



# EMBU UNIVERSITY COLLEGE

*(A Constituent college of the University of Nairobi)*

## HIV AND AIDS PREVENTION CAMPAIGN AND WELLNESS CLINICS REPORT

**DATE:** 8<sup>th</sup> June 2016 **VENUE:** Dinning Hall, Nursing Lab, LH4 and LH5





# HIV AND AIDS PREVENTION CAMPAIGN AND WELLNESS CLINICS 2016 REPORT

Date: 8<sup>th</sup> June, 2016

Venue: Embu University College

Organized by: HIV & AIDS Prevention Committee  
Embu University College

## HIV & AIDS prevention Committee Members

Prof. Nancy Budambula	- Chairperson
Dr. Phyllis Muturi	- Member
Dr. Mark Otieno	- Member
Mr. Isaac B. D. Ominde	- Member
Mr. Joseph Ogeto	- Member
Mr. Peter Ndirangu	- Member
Ms. Bessie Mukami	- Secretary

Rapporteur: Sam Eric Kinyua

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### Annexes

1. Invitation to attend.
2. Campaign publicity flier.
3. Training programme.
4. List of Participants.

## EXECUTIVE SUMMARY

This report covers the events of a one day HIV&AIDs Campaign and wellness Clinic held on Wednesday 8<sup>th</sup> June, 2016 at Embu University College. The Campaign aimed to sensitize all members of staff and their families on HIV and AIDs prevention as well as healthy living. The plenary session registered 146 participants comprising 140 EUC staff members and 6 facilitators, the Voluntary Counselling and Testing (VCT) 69 participants, Body Mass Index (BMI) Clinic 97 participants, Diabetes Check 100 participants and Hypertension Clinic 84 participants. The facilitators were trained counsellors and clinicians drawn from the Ministry of Health - Embu Level 5 Hospital and TENRI Children's' Hospital. In the opening meeting different speakers underpinned the importance of knowing one's HIV/AIDS status by having regular medical checkups. It was noted that whereas lifestyle diseases are not stigmatized, they are potentially life threatening. Two facilitators presented two sessions where they sensitized staff on HIV and AIDs treatment and prevention. The adherence to the prescribed antiretroviral therapy (ART) was emphasized. Participants were encouraged to put the knowledge they acquired into practice. After the opening meeting, all participants convened for a health break and visited the clinics in shifts to avoid leaving the work stations unattended. According to the clinicians, most of the tested parameters were within normal range except for the high BMI that was observed among EUC staff members. High BMI will eventually translate to higher medical bills for the individuals and ultimately the organization. To address the high BMI, It is recommended that EUC puts in place a comprehensive exercise and nutrition program for the staff.

## THE CAMPAIGN'S PROCEEDINGS

### Campaign Participation

Upon arrival, each participant was registered, detailing the name, designation as well as signature. At the plenary there were 146 participants comprising 140 EUC staff members and 6 facilitators, the Voluntary Counselling and Testing (VCT) 69 participants, Body Mass Index (BMI) Clinic 97 participants, Diabetes Check 100 participants and Hypertension Clinic 84 participants.



Figure 1: Some of the participants at the registration desk.

### OPENING MEETING

#### Opening remarks

The Master of Ceremony (MC) called the meeting to order at 0902 hours, where all the participants gathered with an opening prayer from one of the members of HIV and AIDs Committee. The MC asked Prof. Prof. Nancy Budambula –Chairperson, HIV and AIDs Committee, to give opening remarks. Prior to the official opening of the Campaign, the facilitators were welcomed and briefed on the day's activities by Prof. Nancy Budambula underpinning the concept and objective of the HIV and AIDs Campaign in the University College. She also appreciated the management for allowing members of staff to participate in the Campaign's activities. The Chair, HIV and AIDs Committee requested the facilitators to introduce themselves and later invited the Deputy Principal, Academics, Research and Extension (DP-ARE) to make his remarks and to officially declare the Campaign open on behalf of the Principal, Embu University College.

Prof. Kotut, delivered apologies from Prof. Mugendi, Principal EUC who had left the College in order to attend to other official engagements. In his remarks DP-ARE emphasized the importance of the Campaign since it focused on the wellbeing of staff members. He further, denoted the Campaign was a worthwhile investment to the staff because it will contribute towards sharp and productive employees and thanked the committee for coming up with the campaign. Prof. Kotut underpinned the importance of good health in relation to employee productivity. He thanked the participants for attending the Campaign and advised them to adhere to what they will learnt from the day's activities. He also thanked the facilitators for devoting their day.



**Figure 2:** Briefing by MC (top left), The facilitators (top right), Chairperson HIV/AIDS briefs the participants (bottom left) and Prof. Kotut (DP-ARE) making his remarks (bottom right).

### **Sensitization Session 1: Adherence to Antiretroviral Therapy (ART)**

After the official opening of the Campaign, two sensitization sessions on HIV and AIDs were made. In the first presentation the facilitator, Ms Ruth Wairimu, presented on Adherence to Antiretroviral Therapy (ART). She addressed the steps followed when testing for the virus and the counseling that is done to the patient. She emphasized on the need to continually taking drugs after commencing the treatment. The facilitator urged the patients to take ARV drugs faithfully as it is better to delay to take the ARV than to take a break after starting.



**Figure 3:** Facilitator, Ruth Wairimu, sensitizes participants on Adherence to Antiretroviral Therapy (ART)

Ms Wairimu also discouraged the attendees on copying practices that encouraged taking of different drugs because they ultimately cause resistance to the ARV drugs. She further urged the participants to visit a Health Centre in case of any side effect since the drug can be substituted.

### **Sensitization Session 2: HIV and AIDs Stigmatization and Prevention**

The second presentation was about HIV and AIDs Stigmatization and Prevention. The facilitator, Ms Bernice Mbogo, introduced her topic with a scene where three men and one lady acted to illustrate stigmatization. She stressed on the need to accept one's HIV status as way of eliminating self-stigmatization. On answering to a question, she noted that supportive counselling is given to persons who suffer from self-stigmatization. Consequences of stigma mentioned were as follows; stress, self-denial, suicide, not willing to visit a health facility, not adhering to doctors prescriptions among others. On how to reduce stigma, the following were discussed as ways of decreasing stigma among the infected and the affected; creating awareness on HIV and AIDs, providing guidance and counselling to the infected and the affected, creating a friendly atmosphere, educating the family members on how to take care of the infected, creating awareness on the damage caused by stigma. The effects of stigma as discussed are; loss of income and livelihood, loss of the need to marry, poor care in the Health Centre and withdraw of care at home.



**Figure 4:** Volunteers directed by Ms Mbogho act a scene on stigmatization (left) as participants watch (right).

In her presentation about HIV and AIDs Prevention, the facilitator emphasized on the need for correct condom use as it is a sure way of protecting one from being infected with HIV and AIDs. She further, demonstrated the best way use both male and female condoms can be used.



Figure 5: A demonstration on correct condom usage

## Wellness Clinics

The wellness clinic were divided into four – VCT, Diabetics Check, BMI + Nutrition Check, Hypertension Checks and Lifestyle counseling- and each assigned facilitators who guided the participant through various tests.

## VCT

Following the sensitization on HIV and AIDs, it was noted that very many participants were interested in knowing their HIV status. A total of 35 female and 34 male staff members were tested. The role of condom use was emphasized in prevention of HIV and AIDs.



Figure 6: Participants follow the demonstration on correct condom use and disposal.

## Diabetes Checks

This clinic had the highest number of participants. Out of 100 participants, 54 females and 46 males were interested in knowing their blood sugar levels.



Figure 7: Some of the participants who visited the Diabetes Checks Clinic

## BMI + Nutrition Checks

The BMI and nutrition clinic attracted 53 female and 44 male participants



Figure 8: Participants at the BMI + Nutrition Clinic.

## Hypertension Checks

With the knowledge that hypertension is one of the leading killer diseases in the world, many participants visited the hypertension clinic. A total of 52 females and 42 males visited the clinic.



**Figure 9:** Some of the participants who visited the Hypertension Checks

## Closing

A large number of people were witnessed in every Clinic which the HIV and AIDs Committee members termed as very encouraging. With the attendance of every stage of the campaign, the committee noted that the day was very successful.

The Campaign ended at 1600hrs.

## Annexes

1. Invitation to attend.
2. Campaign publicity flier.
3. Training programme.
4. List of Participants.



**EMBU UNIVERSITY COLLEGE**  
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**HIV&AIDS COMMITTEE**

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INTERNAL MEMO

**FROM:** Principal

**DATE:** 3<sup>rd</sup> June, 2016

**TO:** ALL STAFF

**REF:** EUC/REG/MED/Vol. 1/79

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**SUBJECT: HIV & AIDS PREVENTION CAMPAIGN AND WELLNESS CLINICS**

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This is to invite all members of staff and their families to a HIV AND AIDS awareness campaign and wellness clinics which will take place on the **8<sup>th</sup> of June 2016**. The activities will start with a plenary session at the **Dining Hall** followed by clinics in the nursing skills lab, **LH4 and LH5**.

All members present will have an opportunity to be checked for conditions such as: hypertension, diabetes, obesity and HIV&AIDS.

Thank you.

Prof. Daniel Mugendi Njiru (Ph.D)

**PRINCIPAL**

/nb

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**EMBU UNIVERSITY COLLEGE**  
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# INVITATION TO

All Staff & Their Families  
to  
Wellness Clinics & VCT  
on

8<sup>th</sup> June, 2016 from 8:30 at the Dining Hall





# EMBU UNIVERSITY COLLEGE

*(A Constituent College of the University of Nairobi)*



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## HIV & AIDS PREVENTION CAMPAIGN AND WELLNESS CLINICS

**DATE:** 8<sup>th</sup> June, 2016

**VENUE:** D. Hall, Nursing Lab, LH4 and LH5

**TIME:** 8:30 a.m. - 4:00 p.m.

# Programme

## OUR VISION

A dynamic epicenter of excellence in training and research for service to humanity

## OUR MISSION

To generate, advance and disseminate knowledge through training, research and innovation for the development of humanity

## PHILOSOPHY

Enhancing human capacity for societal development

## OUR CORE VALUES

Integrity  
Innovativeness  
Professionalism  
Customer focus  
Teamwork

KNOWLEDGE TRANSFORMS

### DINING HALL BETWEEN 8.00-11.30 AM

<b>TIME</b>	<b>ACTIVITY</b>	<b>ACTION BY</b>
8:30 a.m. – 9:00 a.m.	Arrival and Registration	<b>Ms. Bessie Mukami</b>
9:00 a.m. – 9:15 a.m.	Opening Prayer	<b>Dr. Phyllis Muturi</b>
	Brief Remarks	Chair HIV & AIDS
	Remarks and invitation of the Principal	<b>Prof. Eucharika Kenya,</b> <i>Deputy Principal (PAF),</i>
9:15 a.m. – 9:30 a.m.	Remarks and Opening by Principal	<b>Prof. Daniel Mugendi,</b> <i>Principal</i>
9:30 a.m. – 10:15 a.m.	Sensitization number 1	<b>Mrs. Janice Mbogo,</b> <i>Facilitator</i>
10:15 a.m. – 11:00 a.m.	Sensitization number 2	<b>Mr. Elias Njue,</b> <i>Facilitator</i>
11:00 a.m. – 11:30 a.m.	Health break	ALL

### NURSING SKILLS LAB, LH4 AND LH5

11:30 p.m. – 2:00 p.m.	VCT Wellness Clinic 1- Diabetes Checks Wellness Clinic 2- BMI +Nutrition Wellness Clinic 3- Hypertension Checks and Lifestyle Counselling	ALL
2:00 p.m. – 4:00 p.m.	VCT Wellness Clinic 1- Diabetes Checks Wellness Clinic 2- BMI +Nutrition Wellness Clinic 3- Hypertension Checks and Lifestyle Counselling	ALL