



**ZAMBIA**

**DHAPP**

DEPARTMENT OF DEFENSE HIV/AIDS  
PREVENTION PROGRAM

REDUCING THE INCIDENCE OF HIV/AIDS  
AMONG UNIFORMED PERSONNEL IN  
SELECTED AFRICAN NATIONS AND BEYOND

## **WINNING BATTLES IN THE WAR AGAINST HIV/AIDS**

### **BACKGROUND**

#### **Country Statistics**

Zambia's population is estimated to be 11.5 million people, with an average life expectancy of 40 years. English is the official language of Zambia, which has an estimated literacy rate of 80.6%, somewhat unevenly distributed between men and women. Copper output has increased steadily since 2004, due to higher copper prices and the opening of new mines. The maize harvest was again good in 2005, helping boost the gross domestic product (GDP) and agricultural exports. The GDP per capita is \$800, with 86% of Zambians living below the poverty line.

#### **HIV/AIDS Statistics**

The HIV/AIDS prevalence rate in Zambia is one of the highest in the world. The prevalence rate in the general population is estimated to be 17%, with approximately 1.1 million people living with HIV/AIDS. Heterosexual contact is the principal mode of transmission.

#### **Military Statistics**

The Zambian National Defense Force (ZNDF) is estimated at approximately 22,000 members, and there are currently no estimates of HIV prevalence in the ZNDF. Zambia allocates 1.8% of the GDP for military expenditures.

### **PROGRAM RESPONSE**

#### **In-Country Ongoing Assistance**

DHAPP staff members provided technical assistance to the ZNDF during in-country Core Team visits. The purpose of each trip included review, assistance, and preparation of the President's Emergency Plan for AIDS Relief (PEPFAR) Country Operational Plan (COP) for fiscal year 2007, as well as military-specific planning and technical assistance to the ZNDF and US Embassy personnel. DHAPP staff members represent the ZNDF as members of the PEPFAR Core Team, and have been involved in every level of country planning, ensuring that ZNDF programs are adequately addressed.

In addition, specific technical assistance was provided in December 2005, when DHAPP staff traveled to Maina Soko Military Hospital to review and discuss the ZDF tuberculosis, pharmacy, and laboratory and prophylaxis protocol, as well as to participate in palliative care lectures. Training in infection control and injection safety was conducted at that time. After the orientation of the senior leadership, Maina Soko took the initiative to organize fol-

low-on orientation workshops for 41 members of its support staff, including maids, laundry, mortuary, kitchen, and laboratory staff. In April 2006, a follow-up visit took place where, in collaboration with other agencies, a comprehensive evaluation tool for infection control and injection safety was developed for the ZNDF military medical system.

Finally, in June 2006, DHAPP staff traveled to Zambia to discuss plans for the ZNDF family support unit (FSU) and facilitate a workshop on palliative care guidelines for the Defense Force Medical Services (DFMS). Activities accomplished during this visit included (1) identification of a project leader and advisory committee for the FSU; (2) establishment of FSU objectives, staffing requirements, and recruitment methods; (3) selection of the future FSU site, building details, and services to be offered; and (4) facilitation of the 3-day workshop that resulted in formulated guidelines covering three areas of palliative care: clinical, hospice, and home-based care (HBC).

#### Foreign Military Financing Assistance

Zambia was awarded Foreign Military Financing funding for the acquisition of laboratory and medical equipment. This award was allocated for fiscal year 2003 and 2005, and 2003 funding was released for expenditure during fiscal year 2005. Fiscal year 2003 funds were used to procure an incubator, refrigerator, and HIV test kits, in addition to other supporting diagnostic supplies and reagents.



#### Proposed Future Activities

Ongoing successful ZNDF and partner programming was expanded to include additional aspects of comprehensive prevention, care, and treatment for military members and their families. All proposed activities were submitted to the Zambia country team, and were included in the FY07 COP.

## OUTCOMES & IMPACT

### Prevention

During FY06, the ZNDF, in coordination with in-country partner Project Concern International, continued to report successful results across all areas in prevention, care, and treatment of HIV. During the fiscal year, 11,456 troops and family members were reached with comprehensive prevention messages (2240 men, 9216 women). Fifty-five (55) targeted condom service outlets were supported. The program included the participation of the first openly HIV-positive ZNDF personnel in a sensitization tour of 4 ZNDF units in the Western Province, where 2351 uniformed personnel and family members were reached. Thirty-nine (39) individuals from the 2 existing ZNDF drama groups were provided with refresher training in HIV/AIDS messages through drama and song. Sixty thousand (60,000) copies of previously developed prevention-focused educational materials were reprinted, and distribution is ongoing.

The introduction of infection prevention and injection safety training in the DFMS has included the training of 150 supervisors and managers from 16 institutions, including leadership from DFMS and each of the 3 branches (Army, Air Force, and National Ser-

vice). In addition, fifty-eight (58) service providers from 13 facilities completed in-depth competency-based training in infection prevention and injection safety.

During the fiscal year, 168 women were provided with prevention of mother-to-child transmission (PMTCT) services at 4 PMTCT sites. These services included counseling, HIV testing, and results. Of the women tested in the PMTCT setting, 6 were provided with a complete course of antiretroviral prophylaxis. Twenty-seven (27) military health care workers were trained in the provision of PMTCT.

### Care

Fifty-five (55) service outlets provided HIV-related palliative care to military members and their families. During the year, 1747 ZNDF members were provided with HIV-related palliative care (893 men, 854 women), and another 127 individuals were trained in the provision of that care. Ten (10) ZDF HBC master trainers were educated by the Palliative Care Association of Zambia. These trainers have in turn conducted training for 109 of the 215 caregivers trained in HBC in FY04. 3000 client HBC kits for were procured and distributed. Equipment and supplies for caregivers were procured, including bicycles, footwear, caregivers kits, umbrellas, and hospital aprons.

Fifty-five (55) counseling and testing (CT) centers provided HIV testing for ZNDF personnel. During FY06, a total of 2302 troops and family members were tested for HIV and received their results (1202 men, 1100 women). Thirty-six (36) military members were trained in the provision of CT. Existing mobile services in Zambia were assessed, and a plan of action for implementing mobile services targeting ZNDF personnel was developed. One mobile CT vehicle was procured and equipped and 14 ZNDF personnel were trained to provide mobile CT services.

### Treatment

ZNDF in-country partner JHPIEGO conducted an initial basic training workshop in HIV/AIDS care and treatment, using the National ART and Opportunistic Infection Management training packages and approach for 22 DFMS service providers.

### Other

A follow-up study to the HIV/AIDS and sexually transmitted infection prevalence study carried out in FY05 by the ZNDF was conducted, from October 2005 to February 2006. All personnel tested who wanted to know their status were able to receive their results and counseling or referrals, as appropriate. Funding was also used to print and distribute the final prevalence and knowledge, attitudes, and practices study report. Forty-eight (48) HIV/AIDS unit coordinators attended a monitoring and evaluation workshop.

Fifty-two (52) ZNDF Commanding Officers and 6 medical staff attended a 3-day leadership workshop, which, among other things, looked at HIV/AIDS policy, stigma and discrimination, and HIV/AIDS prevention, care, and support in the ZNDF.