



Empathy towards HIV Positive Patients

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Abstract

HIV/AIDS is a topic that is discussed very often and finds a very important place in the field of research. This disease has left a black mark and havoc on human mind. People have been making several attempts to educate common man about the Virus and its disease. Many campaigns have been organized place into place, and people are created responsive to the various effects of the virus. We should bear in mind that this virus has not solely physiological effects, but also major psychological effects. The Australian Federation of AIDS Organizations (AFAO) is an alliance that provides all queries related with HIV/AIDS nationally as well as internationally. Apart from the disease, a person suffering from HIV has to fight many problems such as society and its beliefs, accepting the disease fact, pressure etc. These problems together can make the patient weak mentally. At the time when he needs to stand his own situations, the conditions can break him down, lose his confidence and hope.

Keywords: HIV/AIDS; Psychology; HIV treatment

Introduction

AIDS is a communicable disease but there are only few criteria that stand true for its spreading [1-2]. This disease spreads only after an infected person's body fluid such as Blood, Semen, Rectal fluids, vaginal fluids, and breast milk etc. comes in contact of a healthy person [3]. AIDS related articles and open access journals are very helpful in understanding the stages of the disease [4]. Rare cases of HIV transmission include infected blood transfusion, transfer of the disease from mother to foetus through placenta.

The infection does not spread by touching the patient, eating together, tear sweat, hand shake or sharing toilets [5].

HIV sufferers need encouragement! Their confidence needs to be lifted up and this is possible only if we change our view and perception towards them. A soft heart and kind/supportive words can help them to deal with their ugly situation [6-10].

According to the Global HIV statistics 2015 (Avert.org) 36.7 million individuals were living with HIV (including 1.8 million children) – a world HIV prevalence of 0.8%. The huge majority of this variety sleeps in low- and middle- financial gain countries. In the same year, 1.1 million individuals died of AIDS-related sicknesses [11-13]. (www.avert.org/global-hiv-and-aids-statistics)

Algae have been found to be potential suitable biosorbents because of their cheap availability, relatively high surface area and high uptake capacity [4-6,8]. Algae are able to eliminate different forms of inorganic heavy metals by chelating, making complexes, catalyzing or adsorption [8].

GLOBAL HIV STATISTICS: (<http://www.unaids.org/en/resources/fact-sheet>)

- 18.2 million [16.1 million–19.0 million] people were accessing antiretroviral therapy (June 2016)
- 36.7 million [34.0 million–39.8 million] people globally were living with HIV (end 2015)
- 2.1 million [1.8 million–2.4 million] people became newly infected with HIV (end 2015)
- 1.1 million [940 000–1.3 million] people died from AIDS-related illnesses (end 2015)
- 78 million [69.5 million–87.6 million] people have become infected with HIV since the start of the epidemic (end 2015)
- 35 million [29.6 million–40.8 million] people have died from AIDS-related illnesses since the start of the epidemic (end 2015)

People living with HIV

- In 2015, there were 36.7 million [34.0 million–39.8 million] people living with HIV.

People living with HIV accessing antiretroviral therapy

- As of June 2016, 18.2 million [16.1 million–19.0 million] people living with HIV were accessing antiretroviral therapy, up from 15.8 million in June 2015 and 7.5 million in 2010.
- In 2015, around 46% [43–50%] of all people living with HIV had access to treatment.
- In 2015, some 77% [69–86%] of pregnant women living with HIV had access to antiretroviral medicines to prevent transmission of HIV to their babies.

New HIV infections

- Worldwide, 2.1 million [1.8 million–2.4 million] people became newly infected with HIV in 2015.
- New HIV infections among children have declined by 50% since 2010.
- Worldwide, 150 000 [110 000–190 000] children became newly infected with HIV in 2015, down from 290 000 [250 000–350 000] in 2010.
- Since 2010 there have been no declines in new HIV infections among adults.
- Every year since 2010, around 1.9 million [1.9 million–2.2 million] adults have become newly infected with HIV.

AIDS-related deaths

- AIDS-related deaths have fallen by 45% since the peak in 2005.
- In 2015, 1.1 million [940 000–1.3 million] people died from AIDS-related causes worldwide, compared to 2 million [1.7 million–2.3 million] in 2005.

HIV/tuberculosis

- Tuberculosis-related deaths among people living with HIV have fallen by 32% since 2004.
- Tuberculosis remains the leading cause of death among people living with HIV, accounting for around one in three AIDS-related deaths.
- In 2014, the percentage of identified HIV-positive tuberculosis patients who started or continued on antiretroviral therapy reached 77%.

HIV-related stigma and discrimination refers to misconception, negative attitudes and abuse aimed at people living with HIV and AIDS [14]. According to the present data available in 35% of countries, over 50% of males and females report having discriminatory attitudes towards individuals living with HIV.

The consequences of stigma and discrimination are wide-ranging. Some people snubbed by family, peers and the community, while others face trouble in poor treatment in hospitals, many face problems in educational institutes and psychological damage. These all limit access to HIV testing, treatment and other HIV services [15-21]. Journal of Antivirals & Antiretrovirals gives a good illustration about the prevalence of the disease and treatment procedures.

The People Living with HIV Stigma Index indicates that roughly one out of 8 individuals living with HIV is being denied health services as a result of stigma and discrimination.

Reasons for persisting stigma around HIV and AIDS

The fear encompassing the rising HIV epidemic in the Eighties mostly persists nowadays [22-26]. At that time, very little was acknowledged regarding however HIV is transmitted, which created individuals afraid of those infected as a result of worry of contagion. This fear, along with many other reasons, concludes that countless people wrongly believe that:

- HIV/AIDS are invariably associated with death
- HIV is associated with behaviors that some people disapprove of (like sexual practice, drug use, sex work or infidelity)
- HIV is only transmitted through sex, which is a taboo subject in some cultures
- HIV infection is the results of personal irresponsibility or ethical fault (such as infidelity) that deserves to be fined
- Inaccurate information regarding however HIV is transmitted, creating irrational behavior and misperceptions of personal risk.

Effect of stigma on HIV patients:

HIV-related stigma and discrimination exist all around the world, although they manifest themselves otherwise across countries, communities, religious teams and people [27-30].

Research by the International Centre for Analysis on girls (ICRW) found the potential consequences of HIV-related stigma are:

- loss of income and employment
- loss of marriage and childbearing opportunity
- poor care within the health sector
- withdrawal of caregiving in the home
- loss of hope and feelings of worthlessness
- loss of reputation

How can we help a HIV patient to cope up?

There are several things that you will do to assist a fan or dearest WHO has been recently diagnosed with HIV:

1. Talk- Talking to a person about his problem helps. Always be available to speak for the situation, because what happened cannot be recovered. Let the person open to you about the problem and have an honest conversation [31-40]. Follow the lead of the person who is diagnosed with HIV. They may not forever wish to speak regarding it, or may not be prepared. They may wish to attach with you within the same ways that they did before being diagnosed.

Behave with them the way you used before the diagnosis [41-50]. Show them that you see them because the same person which they're over their diagnosis.

2. Listen- Being diagnosed HIV is life-changing news [51-60]. Listen to your dearest and offer your support. Reassure them that HIV is a manageable health condition. There are medicines that will treat HIV and facilitate them keep healthy. Just sound motivating in your words. Make him feel nothing has changed.
3. Learn- Educate yourself about HIV: what it is, how it is transmitted, how it is treated, and how folks will keep healthy whereas living with HIV [61-70]. Having a solid understanding of HIV is a big breakthrough in supporting your lover. This website is a smart place to start to acquaint you with HIV. Have these resources available for your fresh diagnosed friend if they wish them. Knowledge is empowering, but keep in mind that your friend might not wish the data directly [71-80].
4. Encourage treatment- some people who have been recently diagnosed with AIDS may feel uncomfortable or uneasy to step out for initial treatment. This is the phase where they need to be boosted and encouraged. Go out with the person, your first step can help a lot! By getting an early HIV medical care and starting treatment with HIV medication (called antiretroviral therapy or ART), sticking to medication, and taking proper, people with HIV will keep the virus under level, and prevent their HIV infection from advancing to AIDS [81-90]. Encourage your friend or loved one step out for treatment at the earliest; help them seek the best AIDS treatment hospital. Use the HIV Testing and Care Services Locator to notice a supplier.
5. Support medication adherence- It is important for HIV patients take their daily medication without fail, exactly as prescribed. Ask them one you'll help to support them in establishing a proper medication routine and help them to follow it [85]. Assure them that you'll do whatever it takes to help them stay healthy.
6. Get support- Take care of yourself and find support if you wish it [91-95]. Turn to others for any queries, concerns, or anxieties you may have in order that the one who is diagnosed will specialize in taking care of their own health.

Conclusion and Discussion:

Depressed people typically resist obtaining treatment, and those infected by HIV are not any exception. In addition to "I'm not crazy," "It's my own fault I'm miserable," "Nothing's going to help" and other routine rationalizations. Those with HIV have a special zinger to fling at people World Health Organization tells them to get over it: "You'd be miserable, too, with a life-threatening virus." Well, get over it – untreated depression has serious health effects and might even shorten your life, not to mention just being an enormous bummer. What might surprise the downcast is the news that depression is incredibly treatable [96-100]. An ounce of support and encouragement can help them live a contented life.

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