



**ASHA FOUNDATION  
BANGALORE**

**ANNUAL REPORT 2010-2011**

## ASHA FOUNDATION

This report is for the period April 2010 to March 2011. The following projects were continued during the financial year.

- 1.The AIDS Helpline and Telephone Counseling service and integrated counseling and testing service
- 2.Adolescent Sexual Health Education Project named Anmol Ashayein
- 4.The KNH-CAR Project- Children at risk project
- 3.The KNH-PMTCT Project - Prevention of Mother to Child Transmission of HIV project
5. Research projects- Research is integrated into every project and maybe scientific, operational, or social sciences research.

### **1.The AIDS Helpline and Telephone Counseling service and integrated counseling and testing service**

The project has completed eleven years. Presently the components under this project are

- The AIDS helpline automated number 1097
- The manual counseling numbers 23543333 and 23542222
- Queries via email
- Awareness programs through I-volunteers
- Integrated counseling and testing services

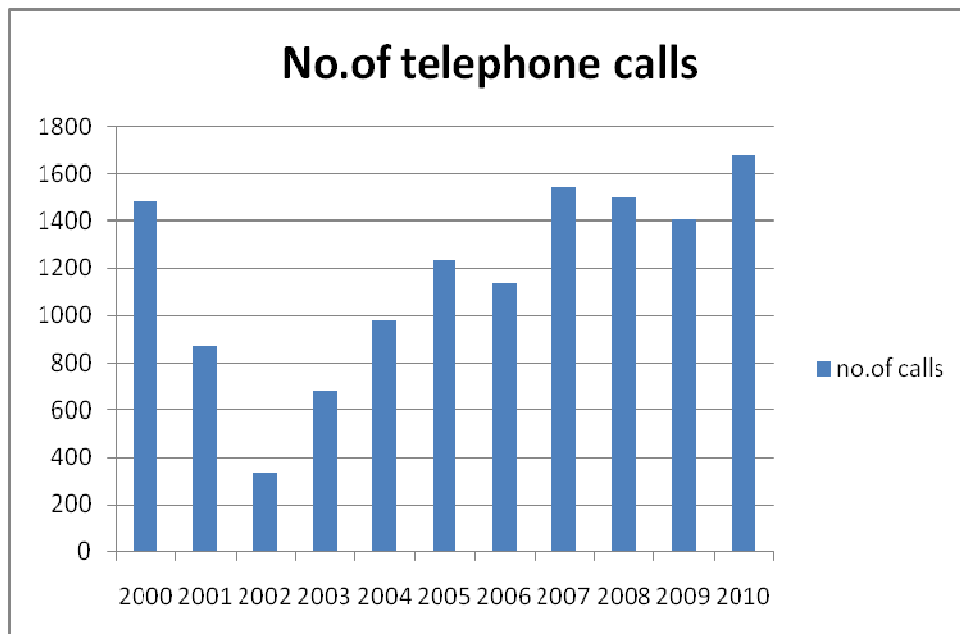
### **1097- IVRS HIV/AIDS helpline**

Year	No. of calls in English	No. of calls in Kannada	No. of queries	Total no of calls
2009-2010	308	771	21	1079
2010-2011	22	15	03 No. of queries: 8652	37 No. of calls: 3,88,198

**\*The services offered by the toll free HIV/AIDS helpline was discontinued with effect from April 2011**

**Direct telephone counseling number 23543333 and 23542222**

<b>ITEM</b>	<b>No.of calls</b>
Number of calls received from April 2009-March 2010	1405
Number of calls received from April 2010- March 2011	1681
Number of new callers/callers who have called for the first time	1085
Number of repeat callers	596
Number of male callers	1526
Number of female callers	155
Number of people who called and came for face-to-face counselling	123
<b>Cumulative total since 2000</b>	<b>13,483</b>



## Publicity

Type of publicity	Number of calls received
SMS	63
Newspaper advertisement	95
Cumulative total (since March 2010)	158

## Feedback from telephone counseling

- A 24 year old unmarried student, studying in Bangalore, had called in the month of March 2011.
- *Reason for calling:* unprotected sexual intercourse with his girlfriend's friend , under the influence of alcohol. Very tensed and anxious. Wanted to come for counseling and testing the same day.
- *Outcome:* Came same day for counselling and testing, tested negative ( he was in the window period, was recommended to come back for test, date was given)
- The caller has made almost 4 visits to our center for counselling and testing since then. The last test was at the end of 6 months from his exposure and he was tested negative.
- *Overall feedback given by the counselee:* Telephone counselling helped him in reducing his anxieties and worries. Helped him deal with his guilt feelings. Subsequent counselling sessions increased his self-confidence.



**E-mail queries** - Since January 2008 we have started receiving queries online on our email ID. Most of the calls are related to persons with risk.

Year	Number of queries
April 2009-March 2010	56
April 2010-March 2011	59
Cumulative total since 2008	164 queries

**Feedback from an e-mail query**

On **Mon, 25/4/11, Mr. X** wrote:

From: Mr. X

Subject: Re: Response to your query

To: "ASHA Foundation Bangalore" <ashafblr@yahoo.co.in>

Date: Monday, 25 April, 2011, 12:48 PM

Hi

How all is well there, I am fine and doing goods, I don't know you remember me or not but I always remember you and your counseling which you gave. last time I did HIV test in the month of Dec and hope I will do next test in the month of May and also hope will meet you again.

Thank you for guidance and counseling which is helping me till now.

Regards & Best wishes' to **ASHA Foundation**

**From**

**Mr. X**

**Awareness programs with iVolunteer**

Year	Number of programs
April 2009-March 2010	10
April 2010-March 2011	09
Cumulative total since March 2006	56



**Awareness program - metro construction workers at Ulsoor-May 2010**



**Awareness program at Bangalore habba -21.11.2010**

## Counseling details

Type of counseling	April 2009 - March 2010	April 2010 - March 2011
Pre-test counseling	212	208
Adherence counseling	89	151
Follow-up counseling	150	146
Family Counseling	29	104
Total counseling sessions	480	609
No. of HIV tests done	157	173
No. of HIV tests positive	61	34
No. of HIV tests negative	125	149

Cumulative number of counselling sessions from 1998 till March 2011-5576

## Training program attended

Sl. No	Date	Topic	Venue	Conducted by	No. of days	No. of participants	Timings
01	20.01.2011	Stigma and Discrimination in Health Care Settings	New Delhi	ICWR, NACO and UNAIDS	17-19 <sup>th</sup> January 2011 (3 days)	25-30 approximate	9 am to 5.30 pm

**Research:** A paper titled ‘A descriptive study on the users and utility of HIV/AIDS Helpline in Karnataka , India’ was published in the Indian Journal of Community medicine in the February issue this year. In this study, details on all calls received on ASHA Foundation’s HIV/AIDS help line during the period January 2007 to December 2008, were entered on MS excel worksheet and analyzed using the SPSS software. The results showed that majority of callers are male, are in the age group of 20-39 years and educated. The most common reasons for calling the helpline were for HIV testing, information about HIV/AIDS, care and support services and referrals to other services not linked to HIV/AIDS. Reasons for calling were linked to

risk ( HIV testing, condom use etc) in younger persons, and to avail of care and support services in the older age-group.

Currently a two year data collection for a study on the usefulness of the AIDS helpline is completed and analysis of the data is going on.

Data collection on ‘ profile of counselees attending an urban centre for pre-test counseling’ is going on.

Currently two papers are being completed- They are – ‘**Changing trends in callers of the HIV/AIDS helpline over a five year period**’ and ‘**Gender bias ? why are women not calling the HIV/AIDS helpline?**’

**2. Adolescent Health Education Project (AHE) -Anmol Ashayein**

This program was started in 2000 and ASHA Foundation has trained eight master trainers to train teachers in teaching a curriculum to students in the age group of 13-15 years. The curriculum deals with -Understanding oneself, friendships, genuine and counterfeit friendships, companionship and faithfulness in marriage, practical skills of drawing boundaries in relationships and being able to say “NO” to negative influence. The courage to live ones values and be able to correct one’s life where mistakes have been made is discussed. An overview of sexually transmitted diseases and HIV from the behavioral perspective to prevent risky behavior is also dealt with.

	<b>Up to 2008</b>	<b>2008 - 2009</b>	<b>2009 - 2010</b>	<b>2010 - 2011</b>	<b>Total</b>
Teachers’ Training Workshops	31 Workshops	3 workshops	2 Workshops	2 Workshop. Nagpur & Pune. New curriculum was introduced	38
Teachers trained	1765	117	52	74	2008
Schools		30 schools in Pune & 22 schools	15 Schools in Pune, 8 schools in	65 Schools in Pune and Mumbai	152 schools

		in Bangalore.	Mumbai, 20 in Visakhapatnam, 45 in Bangalore.	62 in Karnataka, 2 in Shimla, 20 in Vishakhapatnam, 3 have started in Nagpur.	
Students	About 50,000 completed in Karnataka. 30,000 were doing the program	4547 students in Pune. 993 students in Mumbai	8913 students in Visakhapatnam 7147 Students in Pune.	8778 in Pune & Mumbai, 8913 in Vishakhapatnam, 12 980 students in Karnataka have reported. About 1000 in Shimla. 90 students in Nagpur	. Total 31,761 students Have reported. There may be others who are doing the program.

**Resource Persons –Joyce Davis (Co-ordinator) and Bharathi Moses teaching Interactive Learning Method-- 4th Pune Teachers Training Workshop.**





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**Peer time in two circles - for 33 participants . 4th Pune Teachers Training Workshop.**



**Alumni Meeting-**One Alumni meeting was held on the 17<sup>th</sup> of Dec 2010 at Pune. 5 schools were represented and 16 participants attended the meeting. It was a one day program that was meant to introduce the new curriculum to the teachers. An enthusiastic response was seen. Each of the alumni participants wanted to do his bit in encouraging other teachers in Pune who had done the AHE program.



**3<sup>rd</sup> Pune Alumni Meeting : Ice breaker in progress**



**3<sup>rd</sup> Pune Alumni Meeting : A view of the participants**

**Follow up-**The outstanding feature of the follow up in Pune continues to be that all the schools that attended the workshops have implemented the program. About 2,600 new students joined the program. The parent and student manual was provided to all these new students. Follow up in Karnataka, Shimla, & Vishakapatnam took place as and when time permitted through correspondence and telephone calls. Project Life volunteers in Bangalore are following up the 40 Catholic Schools in Bangalore. They are reaching out to 10,000 students in these schools. It was heartening to note that some of the institutions have continued to do the program since the teachers first attended the Teachers' Training Workshop



**Teaching implementation methods through balloon activity**



## **Seminars & Other meetings**

### **A Orientation for Teachers' to use new curriculum**

11<sup>th</sup> June '10 - Teachers who handle the value education classes for class 8 (6 sections) of Baldwin Girls' High School met together with ASHA Staff to get acquainted with the new curriculum and to participate in the field testing of the new curriculum.

### **B Orientation Program for parents**

9<sup>th</sup> Aug 2010 "Parents' Orientation", seminar for parents of students of class 8 Baldwin Girls' High School, Bangalore. They are implementing the new curriculum.

16<sup>th</sup> August 2010 'Parents' Orientation", seminar for parents of students in class 7 at St. Francis Xavier School. Bangalore. This was done for implementing Unit II of the new curriculum at the school.

### **C ESHA Phase II Culminating Workshop**

29<sup>th</sup> July 2011- Meeting of resource persons for orientation for the ESHA culminating workshop at Nagpur.

10<sup>th</sup> to 14<sup>th</sup> July 2011 Conducting a workshop for NCCI " ESHA culminating workshop " at Nagpur for participants from Schools for prevention education.

## **Writing of Resource Manual**

A Writing of Resource Material for Prevention Education in Schools. The feedback from the schools resulted in

1. Increase in the number of units from 5 to 6.
2. An appendix of lessons would be added to the main curriculum to provide resource for teachers when they face particular problems like pornography. All three schools in Bangalore under field testing have not done the peer time section of the curriculum. Teachers from schools in Pune felt that they could do the peer time section. Results are awaited from them.

B Field testing of the Material was carried out in three schools in Bangalore, St. Joseph's Boys' High School, St. Francis Xavier Girls' High School and Baldwin Girls' High School. St. Joseph's Boys' High School and St. Francis Xavier School field tested Unit II and Baldwin Girls' School field tested both units I & II. They were unable to complete Unit II this year.

**Volunteers-**Mrs. Haneke Boer has been a volunteer with us for a year. She has been doing the data entry for the questionnaires that we use for Adolescent Health Education. She has also been helping us to get in touch with different writers/ editors for copyright permission for clips , stories for the new resource manual.

**Title for the new manual-** A competition was conducted for three schools where the new curriculum was being field tested. The competition was to suggest a title for the program and its resource. The winning title came as a result of combining words suggested by three students of Baldwin Girls' High School. The title is **Anmol Ashayein**.



**Practicum at Nirmala Convent School**

## **Quotes from different people who were touched by the Adolescent Health Education Program of ASHA Foundation**

### **A principal writes the following –**

‘My teachers returned to school enriched after attending your workshop. Their minds were opened to issues that they had never thought about. You have struck a spark which is going to have far reaching results. This is going to be the first step to a very interesting journey in the teaching of value based education in my school. It excites me to think that we touch the future of our world through our students. Kudos to Team ASHA Foundation.’

### **Students from Pune learning the Anmol Ashayein program had this to say:**

‘I was not very interested in the adolescent health education classes in the beginning am. very shy to hear all this in front of girls .Never I talk my problems to anybody especially my personal problems. But the way teacher was presenting attracted me. Now I have no problems to sit in the class when they talk about sex. Now I complete the student manual’

‘It was very difficult to answer all the things in the book. Many things I did not want to fill. But after some time I understand the value for it in my life .Now I seriously attend the class and write the manuals’

‘To be very frank when my teacher started talking about sex in the class I was very nervous due to my past life . But as I hear it in the way they present it in class. I like to share my personal problems with my teacher’

**Research-** The article, **Response Of Indian School Students to Adolescent Health Education**, was published by New Frontiers in Education . Pages 494 – 499. October – December, 2010.

Data for research on the subject **“To assess the outcome of the Teachers’ Training Workshop and evaluate if there is a difference in outcome in pre service and in service teachers and if geographic location has a bearing on the outcome.”** has been collected. The analysis is completed .

Data to find out the effectiveness of the New Curriculum-Anmol Ashayein is also being collected from all participating schools. The curriculum consists of six units and each unit has a pre and post questionnaire which is filled by the students. Analysis of these would help us to study the effectiveness of the curriculum, and also to identify the gaps and rectify them.

### **3.The KNH-CAR Project- Children at risk project**

The KNH-CAR project supports the medical, nutritional and educational support for children infected and affected by HIV/AIDS and their families. This includes the HIV AIDS Clinic, medical, nutritional and educational support for children infected and affected by HIV/AIDS, empowerment of women through formation of SHG groups, provision of knowledge on HIV/AIDS, job placements, microcredit etc.

At a glance.....

<b>Sl.no</b>	<b>Particulars</b>	<b>Children supported</b>
<b>1</b>	<b>Education</b>	
a	No received Educational Support	143
b	Early learning	13
c	Primary Education	76
d	Secondary Education	29
e	Support for Intellectually	02

	Challenged	
f	Higher Education	23
	<b>Total</b>	<b>143</b>
<b>2</b>	<b>HIV/AIDS Clinic</b>	
a	No of HIV testing done	172
b	Positive Reported	26
c	Adults Reported Positive	20
d	Children Reported Positive	06
e	No of Patients Registered	30
f	No of Days clinic worked	146
g	No of Adult patient visits to clinic	1580
h	No of Children patients visits to clinic	417
i	General Investigations for children	73
j	CD4 Investigations for Children	75
k	TB treatment for Children	06
l	OI Treatment for Children	427
m	Children on ART	30
n	Children on 1 <sup>st</sup> Regimen	24
o	Children on 2 <sup>nd</sup> Regimen	06
p	No of Children Hospitalized	03
q	No of Children Referred	00
r	Adults on ART	129
s	General Investigation for adults	113
t	CD4 investigation for adults	60
u	PLHA TB treatment for Adults	09
<b>3</b>	<b>Socio Economic</b>	
a	No of SHGs	04
b	No of SHG members	93
c	Nutritional Supplements for Children	48
d	Dry ration support for Poor Families	50
e	SHG Internal Loans issued	26

f	SHG Monthly topic sessions	06
g	Home Visits to Access the Situation	21
h	No of School Visits	02
i	BHAF Meetings attended	10
j	Referred to Star Insurance through KNP+	17
<b>4</b>	<b>Celebrations &amp; Events</b>	
a	Picnic to Martin Farm land	01
b	Adults to Picnic	69
c	Children	96
d	Sports day	01
e	Adults Participated in Sports day	75
f	Children Participated in the Sports day	109
g	OWC Christmas Bazaar stall	01

**The following activities were undertaken:-**

**To improve the educational status of children infected and affected by HIV/AIDS**

As the part of the educational support, during the period, 143 children were supported for their education.

ELC (Early Learning Centre) LKG ,UKG	13 ( 07 Boys & 06 Girls)
PE (Primary Education) 1 <sup>st</sup> std to 7 <sup>th</sup> Std	77 (41 Boys & 36 Girls)
SE (Secondary Education) 8 <sup>th</sup> std to 10 <sup>th</sup> std	28 ( 08 Boys & 20 Girls)
HE (Higher Education) 1 <sup>st</sup> PUC to Degree	23 (11 Boys & 12 Girls)
IC (Intellectually Challenged)	02 ( 01 Boy & 01 Girl)
<b>Total</b>	<b>143 ( 68 Boys &amp; 75 Girls )</b>

**To improve the health status of the children infected and affected by HIV/AIDS and their families:-**

**HIV Testing**

During the period totally 172 HIV tests have been done. This included testing for 22 children. Out of this, 26 have been reported positive- 06 adult males, 14 adult females, 03 male children & 03 female children.

**HIV/AIDS Clinic**

**Children:-**

ASHA Foundation conducts a HIV/AIDS clinic thrice a week on Monday, Wednesday & Friday afternoon from 1.30 pm to 5.00pm. Totally there were 146 clinic days . The medical team consists of 2 Physicians, Pediatrician, Nurse, Project co ordinator & a Social worker. Free Medical care is provided for all the HIV Positive patients and all children infected by HIV/AIDS. The services include routine medical care, treatment for opportunistic infections treatment for TB and ART treatment for those who need it according to new WHO guidelines.

Under the project a total of 30 children received ART treatment and these children have increased their life span and their CD4 count has increased. 07 children have been newly started on HAART during the period. Totally there were 417 children visits to the clinic. 75 children received support for CD4 investigation. 73 children received support for various investigations like CBC, hemoglobin, differential Count, ELISA, Blood Picture, S.Creatinine & Culture & sensitivity tests.03 children have been hospitalized during the period

Forty eight children that were undernourished and received nutritional support during the period

**Adults**

Totally 129 adult patients are on HAART. Totally there were 1580 adult patients visits to the clinic and they had been treated .Of these, 60 patients have undergone CD4 test and 35 patients had been started on HAART

during the reported period. Thirteen patients had been referred for HAART to the various Government Hospitals .Nine patients are receiving treatment for TB. 526 patients were treated for the Opportunistic Infections and also 113 patients had undergone other investigations like Hemoglobin, differential count, Fasting Blood Sugar, Viral load, Hepatitis B antigen (ELISA), Reticulocyte count, PPBS/RBS, Sputum for AFB, PCR, Hepatitis C antibody (ELISA), Platelets, Blood Picture, S.Creatinine, Culture & Sensitivity, Total WBC count, ESR & Liver Function tests.30 new positive patients has been registered during the period.

### **To improve the Socio economic status of the children and their parents infected or affected by HIV/AIDS**

#### **Self Help Groups:-**

Four Self help Groups (93 members) have been formed under the guidance of ASHA Foundation with on an average of 20 to 25 members in each group. Regular meetings are being held every month and minutes are maintained. The four groups are Shrishthi, Trupti, Preethi and Prakruthi. 26 beneficiaries have utilized the loan facilities during the period (Totally 42 members have taken the internal loan of Rs1, 56, 500=00. Out of it 20 members cleared their loans and Rs 62390=00 is the outstanding loan amount with 22 Beneficiaries) they have been part of the group for last five years.

#### **Dry Ration Support:-**

50 HIV positive families with children were supported. Nutritional supplements like dry rations consisting of 6 kg rice, 1 kg wheat, ½ kg green gram, 1 kg oil, ½ kg dhal, were given to each family every month.

ASHA Foundation has not supported **any individual** ventures loans for the beneficiaries other than 27 individuals which have been supported under KNH Old Project.





**A session by Mr. Nataraj for SHGs of ASHA Foundation**

Stalls were installed at **OWC Christmas Bazaar** at St. Marks Cathedral on 4<sup>th</sup> Dec-10 for the sale of products like folders, Paper Bags, Pens, Mobile Pouch etc. which had been made by our beneficiaries.

Totally 21 home visits and 02 School Visits have been completed during the period to assess the living condition of the beneficiaries.

**Advocacy & networking:-**

All the meetings of the **BHAF** (Bangalore HIV/AIDS Forum) which are held on every third Friday have been attended by the ASHA staff and the information has been shared with the beneficiaries during the SHG meetings. 17 Beneficiaries had been referred for the Star Insurance through KNP+.

**Picnic: -**

On the 17<sup>th</sup> of November 2010, the KNH-CAR team organized for a trip to a near-by place called the 'Martin's Farm House' which is located on the Outer Ring Road of Sarjapur. The Martin's Farm House is a small campus with farm animals like goats, horses, cows, birds, dogs etc. In addition there were snakes, turtles, scorpions, white mice also. The trip was planned for the

infected and affected children and mothers who are beneficiaries of ASHA Foundation along with the Staff of ASHA.



**Picnic at Martins farm house on 19.11.2010**

### **Annual Sports Day:-**

Annual Sports day was conducted on 26/01/2011 at Anand Nagar sports ground and several sports events were conducted for the Children and parents such as Fancy Dress Competition, lemon and spoon race three legged race, Bead game, Veshti Game, Saree Game & Call out the color game. Totally there were 75 Adults and 109 children with 10 ASHA Staff. All children received individual gifts in addition to prizes for the sports events. They all received snacks and lunch. All of them had a good time.





**Ringing the item –on Sports day-26.1.2011**



**Fancy dress competition on sports day 26.1.2011**

**Research:-** The “**Impact of Anti-retroviral Therapy (ART) on Socio-economic productivity of HIV infected individuals in an Urban Indian Setting**’ . This study is based on several hypotheses- *Hypothesis 1:* ART institution will lead to increased productivity of PLWHA directly and indirectly as evidenced by increase in household income and/or acquisition of assets.

*Hypothesis 2:* This change in productivity will be evidenced across all households of PLWHA regardless of the baseline socio-economic status and will be sustained over time.

*Hypothesis 3:* The change in productivity will correlate to adherence to ART and quality of life measures.

*Hypothesis 4:* There will be significant difference in self-perceived stigma and discrimination among persons on ART as compared to those without ART.

After informed consent all patients eligible for ART had a pre ART socio-economic evaluation done and after ART, this evaluation is repeated every six months. The Primary End Point is the change in mean total SES scores before and after ART initiation. There are several secondary endpoints. The study is currently underway.

#### **4.The KNH-PMTCT Project - Prevention of Mother to Child Transmission of HIV (PMTCT)**

This program was started in 2002 and seeks to incorporate PMTCT services into antenatal services in hospitals. Charitable hospitals in the private sector, that provide free or subsidized service to the poor and marginalized were the focus of this program. In 2002 six hospitals were part of the program and over the last six years the program has been up-scaled to 25 hospitals in the four southern states of India. Through this program, hospitals treat and deliver HIV positive pregnant women so that the risk of transmission to the new born child is reduced, provide primary prevention to women, create an enabling environment for the staff of the hospital and decrease stigma and discrimination in the medical setting. The program includes training of PMTCT counselors, their introduction into the antenatal clinics, voluntary and

free HIV testing for pregnant mothers, with pre- and post- test counseling, primary prevention of HIV/AIDS and other STDs, family planning measures, identification of HIV positive pregnant mothers, further counseling for them to make informed choices regarding ARV therapy, mode of delivery, mode of infant feeding, family planning, HIV testing for the new-born child and their integration into the medical and pediatric clinics of the Institution, or to nearby Government ART centers for follow up.

Currently,ASHA Foundation had been partnering with 19 hospitals for the Prevention of Mother to Child Transmission (PMTCT) Project funded by Kindernothilfe, Germany, through the Churches' Council for Child and Youth Care (CCCYC). This is the fourth annual report, for the period 1<sup>st</sup> April 2010 to 31<sup>st</sup> March 2011.

The hospitals supported by Kindernothilfe presently with monthly financial aid are:

1. Bethesda Leprosy Hospital, Narsapur, Andhra Pradesh
2. Women's Hospital, Ambajipeta, Andhra Pradesh
3. St. Joseph's General Hospital, Guntur, Andhra Pradesh
4. Hope Hospital, Kolar, Karnataka
5. Seventh Day Adventist Hospital, Bangalore, Karnataka
6. CSI Hospital, Codacal, Kerala
7. Rural Health Training Centre, Kazhakuttom, Kerala
8. Dr. Somervell Memorial CSI Hospital, Karakonam, Kerala
9. LMS Boys' Brigade Hospital, Kundara, Kerala
10. Bethesda Hospital, Ambur, Tamil Nadu
11. Bishop Walsh Memorial Hospital, Chinnathadagam, Tamil Nadu
12. Christian Fellowship Hospital, Oddanchatram, Tamil Nadu
13. CSI Hospital, Kanchipuram, Tamil Nadu
14. Gnanadurai Hospital, Sivakasi, Tamil Nadu
15. SA Catherine Booth Hospital, Nagercoil, Tamil Nadu

The hospitals that have sustained the project on their own and are receiving only technological help, with financial support as needed for the care of HIV positive pregnant women identified in their hospitals, IEC material and training of counsellors are:



1. The Bangalore Baptist Hospital, Karnataka
2. Christa Mitra Ashram Hospital, Ankola, Karnataka.
3. Church of South India Hospital, Bangalore, Karnataka
4. Snehalaya Hospital, Solur, Karnataka

The hospitals that will become sustainable, similar to the above in 2011-12 are:

1. Hope Hospital, Kolar, Karnataka.
2. Seventh Day Adventist Hospital, Bangalore, Karnataka
3. Bishop Walsh Memorial Hospital, Coimbatore, Tamil Nadu
4. CSI Hospital, Kanchipuram, Tamil Nadu

The hospitals in which the project was closed in this year due to lack of HIV positive identified or irregular reports are:

1. CSI Campbell Hospital, Jammalamadugu, Andhra Pradesh
2. ETCM Hospital, Kolar, Karnataka
3. CSI Lombard Memorial Hospital, Udupi, Karnataka
4. Seventh Day Adventist Hospital, Ottapalam, Kerala

#### **Site visits:**

A total of 9 site visits were made under the KNH PMTCT to streamline the project and evaluate the activities under the project. Financial accounts were also checked at these visits. Staff members at the institutions were sensitized by ASHA Foundation staff at these follow-up visits.

#### **Update Workshops:**

As there was a change in the PMTCT recommendations by WHO in July 2010, doctors, administrators and counsellors from the partner hospitals were trained in following the new guidelines at the Update Workshops in December 2010. Twenty eight counsellors were trained over three days from 1<sup>st</sup> December to 3<sup>rd</sup> and December and twenty five doctors were trained on 4<sup>th</sup> December 2010 from the partner hospitals.



**Update workshop for nurse counselors-1-3 Dec.2010.**



**Practising role- play at the counsellors workshop-March 2011**

### **Counsellors' Training Workshops:**

Apart from the Update Workshops, 18 new nurse counsellors were also trained in workshops held at ASHA Foundation, from 9 hospitals. In addition, three new staff of ASHA Foundation also underwent training in HIV counselling in these workshops. The trained counsellors have also been continually sensitizing their own hospital staff .

**Research :** There were several achievements in the area of PMTCT under research this year. These included :

1. Abstract on our PMTCT activities was accepted as poster presentation for the International HIV/AIDS conference in Vienna, Austria in July 2010, which was presented by Dr. Glory Alexander.

2. Dr. Glory Alexander attended the National Conference of the AIDS Society of India (ASICON) held from 29th to 31st October 2010 in Hyderabad, and gave an oral presentation on the PMTCT Achievements of ASHA Foundation. She also presented a poster on "Predictors of HIV Positivity among Pregnant Women Presenting for Obstetric Care in South India". The oral presentation won the first prize at the conference.

3. A poster presentation on "Predictors of HIV Positivity among Pregnant Women Presenting for Obstetric Care in South India". Was also presented at the national conference.

4. A paper was published on **Prevention of mother to Child transmission of HIV- Our experience in South India-** Karthikeyan Vijaya, **Alexander.Glory**, Solomon Eileen, Rao Sarita, Rao PSS Sunder- Journal of Obstetrics and Gynaecology of India, Jan/Feb 2011, Pg.62-66

5. Another paper on - **Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** E. Solomon, F. Visnegarawla, P. Philip, G. Alexander was accepted for publication in – AIDS care journal . Informed in February 2011.



6. A third paper on **Description of Comprehensive PMTCT Counsellors' Training: The Backbone of PMTCT Services in India-Solomon E, ; Visnegarwala F; Philip P; Pappachen JS, ; Alexander .G** , has been sent to the Journal of Health Management.

Currently data is being collected on all the cascades of service in PMTCT under operational research. New WHO guidelines have been implemented and data collection is based on the new guidelines.

### **Printing of New PMTCT Protocols:**

1. The updated WHO Recommendations of 2010 were made into new protocols and printed and were distributed to all the partner hospitals. were also taken in the same year.



**Batch of counselors trained in March 2011 along with the trainers**

<b>Item</b>	<b>KNH PMTCT Jan'07- Nov'10 (old)</b>	<b>KNH PMTCT Dec'10- Mar'11 (new)</b>	<b>KNH PMTCT Apr '10 – Mar '11</b>	<b>ASHA PMTCT Cumulative Jan '03 – Mar '11</b>
Total no. of deliveries	57,226	5,830	19,072	86,538
Total no. of ANC women	48,867	5,549	16,434	73,789
Total no. of women counseled	58,590	5,700	17,874	89,827
Total no. of women tested	57,992	6,729	19,780	89,707
Total no. of antenatal women identified HIV +	379	23	127	559
No. of liveborns (6 twin deliveries)	294	24	118	447
Eligible women treated	276	24	116	420
No. of babies treated	285	24	118	433
PCRs or ELISAs done	239	15	107	343
Positive PCR	5	0	3	8
Negative PCR/ELISA	234	15	104	335
Reduction in Transmission rate	2.09%	0%	2.80%	2.33%

Dr. Glory Alexander and Mrs. Philimol attended the Elizabeth Glaser Pediatric AIDS Foundation Consortium Meeting at Hyderabad from 5th to 7th October 2010. The implications of the change in regime as recommended by WHO were discussed at this meeting.

**5.Research** : ASHA Foundation was accorded recognition as a Scientific and Industrial Research Organisation by the Department of Scientific and Industrial Research , Government of India in April 2009 for a period of two years. The renewal application has been submitted.

During this financial year, four papers were accepted and published in leading journals and three presentations were made at the National HIV/AIDS conference in October 2010 at Hyderabad and International AIDS Conference at Vienna in July 2011.

They are-

**1.Experience and outcome in usage of extended PPTCT protocols in South India** Authors:G. Alexander, E. Solomon, P. Philip, S. Rao, F. Visnegarawla. International AIDS conference, Vienna-July 2010- Poster Presentation

**2. Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** E. Solomon, F. Visnegarawla, P. Philip, G. Alexander – Poster Presentation at National AIDS Conference October 2010. Hyderabad.

**3.Experience and outcome in usage of extended PPTCT protocols in South India** Authors: G. Alexander, E. Solomon, P. Philip, S. Rao, F. Visnegarawla. Oral presentation by Dr. Glory.at National AIDS Conference October 2010. Hyderabad. The paper received the first prize.

**4.Response of Indian School Students to Adolescent Health Education-** Joyce Davis, Glory Alexander, PSS Rao- New Frontiers in Education, Vol.43,No.4,October -December 2010 pp 494-499.

**5.Prevention of mother to Child transmission of HIV- Our experience in South India-** Karthikeyan Vijaya, Alexander.Glory, Solomon Eileen Rao Sarita, Rao PSS Sunder- Journal of Obstetrics and Gynaecology of India, Jan/Feb 2011, Pg.62-66

**6.A descriptive study on the users and utility of HIV/AIDS Helpline in Karnataka , India** – Alexander.G, Kanth.C, Thomas.R.- Indian J Community Med 2011; 36:17-20

**7. Demographic Predictors of HIV positivity among Women presenting for Obstetric care in South India- a case control study-** E. Solomon, F. Visnegarawla, P. Philip, G. Alexander – AIDS care journal . June 2011 pp 1-8

Sent for publication

**8. Description of Comprehensive PMTCT Counsellors' Training: The Backbone of PMTCT Services in India**-Solomon E, ; Visnegarwala F; Philip P; Pappachen JS, ; Alexander .G Journal of Health Management

### **ICMR Project :**

In February 2011, ASHA Foundation was approved and funded by Indian Council of Medical research(ICMR) for a research project titled- **Growth and development of children with Human Immunodeficiency Virus (HIV)**. This is a three year project started in Feb 2011.

**Objectives:** **1.** To determine the physical growth (height, weight, BMI, mid-arm circumference) of children infected with HIV according to age, sex and socio-demographic factors Antiretroviral therapy (ART), and health status.

**2.** To assess the intellectual and social maturity of children infected with HIV in terms of age, sex, socio-demographic factors, physical growth and health status.

**Summary of the progress:** February to May 2011 - Preparation phase - During this period, the equipment was bought, advertisement for appointment of project staff was given,, interviews conducted and staff appointed. Finalization of consent forms, and finalization of proforma for all three groups group-1 HIV positive children (A-on HAART,B-Not on HAART), group-2-HIV exposed children But HIV negative, Group-3- HIV negative children also was completed.

The proforma includes a informed consent form, detailed questionnaire for demographic data, HIV testing form, antenatal/birth/postnatal history, immunization history, presence of co-morbidities, socio-economic status, tables to note the findings of physical examination, Tanners Sexual maturity Scale and laboratory investigations of CBC and serum albumin and protein and growth charts of height, weight, Head circumference, BMI. It also includes Intellectual developmental scales questionnaire on Rotters Incomplete Blank sentence, Vineland social maturity scale along with

Trivandrum development screening chart , Visual analogue chart , House-tree-person test, Binet Kamat scales for intelligence testing and tables to note the findings of these behavioral observations.

All the entries and results so obtained have been entered into the data base that was created for this study.



**ICMR project staff examining children**

**Trainings , seminars conducted by ASHA Foundation during the year:**

**Training programs conducted**

Sl. No	Date	Topic	For whom	Venue	No. of participants	ASHA staff
01	24.09.2010	Values and attitudes of a counselor; Sex and sexuality	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra

02	1.10.2010	Psycho-social impact of HIV	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
03	8.10.2010	Counselling skills	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
04	22.10.2010	Pre- test counselling	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
05	29.10.2010	Post- test counselling	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
06	12.11.2010	On -going supportive counselling	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
07	19.11.2010	Crisis counselling	Pastoral Counselling Students	Bangalore Baptist Hospital	10	Chitra
08	4.12.2010	Awareness session on HIV/AIDS	MBA, MCA, MSW	Acharya Institute of Management	150	Chitra
09	18.12.2010	Counselling skills; Values and attitudes of a	Students of Social Work	Acharya Institute of Management	20	Chitra
10	29.01.2011	Role of a Social Worker	Students of Social Work	Acharya Institute of Management Sciences	20	Chitra
11.	19.8.2010-21.8.2010	Teachers training workshop	Teachers from Nagpur schools	Mure memorial Hospital Campus Nagpur	41	Joyce Davis and master trainers
12.	14.12.2010 - 16.12.2010	Teachers training workshop	Teachers from Pune schools	Ishwari Kendra, Pune	33	Joyce Davis and master trainers
13.	17.12.2010	Update for teachers	Teachers from Pune schools	Ishwari Kendra Pune	16	Joyce Davis

14.	11.6.2010	New curriculum update	Teachers from Baldwins girls high school	Baldwin Girls High school	8	Joyce Davis
15.	9.7.2010-14.7.2010	ESHA Phase-2 culminationg workshop	Staff of NCCI	Nagpur	30	Joyce Davis Ashok Dayalchand
16.	9.8.2010	Parents orientation for new curriculum	Parents	Baldwin Girls High School Bangalore	250	Joyce Davis
17.	16.8.2010	Parents orientation for new curriculum	Parents	St.Francis Xavier School Bangalore	150	Joyce Davis
18.	1.12.2010-3.12.2010	Workshop on PMTCT	Nurse counselors from all partner hospitals	CCCYC Campus Bangalore	28	Dr.Glory Alexander Dr.Eileen Solomon Chitra Kanth
19.	4.12.2010	Workshop on PMTCT	Doctors from all partner hospitals	CCCYC Campus Bangalore	25	Dr.Glory Alexander Dr.Eileen Solomon Dr.Sarita Rao
20.	22.6.2010-2.7.2010	PMTCT workshop	Nurse counselors from 9 partner hospitals	ASHA Foundation premises	16	Several ASHA Staff
21.	7.3.2011-11.3.2011	Workshop on PMTCT	Nurse counselors	ASHA Foundation premises	5	Several ASHA Staff
22.	1.3.2011	Update on new PMTCT guidelines	Doctors	Bangalore Baptish Hospital	21	Dr.Glory Alexander Dr.Eileen Solomon



23.	12.7.2010	Children and HIV	Staff of KNH	KNH office Duisberg Germany	20	Dr.Glory Alexander
24.	19.7.2010	Experience in the usage of extended PPTCT protocols in South India	IAS conference. Austria	Resse wen Mien, Vienna Austria	50	Dr.Glory Alexander
25.	22.7.2010	Children and HIV	IAS Conference Austria	Global village Vienna Austria	30	Dr.Glory Alexander
26.	5.10.2010-7.10.2010	New PMTCT Guidelines-several sessions	EGPAF Update workshop	Hotel Imperial Classic Hyderabad	30	Dr.Glory Alexander
27.	20.10.2010	Experience and outcome in the usage of extended PPTCT protocols in South India	ASICON Hyderabad	Conference centre Hyderabad	150	Dr.Glory Alexander



**Seated-L-R**Dr.Eileen,(PMTCT co-ordinator),JoyceDavis(AHECo-ordinator),Dr.GloryAlexander(Director),Dr.Fehmida Visnegarawla(Research



**Consultant), Bharathi Moses (Master Trainer AHE), Daphne Bastion (Master Trainer AHE), Chitra.L.Kanth (Counseling Co-ordinator).  
Standing- L-R- Jisha Pappachen (Program officer- PMTCT), Anie Fialow (administration), Philimol Philip (senior program officer PMTCT), Remya Thomas (counselor), Daniel Raj (supportive staff), Lekha Pradeep (Nurse), Ravikanth (accountant), Saranya Satish (ICMR-project), Ram Babu (KNH\_CAR Co-ordinator), Vidya (social worker), Shantha Kumar (support staff), Rukmani (support staff), Mallika (support staff), Maya Singh (administration)**

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