



PLUS

Case studies November 2008

Aurangabad case study

Mr Singh is a 40 year old man. He is married and has two children. He is working for a travel agency as driver in the Aurangabad district. His monthly income is 2000 rs. Out of this small amount he has to pay rent for his house, all household expenses, and his children's educational expenses.

He was suffering from an eye problem, and he had poor general health. Because of being diagnosed as HIV positive he was depressed and his approach towards his own life was despairing. Due to this negative thinking he did not take care of his daily diet. He did not wish to extend his life.

Finally he heard about our network. When he came to the *ACT project* and contacted our Social Worker we provided proper counselling and ensured that he took regular follow-up. We helped him to change his attitude towards his life through the detailed treatment counselling. Previously he had taken treatment from a private hospital and the doctors there gave him antiretroviral treatment (ART). He had been taking it for the last four months but they hadn't given him much information about the ART. He believes the ART medicine is the normal medicine for fever or other illness. The private doctors had not told him about the importance of taking the ART medicine regularly, and that he would need to take it for the rest of his life. They did not tell him about the government hospital where he could get free treatment.

After the ART/CD 4 counselling from the Aurangabad district network, his understanding about the importance of his general health, his diet, and his understanding regarding ART treatment and adherence has been well improved. Due to his poor economical condition he was unable to purchase drugs from the market. The cost of ART medicine is very high and was not affordable to him. We referred him to the government ART Centre with a referral slip for accessing further treatment and obtaining free ART.

With the effect of counselling and regular follow-up he has now got a lot of self confidence and his health condition has also improved. He volunteers with us as a peer treatment educator. Today he is an excellent peer treatment educator and provides good advice on treatment adherence to other positive people and shares his information, knowledge and skill in Support Group Meetings among the clients.

Lessons from the case:

- sometimes private doctors do not give all the information necessary to clients. It is not in their own interests to do so
- initially this client did not have proper knowledge of ART
- after contact with ACT he now has proper knowledge of ART treatment and adherence
- through good counselling and support his positive approach has been developed.
- through good counselling and support his health condition has improved.