

Do's And Dont's

Written by Faasik Info
Thursday, 07 January 2010 13:55 -

When dealing with a person living with HIV / AIDS (PLWHA) the bottom line is that you must treat them , the way out would like to be treated if you were infected with HIV.

DOs:

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Sympathise and empathise with them

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Provide them family and social support

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Allow them to be a part of the family as he / she was prior to disclosure of the infection

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Allow them to get back to their work as soon as soon as he / she is physically fit, since HIV infection doesn't require special rest

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Keep them engaged in some activity, as an empty mind is a devil's workshop

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Make efforts to reduce their stress

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Encourage them to exercise and meditate as these help prolong the life span

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Provide them with a high protein, high vitamin diet and clean potable water (boiled)

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Convince them to stop all addictions such as tobacco cigarettes, alcohol or other psychotropic / recreational drugs

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Register them with a health care facility for regular checks and follow up

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Take immediate steps to treat even minor ailments. However, it is not necessary to disclose their HIV status to their family physician

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Dispose off blood stained tampons and bandages properly, either by flushing or by disinfecting them first with detergent

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Advice partner them to use safe sex (condoms) with their sex partner, even if is already HIV positive

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Purse them at any appropriate time, to make a will

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Provide foster care to their children

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Help fight the discrimination meted out to them by hospitals , doctors and employers

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Educate family members and friends about HIV / AIDS, if they already know the HIV status of the patient.

DON'TS:

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Don't accuse them for getting infected, it doesn't help

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Don't try to probe into when, where the person was infected

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Don't make them feel guilty

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Don't isolate them in their home / workplace

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Don't separate them from spouse or children, since they are the best

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support for them. It is important for them to spend quality family time together

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Don't use gloves in feeding the infected person or to wipe off his saliva, sweat, nasal secretions and tears

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Don't share razors, tooth brush and other sharp objects with infected person or for that matter with any body else

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It is not necessary to wash their clothes seperately

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Don't disclose the HIV status of infected person to friends, employer and insurance company

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Don't humiliate the infected person, his / her spouse or children

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Don't scare them of suffering and death. In the terminal stage, prepare them for a smooth journey to death

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Don't get conned by the fake claims, false cures, witch hunters and faith healers. Wait for declaration of the noble prize for the real cure

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Don't spend the entire available money limit in the first bout of illness, it may be the first of such illnesses in the pipeline. Make a proper planning of your spending capability.

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Don't take many relatives to see the patient admitted in hospital

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Don't test for HIV repeatedly, once the presence of infection is established it remains there forever

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