PLACE AND ROLE OF HIV-INFECTION PREVENTION AND
OTHER PARENTERAL INFECTIONS IN EDUCATIONAL
INSTITUTIONS OF RUSSIA.

PRESENTED AT CHANGMAI THAILAND
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PREVALENCE

During last years the spread of HIV-infections in Russia has received an evident epidemic character and now Russia has taken one of the first places in the world according to the rate of growth of this disease.


OFFICIALLY REGISTERED EVENTS HIV-INFECTIONS

IN RUSSIAN FEDERATION REGIONS.

1 January 1987 - 1 December 2003

(As to Federal Science-methodic Centre on Prevention and fight with AIDS DISEASE, MINISTRY OF HEALTH, RUSSIA).

THE REGION NAMES ARE SITUATED IN ORDER OF THE DECREASE NUMBERS OF REGISTERED EVENTS.

<table>
<thead>
<tr>
<th>The Rank</th>
<th>Territory name</th>
<th>Number of registered events 1 Dec. 2003</th>
<th>Numbers of registered deaths</th>
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<tbody>
<tr>
<td></td>
<td>Russia</td>
<td>258 127</td>
<td>3 456</td>
</tr>
<tr>
<td>1</td>
<td>Moscow region</td>
<td>22 210</td>
<td>48</td>
</tr>
<tr>
<td>2</td>
<td>Sverdlovskaya region</td>
<td>22 177</td>
<td>439</td>
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<td>3</td>
<td>SAINT PETERSBURG</td>
<td>21 810</td>
<td>160</td>
</tr>
<tr>
<td>4</td>
<td>Samarskaya region</td>
<td>18 207</td>
<td>87</td>
</tr>
<tr>
<td>5</td>
<td>Irkutsk region</td>
<td>15 886</td>
<td>84</td>
</tr>
<tr>
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<td>-----------</td>
<td>------</td>
</tr>
<tr>
<td>6</td>
<td>MOSCOW</td>
<td>15 295</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>Chelyabinskaya region</td>
<td>12 651</td>
<td></td>
</tr>
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<td>8</td>
<td>Orenburgskaya region</td>
<td>11 282</td>
<td></td>
</tr>
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<td>9</td>
<td>Leningrad region</td>
<td>8 509</td>
<td></td>
</tr>
<tr>
<td>10</td>
<td>Hanty-Mansiyskiy JC</td>
<td>7 892</td>
<td></td>
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<tr>
<td></td>
<td>The Whole in these 10 regions</td>
<td>155 919</td>
<td></td>
</tr>
<tr>
<td></td>
<td>The Whole</td>
<td>258 127</td>
<td></td>
</tr>
</tbody>
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**THE CHILDREN (0-14 years) and HIV/AIDS DISEASE in RUSSIA,**

**1987-2003**  (given on 1 July 2003.)

(Source: bulletin boards by Federal scientific-methodic centre on prevention and fight with AIDS DISEASE)
<table>
<thead>
<tr>
<th></th>
<th>The Children, lived with HIV/AIDS DISEASE</th>
<th>264</th>
<th>93</th>
<th>302</th>
<th>543</th>
<th>1260</th>
<th>3240</th>
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<tr>
<td>3</td>
<td>HIV-infected</td>
<td>226</td>
<td>94</td>
<td>299</td>
<td>540</td>
<td>1249</td>
<td>3227</td>
<td>1318</td>
<td>6953</td>
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<td>4</td>
<td>Patients who are ill with AIDS DISEASE</td>
<td>38</td>
<td>-1</td>
<td>3</td>
<td>3</td>
<td>11</td>
<td>13</td>
<td>1</td>
<td>68</td>
</tr>
<tr>
<td>5</td>
<td>Diagnosis of AIDS DISEASE is made, the total number</td>
<td>110</td>
<td>5</td>
<td>12</td>
<td>6</td>
<td>23</td>
<td>35</td>
<td>2</td>
<td>193</td>
</tr>
<tr>
<td>6</td>
<td>People died from HIV/AIDS DISEASE</td>
<td>85</td>
<td>8</td>
<td>9</td>
<td>16</td>
<td>31</td>
<td>52</td>
<td>15</td>
<td>216</td>
</tr>
<tr>
<td>7</td>
<td>Died HIV-infected</td>
<td>13</td>
<td>2</td>
<td>0</td>
<td>13</td>
<td>19</td>
<td>30</td>
<td>14</td>
<td>91</td>
</tr>
<tr>
<td>8</td>
<td>Died the sick AIDS DISEASE</td>
<td>72</td>
<td>6</td>
<td>9</td>
<td>3</td>
<td>12</td>
<td>22</td>
<td>1</td>
<td>125</td>
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</table>
In Russia active spreading of HIV-infected is connected with the drugs using, when in 1996 from the territory to contiguous states infection became to spread among the users of injection drugs.

- The intravenous drug injection is the most risky as regards HIV-infection. It is connected with the fact that the users of injection drugs often use the same needles and syringes.

- At the same time while using any drugs self control has become lower and it provokes the risky sexual behavior.

The most dangerous in this case is the using of different kinds of psychostimulants, as well as alcohol. The studies show that’s alcohol user’s nature often keep in sexual touch with casual partners, but the use of many types of psychostimulants as amphetamine provokes the group forms of the sexual relations.

- When using drugs the sexual way of the transmission HIV-infections is realized.

We also can find it in epidemiological findings.
• Lately we can see the tendency to increasing the sexual way of infection. It is particularly anxious, as through sexual contacts epidemic comes out of the surrounding of the users drugs to other groups of the population.

• Last years the third way of the transmission of HIV-infection - from mother to experienced fetus is sharply activated. The number of children, being born from HIV-infected women, using drugs is increased.

• Using drags realizes all three ways of the transmission HIV-infection.

• Similar ways of the spreading have parenteral virus hepatitis types B and C.

• The highest level of the diseases HIV/AIDS virus hepatitis types B and C. Is marked in sexual active age groups- from 15 before to 30 years, when drugs intake provokes the risk of the sexual transmission of these infections.

• Prostitution among women who take drugs is widely spread. It inevitably leads the epidemic into others groups of the population through heterosexual contacts.

• Young people are very often exposed to risk by infection diseases, these diseases are communicated sexual way and through blood, because of high sexual activity, risky sexual behavior, the using different drugs, including injection drugs and alcohol. They often begin sexual life at early age, often change a sexual partner and use condom irregular.

• According to the Centre of the Sociological studies Ministry of education the average age when boys begin sexual life is 14,8 years, for girls - 15,8 years.

• The Average age of the tests drugs for boys is 15, 1 years, but for girls - 15, 7.

• 10% of girls at age 14-16 years were subjected of sexual violence.

• Young people often can not connect with their knowledge with realization of the real risk and the necessity to change the behavior. It is necessary to examine episodic drugs intake as a serious factor of the spreading this infections in the society.
PREVENTION

- Prevention of the risky sexual behavior must begin before puberty and contain some information about questions of reproductive health.
- The most important part of primary prevention among students is professional teachers training their teaching to the methods of work with the youth. It also clarifies reality of preventive programs.
- School and University Teachers are the most important aim group at development of the complex preventive activities for students.

In forming epidemiological situation it is more reasonable to invest material resources in preventive work among youth.

- In Russia there are few identical school programs for sexual education and reproductive health.

At present the existing popularization propaganda directed against drugs, venereal diseases, HIV-infections, acts weak. The Consulting preventive centres of AIDS, dermatovenerologic, narcological dispensary and in-patient hospitals conduct large work, but their efforts are not enough. The majority of teenagers and young people are out of reach of these establishments.

- It is necessary to have new means and forms of the mass prophylaxis work, which will answer the amount of the disaster and will be capable to attract attention youth.
- It is necessary to unite the efforts of different specialists on given problem: doctors, psychologists, teachers, cultural workers and mass media and others.
- The most efficient strategies of the prevention of infectious complications when working with youth are the following:
  1. enlightenment about the mode of healthy living;
  2. information companies in mass media;
  3. access to condom;
4. voluntary consultation, testing and referral for advise of specialists;
5. treatment of sex transmission diseases;
6. participation of the parents and other adult people in the preventive programs;
7. work on increasing social and economic status of the youth.
8. Education about the mode of healthy living at schools and high educational institutions must include the prophylaxis of the consumption drugs. It is necessary to include modules which are denoted to prevention HIV-infections, virus hepatitis and .
9. Preventive programs should be done in the manner of interactive seminar-training.
10. To raise efficiency of the preventive programs, on youth, can the use of the educational method "equal-equal", when as the teachers are the same age.

This method of the prevention HIV-infections has proved; it’s effectiveness especially with young people.

The Method is founded on fact that members existing social group or community inform, teach and advise other members of the group or community. These programs are very effective because young people listen and learn those who the same age, social-economic and cultural level. This is particularly obviously when speaking of such delicate topics, as sex and sexual behavior as here young people can treat teachers, parents and other adults with distrust and uneasiness.

At the realization of the programs of mutual education questions should be object of attention at there are some difficulties in the groups of students of the same age when they speak questions of sex and intimate relations. In such program it is necessary to take into account traditional systems of ideas life values, and typical myths, which are wide-spread among young people and their social.
It is very important to teach instructor of the same age instructor-peer to create in the group conditions of mutual trust and understanding. The Difficulties when discussing the sexual relations appear in all aim groups and reduce efficiency preventive actions. That’s why the teaching of overcome skills existing in the field psychological barriers is obligatory methodic form all concrete preventive programs.

The Practical recommendations on overcoming undesirable gender barriers were worked out as a result of approbations of numerous programs. Discussions debates about education and boys and girls behavior are encourage there. Questions of the intimate relations, sex, using drugs and in results of these acts are also discussed consequence; wrong ideas and established stereotypes of inequality sex. They develop respect to women and children and responsibility for them; support efforts in struggle with male violence, including domestic sexual violence and others.

- One more direction (trend) of prophylaxis is the organization of consulting services concerning HIV-infections. It is reasonable to organize then at schools and universities polyclinic.

If it is difficult to do it at a concrete educational institute it is necessary for students to know all about like such local services.

**PRINCIPLES OF ORGANIZATION TEACHING MODULE ON PREVENTION HIV INFECTIONS.**

Modules on prevention HIV-infections must contain some main units:

- Information unit

This unit must contain the main information of HIV-infections and the difference between HIV-infection and AIDS DISEASE; the ways of its spreading, diagnostics, development of the disease and existing treatment methods.
• Unit risky behavior bear on HIV-infections.
Two main types of risky behavior are examined. In this unit in bear on HIV-infections. Risky narcotic behavior and risky sexual behavior.

• Unit of the development of safe behavior skills bear on HIV-infections.
The Purpose of this unit is gaining practical experience of responsible behavior in the situation of choice by the participators of the program.

• Unit ethical and legal questions bear on HIV-infections. The subject of this block is oriented on tolerance attitude to HIV-positive people and illumination of the main questions legislation, in accordance with rights HIV-infected.

The Contents of each unit is closely connected with others so some aspects of the problem can be considered with different positions. So, the problem of the safe behavior is connected not only with concrete skills with the information of total questions HIV-infections and legal defense. At the same time, the quantity of information and time, spent on each unit, can be changed proceed from concrete preventive task and purpose auditorium.

THE MAIN CONTENTS OF THE INFORMATION UNIT.

What is HIV and HIV-infection?
What is AIDS DISEASE?
How does HIV-infection transmit?
What way doesn’t HIV- infection transmit?
Who does HIV-infection threaten to?
What is immune system and how HIV acts upon it?
What does the rate of the development of the disease depend on?

What is a test HIV?

When must you be tested for HIV?

What does it mean – doubtful test result for HIV?

How to avoid the infection HIV?

**THE MAIN CONTENTS OF THE UNIT RISKY BEHAVIOR.**

**The Risky narcotic behavior:**

- Parenteral way of the transmission HIV-infections.
- Ways using drugs as a risk factor of HIV infected?
- Joint using of syringes, needles and other devices for the preparation of injection solution.
- Ways of aseptic processing of injection devices.

In spite of the fact that the main aim of the preventive programs is a complete refusal of using drugs, this unit includes the questions, connected with safe in respect of HIV-infections way of using drugs and rules of the use injection devices.

It is connected with that, in spite of efforts of the preventive programs, young people cannot always refuse from experiment with narcotic substance and avoid their single sample. It happens because young people, testing drugs for the first time particularly it concerns injection drugs, have no experience of correct use of them. The first tests, as a rule, happen under group consumption condition. All this is indicates to large liability to infection by parenteral infections just during episodic using of drugs.

- The Aim of this unit of the preventive program is minimization of the harm from possible using drugs on the one hand, but on the other hand, detailed consideration of
the possible infectious complications by drugs can be one more important argument of the refusal of using drugs.

**The Risky sexual behavior.**

- Sexual way transmissions HIV-infections.
- Types of sexual contacts and the degree of the risk of the transmission HIV-infections under each of them.
- Differences in degree of the risk HIV-infection under sexual contacts for men and women.
- Methods of protection from HIV-infections under sexual contacts. The rules of the use of the condom.
- Influence using drugs on sexual behavior.

In this part of the program it is important to pay the attention to the fact that, sexual habits of the people are changed with great difficulty. It is important to examine possible psychological difficulties, arising at partners while discussing the problems of safe sexual contacts. It is necessary to examine the existing types of contraception’s from the point of view of the protection from HIV-infections.

It is necessary to pay attention to greater vulnerability of the women as from point of view of the possible sexual violence and greater social- role to vulnerability, so and from the anatomical peculiar of feminine organism.

It is necessary to give truthful information about risky sexual activity, how to avoid a violent sexual act how to protect against pregnancy and HIV-infections.

The Explanation of connection using drugs with risky type’s sexual relations can be an argument against using drugs.

It is necessary to emphasize that the using drugs brings down the control over behavior and raises the risk of unprotected sexual contacts.
It is necessary that participants to know that the possession of information and confidence between partners about using drugs and sexual risk are often insufficient. The Users of injection drugs frequently prefer to hide this detail from their own sexual partners or do not speak about consumers length of service. In some cases people with HIV can hide their status.

The most reliable way of protection from HIV-infections during sexual contacts is the condom using. That’s why much time must be spent for this work.

During group debate the participants must discuss difficulties, which appear between sexual partners while speaking of using of condom. It is necessary to have practical skills of the using the condom, as on the condition of training this easier to overcome psychological barrier, than in real life.

THE MAIN CONTENTS OF THE UNIT OF THE FORMING SAFE BEHAVIOR SKILLS.

This unit must be organized in interactive form with active discussing the following questions:

- What is a risky behavior in respect of HIV-infections?
- What is a safe behavior in respect of HIV-infections?
- Why is it difficult to change the behavior?
- What psychological stages does a person pass when he decides to change problematical behavior?
- What external in internal factors help to change the problematic behavior?
- How to obtain stable change behavior and avoid returning to problematic behavior?

The Purpose of this unit is a consolidation of receiving information of HIV-infections and risky in respect to behavior in the manner of practical skills.
THE MAIN CONTENTS OF THE UNIT ETHICAL AND LEGAL QUESTIONS.

- How does epidemic HIV-infections influence upon society and independent people?
- The Attitude in society to HIV-infections and HIV-infected.
- Russian legislation of HIV-infected people.
- What services of help to HIV-infected exist?
- What rights do HIV-infected have?

The Purpose of this unit is participants’ realization conventionalities the division of society into groups of the risk HIV-infections and understanding that this problem can touch each person.

The listeners must learn what measures upon their protection from HIV-infections are provided by state legislation on the one hand, and how rights HIV-infected are protected on the other hand. Such knowledge’s promote the reduction of stigma these diseases, as well as more humane and more constructive attitude of people to the problem HIV-infected.

It is necessary to include in this unit the information about all available help services not only as a communication with HIV-infection, but as well as a problem of the using drugs and sexual and reproductive health.

This unit, as the unit, dedicated to skills of the safe behavior, shouldn’t be selected as a separate part of the program, but it can be placed in units. It depends on concrete preventive task and purpose group. However, you should pay your attention to the problems discussed in this unit, as the listeners should feel that it they are in a difficult they will not be in insulation, but they can reckon on the society support.
THE EXAMPLE OF THE PROGRAM.

Pilot Program "HIV/AIDS Prevention Education",  Moscow State University of Medicine and Density.

Objectivities:
- HIV/AIDS is a preventable disease; prophylaxis methods are most effective;
- Main problem for modern society is HIV/AIDS transmission in 13-15 years old teenagers:
  = low level of sexual education;
  = changing of social system in former Soviet Union;
  = there is no sexual education in school;
  = early beginning of sexual life;
  = individuals do not know about their individual possibilities to take HIV/AIDS infection ;
  = no information about problem ;
  = non correct society minding about peoples with HIV/AIDS infection;
- In Russian there are deficient of teachers which possibly can teach in HIV/AIDS prevention:
  = there are total deficient of teachers in more schools of Russian Federation;
  = in good cases biology teacher teach in sexual problems, but in the most cases this do teacher which do not have any biological or medical education at all;
  = more teachers are people with big age, they have complexes due to their education and culture and do not ready to speak about sexual transmission diseases;
  = in cases when teaches can speak about sexual transmission diseases, usually teenagers do not ready to understand this information due to big difference in age ;
  = more teachers are women, so it is a big problem to speak about sex with boys ;
  = teenagers prefer to receive information from teenagers, not from teachers;
- For HIV/AIDS prevention it is necessary to teach teenagers in HIV/AIDS prophylaxis:
= sexual education;

= learning in condom using ;

= learning in HIV/AIDS information ;

Proposal:
Schoolboy’s teaching in sexual behavior and prophylaxis of HIV/AIDS. Such teaching will start with help of students of senior courses of Moscow State University of Medicine and Density:
- Senior courses students know enough information about sexual transmission diseases and can explain healthy sexual behavior
- Students do not have big age difference with schoolchildren, so schoolchildren are ready to take information from students
- Students and schoolchildren can speak on one language, including slang

The main results:
Training of schoolchildren in HIV/AIDS prophylaxis and healthy sexual behavior:
- Culture of sexual behavior (sex is not only pleasure);
- Contraception information;
- growing in sexual culture;
- In future: lowing in HIV/AIDS infection in schools.