

# 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 estimated population is 11.5 million people, with an average life expectancy of 38 years. English is the official language of Zambia, which has an estimated literacy rate of 81%, somewhat unevenly distributed between men and women. Zambia's economy has experienced modest growth in recent years, with significant gross domestic product (GDP) growth in 2005-07 between 5% to 6% per year. Copper output has increased steadily since 2004, due to higher copper prices and the opening of new mines. The GDP per capita is \$1,400, with 86% of Zambians living below the poverty level. Although poverty continues to be a significant problem in Zambia, its economy has strengthened, featuring single-digit inflation, a relatively stable currency, decreasing interest rates, and increasing levels of trade.

#### 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. In 2004, a seroprevalence study was done within the ZNDF and the rate found was 28.9%. Zambia expends 1.8% of the GDP on military expenditures.



## PROGRAM RESPONSE

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

The HIV/AIDS program in the ZNDF is a collaborative effort between the ZNDF, the Office of the Defense Attaché at the US Embassy, Project Concern International (PCI), Jhpiego (a Johns Hopkins University affiliate), and DHAPP. In-country program team members who work out of the Office of the Defense Attaché coordinate and manage the various program partners and activities.

Throughout FY07, 5 bilateral exchange visits to Zambia from US military clinicians occurred, with technical assistance provided to the ZNDF. In addition, DHAPP staff members provided technical assistance to the ZNDF during in-country Core Team visits. The purpose of each visit included review and preparation of the President's Emergency Plan for AIDS Relief (PEPFAR) Country Operational Plan (COP) for FY08, monitoring and evaluation of existing programs and implementation, as well as military-specific planning and technical assistance to the ZNDF in the areas of palliative care, care and treatment of HIV-infected patients, pediatrics, and Prevention with Positives. A DHAPP staff member represents the ZNDF as a member of the PEPFAR Core Team, and has been involved in every level of country planning, ensuring the success of the ZNDF HIV program.

### **Foreign Military Financing Assistance**

Zambia was awarded Foreign Military Financing funding for the acquisition of laboratory equipment, and supporting reagents and supplies related to the diagnosis and treatment of HIV/AIDS. This award was appropriated for FY03 and FY05. Funding for 2003 was released for expenditure during FY05. To date, FY03 funds were used to procure an incubator, refrigerator, and HIV test kits, in addition to other supporting diagnostic supplies and reagents.

## OUTCOMES & IMPACTS

### **Prevention**

During FY07, the ZNDF, in coordination with PCI and Jhpiego, continued to report successful results across all areas in prevention, care, and treatment. Nearly half of the individuals (10,074) were reached with prevention messages through a drama

(*HIV Positive: No longer a death sentence*) performed by 2 ZNDF drama groups in 28 ZNDF Units. An additional 9,708 individuals were reached with HIV/AIDS messages through peer education. The total number of individuals reached with community HIV/AIDS outreach programs was 19,321. Forty-eight (48) Anti-AIDS club patrons and their assistants drawn from 16 ZNDF-aided schools were trained to promote behavior change, with an emphasis on abstinence using the *True Love Waits* HIV prevention message. This was a follow-up activity to the mobile voluntary counseling and testing (VCT) tour of the ZNDF units. Fifty-four (54) targeted condom service outlets were supported.

Working with the Defense Force Medical Services (DFMS), Jhpiego continued to expand its support for infection prevention and injection safety (IP/IS) programs to more DFMS sites. Eight (8) new sites received an assessment of practices and orientation of managers and supervisors. Over 150 health and non-health managers were involved in the orientation meetings; and 57 health care providers received training in IP/IS knowledge and skills. Procurement of IP/IS commodities, to help site teams implement practices according to national standards, continued in FY07. As part of the activities to protect health care providers from acquiring infections through exposure to blood and body fluids, site-specific protocols were established in 10 sites.

During FY07, 215 women were provided with prevention of mother-to-child transmission (PMTCT) services at 8 PMTCT sites. These services included counseling and testing, provision of results, and linkages to care and treatment. Of the women tested in the PMTCT setting, 14 were provided with a complete course of antiretroviral (ARV) prophylaxis. Thirty-three (33) military health care workers were trained in the provision of PMTCT services. The maternity wing at Maina Soko Military Hospital that had been closed for 4 years reopened in mid-2007 and recorded 90 deliveries as of the end of September 2007. This followed Jhpiego's support in training providers, providing commodities, and facilitating renovations of the facility. Jhpiego worked with the DFMS and the Zambian Ministry of Health to

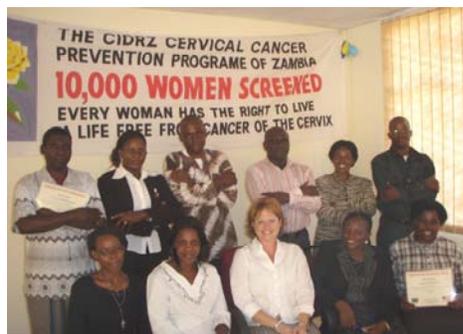


develop performance standards for PMTCT services to be used as tools for performance improvement. Task shifting and human capacity development with the use of lay workers for counseling helped mitigate staff shortages in facilities, allowing nurses and clinical officers to concentrate on more complicated procedures.

### Care

Fifty-four (54) service outlets provided HIV-related palliative care to military members, their families, and civilians living in the surrounding areas. During FY07, 6,083 clients were provided with HIV-related palliative care (3,098 men, 2,985 women), and another 542 individuals were trained in the provision of that care. This is well above ZNDF's planned target of 3,000 individuals receiving palliative care services. A 3-member team of ZNDF personnel living with HIV/AIDS were supported to tour 19 ZNDF units through out the country to help with the formation of support groups for People Living with HIV/AIDS.

Clinicians from the US Navy Medical Center San Diego (NMCS D) conducted a workshop to develop palliative care guidelines for the ZNDF. PCI supported 2 workshops to develop a caregiver manual on palliative care. The process was coordinated by the Palliative Care Association of Zambia, with participants drawn from various stakeholders.



Jhpiego held a clinical training skills workshop for 18 DFMS trainers focused on developing training skills within the ZNDF that will enable them to conduct high-quality training on their own, thus promoting sustainability within the ZNDF. These trainers co-teach alongside Jhpiego trainers as they conduct their first trainings, focusing on diagnosis and management of tuberculosis (TB) and other opportunistic

infections (OIs) in HIV patients. The integration of diagnostic testing and counseling for TB and other OI services will provide an additional entry point into HIV/AIDS care and treatment. At the end of the reporting period, 50 patients on antiretroviral therapy (ART) were also receiving treatment for TB.

The ZNDF supports services for Orphans and Vulnerable Children (OVC) in 5 surrounding communities. In FY07, 430 OVC caregivers were trained in psychosocial support (PSS) and 33,465 OVC benefited from the program. The OVC benefiting from this program include military dependents (approximately 20%) and civilians (80%). The services provided include commodity grants to schools, procurement of learning and recreational materials for schools, support of play and recreational kids clubs, children's exercise books, and caregivers' bags. PSS camps for children were held in Chipata and Livingstone. The camps provided an opportunity for children to share and express their emotions through art, song, and dance.

Fifty-five (55) VCT Centers provided HIV testing for ZNDF personnel. During FY07, a total of 11,896 troops and family members were tested for HIV and received their results (6,237 men, 5,659 women). Forty-two (42) military members were trained in the provision of counseling and testing. The mobile VCT team counseled and tested 7,221 clients at 35 ZNDF units through out the country. The remaining clients were counseled and tested at the 55 permanent VCT Centers.



A database for mobile VCT data was developed and launched during FY07. Two (2) laptop computers have been procured to allow for data entry while in the field.

Eighteen (18) ZNDF personnel were trained to provide mobile VCT services following the acquisition of a second mobile VCT vehicle. Equipment, furniture, and other VCT supplies were procured and distributed at the 55 permanent VCT Centers.

### Treatment

The ZNDF has 8 service outlets that provide antiretroviral therapy (ART) for its personnel, family members and civilians living in the surrounding areas. In FY07, there were 183 patients newly initiated on ART, and at the end of the reporting period, there were 1,715 patients currently receiving ART. One hundred thirty-three (133) health workers were trained in the delivery of ART services according to national standards.



Jhpiego worked with the DFMS, the Zambian Ministry of Health, and other partners to develop performance standards for ART to be used as tools for Standards-Based Management and Recognition. These standards have been finalized and used to collect both baseline and follow-up data that will help the DFMS to measure changes in standards over time and allow them to pinpoint areas for improvement as well as recognize sites that have shown improvement. Sustainability is also being addressed by developing a core team of ZNDF trainers who are able to lead training workshops in the areas of HIV/AIDS care and treatment. In nearly all cases, training workshops are led by ZNDF trainers who receive support from Jhpiego trainers to consolidate their knowledge and skills in both training as well as the subject matter.

### Other

A monitoring and evaluation team led by PCI and the DFMS visited 19 units throughout the country. The Director General of the Armed Forces Medical Services participated in many of these tours and re-emphasized the importance of regular monitoring and reporting. Fifty-four (54) unit coordinators attended a monitoring and evaluation refresher workshop. In addition, 49 ward masters were trained in data collection and reporting. In total, 120 individuals were trained in strategic information. Whenever possible, the ZNDF has adopted data collection and reporting tools developed by the Ministry of Health, thereby harmonizing with the national reporting system.

Two (2) leadership workshops were held for 63 Regimental Sergeant Majors and Station Warrant Officers. The participants were drawn from all 55 ZNDF units. Topics covered included HIV-related stigma and discrimination, impact of HIV/AIDS in the military, HIV/AIDS leadership, alcohol and HIV/AIDS, as well as HIV/AIDS in the workplace. Participants were given an opportunity to come up with ideas for inclusion in the ZNDF National HIV/AIDS Policy document, which has since been finalized.

Jhpiego conducted an assessment of the ZNDF logistics management information system (LMIS) for ARV drugs and HIV tests. Based on the results of the assessment, a design workshop with 24 representatives from various level, as well as implementing partners, was held to redesign the LMIS and adapt it to fit with the national Supply Chain Management System. The results of the workshop were circulated to the Director General of the Armed Forces Medical Services and the Directors of Medical Services of each branch (Army, Air Force, and National Service) of the ZNDF for their review and approval. Implementation of the new system is forthcoming.

### Proposed Future Activities

All proposed activities from PCI and Jhpiego on behalf of the ZNDF, were submitted to the Zambia Country Team, and included in the FY08 COP. Future plans include strengthening of the Zambian Defense College of Health Sciences, improving lab and other infrastructure in select clinical sites, and improving linkages to care and treatment.