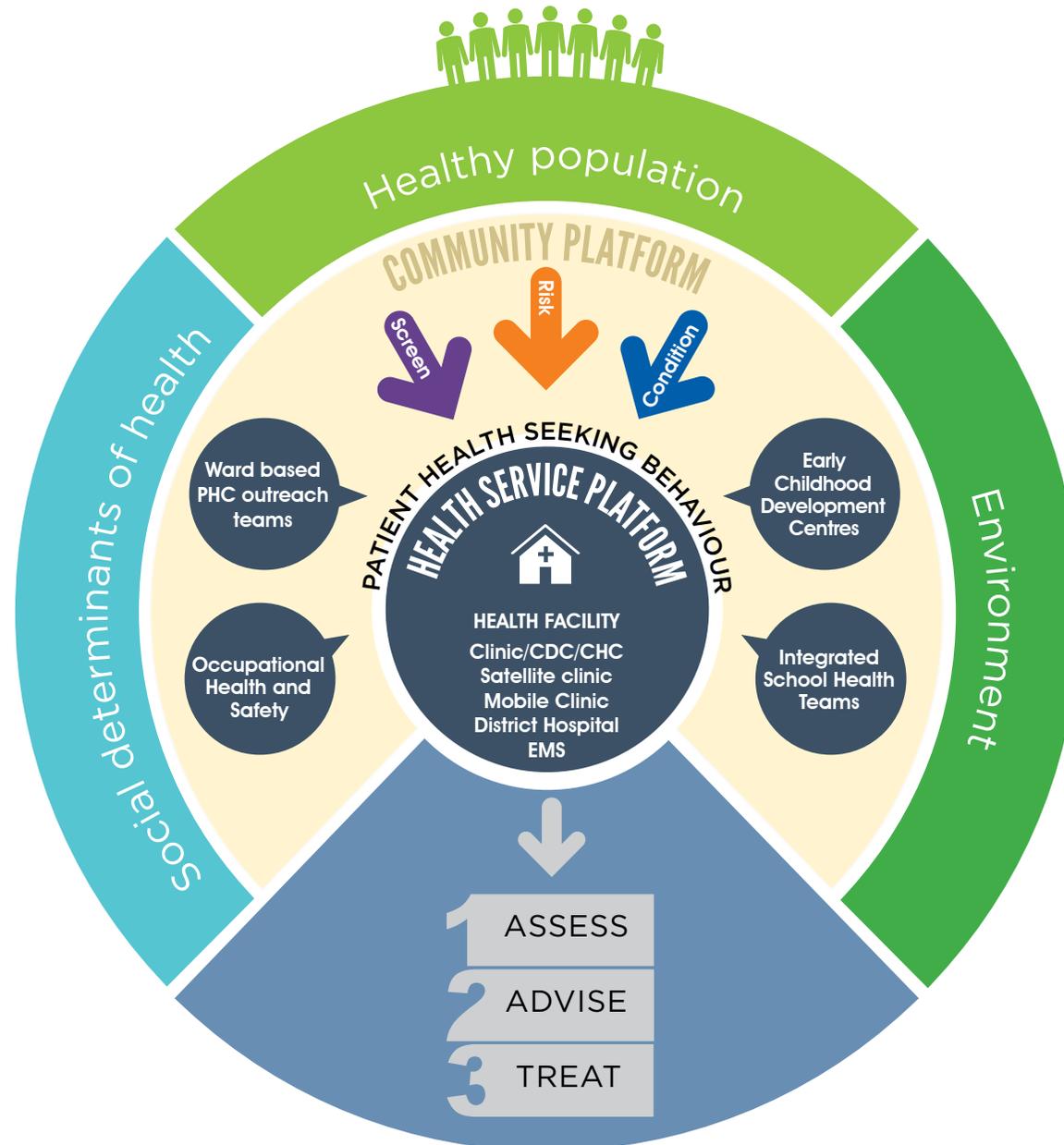
A strategy used in a population to identify an unrecognised disease in individuals without signs or symptoms. This can include individuals with pre-symptomatic or unrecognized symptomatic disease.

HEALTH LITERACY

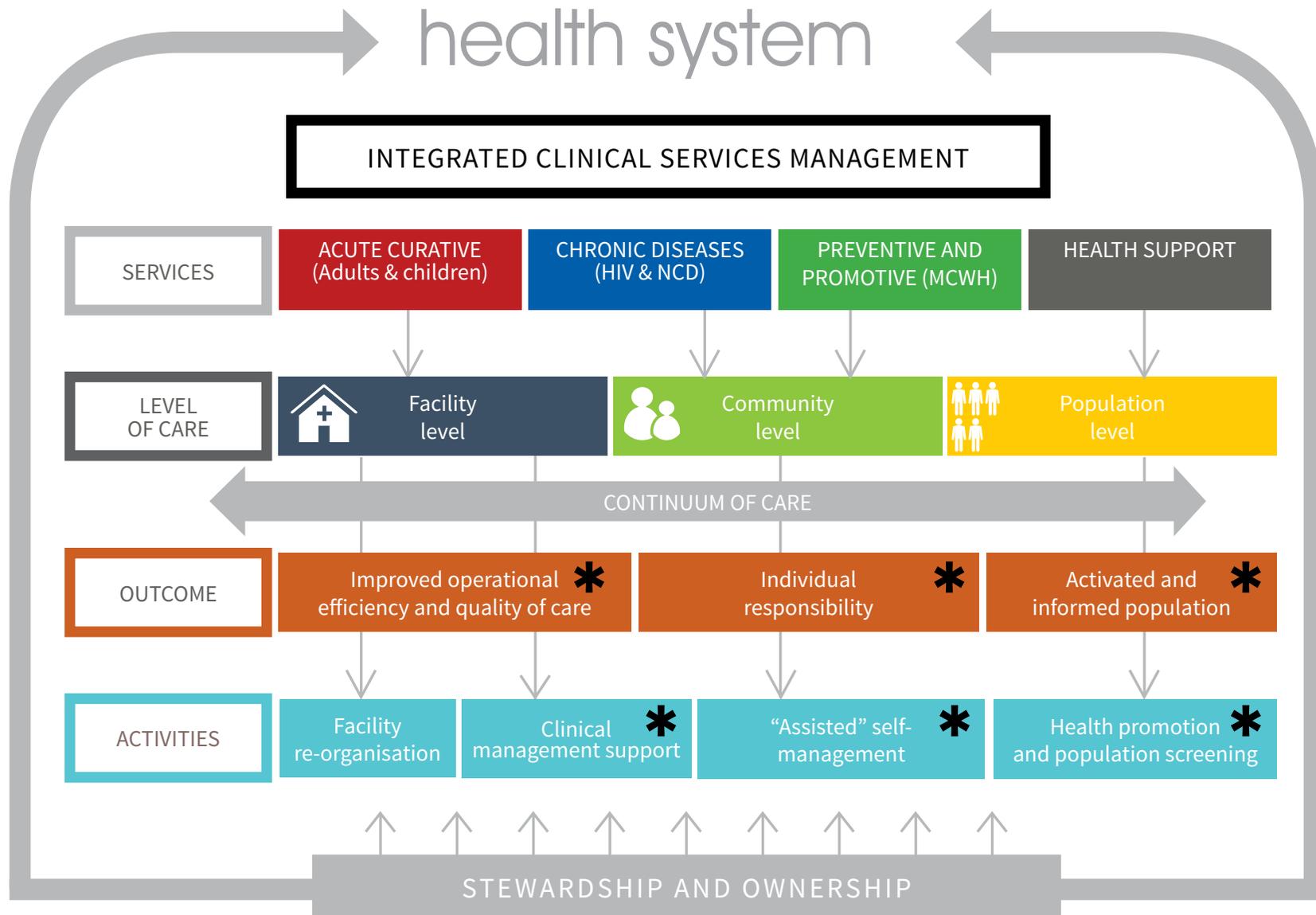
The degree to which individuals have the capacity to obtain, process, and understand basic health information and services needed to make appropriate health decisions.



overview of service delivery platform



integrated clinical services management



Where does Health promotion fit into ICSM? *

patient-centred approach

HEALTH CARE PROFESSIONAL



- Listens
- Explains in easy language
- Asks open-ended questions
- Understands patient's circumstances and needs
- Minimises shame and guilt
- Encourages self-disclosure
- Identifies patient's problems, barriers, constraints, fears, competing priorities



PATIENT



- Understands his/her own lifestyle
- New treatment brings resistance to change
- Is involved in decision making
- Takes responsibility for own health

“
EFFECTIVE COMMUNICATION
IS THE SUCCESSFUL
TRANSFER OF INFORMATION
BETWEEN TWO PEOPLE
”

• Trust between
patient and
health care provider

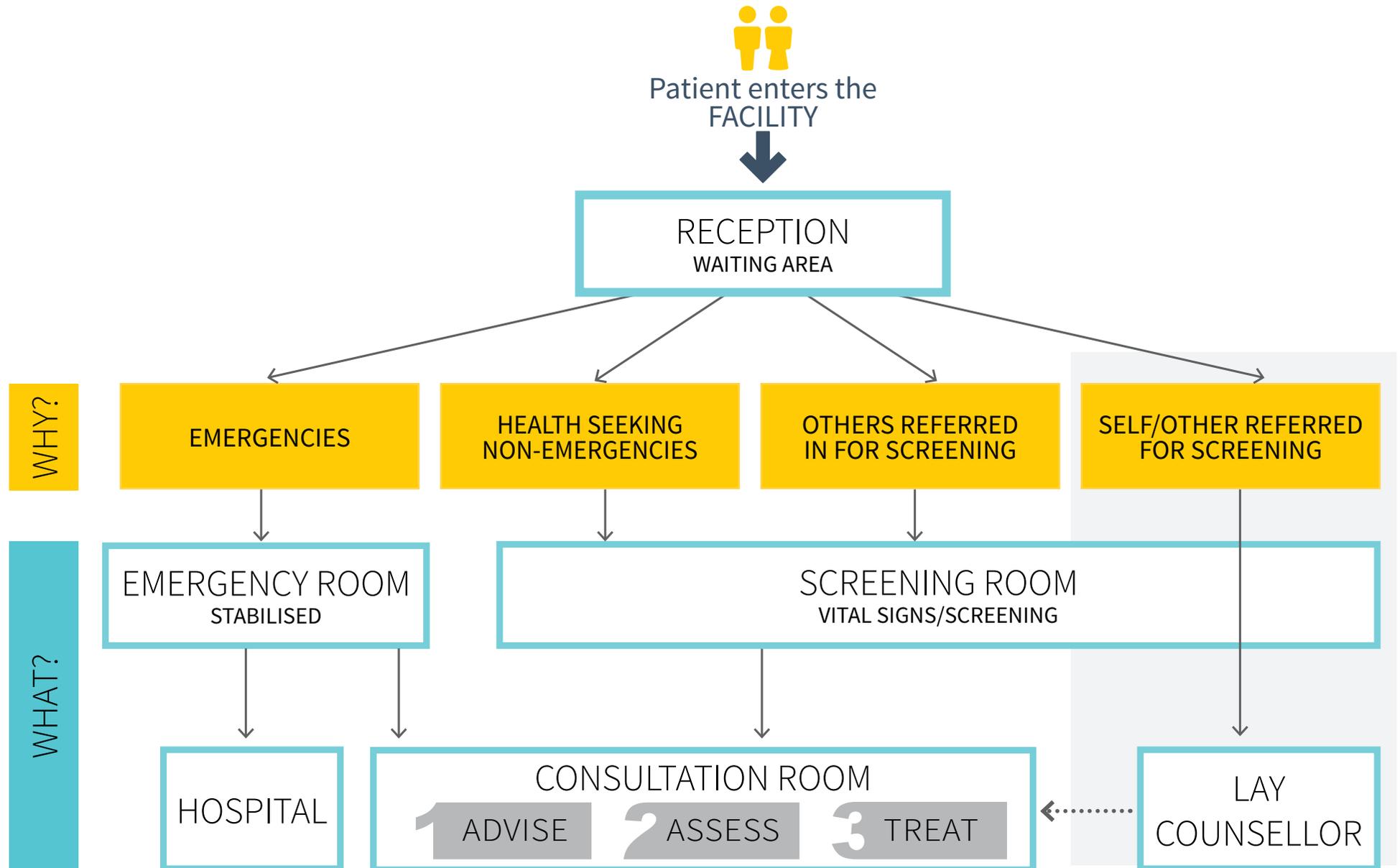
• Improved adherence

• Effective self-
management

ADHERENCE TO:

- ✓ LIFESTYLE MODIFICATIONS
- ✓ MEDICATION
- ✓ FOLLOW-UP APPOINTMENTS

patient process flow in the health facility



framework for patient management



consultation process

ASSESS



Patient profile

Environmental determinants of health

E.g. clean water, disposal of waste

Social determinants of health
E.g. poverty, overcrowding

RISK ASSESSMENT

Unhealthy eating
Lack of physical activity
Smoking/tobacco use
Alcohol/harmful drugs
Unsafe sexual behaviour

Knowledge
Action
Adherence
Support
Protection

CLINICAL ASSESSMENT

Known condition
Co-morbidity
Severity

Knowledge
Action
Adherence
Support
Protection

Vitals/
Screening
Complaint
History
Known conditions
Symptoms
Examination
Laboratory results



consultation

2 ADVISE → Identify and prioritise risk/condition



NO CONDITION/RISK PRESENT

TO KNOW about staying healthy



- Eat healthy food
- Be physically active
- Don't smoke or use tobacco
- Limit alcohol
- Don't use drugs
- Practice safe sex

RISK PRESENT

RISK BEHAVIOUR(S)

TO KNOW about risk behaviour



- What does it mean?
- What are the benefits if I stop?
- What are the risks if I don't stop?
- How can I change my behaviour?

RISK FOR SPECIFIC CONDITION

TO KNOW about condition



- What is it?
- How do you get it?
- Why do you get it?
- Who is at risk?
- How can I decrease risk?

CONDITION PRESENT

TO KNOW about condition

- What is it?
- How do you get it?
- Why do you get it?
- What can the condition lead to?
- What makes it worse?
- What improves it?

3 TREAT →



PATIENT TO DO



- Select 2 Health Promotion messages
- Commit to act on these 2 messages



HCP TO DO



- Clinical treatment, go to **APC**
- Refer to adherence counsellor
- Secure follow up, according to condition or risk
- Link to community services
- Strengthen community engagement





PART 1



Staying healthy

good health

STOP SMOKING AND TOBACCO

Smoking and tobacco are harmful!

- Decide to stop
- Get support to stop

STOP ALCOHOL AND DRUGS

Drinking too much alcohol is a problem!

- Set a goal to stop
- Get support
- Get physically active

GET PHYSICALLY ACTIVE

- Find a physical activity
- Exercise 150 minutes a week
- Sit less, move around more

EAT HEALTHY

- Follow a healthy eating plan
- Cut down on sugar and sweet drinks
- Limit salt
- Use fats sparingly
- Drink clean water
- Practice safe hygiene/hand wash

PRACTICE SAFE SEX

- Use a condom
- Avoid multiple partners
- Use contraception
- Get tested for HIV
- Treat sexually transmitted infections



risk assessment

HEALTHY EATING
Check BMI and ask key questions if relevant



- Are you eating a heaped plate of food?*
- Are you eating food high in salt, fat and/or sugar, including sugar sweetened beverages?

PHYSICAL ACTIVITY



- Are you getting any exercise?

SMOKING/TOBACCO



- How many cigarettes do you smoke?

ALCOHOL/DRUGS



- Are you drinking more than 2 drinks a day?
- Do you binge on weekends?

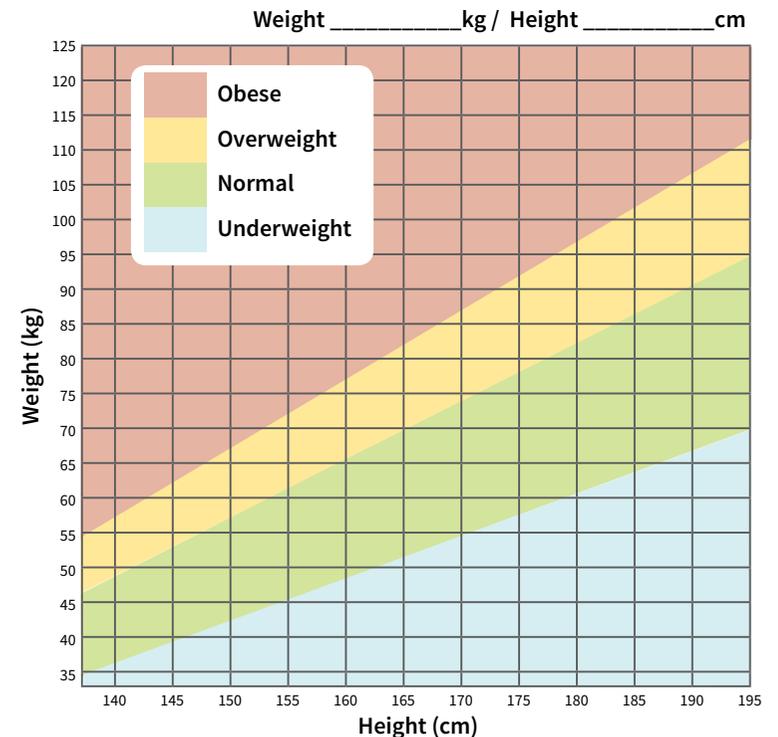
SEXUAL BEHAVIOUR



- Are you protecting yourself and your partner every time you have sex?

* recommended portion sizes as follows: starchy food fistful (1 cup), meat (palm size), vegetables (two open handfuls).

BODY MASS INDEX



- » Do you know about your risks/conditions?
- » Are you in control of your conditions/risks?
- » Are you taking your meds every day?
- » Do you have the support of others?
- » Are you making sure that you are protecting others from harm?

Knowledge
Action
Adherence
Support
Protection

take control



PART 2



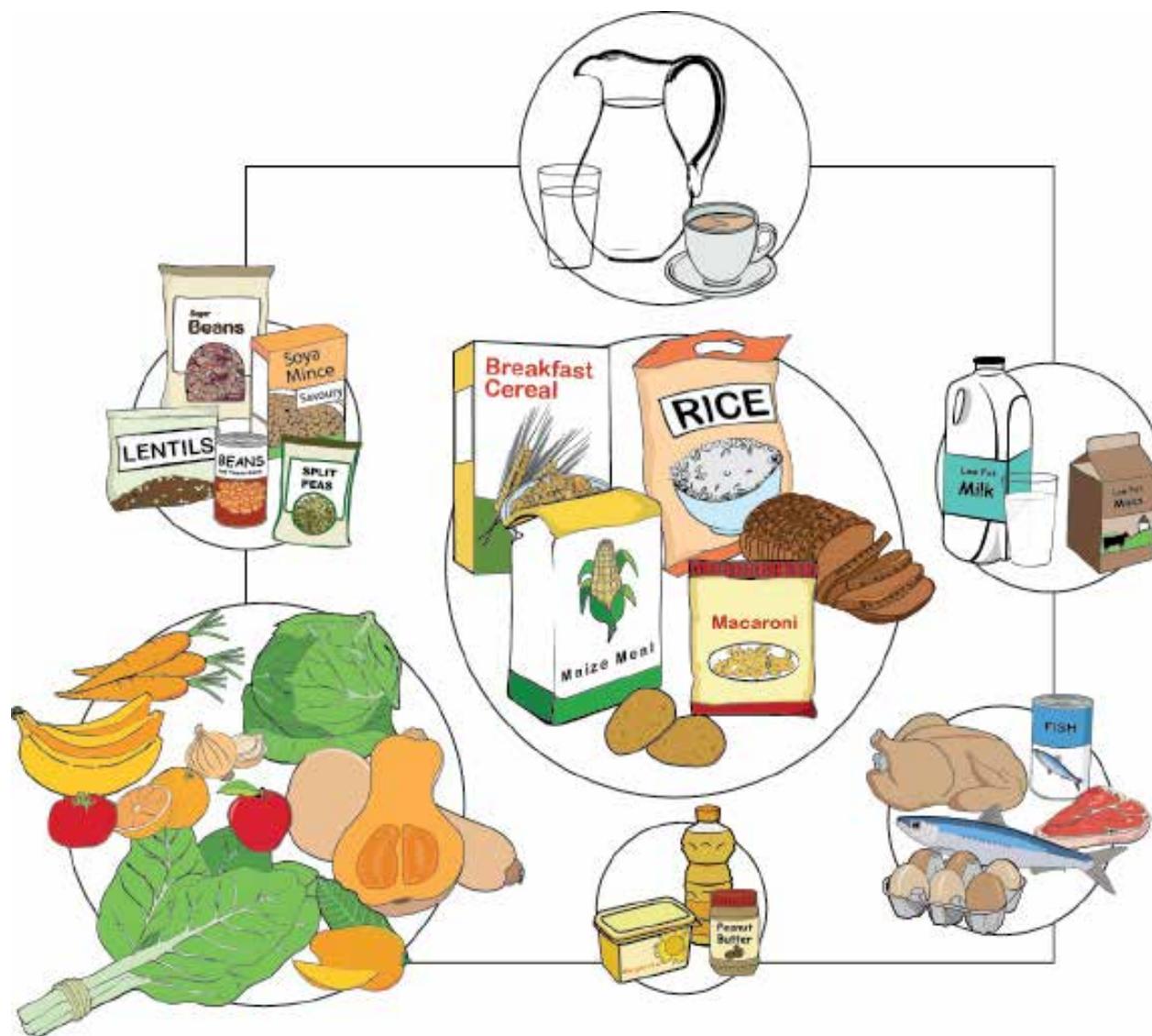
Risks

How can unhealthy eating harm you?

- » Existing illness will get worse
- » You will get other chronic illness such as:
 - High blood pressure
 - Heart disease
 - Diabetes
 - Chronic joint pain
 - Cancer
- » Poor health if you have HIV
- » Tooth decay
- » Weight gain
- » Shortness of breath

Why eat healthy food?

- » More energy
- » Maintain a healthy weight
- » Stay well
- » Avoid development of diseases of lifestyle



TO KNOW



What do I need to know about healthy eating?





Unhealthy eating



KEY MESSAGE

EAT HEALTHY FOOD

BASIC FACTS

WHO NEEDS TO EAT HEALTHY FOOD?

Every person regardless of age or gender needs to follow a healthy eating plan.

What to know

- » *Whole grains*, legumes and root vegetables are better than refined starch
- » *Eat legumes* (dry beans, split peas, lentils and soya) as a good source of protein.
- » *Fruit and vegetables* provide minerals and vitamins and fibre
- » Use *salt* sparingly
- » Use vegetable *fats* rather than hard fats
- » Limit *sugar* intake in food and drink

Basic rules of healthy eating:

- » Eat a variety of foods
- » Eat small regular meals
- » Drink clean water
- » Energy intake should equal energy use: **energy in = energy out**

HOW CAN UNHEALTHY EATING HARM YOU?

- » An existing illness will get worse (HIV and TB)
- » May cause other *chronic illness* such as:
 - High blood pressure
 - Heart disease
 - Diabetes
 - Chronic joint pain
 - Cancer
- » Overweight and obesity
- » Shortness of breath

WHY EAT HEALTHY FOOD?

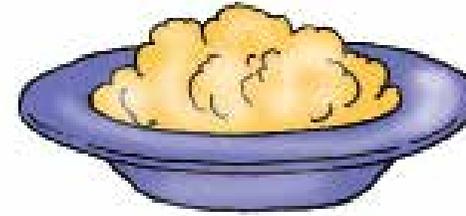
- » More energy
- » Maintain a healthy weight
- » Avoid development of diseases of lifestyle

KEY LINKS

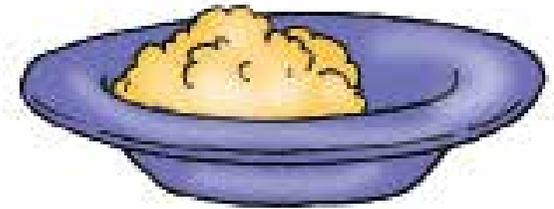
Hypertension.....	82	CVD	92	Maternal health	54&58	Stress & trauma.....	104	Lack of physical activity...	26
Diabetes.....	86	Cancer.....	132	Oral health.....	136	Overweight & obesity.....	22	Alcohol	36



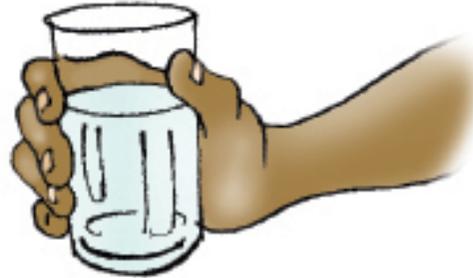
**FOLLOW A HEALTHY
EATING PLAN**



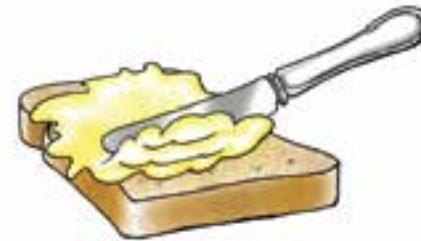
**AVOID LARGE QUANTITIES
OF REFINED STARCH**



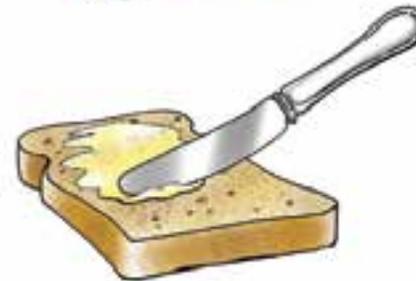
LIMIT SUGAR



DRINK CLEAN WATER



USE FATS SPARINGLY



TO DO



EAT HEALTHY FOOD





KEY MESSAGE

EAT HEALTHY FOOD

PATIENT WHO NEEDS TO EAT MORE HEALTHY FOOD

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow up
- » Refer for counselling
- » Link to community services



TO DO'S



FOLLOW A HEALTHY EATING PLAN

- Eat food in the right amounts of meat, legumes, fat and vegetables
- Cut back on fats if you are eating too much fat/oil
- Eat regularly
- Have a healthy snack of fruit or vegetables between meals



AVOID LARGE QUANTITIES OF REFINED STARCH

- Eat starchy food in the form of whole grains
- Avoid chips, white bread, biscuits, cake



USE FATS SPARINGLY

- Use small amounts of vegetable oils rather than hard fats



LIMIT SUGAR AND SALT

- Avoid all sugary drinks : fruit juice and fizzy drinks
- Avoid sweets and chocolate
- Avoid biscuits and cakes
- Drink very little sugar in your tea or coffee



DRINK CLEAN WATER

- Drink fresh water, at least 8 glasses/cups a day
- Keep a bottle of water with you
- Replace all sweetened drinks with water

HOW CAN OVERWEIGHT OR OBESITY HARM YOU?

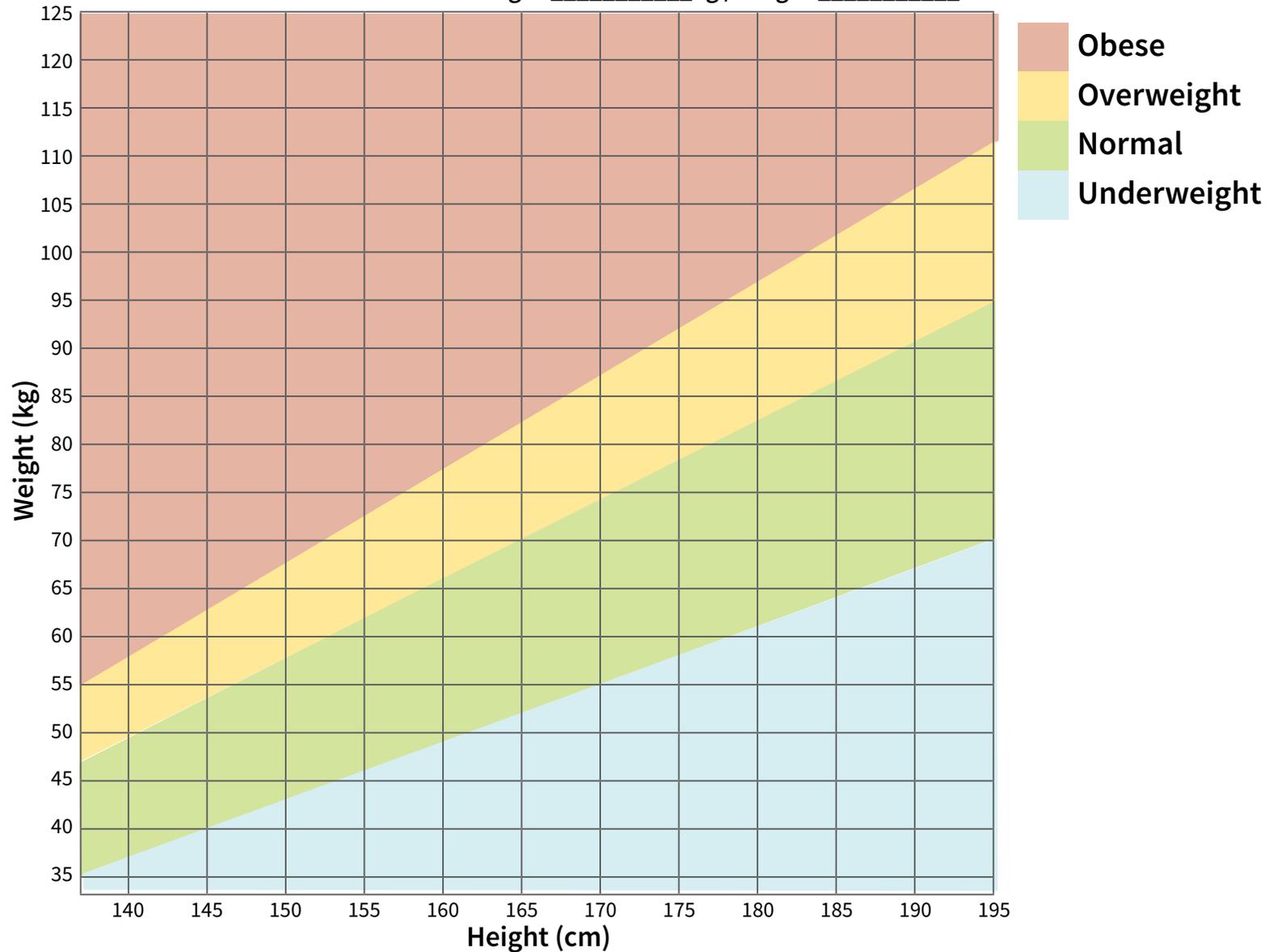
- » It places your general well-being at risk
- » Increased risk of:
 - Diabetes
 - Hypertension
 - Heart disease
 - Stroke
 - Joint disease
 - Depression

WHY LOSE WEIGHT?

- » You will have more energy
- » You will avoid chronic conditions
- » Improved self-image

BODY MASS INDEX

Weight _____ kg / Height _____ cm



TO KNOW



What do I need to know about being overweight and obese





Overweight & obesity



KEY MESSAGE

REDUCE FRIED AND SUGARY FOODS AND SUGARY DRINKS

BASIC FACTS

WHO IS OVERWEIGHT?

Anyone who has a weight that is more than a healthy weight for their height

What to know

Am I overweight?

- » Having a body mass index >25 means you are overweight
- » Having a body mass index >30 means you are obese
- » If you are obese, you should lose weight slowly
- » It is better to eat 3 small healthy meals a day than starve yourself

HOW CAN OVERWEIGHT AND OBESITY HARM YOU?

- » Risk to general well-being
- » Increased risk of:
 - Diabetes
 - Hypertension
 - Heart disease
 - Stroke
 - Joint disease
 - Depression

WHY LOSE WEIGHT?

- » More energy
- » Avoid chronic conditions
- » Improved self-image

KEY LINKS

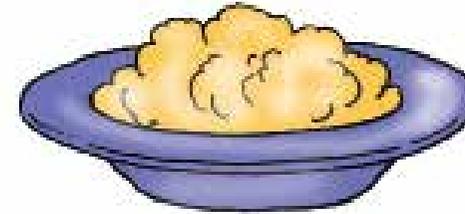
Unhealthy eating.....18 Alcohol.....36 Diabetes.....86 Depression.....96
 Lack of physical activity.....26 Hypertension.....82 CVD92 Chronic bone & joint disease..128



GET PHYSICALLY ACTIVE



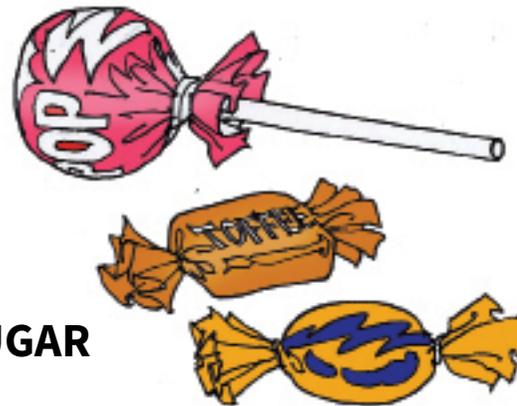
GET STARTED



EAT LESS

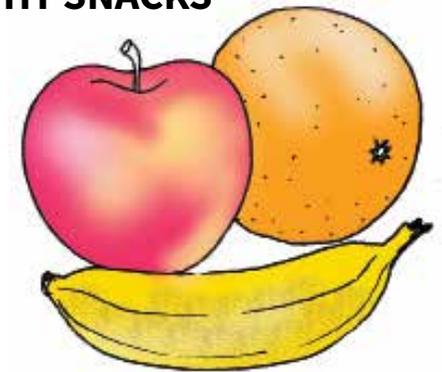


AVOID SUGAR SWEETENED DRINKS



LIMIT SUGAR

EAT HEALTHY SNACKS



TO DO



REDUCE FRIED AND SUGARY FOODS AND SUGARY DRINKS





KEY MESSAGE

REDUCE FRIED AND SUGARY FOODS AND SUGARY DRINKS

PATIENT WHO NEEDS TO LOSE WEIGHT

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer for counselling
- » Link to community services



TO DO'S



GET STARTED

- Make a decision to start a healthy eating plan
- Decide what you need to change
- Eat more fresh fruit and vegetables



EAT LESS

- Reduce the amount of food you eat
- Reduce refined starch
- Use a smaller plate
- Don't have second helpings



EAT HEALTHY SNACKS

- Stop sweets, biscuits and cakes
- Stop fast foods like chips and fried chicken
- Stop eating potato crisps
- Eat fresh fruit and vegetables



LIMIT SUGAR

- Use sugar sparingly



AVOID SUGAR SWEETENED DRINKS

- This means fizzy drinks
- Avoid sweetened or 100% concentrated fruit juices



GET PHYSICAL ACTIVITY

- Start physical activity
- 150 minutes per week
- To lose body fat, use more energy than you eat



How can lack of physical activity harm you?

- » Raised blood pressure
- » Heart disease
- » Overweight and obesity
- » Joint stiffness

Why get physically active?

- » To stay at a healthy weight
- » To strengthen bones, muscles and joints
- » To improve heart and lung health
- » To reduce the risk of chronic diseases such as diabetes and cancer
- » To strengthen your immune system
- » To improve your general mood



TO KNOW



What do I need to know about lack of physical activity?





Lack of physical activity



KEY MESSAGE

GET GOING

BASIC FACTS

Who needs physical activity?

- ▶ Every person needs daily physical activity to be healthy
- ▶ Adults aged 18-64 years need 150 minutes of moderate-intensity physical activity throughout the week, every week

What to know

- » Everyone needs to be active
 - Move your arms and legs daily
 - Walking is the easiest way
 - If you can't go outside get physically active inside

Barriers to being active

- » A negative attitude to physical activity
- » Work or home environment or kind of work
- » Making time for physical activity

HOW CAN A LACK OF PHYSICAL ACTIVITY HARM YOU?

- » Raised blood pressure
- » Heart disease
- » Overweight/obesity
- » Stiffness of the joints

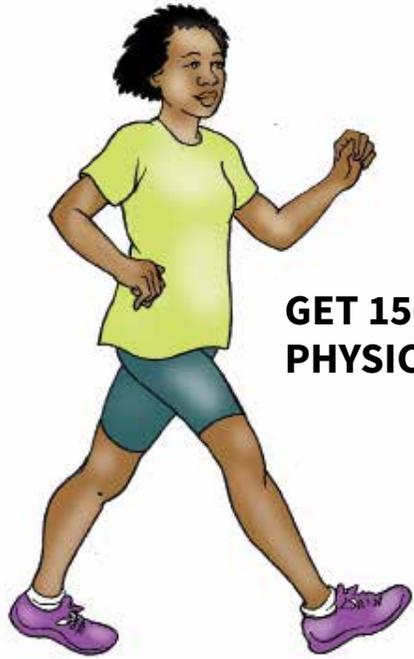
WHY GET PHYSICAL ACTIVITY?

- » To stay at a healthy weight
- » To strengthen bones, muscles and joints
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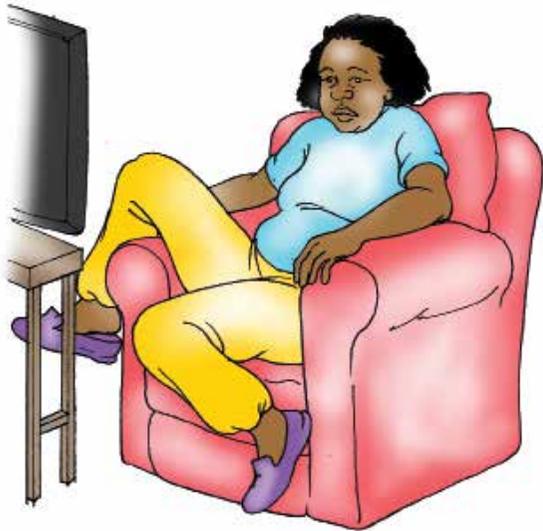
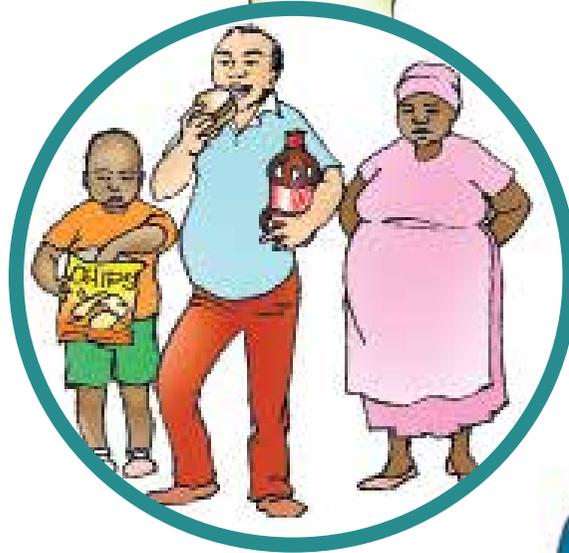
KEY LINKS

Unhealthy eating.....	18	Hypertension.....	82	CVD	92	Menopause	62
Overweight & obesity.....	22	Diabetes.....	86	Depression.....	96	Asthma.....	116

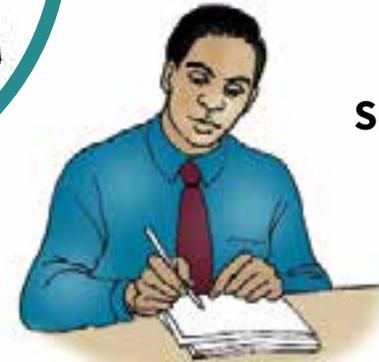
IDENTIFY THE PHYSICAL ACTIVITY YOU ENJOY



**GET 150 MINUTES OF
PHYSICAL ACTIVITY A
WEEK**



GET MORE ACTIVE



**SIT LESS AND BREAK UP
YOUR SITTING TIME**

TO DO



GET GOING





KEY MESSAGE

GET GOING

PATIENT WHO SMOKES/ USES TOBACCO

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer to counsellor
- » Link to community services



TO DO'S



GET MORE ACTIVE

- Decide to do more physical activity than you are now
- Identify the activity you enjoy (see the choices of physical activity)
- Plan your activity



IDENTIFY THE ACTIVITY YOU ENJOY



GET 150 MINUTES OF PHYSICAL ACTIVITY A WEEK

- Split it up over 7 days
- Have one or two long sessions and fill in the rest



SIT LESS AND BREAK UP YOUR SITTING TIME

- Get up and move around at regular intervals during your day.

CHOOSE YOUR PHYSICAL OPTION

1. Walk instead of taking transport OR Get off the bus/taxi/train one stop earlier and walk the rest of the way
2. Choose the stairs instead of lifts
3. Play soccer with the children instead of watching TV
4. Work in the garden, do housework or go for a walk instead of watching TV
5. Instead of just visiting/having tea with a friend take a water bottle and go for a walk together
6. Walk to visit a friend instead of phoning them
7. Walk with your child to school
8. Take a short walk around the block, or up and down the road
9. Walk with the neighbourhood watch to feel safer
10. Choose a longer route to the place where you are going
11. Walk to the shop with your child, instead of sending them on their own
12. Walk somewhere during lunch time at work
13. Whenever you walk anywhere, walk as fast as you can
14. Carry your shopping bags, instead of using a trolley
15. Take fewer rest breaks and walk fast enough so that you are out of breath, your heart beats faster, and you are sweating
16. Start a walking group with other parents and grandparents in the area
17. Start an exercise group at your place of work or worship or in your community: start with 2 or 3 people
18. Find/make some steps and step up and down for 1 minute at a time at your own pace. Rest for one minute; then slowly increase the time you spend stepping and decrease the rest periods in between
19. Dance to your favourite song in your home



TO KNOW



GET GOING





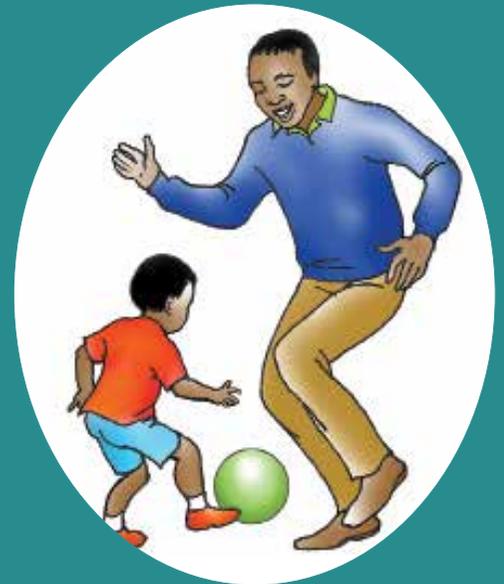
KEY MESSAGE

GET GOING

ASK PATIENT TO CHOOSE THEIR STRESS OPTION



1. Walk instead of taking transport
OR Get off the bus/taxi/train one stop earlier and walk the rest of the way
2. Choose the stairs instead of lifts
3. Play soccer with the children instead of watching TV
4. Work in the garden, do housework or go for a walk instead of watching TV
5. Instead of just visiting/having tea with a friend take a water bottle and go for a walk together
6. Walk to visit a friend instead of phoning them
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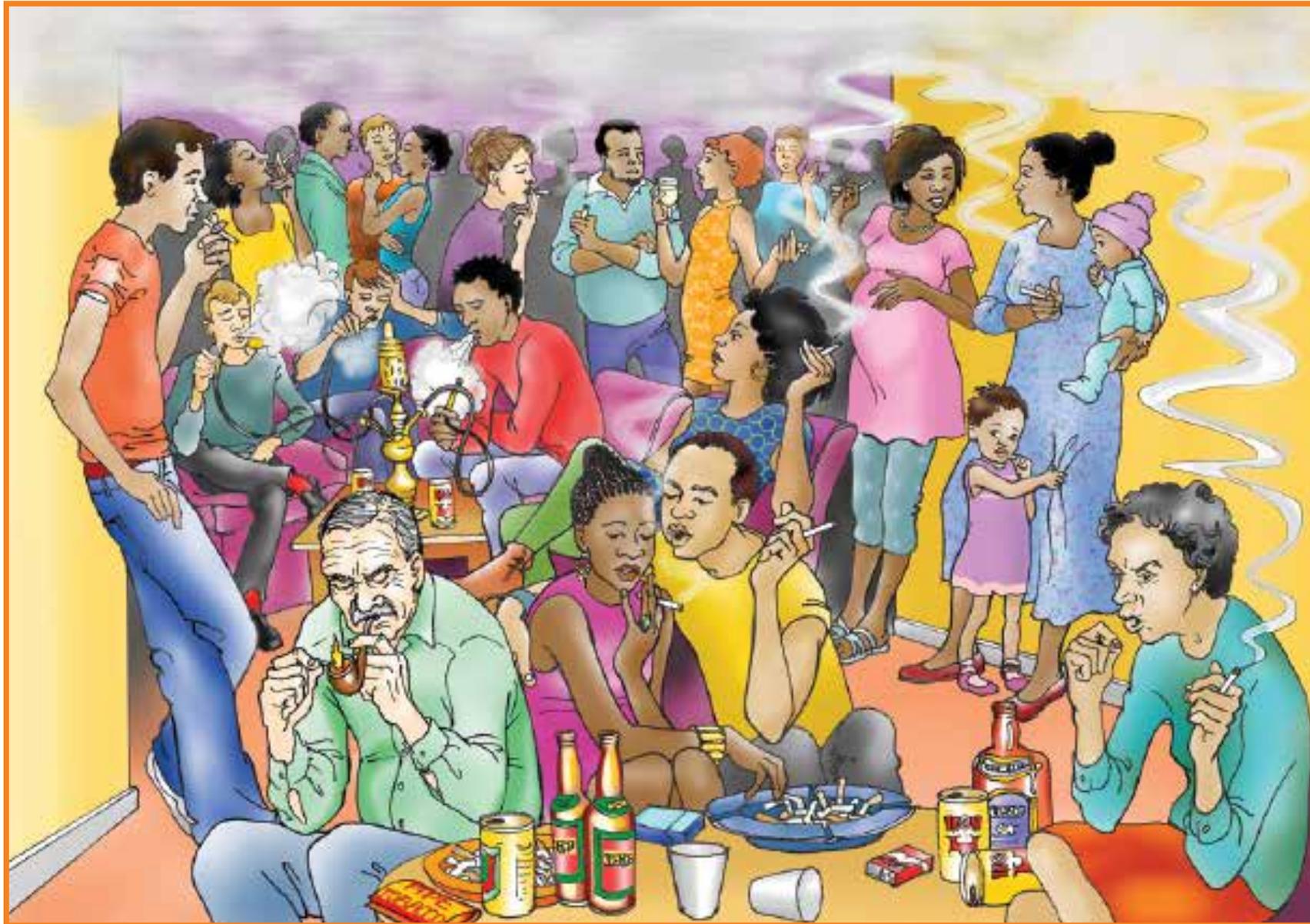
How can smoking/ tobacco harm you?

- » Lung disease
- » Cancer
- » High blood pressure
- » Heart disease
- » Stroke
- » Complicate other conditions
- » Risk to your unborn child
- » Illnesses in children
- » Tooth decay

Why stop smoking?

- » Better quality of life
- » Better lung health
- » More energy
- » Prevent chronic diseases
- » Prevent cancer
- » Prevent tooth decay
- » Save money

**Smoking/tobacco
use can shorten
your life!**



TO KNOW



**What do I need to know about smoking/
tobacco use?**





KEY MESSAGE

TOBACCO SMOKE HARMS YOU AND THOSE AROUND YOU

BASIC FACTS

WHO IS AT RISK?

Anyone who

- ▶ **smokes**
- ▶ **uses tobacco in any form**
- ▶ **is exposed to tobacco smoke in the air**

What to know

- » Using tobacco products is addictive!
- » If you stop it may cause withdrawal symptoms such as irritability, anxiety and tiredness: these symptoms will pass
- » Relapse is not a failure! If you break your commitment to stop, try again

HOW CAN IT HARM YOU?

- » Lung diseases: Asthma, COPD, Tuberculosis
- » Cancer of lungs, throat, mouth, cervix and other organs
- » High blood pressure
- » Heart disease and strokes
- » Complications if you are diabetic or have high blood pressure
- » Miscarriage, small baby or stillbirth if pregnant
- » Infections in children exposed to smoke
- » Tooth decay
- » Smoking can shorten your life

WHY STOP?

- » You will have more energy
- » Prevent lung disease
- » Prevent cancer
- » Prevent tooth decay
- » Save money you would spend on cigarettes
- » Better quality of life

KEY LINKS

Lack of physical activity.....	26	Harmful drug use.....	40	Stress & trauma.....	104
Smoking.....	32	Unsafe sex.....	44	All conditions.....	50-140

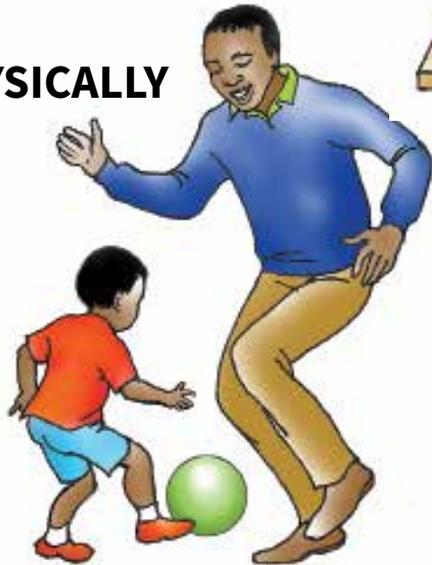
**RECOGNISE
THAT SMOKING/
TOBACCO USE
IS HARMFUL**



**DECIDE TO STOP
SMOKING/USING TOBACCO**



**GET PHYSICALLY
ACTIVE**



**REMOVE AND AVOID
TEMPTATION**



**GET
SUPPORT**



TO DO



TOBACCO SMOKE HARMS YOU





KEY MESSAGE

TOBACCO SMOKE HARMS YOU

PATIENT WHO SMOKES/ USES TOBACCO

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer to adherence counsellor
- » Link to community services

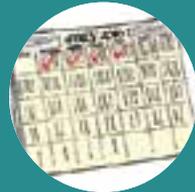


TO DO'S



RECOGNISE THAT SMOKING/TOBACCO USE IS HARMFUL

- Smoking/tobacco use affects you and those around you
- Your health will improve if you stop!



DECIDE TO STOP SMOKING/USING TOBACCO

- Set a date
- Prepare yourself



REMOVE AND AVOID TEMPTATION

- Throw away all cigarettes, tobacco, lighters, ash trays
- Tell others not to smoke in front of you or offer you cigarettes/tobacco
- Avoid places where you might want to smoke/use tobacco
- Distract yourself when you crave a cigarette/tobacco



GET SUPPORT

- It is easier with support
- Tell people you trust and ask for their support



GET PHYSICALLY ACTIVE

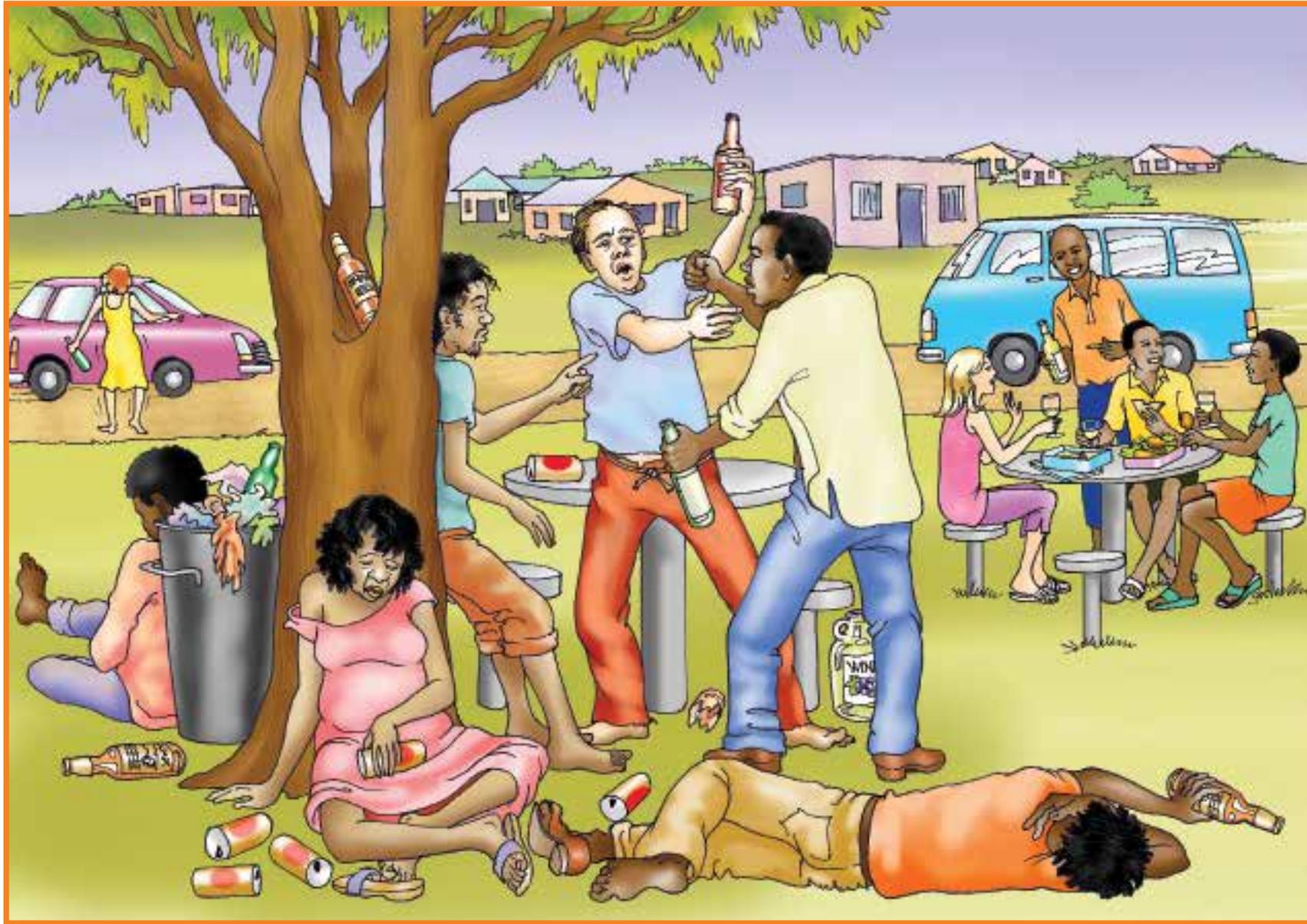
- Get busy to take your mind off your craving for cigarettes/tobacco
- Get outside, take a walk

How can alcohol harm you?

- » Dependence on alcohol to function
- » Not fulfilling duties at work, school, or home
- » Increased risk behaviour
- » Damage to your unborn child
- » Damage to the liver and pancreas
- » High blood pressure
- » Heart disease
- » Brain damage
- » Cancer
- » Impotence
- » Motor vehicle accidents, death or jail
- » Mental illness

Why stop using alcohol?

- » Take control of your life
- » Improve your health
- » Reduce risk-taking behaviour
- » Save money



TO KNOW



What do I need to know about alcohol use?





KEY MESSAGE

DRINKING ALCOHOL CAN HARM YOU

BASIC FACTS

Alcohol is a psychoactive substance that affects the brain and alcohol is addictive. The harmful use of alcohol increases the disease, social and economic burdens in societies.

Who is at risk?

Anyone who:

- » drinks alcohol
- » uses alcohol to feel good or cope
- » drinks in excess or binge drinks

What to know

- » Alcohol has *social impact* on those around you
- » **Do not drink and drive – it is illegal.** It affects vision and reaction time
- » **Alcohol is addictive!**

- » Stopping alcohol can cause cravings, withdrawal symptoms and temptation to use again.
- » If you are using alcohol in excess or if you depend on it to feel good or cope then you will experience withdrawal
- » Relapse is not a failure! If you do break your commitment to stop drinking, you can learn from the experience and try again.

Binge drinking

- » Consuming large quantities of alcohol (>4 drinks) in a single session

HOW CAN ALCOHOL HARM YOU?

- » Creates dependence
- » Affects function at work, school, or home
- » Increases risk behaviour - unsafe sex, drunk driving, violence and neglect
- » Damages your unborn child
- » Damages liver and pancreas
- » High blood pressure and heart disease
- » Brain damage and mental illness
- » Cancer
- » Impotence
- » Motor vehicle accidents, death or jail

WHY STOP HARMFUL ALCOHOL USE?

- » Take control of your life
- » Improve your health
- » Reduce risk-taking behaviour
- » Save money

After you stop drinking you may experience:

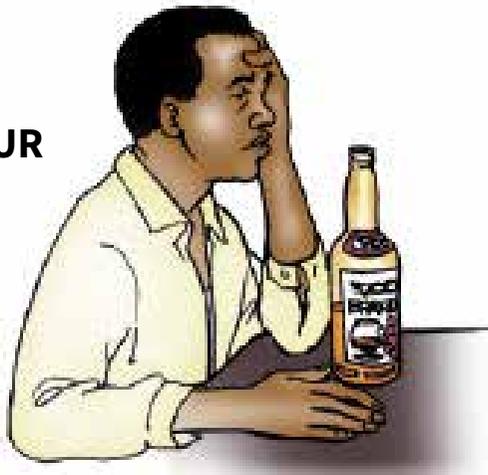
- **Cravings to drink**
- **Sweating, heart palpitations and general pains**
- **Confusion, hallucinations, fits of violence**



KEY LINKS

- Lack of physical activity... **26**
- Smoking/tobacco use..... **32**
- Harmful drug use..... **40**
- Unsafe sex..... **44**
- Stress & trauma..... **104**
- All conditions..... **50-140**

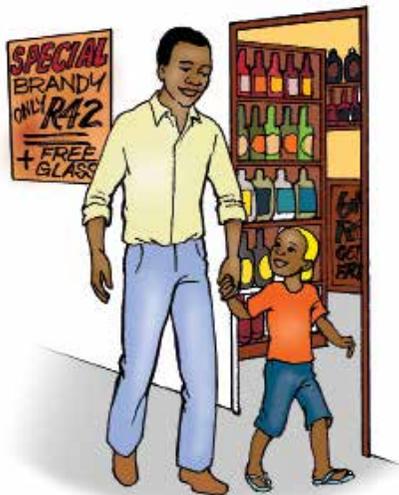
RECOGNISE YOUR PROBLEM



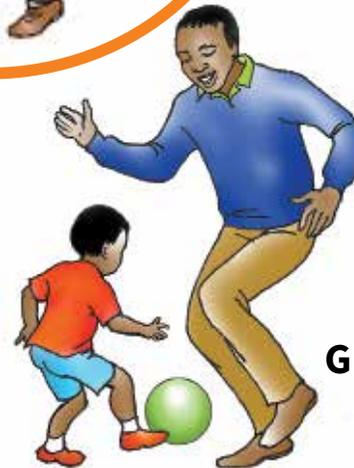
SET A GOAL TO STOP



REMOVE AND AVOID TEMPTATION



TAKE CONTROL



GET PHYSICALLY ACTIVE



GET SUPPORT

TO DO



DRINKING ALCOHOL CAN HARM YOU





KEY MESSAGE

ALCOHOL HARMS YOU

PATIENT WHO USES ALCOHOL

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer to adherence counsellor
- » Link to community services



TO DO'S



RECOGNISE YOUR DRINKING IS A PROBLEM

- How much do you drink?
- How does it affect you and those around you?



SET A GOAL TO STOP

- Decide to stop



REMOVE AND AVOID TEMPTATION

- Get rid of alcohol in your house
- Avoid places where people drink
- Tell others not to offer you alcohol
- Distract yourself when you get cravings
- Deal with stress factors where possible



GET SUPPORT

- Tell your family, friends, someone you trust
- Speak to someone who has successfully stopped drinking
- Get counselling
- Find a support group for those stopping alcohol



GET PHYSICALLY ACTIVE

- Get busy with other activities/sport
- Get outside, take a walk



TAKE CONTROL

- This is your decision
- Be someone who others can depend on



Drug use problems



KEY MESSAGE

NO DRUGS ARE SAFE

BASIC FACTS

WHO IS AT RISK?

Anyone who

- ▶ uses illegal drugs (dagga, mandrax, tik, cocaine, heroin)
- ▶ misuses medication, like sleeping pills or pain pills

What to know

- » Drugs will damage your health and life from the first time you use
- » No amount of drugs is safe and stopping completely is the only option.

Drugs are addictive!

- » Stopping completely is the only option. It can mean cravings, withdrawal symptoms and temptation to use again.
- » If there is confusion, hallucinations, fits or violence, go for help
- » Relapse is not a failure! If you relapse, try again

Relapse is not a failure!

Possession of illegal drugs is a crime!

HOW CAN IT HARM YOU?

- » Severe damage to all parts of your body
- » Permanent brain damage
- » Damage to your unborn child
- » Increased risk behaviour
- » Damage your relationships
- » Failure and poor performance at school, college or work
- » Financial hardship
- » Criminal record/ Dire need to satisfy craving can lead to stealing and other crimes

WHY STOP?

- » Protect yourself and others from high risk and illegal behaviour

After you stop drugs you may experience:

- Cravings to use again
- Sweating, heart palpitations and general pains
- Confusion, hallucinations, fits or violence



KEY LINKS

Lack of physical activity..... **26**
Smoking/tobacco use..... **32**

Alcohol..... **36**
Unsafe sex..... **44**

Depression..... **96**
Anxiety **100**

Stress & trauma **104**
Psychosis **108**

Maternal health **54 & 58**

**RECOGNISE
DRUGS ARE
DANGEROUS**



CHOOSE TO STOP



GET SUPPORT



TAKE CONTROL



**GET PHYSICALLY
ACTIVE**

TO DO



NO DRUGS ARE SAFE





KEY MESSAGE

NO DRUGS ARE SAFE

PATIENT WHO USES DRUGS

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer to adherence counsellor
- » Link to community services



TO DO'S



RECOGNISE DRUGS ARE DANGEROUS

- Your drug use is affecting your body
- You are putting your life in danger
- Your drug use is affecting those around you



CHOOSE TO STOP

- Make the decision to stop all drugs



GET SUPPORT

- Tell your family, friends, partner, someone you trust
- Tell someone who has successfully stopped and ask for their support
- Get counselling from someone or in a group
- Find a community group for those who have stopped drugs



TAKE CONTROL

- Get rid of all drugs and drug paraphernalia in your house or room
- Ask others not to use drugs in front of you or offer you drugs
- If there are people who do not support you, stop seeing them
- Avoid people, places or situations which make you want to use – other users, clubs, pubs, drinking alcohol
- Use ways to distract yourself when cravings occur
- When you are craving, tell someone who will support and encourage you



GET PHYSICALLY ACTIVE

- Get busy with other activities, hobbies, sports or clubs
- Get outside, take a walk

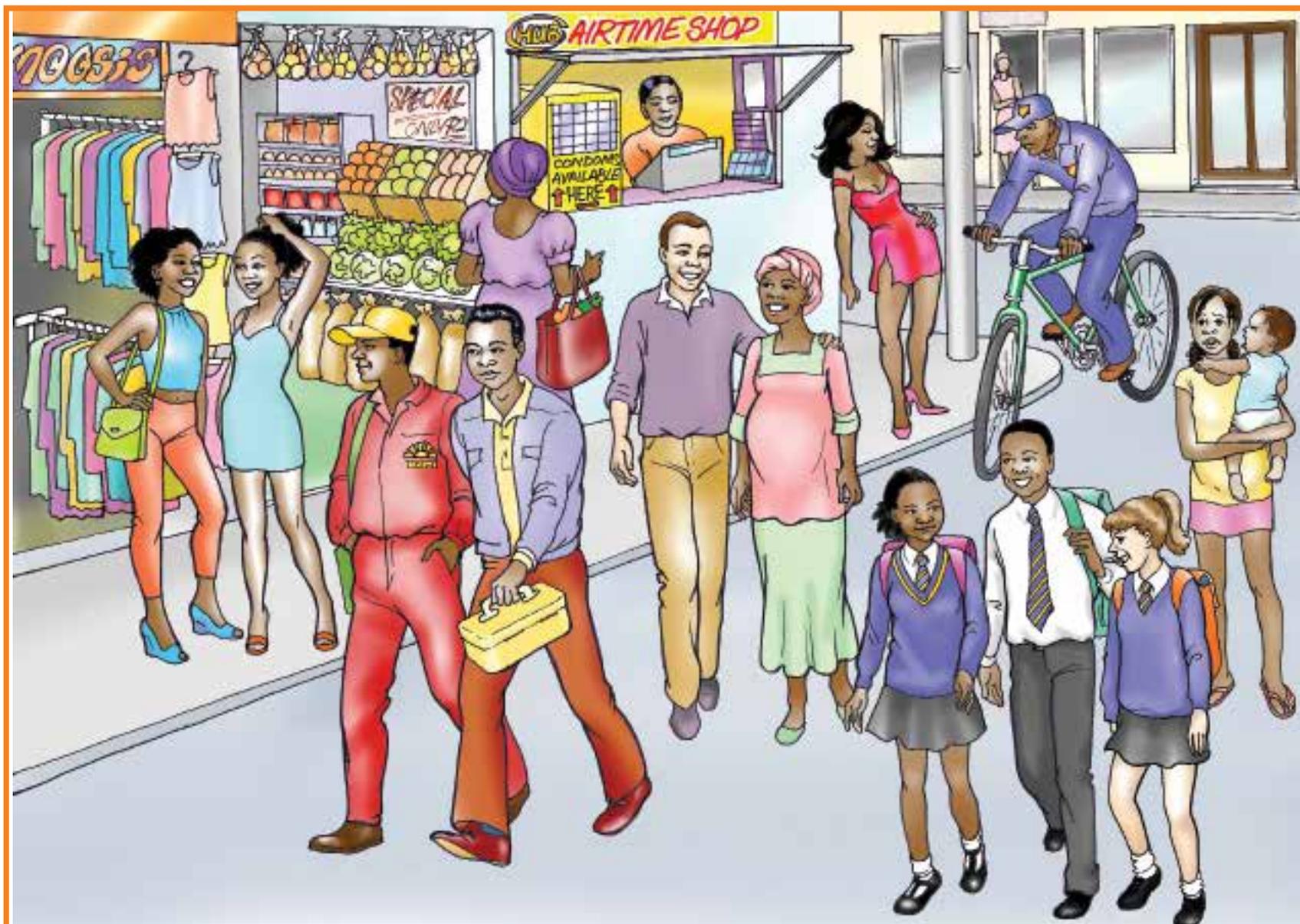


How can unsafe sex harm you?

- » HIV
- » Sexually transmitted infection
- » Unplanned pregnancy
- » Stress

Why stop having unsafe sex?

- » Prevent HIV
- » Prevent other sexually transmitted infections
- » Prevent unplanned pregnancy



TO KNOW



What do I need to know about unsafe sex?





KEY MESSAGE

USE DUAL PROTECTION

BASIC FACTS

WHO IS AT RISK?

Each time any person, regardless of age or gender, has unsafe sex

What to know

- » Anyone who does not protect himself/herself is at risk for:
 - Infection
 - Unplanned pregnancy
 - » A condom should be used every time you have sex
 - » Various contraceptives are available to suit your need:
 - Oral contraceptives
 - Injectable contraceptives
 - Contraceptive inserted under the skin
 - Intrauterine devices
 - Sterilisation
- DUAL PROTECTION IS BEST** = contraceptive + a condom

HOW CAN IT HARM YOU?

- » HIV
- » Sexually transmitted infection
- » Unplanned pregnancy
- » Stress

WHY STOP?

- » Prevent HIV
- » Prevent other sexually transmitted infections
- » Prevent unwanted/unplanned pregnancy

Emergency contraception is available when necessary

- Up to 5 days after unprotected sex but the sooner the better
- When condoms slip or tear
- When pills are missed or vomited
- When contraception was not used at all (drunk sex, unsafe sex, rape)

KEY LINKS

Alcohol.....	36	STIs	69	Men's sexual health.....	66
Harmful drug use.....	40	Stress & trauma	104	Maternal health	54 & 58
HIV & AIDS.....	74	Women's sexual health ...	50		





USE A CONDOM



USE CONTRACEPTION



AVOID MULTIPLE PARTNERS



STOP ALCOHOL & DRUGS



KNOW YOUR HIV STATUS

GET YOURSELF AND YOUR PARTNER TREATED FOR STIs



TO DO



USE DUAL PROTECTION





KEY MESSAGE

USE DUAL PROTECTION

PATIENT WHO PRACTICES UNSAFE SEX

- » Patient to **SELECT 2** from the **TO DO** list
- » Link to relevant **conditions** or **risk**
- » **TREAT** as per **APC**
- » Arrange follow-up
- » Refer to adherence counsellor
- » Link to community services



TO DO'S



USE A CONDOM

- Always use a condom
- Use it correctly
- Keep condoms on you – in your handbag/wallet/car/bedroom
- Discuss condom use with your partner



USE CONTRACEPTION

- Talk about contraception with your sexual partner
- If you do not want more children, get sterilised
- Know about emergency contraception



AVOID MULTIPLE PARTNERS

- Wait till you are older to start having sex
- Aim for one long term partner
- Have one sexual relationship at a time
- Be faithful to your partner



KNOW YOUR HIV STATUS

- Get tested for HIV at least once a year
- Get tested for HIV before starting a new sexual relationship
- Ask your partner to get tested



GET YOURSELF AND YOUR PARTNER TREATED FOR STIs

- Get fully treated before you have sex again



STOP ALCOHOL OR HARMFUL DRUGS

- Alcohol and drugs increase risk of unprotected sex





PART 3



Conditions

What is harmful to your sexual health?

- » An unsafe social environment
- » Alcohol/ harmful drug use
- » Smoking/tobacco use
- » Multiple partners
- » Unwanted/unplanned pregnancy
- » Sexually transmitted infections
- » HIV
- » Breast cancer
- » Cervical cancer
- » Depression/anxiety/stress

What protects you?

- » Dual protection every time you have sex:
 - Condom
 - Right contraception
- » Taking control of your body, sexual activity and security



TO KNOW



What do I need to know about my sexual health?





BASIC FACTS

▶ Women's health is about the sexual health needs of a female

What to know

Sexual health

- » is not just the absence of disease, but a woman's general well-being
- » is relevant to women of any age
- » means healthy sexual functioning
- » includes safety from discrimination and violence
- » has various forms of sexual expression (homosexuality, bisexuality, etc)

KEY LINKS

Take control 16	Harmful drug use..... 40	Cancer 132
Unsafe sex..... 44	HIV & AIDS..... 74	Maternal health 54 & 58
Alcohol..... 36	STIs 69	Menopause 62

TO KNOW ABOUT SEXUAL REPRODUCTIVE HEALTH

What puts woman's sexual reproductive health at risk?

- » An unsafe social environment
- » Alcohol/harmful drug use
- » Smoking/tobacco use
- » Multiple partners
- » Unwanted/unplanned pregnancy
- » Sexually transmitted infections
- » HIV
- » Breast cancer
- » Cervical cancer
- » Depression/anxiety/stress

What protects a woman's sexual reproductive health?

- » Dual protection every time you have sex
- » Condoms
- » Right contraception
- » Taking control of your body, sexual activity and security

Cervical cancer is the 2nd most common cause of cancer among SA women

Cervical cancer can be treated if diagnosed early

A pap smear is a screening test for this cancer

A pap smear is a simple test that looks at cells from the mouth of the womb

The examination is uncomfortable but not painful

It is done here in the clinic



- HIV negative: a woman >30 yrs should have 3 pap smears 10 years apart
- HIV positive: Pap smear every year



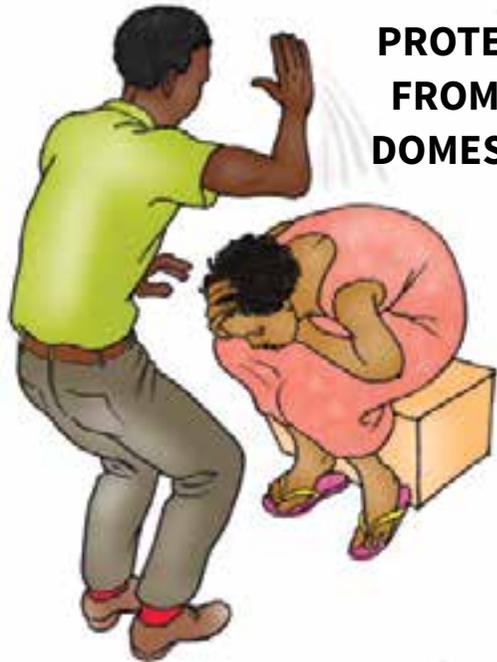
GET HELP FOR SEXUAL PROBLEMS



USE DUAL PROTECTION



AVOID MULTIPLE PARTNERS



PROTECT YOURSELF FROM SEXUAL AND DOMESTIC VIOLENCE



GET TESTED FOR BREAST AND HAVE A PAP SMEAR



KNOW YOUR HIV STATUS



MAKE THE RIGHT CHOICES ABOUT YOUR SEXUAL HEALTH



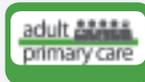


KEY MESSAGE

MAKE THE RIGHT CHOICES ABOUT YOUR SEXUAL HEALTH

PATIENT AT RISK

- » Patient to **SELECT 2** from the **TO DO** list
- » **LINK** to the most relevant condition or risk
- » **TREAT** as per **APC**
- » If pregnant refer for antenatal care
- » Refer to relevant community services



TO DO'S



USE DUAL PROTECTION

- Dual protection = a condom and another form of contraception
- Practice safe sex every time you have sex
- Plan your family
- Get sterilised if your family is complete



GET TESTED FOR CERVICAL AND BREAST CANCER

- Get a pap smear
- Examine your own breasts once a month



AVOID MULTIPLE PARTNERS

- Be faithful to one partner



PROTECT YOURSELF FROM SEXUAL AND/OR DOMESTIC VIOLENCE

- Speak to someone you trust
- Seek counselling and advice
- Seek help from an organisation or the police



KNOW YOUR HIV STATUS



GET HELP FOR SEXUAL PROBLEMS

- Talk to your partner if you are experiencing problems such as low sexual desire or pain during sex
- Speak to your health carer for advice and help

What is harmful to your pregnancy?

- » Not booking and late booking for antenatal care
- » Smoking/tobacco use
- » Alcohol
- » Unsafe sex
- » HIV
- » Diabetes
- » High blood pressure
- » Stress
- » Sexual and domestic violence

What protects your pregnancy?

- » Regular antenatal visits
- » Eating healthy food
- » Moderate physical activity
- » Stop smoking/tobacco use
- » No alcohol
- » No harmful drugs
- » Practicing safe sex
- » Taking all meds correctly



TO KNOW



What do I need to know about antenatal care?





BASIC FACTS

▶ The health of a woman during pregnancy

What is antenatal care?

Health care to detect health problems early and monitor progress of pregnancy

Why antenatal care?

- » To ensure a healthy pregnancy and birth
- » To provide the mother with information for a healthy pregnancy and birth

- » To identify unknown conditions or complications early
- » To protect the mother and her unborn child from infection
- » Involving friends and family support

TO KNOW ABOUT ANTENATAL CARE

What threatens a woman's antenatal health?

- » Not booking and late booking for antenatal care
- » Smoking/tobacco use
- » Alcohol
- » Unsafe sex
- » HIV
- » Diabetes
- » High blood pressure
- » Stress
- » Sexual and domestic violence

What protects a woman's antenatal health?

- » Regular antenatal visits
- » Eating healthy food
- » Moderate physical activity
- » Stop smoking/tobacco use
- » No alcohol
- » No harmful drugs
- » Practicing safe sex
- » Taking all meds correctly

KEY LINKS

Take control.....	16	Harmful drug use.....	40	HIV & AIDS.....	74
Unhealthy eating	18	Unsafe sex.....	44	STIs	69
Smoking/tobacco use.....	32	Hypertension	82		
Alcohol.....	36	Diabetes	86		



BOOK EARLY FOR ANTENATAL CARE



EAT HEALTHY FOOD



PRACTICE SAFE SEX



REGISTER FOR MOMConnect



STOP SMOKING/ TOBACCO USE



TAKE ALL YOUR MEDS CORRECTLY



NO HARMFUL DRUGS

NO ALCOHOL



BOOK EARLY FOR ANTENATAL CARE



TO DO



Maternal health: Antenatal



KEY MESSAGE

BOOK EARLY FOR ANTENATAL CARE

PATIENT AT RISK

- » Patient to **SELECT 2** from the **TO DO** list
- » **LINK** to the most relevant condition or risk
- » **TREAT** as per **APC**
- » Follow up for reassessment:
 - Schedule regular visits according to BANC
 - Book for pap smear if not done
- » Link to community services



TO DO'S



BOOK EARLY FOR ANTENATAL CARE

- Go to your nearest Antenatal care centre as soon as you know you are pregnant
- Attend all antenatal follow-ups
- Carry your antenatal card with you to every visit (antenatal or other) and when you go into labour
- Get tested for HIV



EAT HEALTHY FOOD

- You are feeding yourself and your baby



PRACTICE SAFE SEX

- To prevent HIV and STIs
- STIs can be transmitted to your unborn baby
- STIs can cause problems in labour



STOP SMOKING/TOBACCO USE

- Smoking can cause miscarriage, premature or small babies, and cot death



NO ALCOHOL

- Alcohol causes permanent damage to your baby
- This is called Fetal Alcohol Syndrome



NO HARMFUL DRUGS

- Drugs will definitely harm you and your baby



TAKE ALL YOUR MEDS CORRECTLY

- Take only medication prescribed by the HCP



REGISTER FOR MOMCONNECT

What is harmful to your postnatal health?

- » Depression
- » An unsafe social environment
- » Unhealthy eating or not drinking enough clean water
- » Smoking/tobacco use
- » Alcohol
- » Harmful use of drugs
- » Unsafe sex
- » HIV
- » Another pregnancy too soon

What protects your postnatal health?

- » Support from family and friends
- » Eating healthy food
- » Drinking enough clean water
- » No smoking/tobacco use
- » No alcohol
- » No harmful drugs
- » Safe sex
- » Protection of baby from HIV infection (PMTCT)
- » Correct contraception



TO KNOW



What do I need to know about postnatal health?





BASIC FACTS

► The health of a woman in the 6 weeks after the birth of the baby

What is postnatal care?

Health care to manage existing health problems already present or that can develop in the 6 weeks after delivery

Why postnatal care?

- » To monitor the mother and baby for 24 hours after birth
- » To support breastfeeding

- » To provide information and care to the mother to ensure a healthy baby
- » To provide contraception
- » To monitor the emotional well-being of the mother
- » To involve friends and family to support mother and baby

TO KNOW ABOUT POSTNATAL CARE

What threatens postnatal health?

- » Depression
- » An unsafe social environment
- » Unhealthy eating or not drinking enough clean water
- » Smoking/tobacco use
- » Alcohol
- » Harmful use of drugs
- » Unsafe sex
- » HIV
- » Another pregnancy too soon

What protects postnatal health?

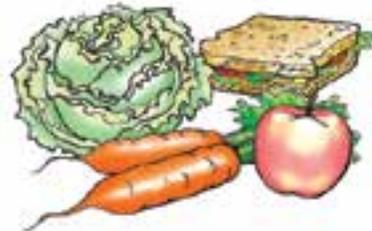
- » Support from family and friends
- » Eating healthy food
- » Drinking enough clean water
- » Stop smoking/tobacco use
- » No alcohol
- » No harmful drugs
- » Safe sex

KEY LINKS

Take control.....	16	Harmful drug use.....	40	Depression	96
Unhealthy eating.....	18	Unsafe sex.....	44	Anxiety	100
Smoking/tobacco use.....	32	HIV & AIDS	74	Stress & trauma	104
Alcohol.....	36	STIs	69		



GET SUPPORT



EAT HEALTHY FOOD



BREASTFEED ONLY



START CONTRACEPTION



TAKE YOUR MEDS CORRECTLY



NO SMOKING



NO ALCOHOL OR HARMFUL DRUGS



PRACTICE SAFE SEX



PROTECT YOURSELF AND YOUR BABY



TO DO



Maternal health: Postnatal health

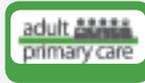


KEY MESSAGE

PROTECT YOURSELF AND YOUR BABY

PATIENT AT RISK

- » Patient to **SELECT 2** from the **TO DO** list
- » **LINK** to other relevant conditions or risks
- » **TREAT** as per **APC**
- » Reinforce postnatal follow up, book for postnatal check up:
 - Day 1 if baby born at home
 - Day 7
 - 6 weeks after birth
 - Book for pap smear if not done
- » Link to community services



TO DO'S



GET SUPPORT

- Watch for low mood, tearfulness, difficulty in connecting with your baby
- Seek help if you are not coping



EAT HEALTHY FOOD

- Eat a balanced diet
- Drink enough clean water



BREASTFEED ONLY

- Feed your baby only breast milk for the first 6 months



START CONTRACEPTION

- Contraception can be started immediately after birth
- Breastfeeding does not always prevent pregnancy



PRACTICE SAFE SEX

- Use a condom every time you have sex



NO SMOKING, ALCOHOL OR HARMFUL DRUGS

- Protect your baby from exposure to smoke/tobacco
- Alcohol and drugs can be passed to your baby in breast milk



TAKE YOUR MEDS CORRECTLY, PROTECT OTHERS

- Take your ART correctly
- Take your PMTCT correctly
- Get your baby tested for HIV at 6 weeks

What increases the risk?

- » Smoking/tobacco use
- » Alcohol and drugs
- » Stress
- » High blood pressure
- » Raised cholesterol/ fats
- » Diabetes
- » Overweight/obesity
- » Family history

What makes it better or decreases complications?

- » Eating healthy food
- » Regular physical activity
- » Stop smoking/tobacco use
- » No alcohol
- » Regular health checks



TO KNOW



What do I need to know about menopause?





BASIC
FACTS

▶ The end of the period in the life of a woman when she is no longer fertile/able to conceive a child

What is menopause?

Menopause marks the end of a woman's menstrual periods

This can happen in your 40s or 50s

What causes menopause?

Menopause is a natural process. Your ovaries stop producing eggs, and mark the end of your fertility

The hormones can no longer protect a woman against diseases of lifestyle

Symptoms/signs?

- » Irregular periods
- » Vaginal dryness
- » Hot flushes
- » Night sweats
- » Sleep problems
- » Mood changes, even depression
- » Headaches
- » Weight gain
- » Thinning hair and dry skin

IF YOU ARE MENOPAUSAL

What could happen?

- » High blood pressure
- » Heart disease or stroke
- » Diabetes
- » Osteoporosis/thinning of the bones
- » Depression and/or anxiety
- » Cancer of the breast
- » Cancer of the womb or ovaries

What increases the risk?

- » Smoking/tobacco use
- » Alcohol and drugs
- » Stress
- » High blood pressure
- » Raised cholesterol/fats
- » Diabetes
- » Overweight/obesity
- » Family history

What makes it better or decreases complications?

- » Eating healthy food
- » Regular physical activity
- » Stop smoking/tobacco use
- » No alcohol
- » Regular health checks

KEY LINKS

Unhealthy eating	18	Unsafe sex.....	44	Depression	96
Lack of physical activity..	26	Hypertension	82	Women's sexual health ..	50
Alcohol	36	Diabetes.....	86	Cancer	132
Harmful drug use.....	40	CVD	92		

**GET TESTED
FOR HIV**



**KNOW YOUR
CONDITION**



**GET PHYSICALLY
ACTIVE**



**NO SMOKING
OR ALCOHOL**



**CHECK YOUR
BREASTS REGULARLY**



DECREASE RISKS TO YOUR HEALTH





KEY MESSAGE

DECREASE RISKS TO YOUR HEALTH

PATIENT AT RISK

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - According to condition or risk
 - Book for pap smear if not done

PATIENT WITH MENOPAUSE

- » Patient to **SELECT 2** from the **TO DO** list
- » **TREAT** identified symptoms and conditions as per **APC**
- » Refer to adherence counsellor
- » Link to community services



TO DO'S



KNOW YOUR CONDITION

- Get your blood pressure checked
- Get tested for diabetes



GET PHYSICALLY ACTIVE

- Protect your bones
- Protect your general health



NO SMOKING OR ALCOHOL



EXAMINE YOUR BREASTS REGULARLY

- Do a self-breast check
- If any lumps are found in the breast or under the arm go to your clinic



KNOW YOUR HIV STATUS

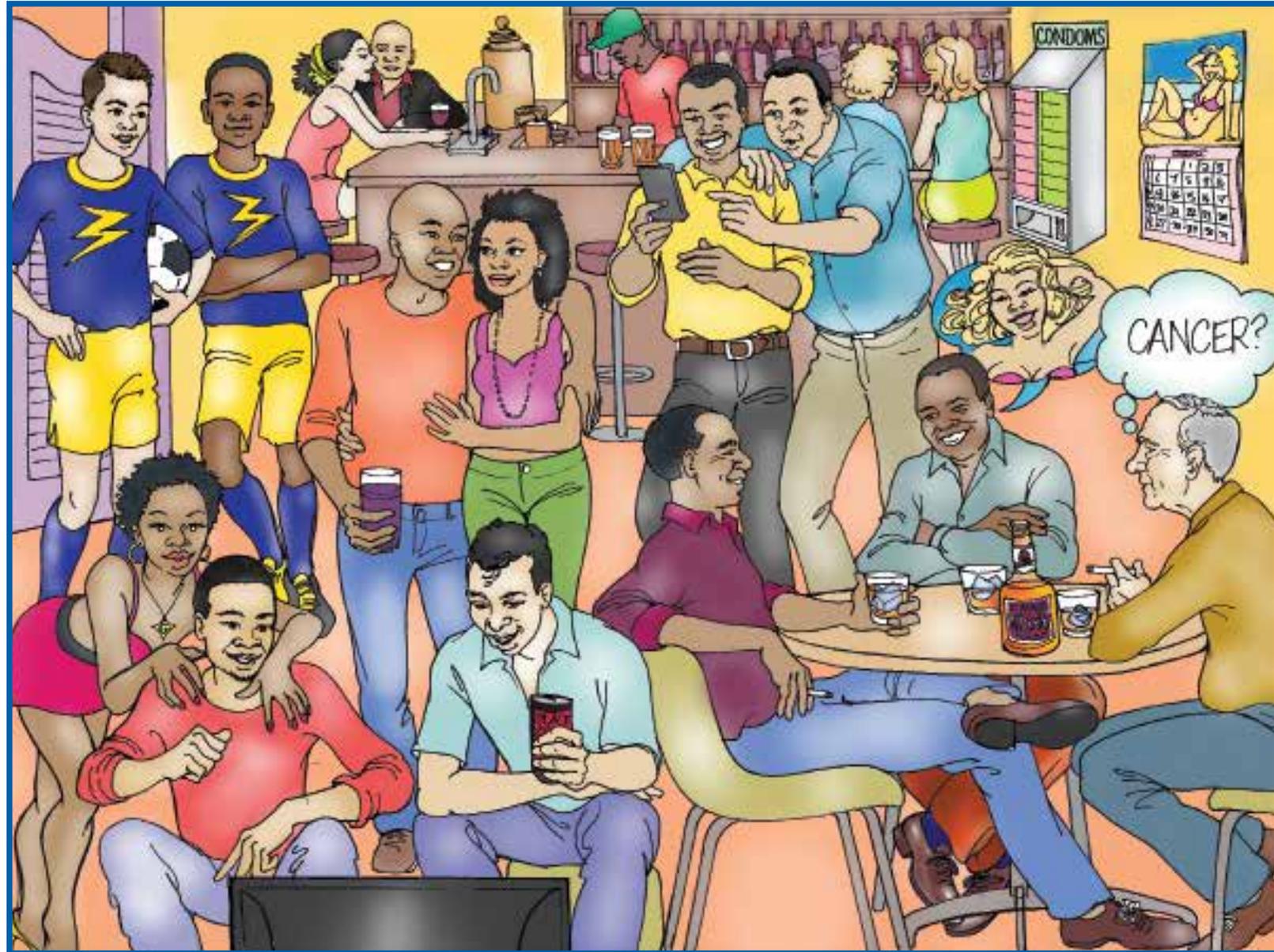
- If you are at risk

What is harmful to your sexual health?

- » An unsafe social environment
- » Harmful alcohol/drug use
- » Smoking/tobacco use
- » Multiple partners
- » Sexually transmitted infections
- » High blood pressure
- » Diabetes
- » HIV
- » Prostate cancer

What protects you?

- » Condoms
- » Circumcision
- » Regular health check-ups, including for prostate cancer
- » Taking control of your body, sexual activity and security



TO KNOW



What do I need to know about my sexual health?





BASIC
FACTS

► Men's health is about the sexual health needs of a male

What to know

Sexual health

- » is not just the absence of disease, but a man's general well-being
- » is relevant to men of any age
- » means healthy sexual functioning
- » includes safety from discrimination and violence
- » has various forms of sexual expression (homosexuality, bisexuality, etc)

TO KNOW ABOUT SEXUAL REPRODUCTIVE HEALTH

What puts a man's sexual reproductive health at risk?

- » An unsafe social environment
- » Harmful alcohol/drug use
- » Smoking/tobacco use
- » Multiple partners
- » Sexually transmitted infections
- » High blood pressure
- » Diabetes
- » HIV
- » Prostate cancer

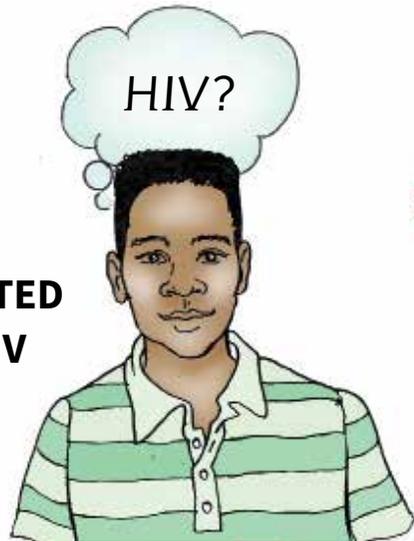
What protects a man's sexual reproductive health?

- » Condoms
- » Circumcision
- » Regular health check-ups including for prostate cancer
- » Taking control of your body, sexual activity and security

KEY LINKS

Take control	16	Harmful drug use.....	40	Cancer	132
Unsafe sex.....	44	HIV & AIDS.....	74		
Alcohol.....	36	STIs	69		

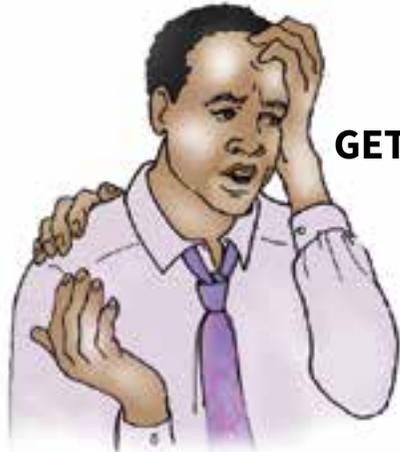
**GET TESTED
FOR HIV**



USE A CONDOM



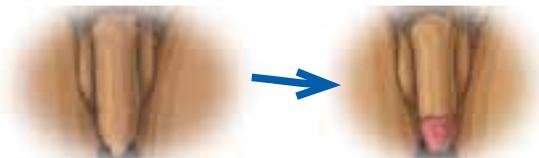
**PLAN YOUR
FAMILY**



**GET HELP FOR SEXUAL
PROBLEMS**



AVOID MULTIPLE PARTNERS



GET CIRCUMCISED



**AVOID SMOKING,
ALCOHOL & DRUGS**



TAKE CONTROL OF YOUR SEXUAL HEALTH





KEY MESSAGE

TAKE CONTROL OF YOUR SEXUAL HEALTH

PATIENT AT RISK

- » Patient to **SELECT 2** from the **TO DO** list
- » **LINK** to the most relevant condition or risk
- » **TREAT** as per **APC**
- » Arrange follow-up for HIV or STI as relevant
- » Refer for circumcision if desired
- » Link to community services



TO DO'S



USE A CONDOM

- Every time you have sex



PLAN YOUR FAMILY

- Discuss family planning with your partner
- Prevent unplanned pregnancies
- Consider male sterilisation if your family is complete



AVOID MULTIPLE PARTNERS

- Be faithful to one partner



GET TESTED FOR HIV



GET CIRCUMCISED

- If you have had a partial circumcision get **FULLY** circumcised
- Circumcision offers more protection against HIV



AVOID SMOKING, ALCOHOL AND DRUGS

- Alcohol and drugs increase risk of unprotected sex
- Preserve your sexual function



GET HELP FOR SEXUAL PROBLEMS

- Talk to your partner if you are experiencing problems such as premature ejaculation, impotence, etc
- Speak to your health carer for advice and help

What makes it worse?

- » Waiting too long to get treated
- » Re-infection from partner

What makes it better or decreases complications?

- » No sexual contact until you complete treatment
- » Condoms every time you have sex
- » Dual protection: condom + other contraception



TO KNOW



What do I need to know about sexually transmitted infections?





BASIC FACTS

► Sexually transmitted infections (STIs) are usually acquired by sexual contact

What is an STI?

STI is an infection of your genital area, or other part of the body from sex with someone who already has an infection. Examples are HIV, Syphilis, Herpes and infections causing genital sores, discharge or warts

How do you get an STI?

You get STIs through unprotected sexual intercourse (oral/vaginal/anal)

This infection is passed on from person to person in blood, semen, vaginal or other bodily fluids

Symptoms/signs?

- » Discharge
- » Sores
- » Ulcers
- » Swollen glands
- » For HIV, there may be no symptoms at first

RISK FACTORS FOR STIs

- » All people are at risk
- » Unprotected sex
- » Multiple sexual partners

IF YOU HAVE AN STI

What could happen?

- » Passing infection to your partner
- » Passing infection to your unborn/new-born child
- » Infertility
- » Sexual problems such as impotence in men, painful intercourse in women
- » Increased risk of HIV infection

What makes it worse?

- » Waiting too long to get treated
- » Re-infection from partner if you are not both fully treated
- » Increased risk of HIV

What makes it better or decreases complications?

- » No sexual contact until you complete treatment
- » Condoms, if used every time you have sex
- » Dual protection: condom + other contraception

KEY LINKS

Take control.....	16	Harmful drug use	40	Men's sexual health.....	66
Unsafe sex.....	44	HIV & AIDS	74		
Alcohol	36	Women's sexual health ..	50		

**NO ALCOHOL
OR DRUGS**



**GET YOURSELF AND YOUR
PARTNER TREATED**



KNOW YOUR HIV STATUS



USE CONTRACEPTION



USE A CONDOM

TO DO



GET YOURSELF AND YOUR PARTNER TREATED





KEY MESSAGE

GET YOURSELF AND YOUR PARTNER TREATED

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - If advised to return for HIV test
 - Follow up with partner where necessary

PATIENT HAS AN STI

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT STIs** and other identified symptoms and conditions as per **APC**
- » If pregnant, refer to antenatal services
- » Ensure females receive family planning needs; provide condoms
- » Link to community services
- » Arrange follow-up according to treatment regimen



TO DO'S



GET YOURSELF AND YOUR PARTNER TREATED

- Take the meds
- Bring your partner for treatment
- Ask your health professional for a notification slip



USE A CONDOM

- Keep condoms in your wallet/pocket
- Practice safe sex and protect others



USE CONTRACEPTION

- Start immediately
- If you are on contraception, make sure it is the right one for you



KNOW YOUR HIV STATUS

- HIV is the unseen infection
- Bring your partner to get tested for HIV



STOP ALCOHOL OR DRUGS

- Do not engage in risk behaviour

What makes it worse?

- » Not using a condom
- » Not taking your ART
- » Not eating a healthy diet
- » Multiple sexual partners
- » Other conditions

What makes it better or decreases complications?

- » Keep using a condom
- » ART
- » Healthy eating
- » Treating other infections
- » The support of others



TO KNOW



What do I need to know about HIV and AIDS?





BASIC FACTS

► Positive blood test for HIV infection

What is HIV?

HIV is a virus that destroys your immune system. You become weaker, and get infections easily. AIDS is the advanced stage of HIV

How can you get HIV?

Unprotected sexual intercourse (anal or vaginal)

Transfusion of contaminated blood, sharing of contaminated needles

From a mother and her infant during pregnancy, childbirth and breastfeeding

Contact with blood/body fluids through an abrasion on the skin

Symptoms/signs?

- » There may be no symptoms
- » Early flu-like symptoms
- » Weight loss
- » Fever
- » Diarrhoea
- » Cough
- » Swollen glands
- » Other infections

KEY LINKS

Take control..... 16	Unsafe sex..... 44	Depression 96
Unhealthy eating 18	Diabetes 86	Stress & trauma 104
Alcohol..... 36	TB 78	
Harmful drug use..... 40	STIs 69	

RISK FACTORS FOR HIV & AIDS

- » Unprotected sex
 - » Multiple sexual partners
 - » Transmission from mother to unborn or breastfeeding child
 - » Sharing needles
 - » Handling blood/fluids of an infected person with hands with an open sore
- All people are at risk**

IF YOU HAVE HIV & AIDS

What could happen?

- » Weakening of your system
- » Weight loss
- » Sores in the mouth, painful swallowing
- » Frequent infections
- » TB
- » Meningitis
- » Cancer
- » Death

What makes it worse?

- » Not using a condom every time you have sex
- » Multiple sexual partners
- » Not taking your medication correctly
- » Not eating a healthy diet
- » Other conditions that are not treated e.g. Diabetes, TB

What makes it better or decreases complications?

- » Keep using a condom
- » ART taken correctly
- » Treating other infections/conditions
- » Support from family, friends, workplace, community



WEAR GLOVES WHEN HANDLING BLOOD AND BODY FLUIDS



USE A CONDOM



AVOID MULTIPLE PARTNERS



NO ALCOHOL OR DRUGS



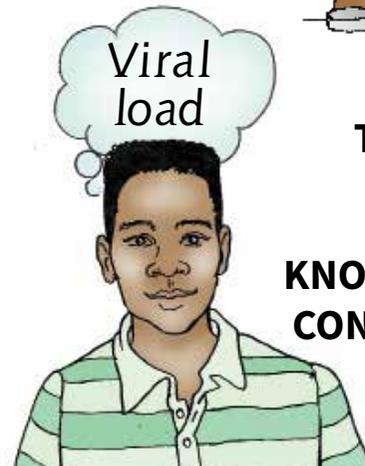
TAKE YOUR MEDS CORRECTLY



USE CONTRACEPTION



GET SUPPORT



KNOW YOUR CONDITION



USE A CONDOM





KEY MESSAGE

USE A CONDOM

PATIENT AT RISK

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - **Newly diagnosed:** monthly or less if indicated by guidelines
 - **Newly initiated on ART:** monthly review for 6 months
 - **Stable on treatment:** 6 monthly with collection of meds only

PATIENT HAS HIV & AIDS

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT HIV** and other identified symptoms and conditions as per **APC**
- » If pregnant, refer for antenatal care
- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up, review regularly



HIV infection can take 6 weeks after infection to show up in your blood – a negative test may mean you are in this “window period”

TO DO'S



USE A CONDOM



- Keep condoms in your wallet/handbag/bedroom
- Practice safe sex and protect others

GET SUPPORT



- Tell someone who cares about you
- Get a treatment buddy
- Join a support group

AVOID MULTIPLE PARTNERS



- Be faithful to one partner
- A new partner may give you HIV infection

USE CONTRACEPTION



- Make sure you are on the right contraception

TAKE YOUR MEDS CORRECTLY



- Take your treatment on time every day
- Do not miss a day
- Use a diary or pill box
- Know the names of your medication

STOP ALCOHOL OR DRUGS



- This increases risk

KNOW YOUR CONDITION



- Know what your viral load is
- Know what your viral load means
- Know when to come for a viral load test

WEAR GLOVES WHEN HANDLING BLOOD AND BODY FLUIDS



What makes it worse?

- » Not seeking care early
- » Not taking your medication correctly
- » Not taking ART if you are HIV-positive
- » Smoking
- » Alcohol/drug use
- » Diabetes
- » Chronic lung disease

What makes it better or decreases complications?

- » Starting treatment immediately
- » Taking medication correctly
- » Treatment of HIV and other conditions
- » Healthy eating
- » Good ventilation



TO KNOW



What do I need to know about TB





Tuberculosis (TB)



BASIC FACTS

► **Positive smear or GeneXpert test for Tuberculosis**

What is Tuberculosis (TB)?

TB is a bacterial infection which usually affects the lungs
TB can also affect other organs of the body such as the brain, spine, abdomen, bones

How do you get TB?

Spread of TB germs in the air from infected people coughing or sneezing
Close contact with anyone who has TB

Symptoms/signs?

- » Cough of 2 weeks or more
- » Coughing blood
- » Loss of weight
- » Excessive sweating at night
- » Persistent fevers of more than 2 weeks

RISK FACTORS FOR TB

- » Close contact with a person who has untreated TB
- » Children < 5 years
- » HIV-positive status
- » Alcohol/substance abuse
- » Smoking
- » Malnutrition
- » Diabetes
- » Silicosis
- » Other chronic lung disease

IF YOU HAVE TB

What could happen?

- » Permanent damage to lungs
- » Spread of infection to other people at home or at work
- » Death

What makes it worse?

- » Not seeking care early
- » Not taking your medication correctly
- » Not taking ART if you are HIV-positive
- » Smoking
- » Harmful alcohol/drug use
- » Diabetes
- » Chronic lung disease

What makes it better or decreases complications?

- » Starting treatment
- » Taking medication correctly for the full treatment duration
- » Treatment of HIV and other conditions
- » Healthy eating
- » Good ventilation

KEY LINKS

Take control16	Alcohol36	CVD92
Unhealthy eating.....18	Harmful drug use40	HIV & AIDS74
Smoking/tobacco use.....32	Diabetes86	COPD120

**TAKE YOUR MEDS
CORRECTLY**



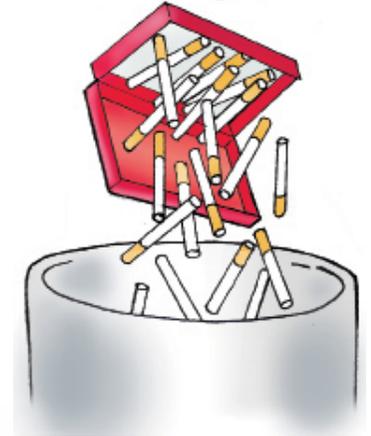
**KNOW YOUR
CONDITION**



HIV?



**KNOW YOUR
HIV STATUS**



**STOP SMOKING/
TOBACCO USE**



**NO ALCOHOL
OR DRUGS**



TB

GET SUPPORT



**LET IN THE
FRESH AIR**



TO DO



COMPLETE YOUR TB TREATMENT





KEY MESSAGE

COMPLETE YOUR TB TREATMENT

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - Xpert negative, HIV negative: commit to return if symptoms recur
 - Xpert negative, HIV positive: return for culture result
 - Xpert positive, follow up according to **APC**



PATIENT HAS TB

- » **SELECT 2** from the **TO DO** list
- » **TREAT TB** and other identified symptoms and conditions as per **APC**
- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up. Review monthly, see **APC**



TO DO'S



TAKE YOUR MEDS CORRECTLY

- Take your treatment on time every day: do not miss a day
- Use a diary or pill box
- Know the names of your medication, and the side effects
- Complete your treatment



STOP SMOKING/TOBACCO USE

- Make the decision to stop



KNOW YOUR CONDITION

- Keep your clinic appointments
- Inform those you live with to come to the clinic for screening
- Cough into the inside of the elbow (demonstrate), or cover your mouth when coughing



GET SUPPORT

- Disclose to your family or friends



KNOW YOUR HIV STATUS

- Get tested



LET IN THE FRESH AIR

- Open windows and doors at home



STOP ALCOHOL OR DRUGS

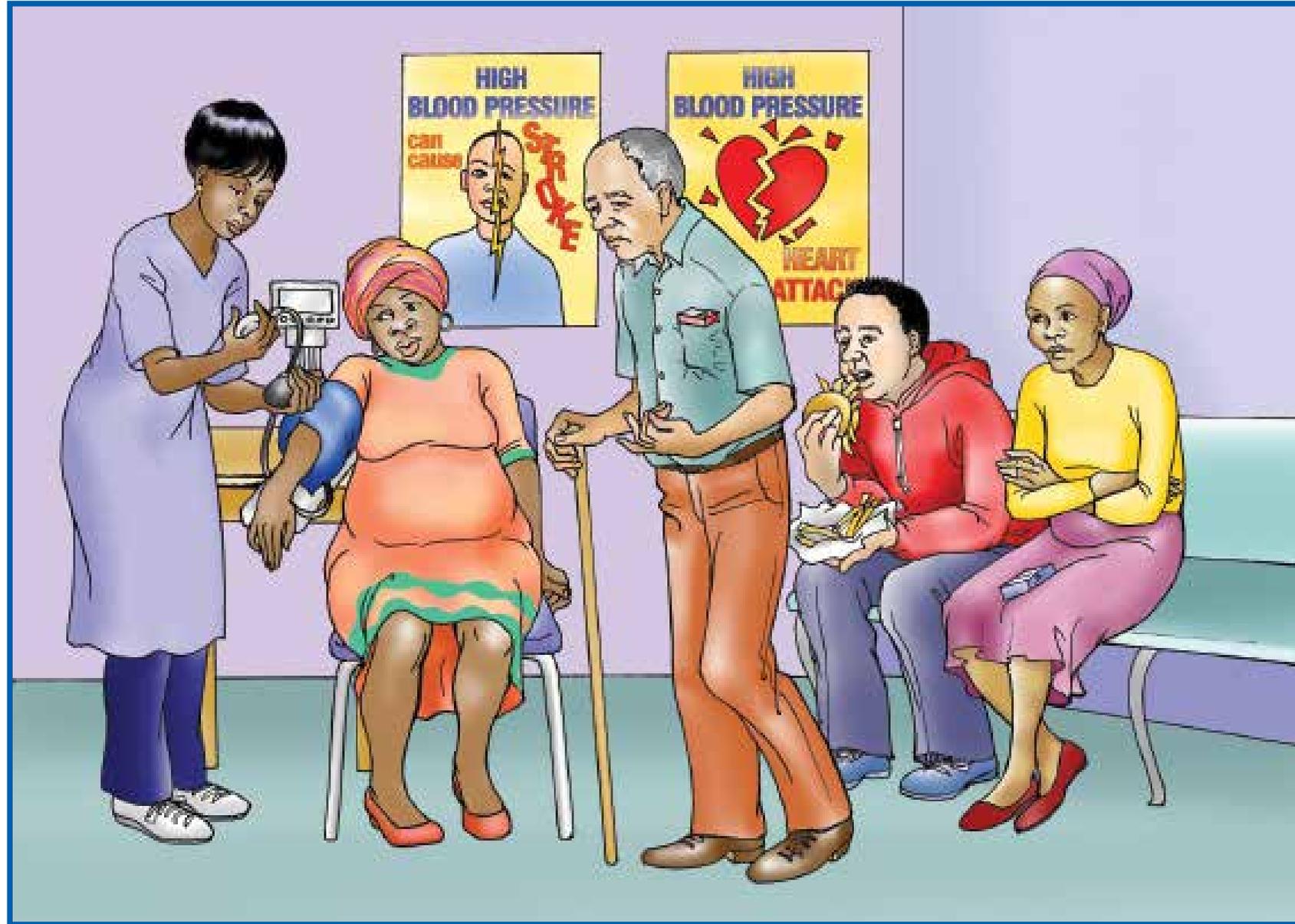


What makes it worse?

- » Smoking/tobacco use
- » Alcohol use
- » Lack of physical activity
- » Stress
- » High blood cholesterol/fats
- » Diabetes
- » HIV

What makes it better or decreases complications?

- » Lifelong medication
- » Taking medication daily
- » Physical activity
- » Healthy eating
- » Low salt diet
- » Stopping smoking/tobacco use



TO KNOW



What do I need to know about raised blood pressure?



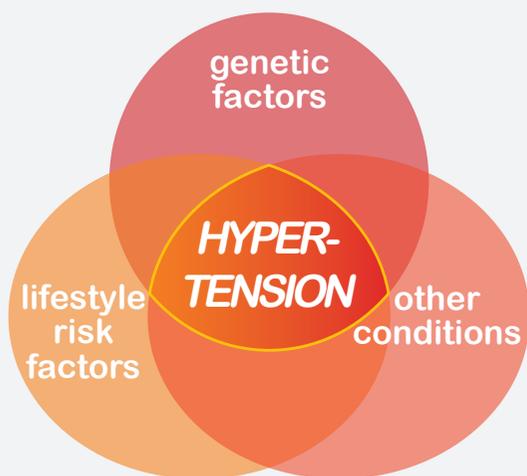


Hypertension



BASIC FACTS

- ▶ **Blood pressure $\geq 140/90$ mmHg**
- ▶ **Taken on 2 separate occasions**



What is hypertension?

Hypertension (high or raised blood pressure) is a condition in which the blood vessels have persistently raised pressure

What causes hypertension?

High blood pressure is caused by genetic factors + risk factors in your lifestyle + other conditions that may be present

Symptoms/signs?

- » Usually no symptoms
- » Possible headaches

RISK FACTORS FOR HYPERTENSION

- » Men >55 years
- » Adults >40 years with other risk factors
- » Post-menopausal women
- » Family history of high blood pressure/obesity
- » Overweight
- » High cholesterol
- » Smoking/tobacco use
- » Unhealthy eating
- » Diabetes

IF YOU HAVE HYPERTENSION

What could happen?

- » Stroke
- » Heart attack
- » Heart failure
- » Kidney damage

What makes it worse?

- » Smoking/tobacco use
- » Alcohol use
- » Lack of physical activity/sedentary lifestyle
- » Stress
- » High blood cholesterol/fats
- » Diabetes
- » HIV

What makes it better or decreases complications?

- » Lifelong medication
- » Taking medication daily
- » Physical activity/exercise
- » Healthy eating
- » Low salt diet
- » Stopping smoking/tobacco use

KEY LINKS

Take control.....	16	Alcohol.....	36	Stress & trauma.....	104
Unhealthy eating.....	18	Diabetes	86	Maternal health: AN	54
Lack of physical activity ..	26	CVD	92		
Smoking/tobacco use.....	32	HIV & AIDS	74		



**TAKE YOUR MEDS
CORRECTLY**

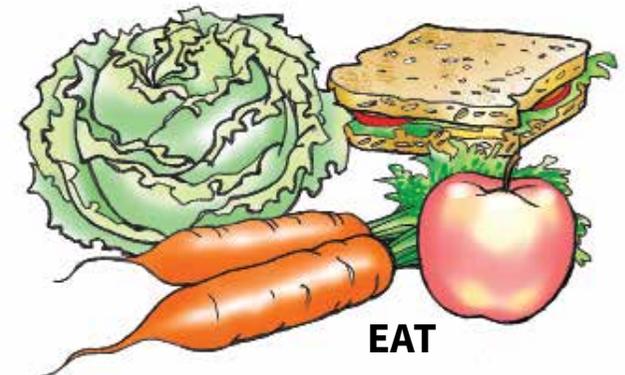


**GET
PHYSICALLY
ACTIVE**



**STOP SMOKING/
TOBACCO USE**

USE LESS SALT



**EAT
HEALTHY FOOD**



**GET PHYSICALLY ACTIVE AND LOWER
YOUR BLOOD PRESSURE**





KEY MESSAGE

GET PHYSICALLY ACTIVE AND LOWER YOUR BLOOD PRESSURE

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - BP <140/90 + no risk factors: reassess in 5 years
 - BP ≤140/90 + any risk factors: follow up in 1 year
 - BP reading raised but not consistent for diagnosis of hypertension: follow up in 1 year
 - BP <140/80 + Diabetes, CVD, kidney disease: reassess with every visit

PATIENT HAS HYPERTENSION

- » **SELECT 2** from the list
- » **TREAT HYPERTENSION** and other identified symptoms and conditions as per **APC**

- » If pregnant, refer for antenatal care
- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control, non-adherence or other major risk factors
 - Reinforce follow-up visits until stable blood pressure is achieved
 - 6 monthly if BP controlled on treatment

TO DO'S



GET PHYSICALLY ACTIVE

- Start physical activity 150 minutes per week



EAT HEALTHY FOOD

- Eat a balanced diet



USE LESS SALT

- Avoid food with high salt content
- Don't add extra salt to food



STOP SMOKING/TOBACCO USE

- Make a decision to stop



TAKE YOUR MEDS CORRECTLY

- Take your treatment on time every day: do not miss a day
- Use a diary or pill box
- Know the names of your medication, and the side effects

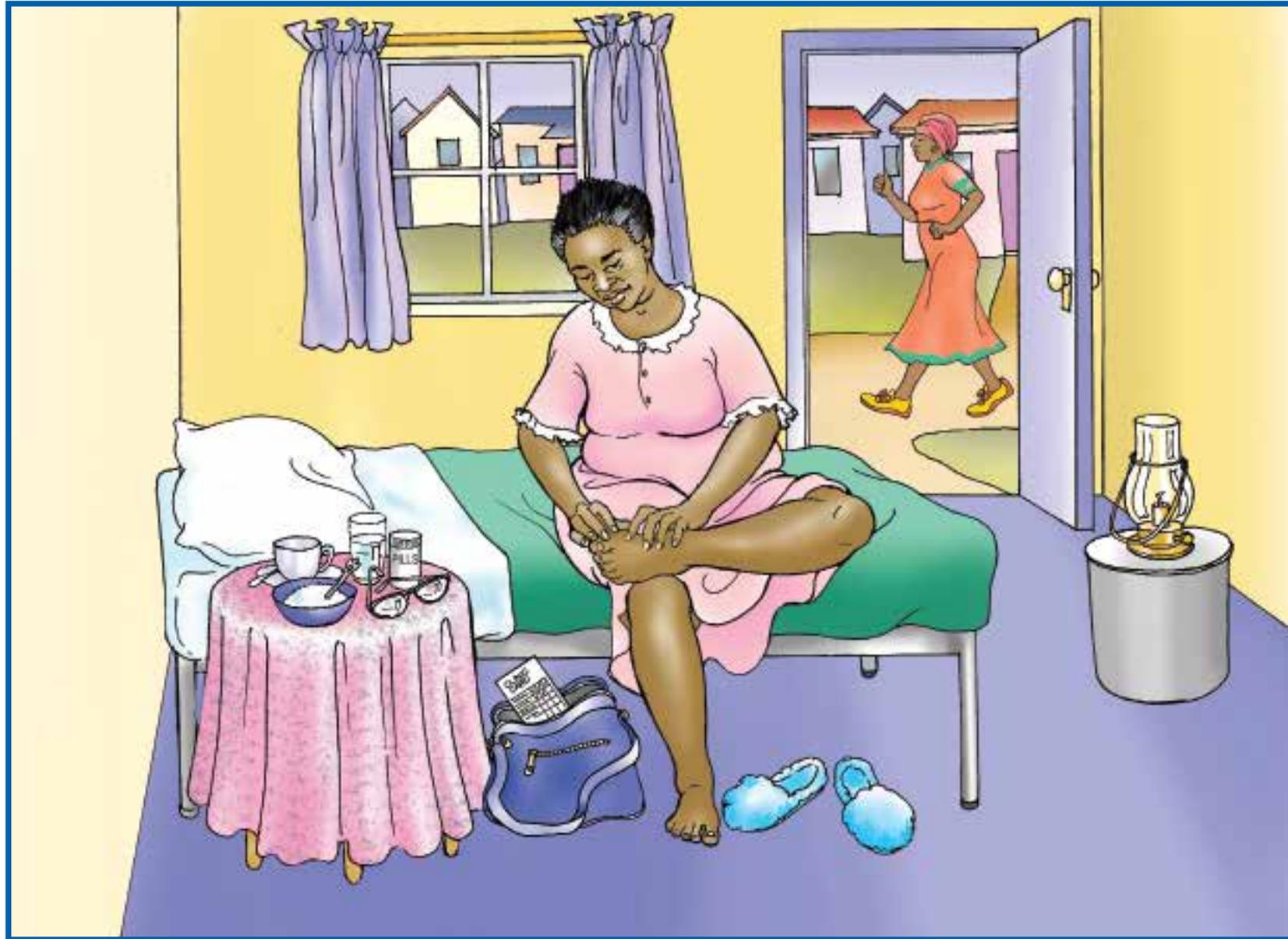


What makes it worse?

- » Overweight or obesity
- » If you do not watch your diet
- » High blood pressure
- » High blood cholesterol/fats
- » Alcohol use
- » HIV
- » TB

What makes it better or decreases complications?

- » Healthy eating
- » Eating regular small meals
- » Taking meds correctly
- » Physical activity
- » Taking care of your feet and hands
- » Having your feet and eyes checked



TO KNOW



What do I need to know about diabetes?





BASIC FACTS

- ▶ **Random blood glucose > 11 mmol/L**
- Or
- ▶ **Fasting blood glucose ≥ 7 mmol/L**

What is diabetes?

Diabetes is a condition where there is an increased level of glucose in the blood

How do I get diabetes?

There are two types:

- » **Type 1:** The body stops making insulin
- » **Type 2:** The body doesn't make enough insulin or is unable to use insulin properly

Symptoms/signs?

- No symptoms
- Tiredness
- Feeling thirsty all the time
- Passing a lot of urine
- Frequent infections
- Poor healing of wounds
- Weight loss

RISK FACTORS FOR DIABETES

- » People >45 years for Type 2 diabetes
- » Family history of diabetes
- » High risk ethnic groups
- » Previous diabetes in pregnancy/very large baby
- » Being overweight
- » Unhealthy eating
- » HIV
- » TB

IF YOU HAVE DIABETES

What could happen?

- » Blindness
- » Sores that don't heal
- » Ulcers and infection on the legs can result in amputation
- » Stroke
- » Heart attack
- » Kidney damage

What makes it worse?

- » Overweight or obesity
- » Unhealthy eating
- » High blood pressure
- » High blood cholesterol/fats
- » Alcohol use
- » HIV
- » TB

What makes it better or decreases complications?

- » Healthy eating
- » Eating regular small meals
- » Taking meds lifelong and correctly
- » Physical activity
- » Taking good care of your feet and hands
- » Having your feet and eyes checked regularly

KEY LINKS

Take control.....	16	Hypertension	82
Unhealthy eating.....	18	CVD	92
Overweight & obesity	22	TB	78
Lack of physical activity ..	26	HIV & AIDS	74
Smoking/tobacco use	32	Maternal health: AN	54
Alcohol.....	36		



BE CAREFUL!

Your blood sugar can drop if:

- You do not take your medication correctly
- You do not eat regularly
- You use alcohol
- You get sick

THIS CAN BE DANGEROUS!

- You may experience palpitations, sweating, headaches and tremors
- If you are a Type 1 Diabetic, always wear a Medic Alert tag in case your blood sugar drops and people will know how to help you.



TAKE CARE OF YOUR FEET



CUT OUT SUGAR

FOLLOW A BALANCED DIET



**STOP SMOKING/
TOBACCO USE**



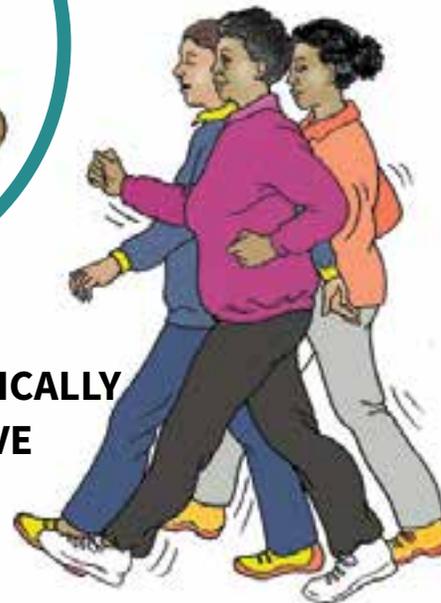
**TAKE YOUR
MEDS
CORRECTLY**



**KNOW YOUR
CONDITION**



**GET PHYSICALLY
ACTIVE**



NO ALCOHOL

TO DO



SUGAR IS BAD FOR YOU





KEY MESSAGE

SUGAR IS BAD FOR YOU

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment
 - Random glucose = 4-7.7 + no risk factors: follow up in 5 years
 - Random glucose = 4-7.7 + risk factors : follow up in 1 year

PATIENT HAS DIABETES

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT DIABETES** and other identified symptoms and conditions  as per **APC**
- » If pregnant, refer for antenatal care
- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control, non-adherence or other major risk factors
 - Reinforce follow-up visits until stable blood glucose/HbA1c is achieved
 - 3-6 monthly if diabetes controlled on treatment

TO DO'S



CUT OUT SUGAR

- Do not add sugar to food and drinks
- Avoid food and drinks that contain sugar



FOLLOW A BALANCED DIET

- Eat correct amounts of protein, starch, fat, and vegetables
- Cut back on fats
- Eat regular small meals



STOP SMOKING/USING TOBACCO



NO ALCOHOL



GET PHYSICALLY ACTIVE

- Start physical activity
- 150 minutes per week



KNOW YOUR CONDITION

- If you take insulin, understand how it works; ask your health carer
- Come for regular check-ups; eyes yearly/kidneys yearly/feet at every visit



TAKE YOUR MEDS CORRECTLY

- Take your treatment on time every day: do not miss a day
- Use a diary or pill box
- Know the names of your medication, and the side effects



TAKE CARE OF YOUR FEET

- See foot page



LOOK

- » Inspect your feet (especially between your toes)
- » every day for cracks, cuts, blisters, sores or redness
- » Tell your health worker if you have any of these



KEEP YOUR FEET CLEAN AND DRY

- » Wash your feet every day in warm water
- » Dry well between your toes
- » Clip nails straight across or file downwards
- » Don't try to cut off, scrape or remove any calluses or corns with sharp items or plasters and creams – speak to your health care worker



PROTECT YOUR FEET

- » Apply cream to your feet but not between your toes
- » Don't walk barefoot
- » Wear the right shoes that fit
- » Check your shoes for stones or anything which can scratch or injure your feet
- » Use loose soft socks or stockings to add protection
- » Keep very hot water, hot water bottles and heaters away from your feet



ASK SOMEONE FOR HELP IF:

- » you cannot see well
- » you are too weak
- » you cannot reach your



TO KNOW



TAKE CARE OF YOUR FEET TO PREVENT SORES, ULCERS AND AMPUTATION





KEY MESSAGE

TAKE CARE OF YOUR FEET TO PREVENT SORES, ULCERS AND AMPUTATION

LOOK

- » Inspect your feet (especially between your toes)
- » every day for cracks, cuts, blisters sores or redness
- » Tell your health worker if you have any of these



KEEP YOUR FEET CLEAN AND DRY

- » Wash your feet every day in warm water
- » Dry well between your toes
- » Clip nails straight across or file downwards
- » Don't try to cut off, scrape or remove any calluses or corns with sharp items or plasters and creams – speak to your health care worker



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- » Use loose soft socks or stockings to add protection
- » Keep very hot water, hot water bottles and heaters away from your feet



ASK SOMEONE FOR HELP IF:

- » you cannot see well
- » you are too weak
- » you cannot reach your feet ask someone to help you

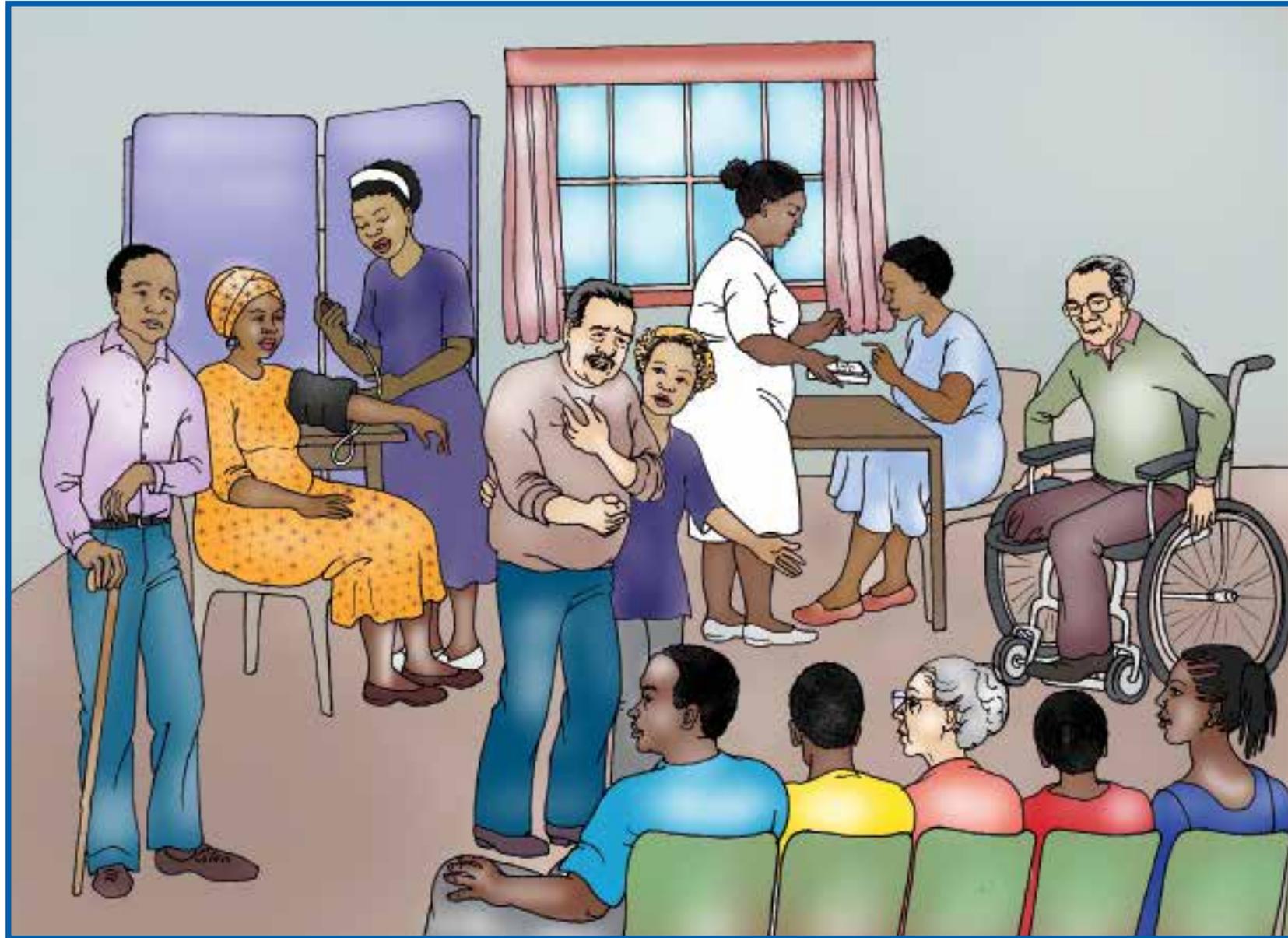


What makes it worse?

- » Smoking/tobacco
- » Lack of physical activity/ sedentary lifestyle
- » Alcohol
- » Overweight/obesity
- » Stress
- » High blood pressure
- » High cholesterol/fats
- » Diabetes

What makes it better or decreases complications?

- » Knowing your risks and acting on it
- » Healthy eating
- » Physical activity
- » Managing your stress
- » Stopping smoking/ tobacco



TO KNOW



What do I need to know about CVD?





BASIC FACTS

▶ **Cardiovascular disease is a condition where blood vessels are narrowed or blocked**

What is CVD?

Diseases of the blood vessels and the heart

May include heart attacks, stroke, raised blood pressure, peripheral artery disease, rheumatic heart disease, congenital heart disease and heart failure

What causes CVD?

- » Genetic factors (family history)
- » Risk factors/“disease of lifestyle”
 - Smoking/tobacco use
 - Lack of physical activity
 - Unhealthy eating
 - Alcohol

- » Other conditions such as diabetes

Symptoms/signs

- » pain or tightness of the chest
- » shortness of breath
- » palpitations
- » sudden severe headache
- » fainting
- » recent difficulty with vision or speech
- » paralysis of one side of body
- » numbness of face

RISK FACTORS FOR CVD

- » All adults
- » Family history
- » High cholesterol/fats
- » Overweight/obesity
- » Smoking/tobacco use
- » Alcohol
- » Lack of physical activity/sedentary lifestyle
- » High blood pressure
- » Diabetes

IF YOU HAVE CVD

What could happen?

- » Heart attack
- » Stroke
- » Death

What makes it worse?

- » Smoking/tobacco use
- » Lack of physical activity/sedentary lifestyle
- » Alcohol
- » Overweight/obesity
- » Stress
- » High blood pressure
- » High cholesterol/fats
- » Diabetes

What makes it better or decreases complications?

- » Knowing your risks and acting on it
- » Healthy eating, and reducing salt, sugar and fats
- » Physical activity
- » Managing your stress
- » Stopping smoking/tobacco use

KEY LINKS

Take control.....	16	Overweight & obesity.....	22	Hypertension	82
Lack of physical activity...	26	Smoking/tobacco use	32	Diabetes	86



**STOP SMOKING/
TOBACCO USE**



**EAT HEALTHY
FOOD**



DEAL WITH STRESS



**GET
PHYSICALLY
ACTIVE**



NO ALCOHOL





KEY MESSAGE

PROTECT YOUR HEALTH

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - No risk factors: reassess in 5 years or if symptoms recur
 - Any risk factors for CVD: follow up in 1 year
 - Immediately if symptoms recur

PATIENT HAS CVD

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT CVD** and other identified symptoms and conditions as per **APC** 
- » Link to community services
- » Arrange follow-up
 - Monthly if poor control, non-adherence or other major risk factors
 - 3-6 monthly if CVD controlled on treatment

TO DO'S



STOP SMOKING/TOBACCO USE

- Decide to stop
- Prevent your condition from getting worse



NO ALCOHOL



EAT HEALTHY FOOD

- Reduce fatty foods, salt and sugar



GET PHYSICALLY ACTIVE

- Decide to start
- Increase physical activity if you are not doing enough
- Aim for at least 150 minutes brisk exercise every week.



DEAL WITH STRESS

- Identify your stress
- Do a relaxing breathing exercise each day
- Find a creative or fun activity to do
- Spend time with supportive friends /family



What makes it worse?

- » Alcohol use
- » Drug use
- » Not getting or following treatment
- » Stressful life events

Depression is a very common disorder

What makes it better or decreases complications?

- » Understand depression
- » Sharing how you feel with and getting support from trusted others
- » Adhering to the treatment plan
- » Healthy lifestyle like balanced diet and regular physical activity



TO KNOW



What do I need to know about depression?





BASIC FACTS

▶ Depression is one of the most common mental disorders. It affects mood, thoughts and body resulting in marked impairment in social, occupational and other important areas of functioning

What is depression?

Depression is characterized by the following nearly every day for at least 2 weeks:

- » Sadness / low mood
- » Loss of interest or pleasure in life activities

What causes depression?

Depression in people at risk may be triggered by stress, trauma or loss

Sometimes there is no obvious cause

Other symptoms/signs?

- » Loss of energy/tiredness even after minimum effort
- » Disturbed sleep pattern
- » Feelings of guilt or low self-worth
- » Poor concentration.
- » Emotional, tearful
- » Change in appetite
- » Change in activity/loss of interest
- » High state of anxiety
- » Social withdrawal
- » Loss of interest in sex
- » Thoughts of death or suicide attempts
- » Feeling irritable, restless, stressed, overwhelmed

Depression is a very common disorder

KEY LINKS

Lack of physical activity...**26** HIV & AIDS.....**74** Psychosis**108**
 Alcohol.....**36** Anxiety**100**
 Harmful drug use.....**40** Stress & trauma**104**

RISK FACTORS FOR DEPRESSION

- » Previous traumatic experience
- » Stressful life events
- » Recent grief or loss
- » Chronic or disabling illnesses
- » Following childbirth
- » As a side effect of medication like steroids
- » Family history of depression

IF YOU HAVE DEPRESSION

What could happen?

- » Suicide,
- » It can interfere with normal day-to-day activities
- » Hard to function at work, home, socially
- » Difficulties with relationships
- » Social isolation

What makes it worse?

- » Alcohol use
- » Drug use
- » Not getting or following treatment
- » Stressful life events

What makes it better or decreases complications?

- » Understand depression: it is not a sign of weakness or something you can 'snap out of' by 'pulling yourself together'
- » Sharing how you feel with and getting support from trusted others
- » Adhering to the treatment plan
- » Healthy lifestyle like balanced diet and regular physical activity

**FIND A HEALTHY
SOCIAL ACTIVITY**



**KNOW YOUR
CONDITION**



GET SUPPORT



**GET PHYSICALLY
ACTIVE**



**NO HARMFUL
DRUGS**



NO ALCOHOL



TO DO



GET SUPPORT





KEY MESSAGE

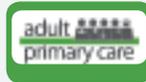
GET SUPPORT

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - If the patient is at risk : reassess x 2 weeks
 - No severe risk: reassess x 1 month

PATIENT HAS DEPRESSION

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT DEPRESSION** and other identified symptoms and conditions as per **APC**
- » Refer to suitable counsellor
- » Link to community services
- » Arrange follow-up:
 - Weekly if poor control or other major risk factors
 - Monthly follow-up visits until stable mood is achieved
 - 6 monthly if depression controlled on treatment/therapy



TO DO'S



KNOW YOUR CONDITION

- Follow the treatment plan
- Take your meds correctly



NO ALCOHOL

- Using alcohol can make it worse



GET SUPPORT

- Seek help early
- Go for counselling
- Call Lifeline
- Join a support group



NO HARMFUL DRUGS

- Using other substances will make it worse



GET PHYSICALLY ACTIVE

- Start some physical activity that you enjoy



SOCIALISE

- Don't isolate yourself
- Find a healthy social activity

What makes it worse?

- » Stressful circumstances
- » Alcohol & drug use
- » Not getting help for the anxiety disorder
- » Unfamiliar environments

What makes it better or decreases complications?

- » Understanding anxiety
- » Understanding the symptoms
- » Sharing with and support from trusted others.
- » Adhering to the treatment plan



TO KNOW



What do I need to know about anxiety?





BASIC FACTS

▶ **Disorders that share features of excessive fear and worry resulting in change in behaviour**

What is anxiety?

It is a condition where a person experiences excessive worry or fear more than usual for more days about a number of situations or events. The fear and worry are associated with 3 or more of other symptoms/signs

What causes anxiety?

- » Previous trauma
- » Family history
- » Major illness or disability
- » Sometimes the cause is unknown

Symptoms/signs?

- » Feeling nervous, restless or on edge
- » Sense of impending danger or panic
- » Difficulty in concentrating or mind going blank
- » Irritability,
- » Feeling weak/ tired/powerless
- » Muscle tension, trembling
- » Sleep disturbances
- » Sweating, nausea, diarrhoea
- » Breathing rapidly (hyperventilation)/shortness of breath
- » Increased heart rate

COMMON ANXIETY DISORDERS

Panic disorder
Social anxiety
Obsessive compulsive disorder (OCD)

Phobias
Post traumatic stress disorder (PTSD)

RISK FACTORS FOR ANXIETY

- Women > men
- Certain types of personality
- Family history
- Previous traumatic experience/childhood adversities
- Poor parenting
- Stressful life events
- Other mental illness/ depression
- Alcohol use
- Drug use

IF YOU HAVE ANXIETY

What could happen?

- » Suicide which is a very serious risk
- » Depression
- » Alcohol & drugs
- » Trouble sleeping (insomnia)
- » Digestive or bowel problems
- » Headaches
- » Poor concentration

What makes it worse?

- » Stressful circumstances
- » Alcohol & drug use
- » Not getting help for the anxiety disorder
- » Unfamiliar environments

What makes it better or decreases complications?

- » Understanding anxiety: it is not a sign of weakness
- » Understanding the symptoms
- » Sharing with and support from trusted others.
- » Adhering to the treatment plan

KEY LINKS

Alcohol.....	36	Stress & trauma	104
Smoking/tobacco use.....	32	Psychosis	108
Harmful drug use.....	40	Depression	96



GET SUPPORT



SOCIALISE



NO HARMFUL DRUG USE



NO ALCOHOL

TRY TO RELAX





KEY MESSAGE

GET SUPPORT

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - Consider the patient to be at risk : reassess x 1 week
 - No severe risk: reassess x 1 month

PATIENT HAS ANXIETY

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT ANXIETY** and other identified symptoms and conditions as per **APC**

- » Refer to suitable counsellor
- » Link to community services
- » Arrange follow-up:
 - Weekly if poor control or other major risk factors
 - Monthly follow-up visits until stable mood is achieved
 - 6 monthly if anxiety controlled on treatment/therapy

TO DO'S



GET SUPPORT



- Talk to someone
- Seek help early
- Go for counselling
- Join a support group
- Call Lifeline

SOCIALISE



- Don't isolate yourself
- Find a healthy social activity

TRY TO RELAX



- Take time to focus and unwind
- Find an activity that helps you to relax

NO ALCOHOL



- Using alcohol can make it worse

NO HARMFUL DRUG USE



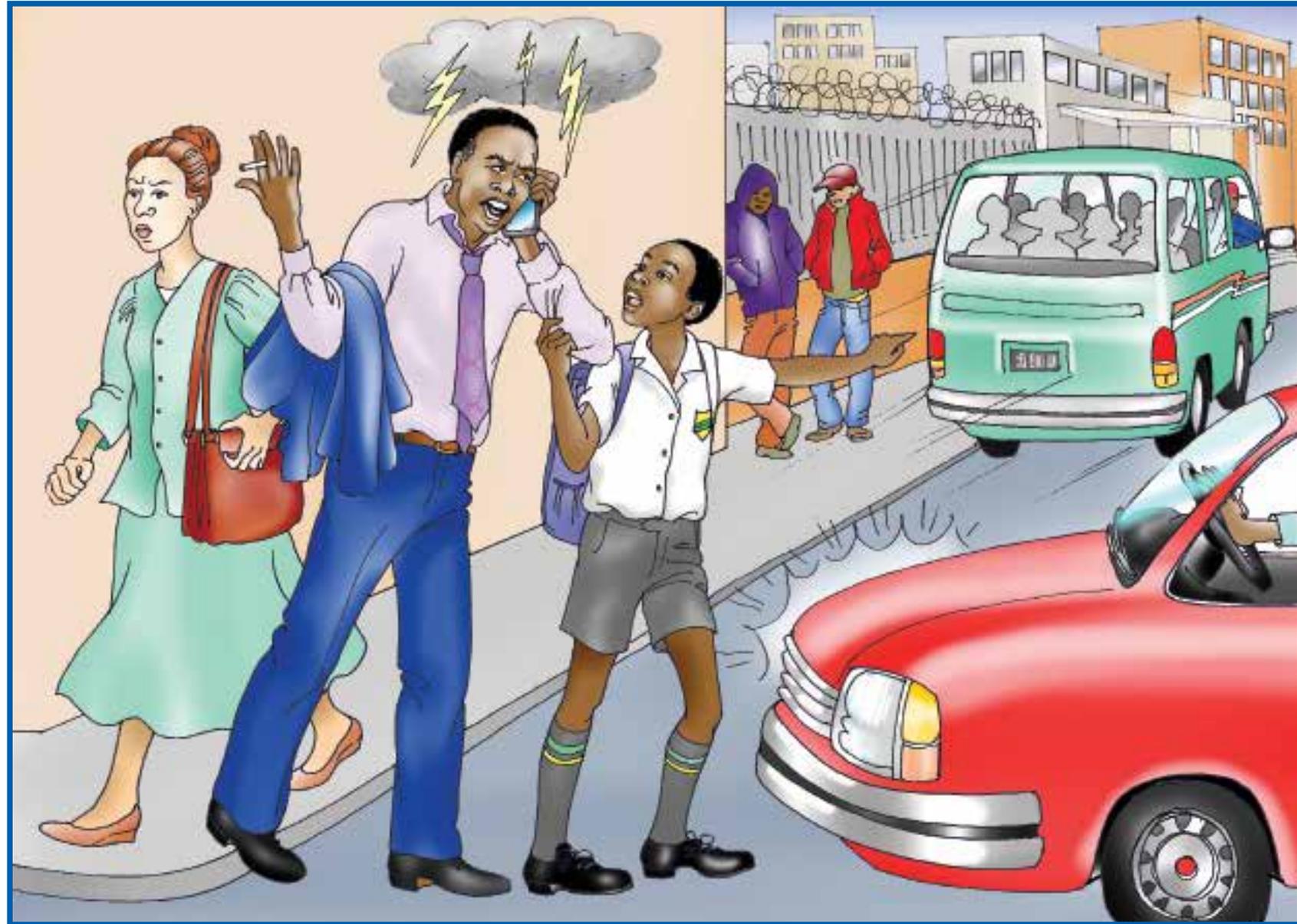
- Using other substances will make it worse

What makes it worse?

- » Alcohol
- » Harmful drug use
- » Not getting help for the stress
- » Re-exposure to the stress inducing situation

What makes it better or decreases complications?

- » Understanding your stress
- » Getting help for the underlying problems
- » Sharing how you feel with trusted others
- » Adhering to the treatment plan
- » Medication
- » Counselling
- » Regular physical activity



TO KNOW



What do I need to know about stress?





BASIC FACTS

▶ **A state of mental or emotional strain or tension resulting from exposure to traumatic or stressful circumstances**

- Symptoms/signs of stress:**
- » Sleeping poorly
 - » Constant worry
 - » Impatience or irritability about small issues
 - » Poor concentration
 - » Unable to make decisions
 - » Feeling helpless
 - » Unable to relax
 - » Feeling tense - sometimes this includes a 'knot' in the stomach, feeling sweaty, dry mouth or a thumping heart.
 - » Smoking more than usual
 - » Drinking alcohol more than usual
 - » Not enjoying food
 - » Loss of interest in sex

KEY LINKS

Smoking/tobacco use.....	32	CVD	92
Alcohol.....	36	HIV & AIDS.....	74
Harmful drug use.....	40	Depression	96
Unsafe sex.....	44	Anxiety	100
Hypertension	82		

RISK FACTORS FOR TRAUMA & STRESS

- » Exposure to crime and violence
- » Trouble at home
- » Problems at work and overwork
- » Disturbances in the community
- » Financial problems
- » Major illness or disability

IF YOU ARE SUFFERING FROM STRESS

What could happen?

- » Suicide
- » Inability to cope at home/work/socially
- » Breakdown of relationships
- » Anxiety and/or depression
- » Increased risk of chronic illness such as heart disease.
- » Smoking more than usual
- » Drinking alcohol more than usual
- » Not enjoying food
- » Loss of interest in previously enjoyed activities including sex

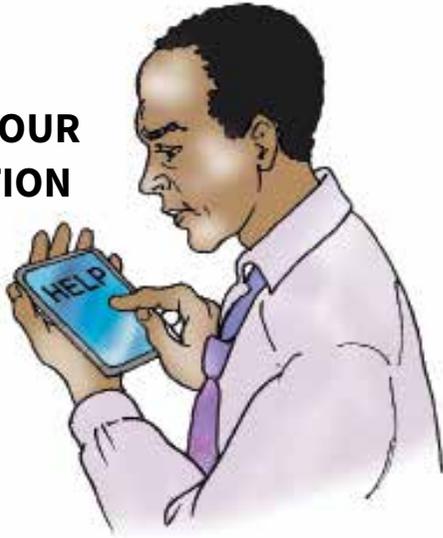
What makes it worse?

- » Alcohol
- » Harmful drug use
- » Not seeking help for stress
- » Re-exposure to the stress inducing situation

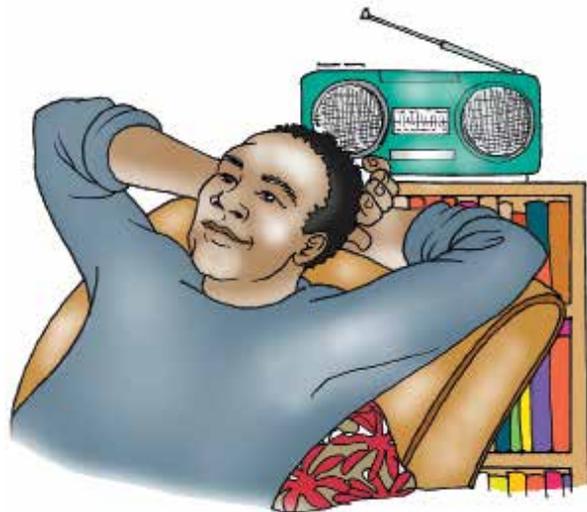
What makes it better or decreases complications?

- » Understanding stress
- » Getting help for the underlying problems
- » Sharing how you feel with trusted others
- » Adhering to the treatment plan
- » Regular physical activity

**KNOW YOUR
CONDITION**



GET SUPPORT



LISTEN TO MUSIC



**NO ALCOHOL
OR DRUGS**

**DEVELOP A GOOD
SLEEPING HABIT**



GET SUPPORT



TO DO



Trauma & stress related disorders



KEY MESSAGE

GET SUPPORT

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - If the patient is at risk: reassess x 1 week
 - No severe risk: reassess x 1 month

PATIENT HAS STRESS/TRAUMA

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT STRESS & TRAUMA** and other identified symptoms and conditions as per **APC**
- » Refer to suitable counsellor
- » Link to community services
- » Arrange follow-up monthly until patient is stable



TO DO'S



KNOW YOUR CONDITION

- Deal with stress factors where possible



GET SUPPORT

- Talk through your problems with someone you trust
- Identify who can help you: counsellor, psychologist, social worker
- Call Lifeline
- Find out about support groups in your community



DEVELOP A GOOD SLEEPING HABIT

- Good sleep may relieve stress
- Go to bed at the same time every night
- Relax for a while before you go to sleep
- Do not abuse sleeping pills



LISTEN TO MUSIC

- Listen to your favourite music
- Listen with friends
- Dance to music to relax



NO ALCOHOL OR HARMFUL DRUG USE

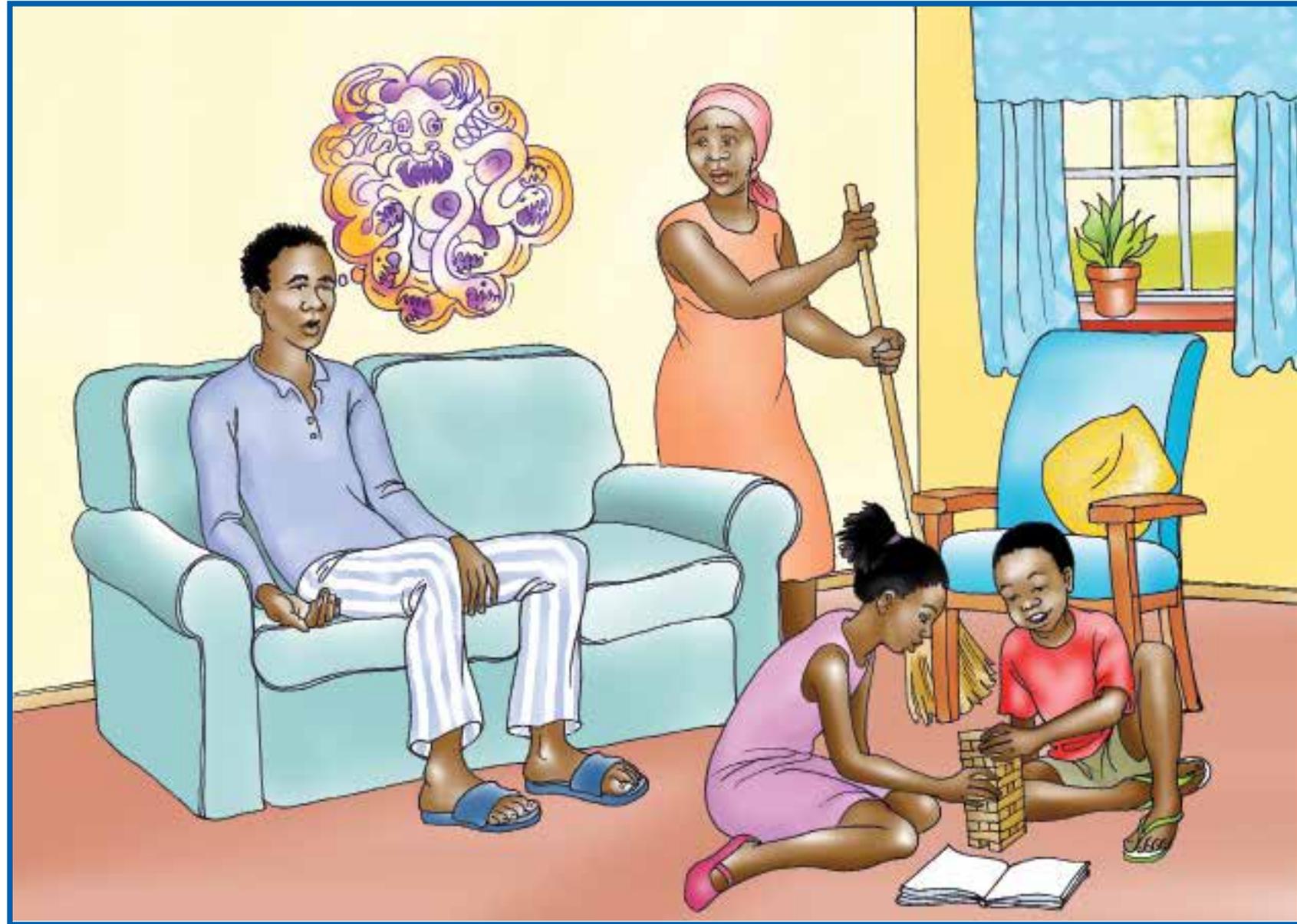


What makes it worse?

- » Not taking medication
- » Alcohol & drugs
- » Stressful life events

What makes it better or decreases complications?

- » Regular medication
- » Support from family/ carers
- » Counselling and therapy
- » Physical activity
- » Trying to live a normal life
- » Help with education or employment



TO KNOW



What do I need to know about psychosis?





**BASIC
FACTS**

▶ **A mental condition characterized by distorted thoughts and perception, as well as disturbed emotions and behaviours**

What is psychosis?

A mental condition that is generally characterized by abnormal thoughts, emotions, behaviour and relationships with others

What causes psychosis?

- » No obvious cause
- » Family history
- » Harmful drug use

Symptoms/signs?

- » Incoherent speech/thinking
- » Mood swings
- » Disturbed emotions
- » Illogical suspicion e.g. beliefs in ones mind
- » Loss of a sense of reality/ delusions
- » Hallucinations
- » Inability to care for oneself
- » Agitated, aggressive behaviour
- » Social withdrawal
- » Neglect of responsibilities
- » Lack of insight that one is having mental health problems

RISK FACTORS FOR PSYCHOSIS

- » Men & women
- » Family history
- » Alcohol use
- » Previous/present harmful drug use

IF YOU HAVE PSYCHOSIS

What could happen?

- » Loss of day-to-day function and activities
- » Difficulties in work
- » Difficulties in relationships
- » Social isolation
- » Suicide
- » Reacting to the hallucinations “instructions”

What makes it worse?

- » Not taking medication
- » Alcohol & drugs
- » Stressful life events

What makes it better or decreases complications?

- » Regular medication
- » Counselling and therapy
- » Support from family / carers
- » Healthy lifestyle including physical activity
- » Reassuming a normal life. (social, educational and work activities)
- » Help with education or employment

KEY LINKS

Take control.....16 Harmful drug use.....40 Anxiety100
 Alcohol.....36 Depression96



**TAKE YOUR MEDICATION
CORRECTLY**



NO ALCOHOL



GET SUPPORT



NO DRUGS

TO DO



TAKE YOUR MEDICATION





KEY MESSAGE

TAKE YOUR MEDICATION

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - If the patient is at risk : refer for assessment
 - No severe risk: reassess x 6 months

PATIENT HAS PSYCHOSIS

- » Let patient/carer **SELECT 2** from the **TO DO** list
- » **TREAT PSYCHOSIS** and other identified symptoms and conditions as per **APC**
- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control or other major risk factors
 - 6 monthly if mental state controlled on treatment



TO DO'S



TAKE YOUR MEDICATION REGULARLY



STOP ALCOHOL



NO HARMFUL DRUGS



GET SUPPORT

- Look at options of assisted living
- Attend a support group or counselling
- Use local services for employment and activities

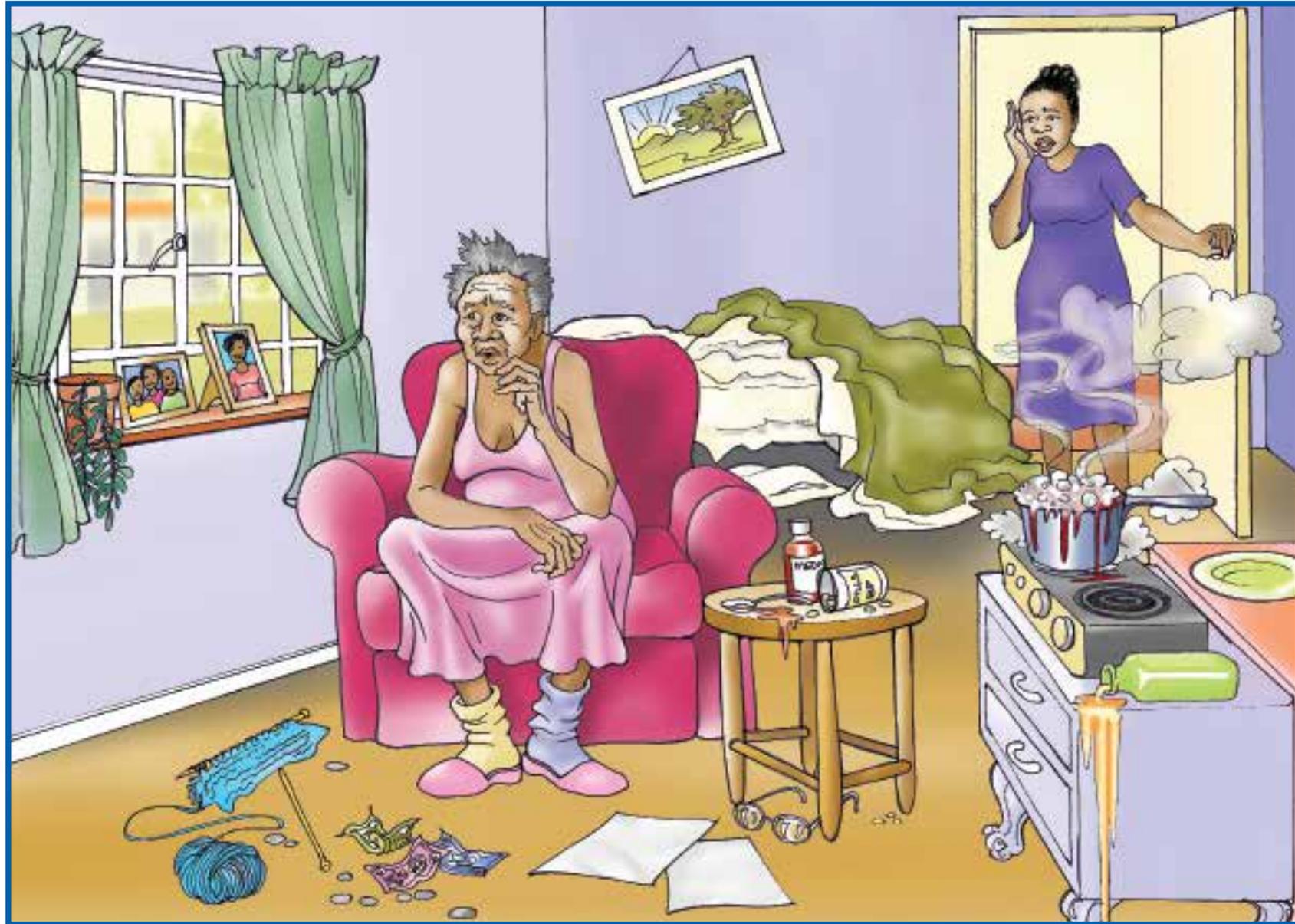


What makes it worse?

- » Other drugs
- » Dehydration
- » Infections

What makes it better or decreases complications?

- » Stable living environment
- » Care for the carer
- » Home based care



TO KNOW



What do I need to know about dementia?





BASIC FACTS

▶ **A group of symptoms affecting memory, thinking and social abilities severely enough to interfere with daily functioning**

What is dementia?

Dementia is a syndrome of brain function. It is more than what might be expected from normal ageing and it usually gets progressively worse

Dementia is seen in a number of brain disorders which cause

- » memory loss
- » decline of cognition such as language, attention, thinking, orientation, calculation, and problem-solving
- » difficulties with activities of daily living such as eating, dressing, shopping

Symptoms/signs?

- » Hallucinations and delusions
- » Changes in personality
- » Memory loss
- » Loss of emotional control
- » Changes in social behaviour
- » Depression
- » Agitation
- » Inability to function independently

KEY LINKS

Unhealthy eating.....	18	Harmful drug use.....	40	Depression	96
Smoking/tobacco use.....	32	Hypertension	82	Anxiety	100
Alcohol.....	36	HIV & AIDS.....	74		

RISK FACTORS FOR DEMENTIA

- » Women and men > 65
- » People with any of the following are at risk for dementia:
 - Family history
 - High cholesterol
 - Smoking/tobacco use
 - Chronic alcohol use
 - Atherosclerosis
 - High blood pressure
 - Diabetes

IF YOU HAVE DEMENTIA

What could happen?

- » Inability to care for yourself
- » Sleep difficulties
- » Memory loss and wandering away from home
- » Self harm
- » Inappropriate social behaviour

What makes it worse?

- » Certain medication
- » Dehydration
- » Infections, usually of the lungs or kidneys

What makes it better or decreases complications?

- » Stable living environment
- » Carers of people with dementia need support and help with planning
- » Home based care for the person with dementia is better than hospitalisation, if possible



**UNDERSTAND
DEMENTIA**



**BE AS INDEPENDENT
AS POSSIBLE**



GET SUPPORT



KEY MESSAGE

SUPPORT FOR THE CARER

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - Consider the patient to be at risk: refer for assessment
 - No severe risk: reassess x 6 months

PATIENT HAS DEMENTIA

- » Let patient/carer **SELECT 2** from the **TO DO** list
- » **TREAT DEMENTIA** and other identified symptoms and conditions as per **APC**

- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control or other major risk factors
 - 6 monthly if mental state controlled on treatment

TO DO'S



UNDERSTAND YOUR CONDITION

- Dementia is a disorder of the brain
- There is no cure
- Behaviour can still be managed in many ways



BE AS INDEPENDENT AS POSSIBLE

- Let people with dementia still take responsibly where possible



GET SUPPORT

- As a carer for someone with dementia, plan the care and support
- Get the right care and support, according to the patient's level of functioning
- Identify sources of support: local resources, social worker, counsellor, NGO, Helplines

What makes it worse?

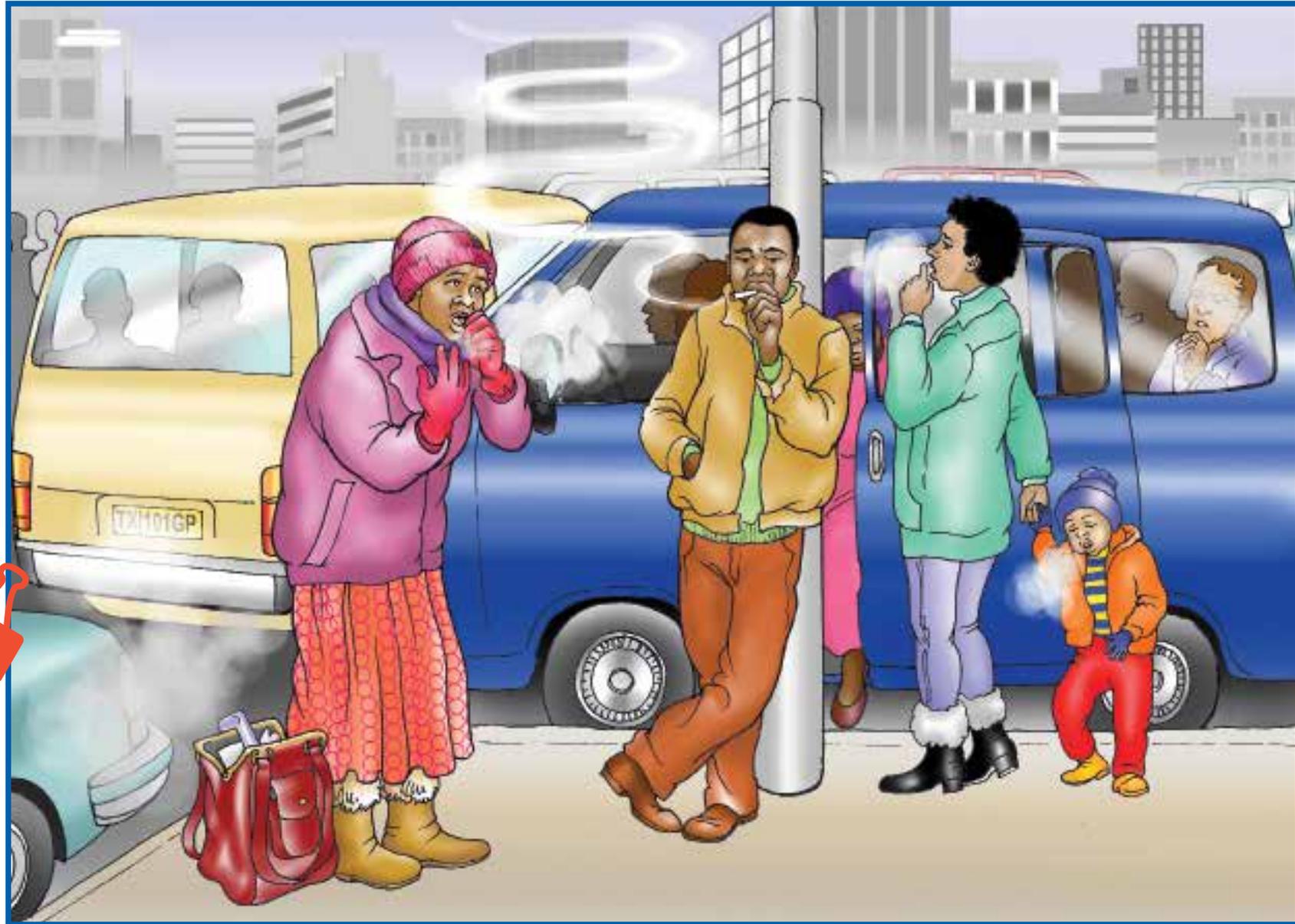
- » Not using your inhaler
- » Smoking/tobacco use
- » Smoke from others
- » Indoor smoke
- » Workplace air pollution
- » Substances that cause allergy
- » Certain chemicals

What makes it better or decreases complications?

- » Using inhalers correctly.
- » Avoiding triggers
- » Physical activity

There are two types of inhalers/pumps

- » **A rescue pump** that relieves symptoms
- » **A daily pump** that prevents symptoms, but does not give instant relief



TO KNOW



What do I need to know about asthma?





BASIC FACTS

▶ **Attacks of spasm in the lung passages, causing difficulty in breathing**

» **What is asthma?**

Asthma is a chronic lung disease with recurrent attacks of breathlessness, wheezing and coughing, which vary in severity and frequency

» **What causes asthma?**

Triggers that irritate the lining of the lungs:

- Allergenic substances
- Lung infection
- Physical activity
- Cold air
- Certain medications
- Strong emotion or stress
- Certain chemicals

» **Symptoms/signs?**

- Shortness of breath
- Coughing
- Wheezing

RISK FACTORS FOR ASTHMA?

- » Anyone can get asthma
- » Family history
- » Smoking/tobacco use
- » Smoke from others
- » Substances that trigger allergy
- » Air pollution and some chemicals

IF YOU HAVE ASTHMA

What can happen? What makes it worse?

- » Inability to breathe
- » Chronic chest infections
- » Death
- » Not using your inhaler correctly
- » Smoking/tobacco use
- » Smoke from others who use tobacco
- » Indoor smoke from fires
- » Air pollution
- » Allergenic substances, e.g. dust, pollen
- » Chemicals in the air
- » Workplace or other air pollution

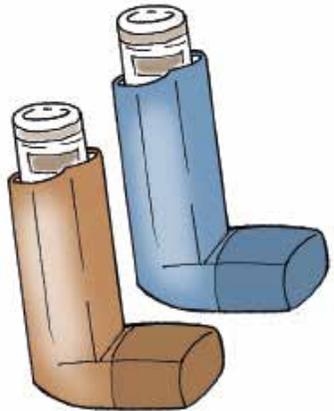
What makes it better or decreases complications?

- » Using medication correctly
There are 2 types of inhalers/pumps:
 - A rescue pump that relieves symptoms
 - A daily pump that prevents symptoms, but does not give instant relief
- » Avoiding triggers
- » Physical activity that is not too strenuous can improve the lungs

KEY LINKS

Take control..... **16**
Lack of physical activity..... **26**

COPD **120**



TAKE YOUR MEDS



**USE YOUR INHALER
CORRECTLY**



**NO SMOKING/
TOBACCO USE**



**BE PHYSICALLY
ACTIVE**



1. Shake the inhaler well before use (3 or 4 shakes)



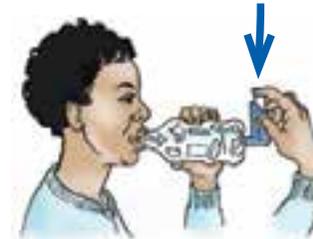
2. Remove the cap



3. Fit the inhaler into spacer. Check the seal is tight. Breathe out, away from your inhaler



4. Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it



5. Start to breathe in slowly. Press the top of your inhaler once and keep breathing in slowly until you have taken a full breath



6. Remove the inhaler from your mouth, and hold your breath for about 10 seconds, then breathe out



USE YOUR INHALER CORRECTLY





KEY MESSAGE

USE YOUR INHALER CORRECTLY

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - No risk factors: reassess in five years or if symptoms recur
 - Any risk factors for asthma: symptoms recur

PATIENT HAS ASTHMA

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT ASTHMA** and other identified symptoms and conditions as per **APC**
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control, non-adherence or other major risk factors
 - 3 monthly if asthma is controlled on treatment



TO DO'S



TAKE YOUR MEDS

- Prevent an asthma attack rather than treat one



USE YOUR INHALER CORRECTLY

- Control asthma with daily steroid pump: it prevents symptoms
- Rinse your mouth after using inhaler
- Use rescue inhaler before exercise or when your chest gets tight
- Always keep a rescue inhaler on you



NO SMOKING/TOBACCO USE

- Stop smoking/using tobacco
- Protect yourself from others' smoke where you work or live



BE PHYSICALLY ACTIVE

- Get exercise that you can tolerate without getting short of breath

What makes it worse?

- » If you keep on smoking
- » Smoke from others
- » Indoor smoke
- » Air pollution
- » Not using your inhaler correctly

What makes it better or decreases complications?

- » Using inhalers and medication
- » Avoiding colds and flu
- » Flu vaccine
- » Moderate physical activity
- » Getting treatment when needed
- » Long term oxygen at home

There are two types of inhalers/pumps

- » **A rescue pump** that relieves symptoms
- » **A daily pump** that prevents symptoms, but does not give instant relief



TO KNOW



What do I need to know about COPD?





Chronic Obstructive Pulmonary Disease (COPD)



BASIC FACTS

▶ **A lung condition where there is chronic obstruction of flow of air in the lungs that interferes with normal breathing**

What is COPD?

Chronic obstructive pulmonary disease (COPD) means inflammation and damage to your lungs, that blocks air flow

What causes COPD?

Mainly smoking/tobacco use

Symptoms/signs?

- » Shortness of breath
- » Coughing
- » Wheezing
- » Frequent chest infections

RISK FACTORS FOR COPD

- » All adults >40 years
- » Smoking/tobacco use
- » Untreated TB
- » Chronic chest infections
- » Long-term exposure to chemical fumes, vapours and dust

IF YOU HAVE COPD

What could happen?

- » Inability to breathe properly
- » Chronic chest infections
- » Heart failure
- » Death

What makes it worse?

- » If you keep on smoking
- » Breathing in smoke from others who smoke
- » Indoor smoke pollution/fires
- » Air pollution
- » Not using your inhaler correctly

What makes it better or decreases complications?

- » Using inhalers and medication regularly
- » Avoiding colds and flu
- » Flu vaccine before the winter
- » Moderate physical activity
- » Getting treatment for symptoms when they occur
- » Long Term Domiciliary Oxygen Therapy/Use of oxygen long term at home

KEY LINKS

Take control.....	16	Smoking/tobacco use.....	32
Lack of physical activity.....	26	CVD	92
Overweight & obesity	22		

**USE YOUR INHALER
CORRECTLY**



**TAKE YOUR
MEDS**



**NO SMOKING/
TOBACCO USE**



**GET PHYSICALLY
ACTIVE**



**USE LONG OXYGEN
THERAPY IF NECESSARY**



1. Shake the inhaler well before use (3 or 4 shakes)

2. Remove the cap

3. Fit the inhaler into spacer. Check the seal is tight. Breathe out, away from your inhaler

4. Bring the inhaler to your mouth. Place it in your mouth between your teeth and close your mouth around it

5. Start to breathe in slowly. Press the top of your inhaler once and keep breathing in slowly until you have taken a full breath

6. Remove the inhaler from your mouth, and hold your breath for about 10 seconds, then breathe out



STOP SMOKING/TOBACCO USE



TO DO



Chronic Obstructive Pulmonary Disease (COPD)



KEY MESSAGE

STOP SMOKING/TOBACCO USE

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment yearly but ensure regular medication

PATIENT HAS COPD

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT COPD** and other identified symptoms and conditions as per **APC** 
- » Link to community services
- » Arrange follow-up
 - Monthly if poor control, non-adherence or other major risk factors
 - 3-6 monthly if COPD controlled on treatment

TO DO'S



TAKE YOUR MEDS

- Prevent a tight chest
- Prevent your COPD from getting worse



USE YOUR INHALER CORRECTLY

- Practice the right way to use inhaler
- Rinse your mouth after using inhaler
- Use rescue inhaler before exercise or when your chest gets tight
- Always keep an inhaler on you



NO SMOKING/TOBACCO USE

- Do not smoke
- Protect yourself from others' smoke where you work or live



GET PHYSICALLY ACTIVE

- Get moderate exercise that you can manage



USE OXYGEN LONG TERM AT HOME IF NECESSARY

- Use oxygen when it is supplied to you



What makes it worse?

- » Medication not taken regularly
- » Other medication taken without a health carer's advice
- » Certain triggers
- » Alcohol
- » Harmful drug use

What makes it better or decreases complications?

- » Correct medication
- » A medic-alert bracelet so others will know to help when necessary

People with epilepsy can lead full lives and should not be treated differently



TO KNOW



What do I need to know about epilepsy?





**BASIC
FACTS**

▶ **Epilepsy is a brain disorder where the nerve cells are disrupted, causing seizures**

What is epilepsy?

Epilepsy is a chronic condition with

- » recurrent seizures (vary from a brief lapse of attention or muscle jerks, to severe and prolonged convulsions)
- » periods of unusual behaviour and sensations
- » sometimes loss of consciousness

What causes epilepsy?

Epilepsy is caused by the triggering of unusual electrical activity in the brain

Symptoms/signs?

- » Usually no symptoms except when there is a seizure/fit
- » May occur with mental disability

RISK FACTORS FOR EPILEPSY

- » Men and women, all ages
- » In 2/3 of people, there are no apparent risk factors
- » Previous brain injury
- » Previous brain infection

A fit may be triggered by:

- » **Poor sleep or no sleep**
- » **Dehydration**
- » **Flashing lights**
- » **Video games**
- » **Alcohol use**
- » **Drug use**

IF YOU HAVE EPILEPSY

What can happen?

- » Injury when having a fit
- » Seizures that continue for a long time/‘status epilepticus’

What makes it worse?

- » Drugs not taken regularly
- » Other medication
- » Certain triggers
- » Alcohol
- » Harmful drug use
- » Other medication without a health carer’s advice

What makes it better or decreases complications?

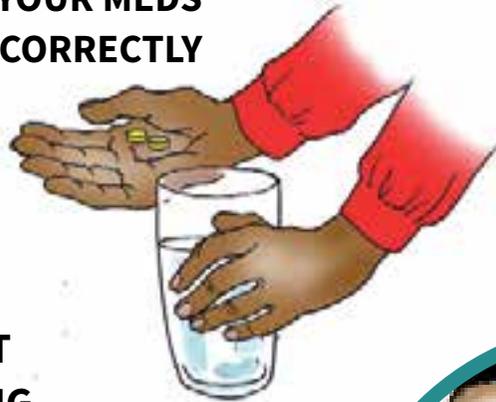
- » Correct medication
- » A medic-alert bracelet so others will know how to help

People with epilepsy can lead full lives and should not be treated differently

KEY LINKS

Take control.....**16** Harmful drug use.....**40** Women’s sexual health ...**50**
 Alcohol**36** Psychosis**108**

**TAKE YOUR MEDS
CORRECTLY**



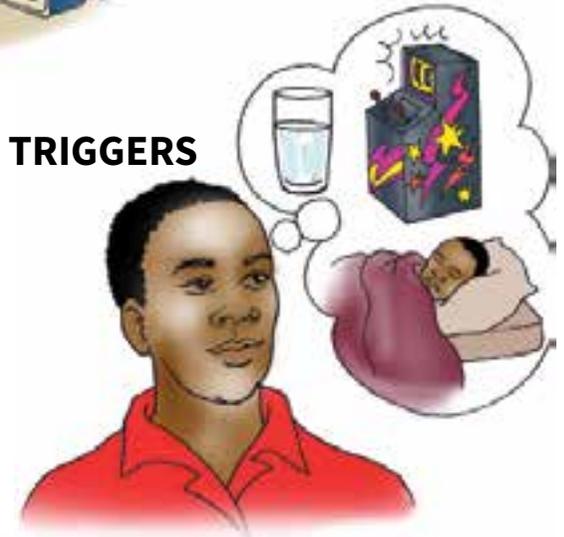
**GET ENOUGH
SLEEP**



**BE CAREFUL ABOUT
DRIVING/OPERATING
HEAVY
MACHINERY**



AVOID TRIGGERS



**USE THE RIGHT
CONTRACEPTION**



NO ALCOHOL



TO DO



TAKE YOUR MEDS EVERY DAY





KEY MESSAGE

TAKE YOUR MEDS EVERY DAY

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - Seizures not well controlled: monthly
 - Seizures well controlled: 6 monthly

PATIENT HAS EPILEPSY

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT EPILEPSY** and other identified symptoms and conditions as per **APC**

- » Refer to adherence counsellor
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control, non-adherence or other major risk factors
 - Reinforce follow-up visits until seizure-free state is achieved
 - 6 monthly if seizures controlled on treatment

TO DO'S



TAKE YOUR MEDS CORRECTLY



- Take the prescribed medication regularly and in the correct way

STOP ALCOHOL



AVOID TRIGGERS



- Dehydration
- Flashing lights
- Video games
- Alcohol and drugs

USE THE RIGHT CONTRACEPTION



- Discuss your family planning needs with your health care provider

GET ENOUGH SLEEP



- Lack of sleep is a trigger
- Get enough hours of sleep every night

BE CAREFUL ABOUT DRIVING/OPERATING HEAVY MACHINERY



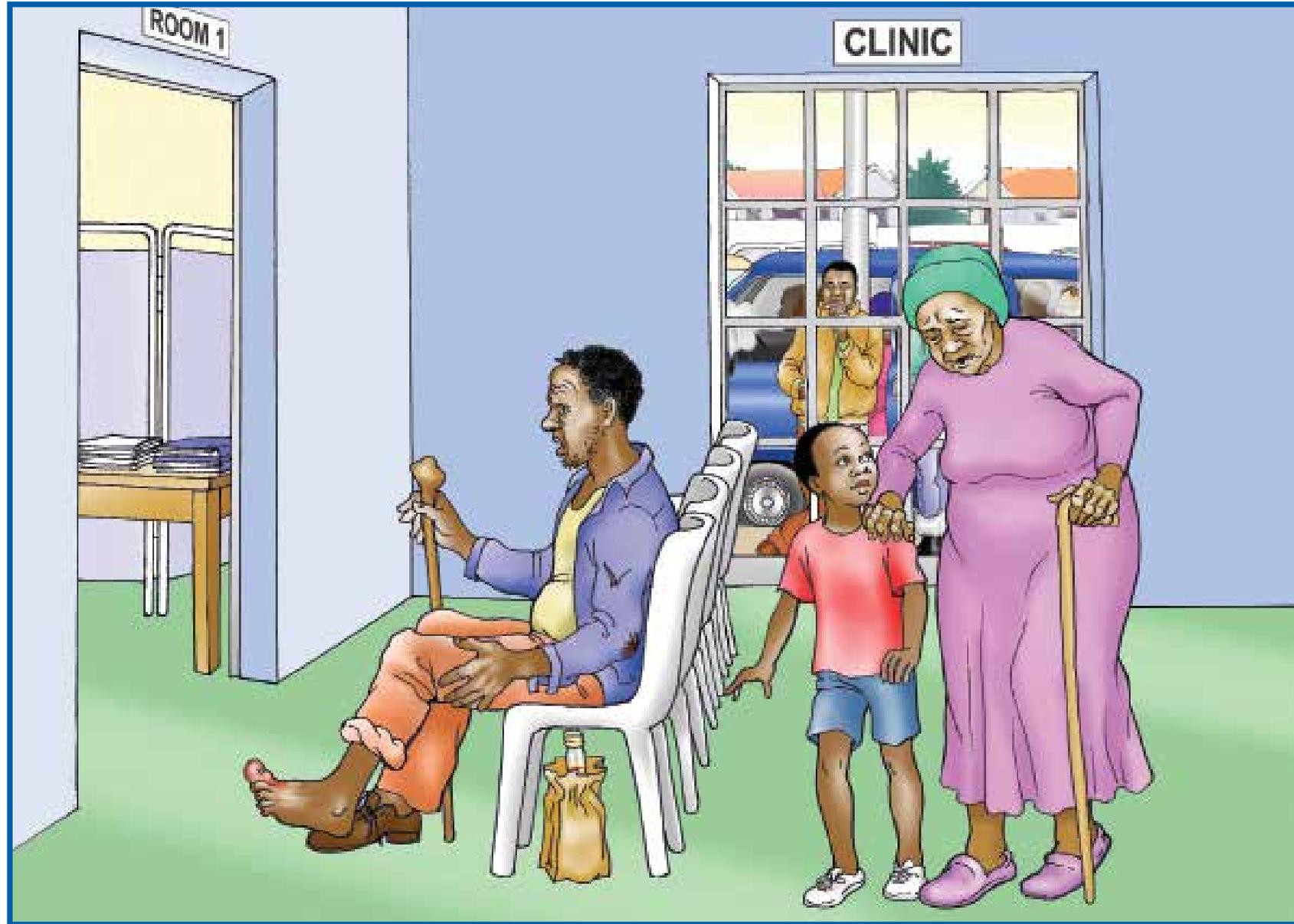
- This can be a risk factor for yourself or others
- A person should not drive for six months after a seizure
- Do not drive a public or heavy vehicle unless you have been free of seizures for two years
- Be careful not to drive if your medication is being changed

What makes it worse?

- » Overweight
- » Continued repetitive movements
- » Lack of some physical activity

What makes it better or decreases complications?

- » Medication for pain
- » Weight loss
- » Healthy eating
- » Moderate physical activity
- » A positive attitude



TO KNOW



What do I need to know about bone and joint disease?





BASIC FACTS

▶ **Chronic bone and joint disease involves inflammation of the bones/joints with pain and stiffness**

What is chronic bone and joint disease?

- » There are many joint conditions that cause pain, stiffness & swelling
- » The most common are osteoarthritis, rheumatoid arthritis and gout
- » The joints most often affected are the knees, hips, hands and spine
- » Gout usually affects the feet

What causes chronic bone and joint disease?

Osteoarthritis is a result of wear-and-tear damage to your joints
Rheumatoid arthritis is when the body's immune system attacks the lining of the joint
Gout is caused by a build-up of uric acid in the system

Symptoms/signs?

- » Pain
- » Stiffness
- » Swelling
- » Redness
- » Decreased range of movement

RISK FACTORS FOR CHRONIC BONE AND JOINT DISEASE

- » Age > 40 years
- » Men are more likely to get gout
- » Women are more likely to get arthritis
- » Family history
- » Previous injury
- » Repetitive strain
- » Overweight
- » Diet

IF YOU HAVE CHRONIC BONE AND JOINT DISEASE

What could happen?

- » Increased pain
- » Decreased movement
- » Decreased joint function
- » Depression

What makes it worse?

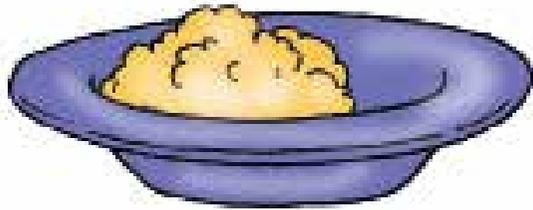
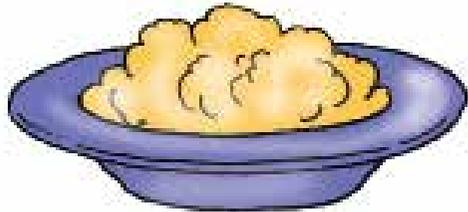
- » Weight gain
- » Continued repetitive movements (at work/elsewhere)
- » Lack of physical activity

What makes it better or decreases complications?

- » Medication for pain
- » Overweight/obesity
- » Healthy eating
- » Moderate and appropriate physical activity
- » A positive attitude

KEY LINKS

Take control.....	16	Lack of physical activity.....	26
Unhealthy eating.....	18	Depression	96
Weightloss	22	Anxiety	100



LOSE WEIGHT



BE PHYSICALLY ACTIVE



KEY MESSAGE

LOSE WEIGHT

PATIENT AT RISK?

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** for reassessment:
 - in 1 year or if symptoms occur

PATIENT HAS CHRONIC BONE & JOINT DISEASE

- » Let patient **SELECT 2** from the **TO DO** list
- » **TREAT CHRONIC BONE AND JOINT DISEASE** and other identified symptoms and conditions as per **APC**
- » Link to community services
- » Arrange follow-up:
 - Monthly if poor control, non-adherence or other major risk factors
 - 3-6 monthly if controlled on treatment



TO DO'S



LOSE WEIGHT

- Extra weight puts strain on your joints
- Decrease weight if BMI >25



BE PHYSICALLY ACTIVE

- Get as much physical activity as possible
- Keep your joints moving to avoid stiffness

To prevent cancer

- » Stop smoking/tobacco use
- » Stop alcohol
- » Eat healthy food
- » Practice safe sex
- » Get a pap smear
- » Examine your breasts regularly

Most common forms of cancer

- » Cervical
- » Breast
- » Prostate
- » Bowel
- » Lung
- » Kaposi's sarcoma
- » Oesophagus



TO KNOW



What do I need to know about cancer?





BASIC
FACTS

► **Cancer is the uncontrolled growth and spread of cells in the body**

What is cancer?

Cancer is the rapid growth of abnormal cells in the body and can spread to other organs. Cancer is a condition that can affect any part of the body

Symptoms/signs

- » Unusual lumps
- » Unusual bleeding
- » Unusual skin sores, lumps or change of colour
- » Infections that do not heal
- » Unexplained loss of weight

RISK FACTORS FOR CANCER

- Anyone can get cancer
- Family history for some cancers
- Unhealthy eating
- Smoking/tobacco use
- Alcohol
- Overexposure to sunlight
- Other infections: HPV, Hepatitis B, HIV

IF YOU HAVE CANCER OR WISH TO PREVENT IT

What could happen?

- » Severe illness/loss of function
- » Disability
- » Death

What makes it worse?

- » Lack of support from others
- » Lack of proper care
- » Stigma
- » No medication for pain

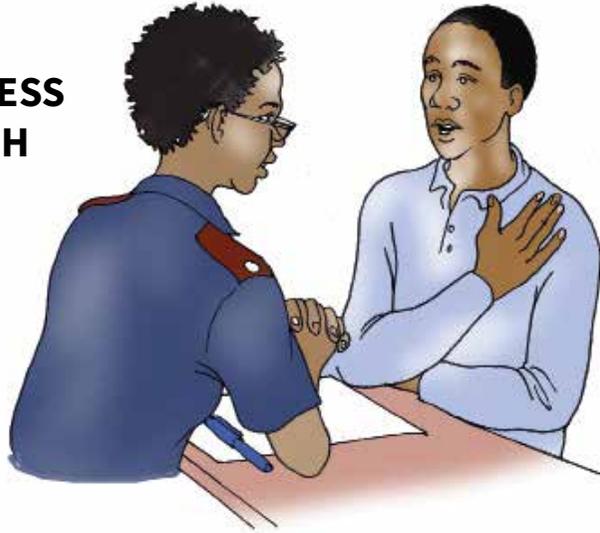
How can it be prevented?

- » Stop smoking/tobacco use
- » Stop alcohol
- » Eat healthy food
- » Practice safe sex
- » Get a pap smear
- » Examine your breasts regularly
- » Vaccination against human papilloma virus (HPV) and hepatitis B virus
- » Taking your ART if you are HIV-positive
- » Avoid direct sunlight/wear protective clothing and sunscreen

KEY LINKS

- Unhealthy eating.....18
- Lack of physical activity..26
- Smoking/tobacco use32
- Unsafe sex.....44
- HIV & AIDS74
- Women’s sexual health ...50
- Men’s sexual health66

**DISCUSS YOUR ILLNESS
WITH YOUR HEALTH
CARERS**



**TAKE YOUR PAIN
CONTROL MEDS**



**GET HELP FOR
COMPLICATIONS OF
TREATMENT**



**PRACTICE GOOD
WOUND CARE**



GET SUPPORT



KNOW ABOUT CANCER





KEY MESSAGE

KNOW ABOUT CANCER

PATIENT HAS CANCER

- » Patient to **SELECT 2** from the **TO DO** list
- » **TREAT** identified symptoms and conditions as per **APC**
- » Link to community services
- » Arrange follow-up



TO DO'S



DISCUSS YOUR ILLNESS WITH YOUR HEALTH CARERS

- Ask for information
- Discuss treatment, fears and stress
- Understand the treatment
- Agree about how your illness is managed



TAKE YOUR PAIN CONTROL MEDS

- Take your pain and other meds as prescribed



GET SUPPORT

- Speak to your health worker or others if you are feeling depressed
- Contact a support group or NGO, e.g. the Hospice or SA Cancer Association
- Call on friends and/or family
- Carers should also get support



PRACTICE GOOD WOUND CARE



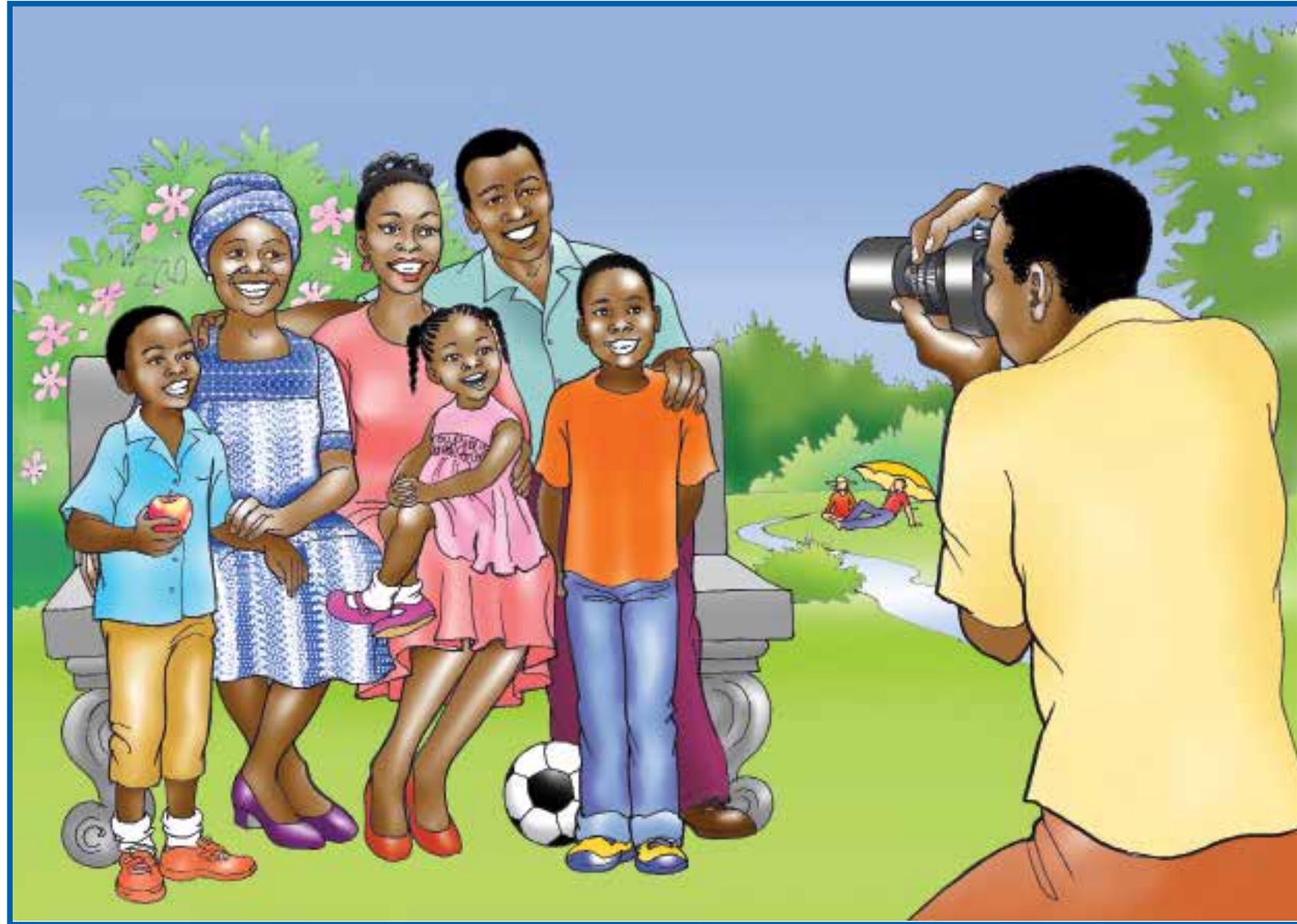
GET HELP FOR COMPLICATIONS OF TREATMENT

What makes it worse?

- » Not keeping your teeth/ mouth clean
- » An unhealthy diet
- » Eating sugary food and sweets
- » Smoking or chewing tobacco
- » Alcohol use
- » Harmful drug use

What makes it better or decreases complications?

- » Keeping your mouth clean
- » Rinsing your mouth after eating, especially sweets and sweetened drinks
- » Regular tooth brushing
- » Using toothpaste that contains fluoride



TO KNOW



What do I need to know about oral health?





BASIC FACTS

► **Oral health means being free from mouth and facial pain and disease, tooth decay and tooth loss**

What is oral health?

Oral health refers to the health of your teeth and mouth

The most common oral diseases include:

- » Tooth decay/cavities
- » Infections of the mouth and gums, with sores and abscesses
- » Candida/thrush infection
- » Herpes blisters/ulcers

Symptoms/signs?

- » Painful teeth/gums
- » Sores in the mouth/throat
- » Redness and/or swelling of the gums

KEY LINKS

- Unhealthy eating..... **18**
- Smoking/tobacco use..... **32**
- Alcohol..... **36**
- Harmful drug use..... **40**

- HIV & AIDS..... **74**
- Diabetes **86**
- Maternal health..... **54 & 58**

RISK FACTORS FOR ORAL DISEASE

- All ages, but more likely with advancing age
- Not keeping your mouth clean
- Smoking/tobacco use
- Sugary food and drinks
- Alcohol use
- Harmful drug use
- Decayed or rotten teeth
- Ill-fitting dentures
- Pregnancy
- HIV
- Diabetes

IF YOU HAVE BAD ORAL HEALTH

What could happen?

- » Pain and discomfort in the mouth
- » Tooth decay and loss
- » Inability to eat properly
- » Inability to speak properly
- » Serious diseases in other parts of the body such as infection of your heart and lungs
- » Problems in pregnancy or with diabetes

What makes it worse?

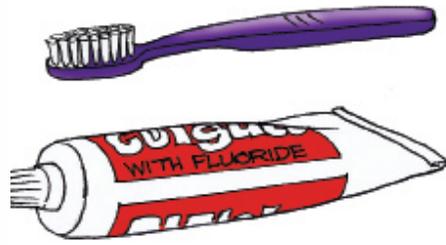
- » Not keeping your teeth/mouth clean
- » An unhealthy diet
- » Eating sugary food and sweets
- » Smoking or chewing tobacco
- » Harmful alcohol use
- » Harmful drug use

What makes it better or decreases complications?

- » Keeping your mouth clean
- » Rinsing your mouth after eating, especially sweets and sweetened drinks
- » Regular tooth brushing
- » Using toothpaste that contains fluoride



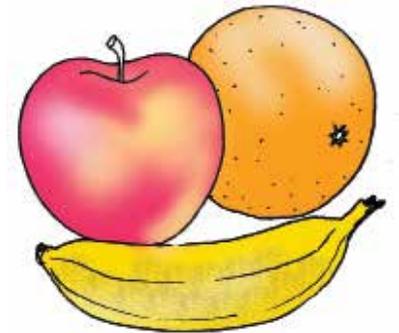
BRUSH TEETH



USE TOOTHPASTE WITH FLUORIDE



EAT LESS SUGAR



EAT HEALTHY FOOD



NO DRUGS OR ALCOHOL



TREAT INFECTIONS



NO SMOKING/ TOBACCO USE



EAT LESS SUGAR





KEY MESSAGE

EAT LESS SUGAR

PATIENT AT RISK

- » **LINK** to the most relevant condition or risk
- » **FOLLOW UP** in 1 year or if symptoms recur

PATIENT HAS BAD ORAL HEALTH

- » Patient to **SELECT 2** from the **TO DO** list
- » **TREAT** identified symptoms and conditions as per **APC**
- » Refer to dentist where available
- » Link to community services
- » Arrange annual follow-up



TO DO'S



BRUSH YOUR TEETH

- Twice a day if possible
- Use a soft toothbrush
- Brush along the gum line, and in between the teeth



NO SMOKING/ TOBACCO USE

IF YOU GET A MOUTH INFECTION, REPORT TO YOUR LOCAL CLINIC FOR TREATMENT

- Do not delay going for treatment for a mouth infection
- Take your ART
- Drink plenty of clean water



USE TOOTHPASTE WITH FLUORIDE

- If you can afford it
- Or use bicarbonate of soda
- Do not rinse after brushing, just spit out



EAT LESS SUGAR

- No sweets and sweetened drinks
- Eat healthy snacks of fruit and veg



EAT HEALTHY FOOD

- Eat a variety of healthy foods
- Include fruit and vegetables if you can



STOP ALCOHOL OR HARMFUL DRUGS



health

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Health
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