

Prevention of AIDS and Critical Role of Counselling in Developing Country

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Introduction - AIDS – a global problem, a global challenge and response. In the absence of medical defences against AIDS, mass education and counselling services are main weapons in the fight against HIV/AIDS in a developing country like India. I.C.M.R and WHO suggests that more than one billion of Indian population are HIV - Positive (0.7%) with 3.9 million positive cases. One of the key components in strategy to prevent HIV –infection and to provide care to the persons with AIDS is counselling. It is an client centred interpersonal therapy.

Hypothesis – Counselling can be useful to seropositive persons, AIDS- victims and their family members. Counselling helps in community awareness, to establish legal and human rights of the AIDS patients and to overcome stigma and prejudices.

Method- 144 HIV –seropositive patients were referred to the Dishari Counselling Centre. Case histories and clinical along with psychological evaluation was done. G.A.F and B.P.R.S were used. Individual and group counselling done according to the need for 3 months. 16 HIV patients used to attend Medical College regularly along with counselling.

Results- GAS and BPRS shows 30% improvement. Detailed result will be discussed in presentation.

Discussion– In a developing country like India, with second highest population, counselling is an important method to increase self – reliance and self esteem of HIV – Positive persons. It helps the seropositive and HIV patients to understand the necessity of protecting themselves and family members.