



**HIV/AIDS QUALITY OF
CARE INITIATIVE
(HAQOCI)**

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CARING FOR SOMEBODY WITH HIV/AIDS

**Opportunistic Infection Prevention Clinic
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- People with AIDS should take care of themselves as much as they can.
- They need to be and feel as independent as possible.
- They need to control their own schedules, make their decisions and do what they want to do as much as they are able.
- They should develop their own exercise programme and eating plan.
- In addition to regular visits to the clinic or doctor, many people living with AIDS work at staying healthy by eating properly, sleeping regularly, doing physical exercises and praying or meditating. If the person you are caring for finds that something helps them, encourage them to keep it up.
- Well balanced, good tasting meals help people feel good, give them energy, and help their body fight illness.

Helping the Patient Feel Comfortable

- Respect their independence and privacy
- Give them control as much as possible. Ask to enter their room, ask permission to sit with them, etc.
- Ask what you can do to make them comfortable. Many people feel shy about asking for help, especially help with things like using the toilet, bathing, shaving, eating and dressing.
- Keep the home clean and bright.
- Let the patient stay in a room that is near the bathroom.
- Leave tissues, towels, a bin, extra blankets and other things needed close by so they can be reached from the bed or chair.
- If the patient has to spend most of the time in bed be sure to help them change position often. A nurse can show you how to help someone move from a bed to a chair without hurting yourself or him or her.

- If possible a person with AIDS should get out of bed as often as they can. This helps prevent stiff joints, bedsores, and pneumonia.
- The patient may need you to adjust the pillows or blankets

Bedsores

Bedsores or other broken skin can be serious problems for the patient. In addition to changing position in bed, to keep skin healthy, put extra-soft material under the person, keep the sheets dry and free from wrinkles.

Massage the back and other parts of the body like the hips, elbows and ankles that press down on the bed.

Breathing

If the patient is having trouble breathing, sitting them up may help. Raise the head by using extra pillows. If it's a severe breathing problem they need to see a doctor.

Providing Emotional Support

- Keep them involved in their care. Don't do everything for them and make all the decisions.
- Include the patient in the household and part of the normal talk.
- Listening, trying to understand, showing you care and helping them work through their emotions is a big part of home care.
- Friends and relatives should be encouraged to visit.
- Touch them. Hug them and hold their hands to show that you care.
- Go out together. Attend social events, shopping, walking or just sitting in the sun and breath fresh air.