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(Namibia)

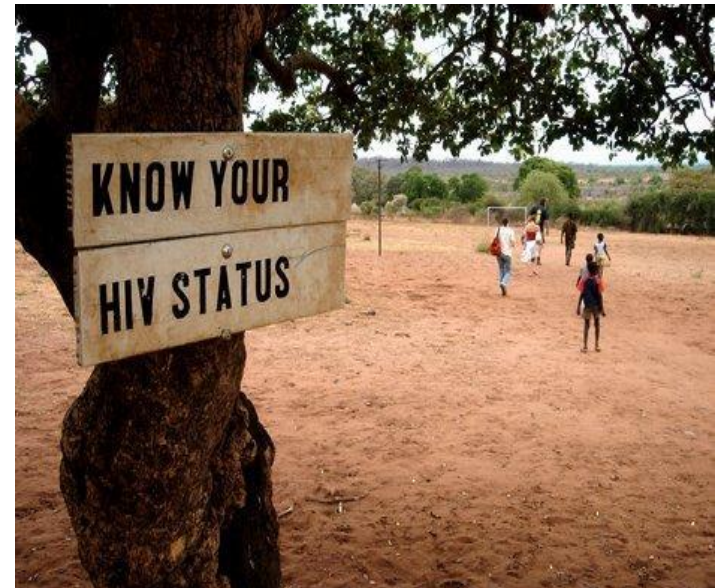
*Supporting caregivers of  
adolescents living with HIV  
regarding disclosure*



**Ms Ottilie Tangeni Ikeakanam  
Namibia**

**An educational programme to support the  
caregivers of adolescents living with HIV  
regarding disclosure in Oshikoto region,  
Namibia**

**A qualitative study that explored and described the experiences of the caregivers of adolescents living with HIV regarding disclosure in Oshikoto region, Namibia that aimed to develop, implement and evaluate an educational programme**



**The study was conducted in four phases**

- **Phase 1: Situational analysis**
- **Phase 2: Development of conceptual framework**
- **Phase 3: Programme development**
- **Phase 4: Programme implementation and evaluation**

**Five themes and nine sub-themes were identified from the data and analyzed followed Tech's approach.**

**The themes forms the basis of the development of an educational programme to support the caregivers of ALHIV regarding disclosure in a region.**

**Theme1: Caregivers experienced barriers to disclose HIV status to ALHIV**

Caregivers experienced stigma and discrimination

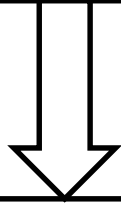
Caregivers lack of disclosure skills delays disclosure to adolescents

Caregiver's own HIV positive status influence negatively on disclosure

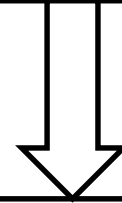
ALHIV age and mental challenges influence negatively HIV disclosure



**Theme 2: Caregivers experienced emotional trauma related to adolescents diagnosis**



**Fear that ALHIV would die**



**Sense of hopelessness among caregivers**



**Theme3: Caregivers experienced mixed feelings when adolescents are diagnosed with HIV**

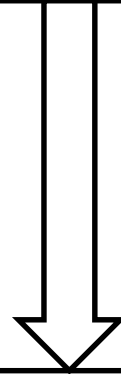


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graph TD; A[Theme3: Caregivers experienced mixed feelings when adolescents are diagnosed with HIV] --> B[Initial caregivers are shocked when the adolescents diagnosed with HIV, later accepted the diagnose as the will of God];
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**Initial caregivers are shocked when the adolescents diagnosed with HIV, later accepted the diagnose as the will of God**

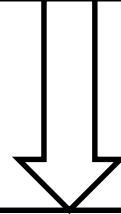


**Theme 4: Non- biological parents are at more ease to care for ALHIV**



**Less emotional attachment to care for ALHIV**

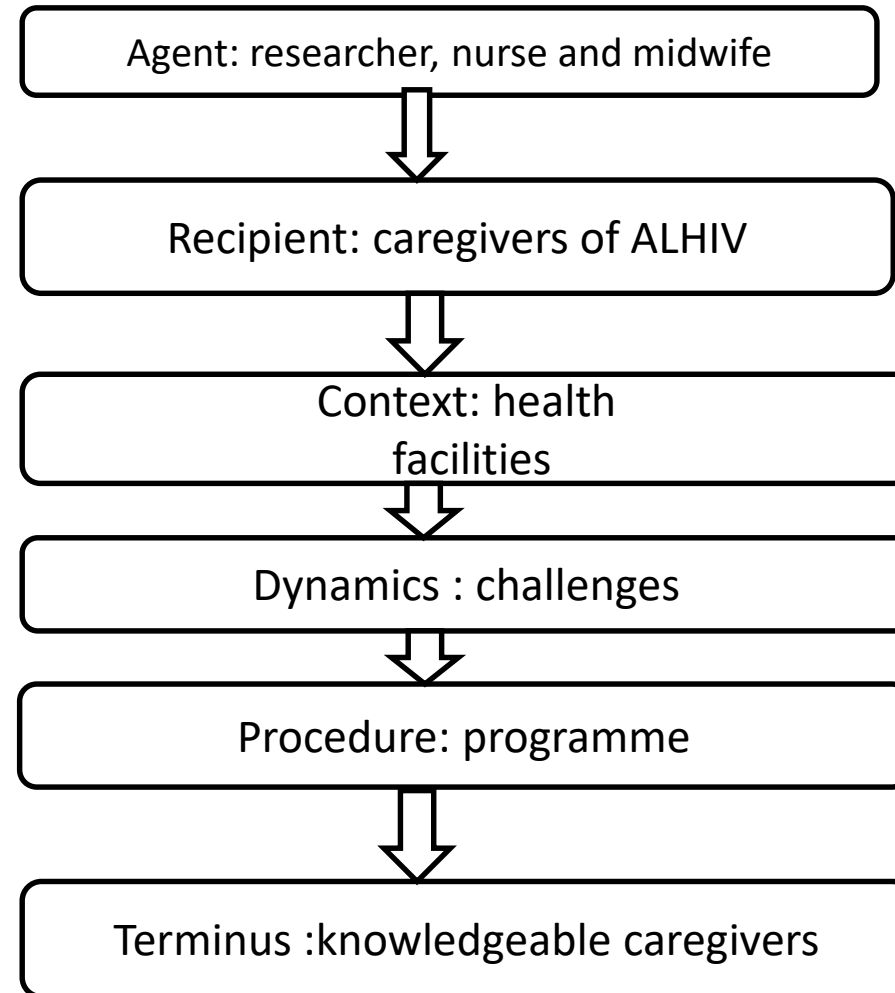
**Theme 5: Resistant from the ALHIV to take the ART**



**Poor adherence to ART**



# Development of Conceptual framework that basis of educational programme



# **The programme was implemented and evaluated**

The title of the programme: An educational programme to support the caregivers of adolescents living with HIV regarding disclosure in a region of Namibia

# The purpose of an educational programme

To support the caregivers of ALHIV regarding disclosure.



# **Programme objectives**

- **Objective 1: To empower the caregivers with the knowledge and skills to address the barriers to disclose HIV status to ALHIV**
- **Objective 2: To support the caregivers on how to deal with emotional trauma related to the ALHIV diagnosis**
- **Objective 3: To support the caregivers who are not biological parents of ALHIV with knowledge and skills regarding disclosure**

# **Programme objectives CONT...**

- **Objective 4: To strengthen support from the community, family and friends to support the caregivers to care ALHIV**
- **Objective 5: To develop a structured program of counseling ALHIV regarding adherence to the ART**

# **Programme implementation phase**

**The programme was piloted to caregivers of ALHIV in Oshikoto region**

**One days workshop was conducted and different facilitating strategies were used**

- **Group discussions**
- **Lectures**
- **Role play**
- **Debate and ice breaker**



# **Programme implementation phase**

**Programme was evaluated by:**

- **Experts evaluated the training manual**
- **Participants find programme worthwhile**
- **Pre and post test was done**
- **Evaluation of the programme was done at the end of the workshop**

THANK YOU