
Filename: Zuka_060620
Diarist: Mcdonald Zuka
Typist: Nicole Angotti

20-06-06

That was when I was coming from Kaunda trading centre, where I followed a certain respondent of Uyinge village. So when I was going back to a place where we agreed to meet with a mini bus driver, it's when I was called by an old man aged between fifty and sixties, he was dressed in only dirty trousers and sweat jersey, he was barefoot with long uncombed hair. It was around three o'clock in the afternoon. He ordered me to sit on a private place where nobody would hear what we will be going to discuss.

I responded to him and said "you are free to ask me any questions you want concerning our job as VCT counselors.

Now the man starts narrating the issue which was in his head, he starts by saying "I am one of the people who you are dealing with <said kafukuku, CHICHEWA for research, referring to the MDICP> and we together with my wife, he continues by saying "one of your group visited me at my house last week and she was a female counselor, the one who came to my house at Dyedyeleke village."He continued his story by saying "I welcomed your friend and she did all what she was supposed to do till she finishes. And the goodness of this man was he well understood what the VCT counselor negotiated with him, because he really explained what it means to be reactive or non reactive [positive or negative] even by drawing on the ground how the test kits look like, which impressed my fellow VCT counselor who did the job.

But the main reason to stop me there was the was a conflict at his house between him and his wife about the disclosure of results from the wife to her husband. He continued saying that "after I heard my results, I ordered your fellow counselor to reveal my status to my wife while both [of us] were there and your friend did so, but after your friend had gone we started quarrelling to each other because I asked my wife to disclose her HIV status to me but she refused. So what are going to help me." and the man continued saying "I am stranded <nothing to do> because I asked your fellow VCT counselor to order my wife to reveal her results, he answered me that "every body has the right to disclose or not to disclose. The man said also that his wife already had pre & post counseling the day before me. He concluded by saying "so how are you going to help me on this matter. Because me, I want one of your group should come at my house, I and my wife should be both tested and received our result together."

My answer was I have heard all concerns which you have said, [but] me, I can not help you, I have got my supervisors, so your issue I will surrender this to my supervisors so we agreed the time which the supervisors will get in touch with him, it was between 11:00 to 12:00, I ended there with this man.

After the mini bus picked me at Kaunda trading, I met my two supervisors and I narrated the whole issue to them and they agreed that tomorrow they would visit this man. I gave the name which he told me.

5 July 2005

One this day I had three sessions, so I have to choose one to tell you. It was at Mphepo village.

I went to a respondent. It was around 9am. The respondent wore a dirty chitenje and a red and white dress with flowers. She warmly welcomed me. She went into her house and brought a mat for me to sit on. She greeted me. I introduced myself and what I was there for. I asked for a private place because our discussion is confidential. So we moved to the side of her house so I told before we go any further you have to hear all information of my visit and its aim, so then I brought a consent form and asked her either to read the consent form or I, so she said I have to. So there we discussed about the consent form, what's in there. At there she agreed to continue by putting a thumb print at the end of the consent form where necessary.

So I started now with VCT like reminding her about time taken to complete our session, confidentiality of result and about everything which we will talk about.

After that we discussed how knowledgeable is she about HIV and AIDS, how the virus can pass from one person to another and ways of prevention. In this part she said, "HIV and AIDS is a disease that carried a person to death." She didn't differentiate between HIV and AIDS and also how it is when it is in the body.

On ways of transmission she just says, we can get AIDS from making sexual intercourse with several partners, so there I corrected her saying we do not get transmitted the virus into our body or so one's body by doing unprotected sex intercourse, so I added by saying somebody can do sex intercourse with many partners and if either she or he is protecting himself or herself by using condom so this one can't contract HIV virus by using it wisely and consistently.

We discussed blood and blood transfusions like if somebody has got a cut in her/his body and if there is contact between those, the virus can pass to another if one is infected.

I asked her whether she can explain on how an infected mother can pass a virus to her expecting baby. She acknowledged this by saying, "I do hear this at our antenatal clinics and how a mother can pass a virus to her baby when it is in the womb like if the immune system lowers, it is easy for her to pass."

After that, I asked her how far does she know prevention of not contracting HIV. She says, "avoid multiple partners." I asked her how. She said maybe you can not use condoms in all these multiple sex partners. I said ok, it can be like that. She added things like sharing razor blades or needles. She finished with ways on how to prevent the

transmission on how a mother can do in order for her to prevent passing the virus to her baby. "During our antenatal clinical, we do get information about the importance of being tested while you are pregnant, and they do say if you knew your status you are able to plan about the care of your baby."

I added on that if you [are] found positive, you're encouraged to eat a well balanced diet in order for you to [...<missing>] the balanced diet. And the medical personnel, they know [how] to handle you during delivery, and advise how to breastfeed the baby.

We discussed the importance of somebody knowing his/her status like you plan your future according to your status.

We also discussed issues like the relationship between STIs and HIV virus. She said we can be infected by STDs and HIV virus by doing unprotected sex intercourse "Chiwere were mosadziteza." I asked her how. She said sometimes there might be rashes in our private parts so it's easier for the HIV virus to pass. And she concludes by saying STIs can be cured but HIV can not be cured. And both STIs and HIV virus can be protected by using condom wisely.

We also discuss issues on TB and HIV/AIDS. She said both TB and AIDS are one disease, so I described them both clearly, their differentiation like TB has got a treatment while AIDS has not, it just got a resistance which is ARV to boost the immune system. And period whereby one can contract an HIV in her/his body and the taken for our test kits to detect the availability of HIV virus in his/her body.

From there I asked her the risk behavior which she thought she might contract this HIV virus. She said maybe during my girlhood because I had one boyfriend whom we used to make unprotected sex and also my husband and because as you have said that you have to know each one's HIV status before you engage into marriage. I asked so how can the risk behavior for you to have no chance of getting this virus. She said by remaining faithful to my husband and encouraging my husband to do so.

We discussed what it means to be positive or to be negative and what the test kits look like in both results, about the appearance of red lines and time taken for the results to be out.

And thereafter I asked her about how a person who is HIV positive can live positively, she replied: "eating a balanced diet." I said how the food helped the person in protecting from disease eg vegetables. I concluded the rest of the ways of positive living by saying avoid reinfection, seeking early treatment, hygiene, avoid drinking and smoking and I turned back on balanced diet and added food like body building and vitamins is also good.

I asked her what kinds of results she is expecting. She said, "we are going to see here." And I said [with whom] do you think you will be going to share your result. She

said "my husband because he is the one who have encouraged me to be tested and we will decide how to reduce the risk of contracting HIV virus."

After, I summarized all what we have discussed starting from the first to where we are. I ask her are you ready to be tested. She said I am ready.

I prepared the test kits, and I told her to give her hand and I chose the right finger which we used to prick and I pricked her. So when I was [awaiting] the result I took a questionnaire and seek consent for if I can continue asking her the questionnaire. She said I can.

After 15 minutes elapsed I asked her, your results are ready, are you ready to receive your results. She said yes. I told her result, that you are negative and that means there is no HIV virus in your body. I asked her why was jumping and shouting after I told you the results. She said, "it's great to be negative."

I told her you remember last time ago I told the time taken for the detection of HIV virus in the body whether a has made unprotected sex either last week, or 4 weeks ago but after 4 months is when we can detect the HIV virus with our test kits.

So I asked her you have been found negative, what is your plan to reduce the risk of been infected. She said "I will stick to my husband and remain faithful to my husband."

I concluded on that the HIV test result is yours. It is not for your husband.

She said "yes, but I hope he will the same of my status because I will I trust him of her movements and I believe will be tested because he is also in the project being the one encouraged me to be test, all will work well."

On disclosure and partner referral I asked her why is it important to tell somebody her result. She said because he/she may remind me when I am closer to the risk not to contract that.

I said whom do you think you will tell. She said my husband because he is very close to me. And he is who I think can brought that risk to me but according to how well we live he cannot do it to me.

Lastly I encouraged her the importance of her husband to be tested, like they can make a concrete risk reduction plan for their future.

And I said this is end of visiting to you. Thanks for your warm welcome to me and then I went back to the tent.