

CENTRE FOR DISTANCE EDUCATION
ACHARYA NAGARJUNA UNIVERSITY:: NAGARJUNA NAGAR – 522 510

CERTIFICATE PROGRAM IN HIV/AIDS COUNSELLING

Program Code: 77

(YEAR END MODE)

Program Structure

Course code	Course	Internal assessment	External exams	Max. Marks	credits
CCH01	Counselling	30	70	100	4
CCH02	Sexology	30	70	100	4
CCH03	Clinical Concepts of STI/HIV/AIDS	30	70	100	4
	Project report	---	100	100	4

SYLLABUS
CCH01: COUNSELLING
PAPER - I

UNIT - I

Basics of counselling - Introduction to counselling - counseling process and skills of counseling - Types of counselling and important techniques of counselling - STD & HIV/AIDS counselling - counselling of sexuality and sensitive issues - Family and premarital counselling.

UNIT - II

Opinion leaders: Leadership types - Traits, functions - Leadership in community - Opinion leaders in community - Role of teacher and religious leaders - Community heads - Panchayats - Role of opinion leaders in creating awareness about HIV/AIDS - Importance of Focus Group discussions - Community education and involvement.

UNIT - III

Indian family system - Changing Indian Family retrospect and prospect - Family types - Changes in the structure and Functions - Marriage, forms of marriage - its social significance and values - Family life education.

UNIT - IV

Culture and religious influence on family life - Ashrama Dharmas - Indian family moral and spiritual values - Religious influence on Hindu social Organization - Communication concept-types and process - Use of media for promotion of HIV/AIDS and Family Education Programmes.

UNIT - V

Social Stigma & Social Pathology : - Social Pathology - Concept - Meaning - Social disorganization - Social Problem - Concept and meaning - Contemporary social problems- Alcoholism, Drug addiction, Poverty, Unemployment, Human trafficking, Problems of sexual health, Role of school, Home and Media - Social Stigma - STD, AIDS, Sexual health education, Concept and objectives.

REFERENCES :

1. Ackerman, N.W. : Psycho-dynamics of Family life, New York, Basic Book inc.
2. Fouseca Habel : Counseling for marital Happiness.
3. Gokan, N.A. (1988) : Monography : Family life Education, Family and Child welfare Department, TSS, Bombay.
4. Good, W.J. : The Family, New Jersy, Prentice Hall, Inc.,
5. Prof. Lakshmipathi Raju. M : Future of Indian Family - Challenges for Social Work Education, Department of Social Work, Sri Padmavathi Mahila University, Tirupathi.
6. Prof. Lakshmipathi Raju, M., Family counselling perspectives and practices, Department of Social Work, Sri Padmavathi Mahila University, Tirupathi.
7. P.N. Prabhu, Hindu Social Organisation.
8. Mabel B, Fonseca, "Counseling for marital happiness", Bombay, P.C. Manaktala and sons Pvt. Ltd. 1996.

CCH02: SEXOLOGY**PAPER – II****UNIT - I**

Anatomy of Male Reproductive system - Structure of the Testes - Functions of the Testes - Structure of the Spermatic cords - Structure of the Seminal Vesicles - Functions of Seminal Vesicles - Functions of Seminal Vesicles - The Ejaculatory Ducts - The Prostate Glands - Functions of the Prostate Glands - Urethra - Penis - Ejaculation - Puberty in the Male -

UNIT - II

Anatomy of Female Reproduction system - Functions of Female Reproductive System - External Genitalia - Perineum - Internal Genitalia - Perineum - Internal Genitalia - Uterus - Structure of the Uterus - Functions of Uterus - Fallopian Tubes - Ovaries - Structure of the Ovaries - Functions of the Ovaries - Puberty in Female - The Menstrual Cycle - Menopause - Female Breasts - Structure of the breast - Functions of the Breast.

UNIT - III

Physiology of Male Sexual Act - Psychic Element of Male Sexual Stimulation - Integration of the Male Sexual Act in the spinal - cord - Stages of the Male Sexual Act - Lubrication - Emission & Ejaculation - Physiology of Female Sexual Act - The Female Sexual Act - Female Erection & Lubrication - Female Orgasm - Human Sexual Act & HIV Risk - Altered Sexual Behaviour - Altered Sexual Behaviour - Sodomy - Common Clinical Findings in a Case of Sodomy - Incest - Buccal Coitus (Oral Sex) Masturbation .

UNIT - IV

Sexuality, Sensitive Issues and Risk Reduction - Large group discussion : Being comfortable with sexuality and sexual issues - Small group work : Sexual terminology - Small group work : Talking and thinking about sexual behaviour - Paired exercise : Developing communication skills to discuss sensitive issues related to sexuality - Brainstorming : Safer sex and risk reduction - Gam and Demonstration : Correct condom use - Demonstration of use of bleach - Review questions.

UNIT - V

Intrauterine life

Fertilization - ovum - Embryo - Attachment - at 3 months Intrauterine life - at 5 months of Intrauterine life - at 7 months of Intrauterine life - Full term pregnancy - Delivery - Importance of Breast Milk

Reference Books :

1. The text Book of Practical Physiology 6th Edition Ghai
2. Essential Medical Physiology : 11th edition Shambhu Lingam.
3. Review of Medical Physiology : 22nd Edition Ganag.
4. Fundamentals of Medical Physiology : 2nd Edition L. Prakash Reddy.

CCH03: CLINICAL CONCEPTS OF STI-HIV-AIDS Paper – III

Unit – 1a (Epidemiology of HIV/AIDS and STI)

General Epidemiology Of Infectious Disease And Stis Including HIV/AIDS – General Concepts Of HIV Infection - A Carrier State In The Incubation Period - Mechanism Of Infection - Infective Materials - Environment (Social Factors) Plays An Important Role - Infectious Disease Epidemiology - *Infection – Contamination – Host - Infectious Disease - Contagious Disease - Communicable Disease – Epidemic – Endemic – Sporadic – Pandemic - Nosocomial Infection - Opportunistic Infection – Surveillance* - Dynamics Of Infectious Disease Transmission - *Human Reservoir - Window Period* - Modes Of Transmission - *Direct Transmission - Indirect Transmission*

Unit – 2a (Basics of Immunology)

General Concepts of Immunity - Susceptible Host - HIV infection attacks the immune system of the body – Immunity - White Blood Cells – Neutrophils – Eosinophils – Basophils - Lymphocytes – Monocytes – Granulocytes – Monocytes - Immune Mechanism - Development of Immune system - Humoral Immunity - The Complement system - Cellular Immunity - Specific Defences - Specific Defences - Active Immunity - Passive Immunity - The Immune Response - Primary Response - Secondary Booster response:

Unit – 2b (Virology & Pathology)

Structure of Virus : Development of Virus in the Body - These symptoms are also common in people who do not have HIV infection.

Unit – 3a (Sexually Transmitted Infections)

Sexually Transmitted Diseases (Stds) - **Classification and terminology – Prevalence - Types and their pathogenic causes – Bacterial – Fungal – Viral – Parasites – Protozoal** - Among these the following infections are having public Health Importance

Unit – 3b (Syndrome Approach of STIs)

syndrome approach - urethral discharge - genital ulcer - vaginal discharge (without speculum) - vaginal discharge (with speculum examination) - Scrotal swelling - Lower abdominal pain in female - Inguinal bubo - Ophthalmia neonatorum

Unit – 3c (Treatment for Sexually Transmitted Infections)

Urethral discharge treatment - genital ulcer treatment - vaginal discharge (without speculum) treatment - vaginal discharge (with speculum examination) treatment - scrotal swelling treatment - Lower abdominal pain in females treatment – inguinal bubo treatment - ophthalmia neonatorum treatment

Unit – 4a (HIV – infection & Risk factors)

Problem statement of aids - How HIV transmission take place - Sexual intercourse - Infected mother to new-born child – Blood - How is HIV not transmitted

Unit – 4b (Post Exposure Prophylaxis - PEP)

Risk occupations - Health care workers - Average Risk Of HIV Infection After An Occupational Exposure - Steps to be taken on exposure to HIV infected blood/ body fluids and contaminated sharps - REPORTING OF THE EXPOSURE - POST EXPOSURE PROPHYLAXIS - DETERMINATION OF PEP RECOMMENDATION - Post Exposure Prophylaxis Drugs recommended by NACO - ADVICE TO THE INDIVIDUAL ON PEP

Unit – 5 (Prevention and Control of HIV / AIDS in the Community)

HIV/AIDS: : ITS PREVENTION AND CONTROL - SEXUAL INTERCOURSE - Use of condoms – BLOOD - Sterilized syringes and needles - Blood Safety - MOTHER-TO-CHILD - “NO RISK” BEHAVIOURS - “RISKY” BEHAVIOURS - Control - IMPORTANCE OF COUNSELLING, CARE AND TEACHERS, ROLE - Importance of Counselling - No Preventive Vaccine or Cure for AIDS - Living With Persons with HIV and AIDS - AIDS in the Home

Reference Books

1. The Text book of Preventive and Social Medicine 19th Edition – by K.Park
2. The text Book of Microbiology – Anantanarayan - & Panikar
3. NACO WEBCITE – Download loadable documents

PROJECT REPORT

Case study:

1. 10 Case Studies to be recorded, Females Interacting with Females and Males Interacting with Males
2. Photograph of the HIV Patient
3. Photograph of Family
4. Family Schedule (no. of members living in the family)
5. Impacts of HIV Positivity
 1. Impacts on Family life
 - Sexual Life
 - Interpersonal relations of the family members
 - Relations with the neighbours
 - Others
 2. Impact on family economy
 - a. Number of man days lost
 - b. Total Monthly income loss
6. Message carried to restore to the normal life
7. Methods involved in carrying the message Barrier analysis
8. Results
9. Summary and Recommendations