

Nutritional Management of HIV/AIDS-Related Symptoms

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Purpose

To provide knowledge of
and skills for the nutritional
management of HIV/AIDS-
related symptoms

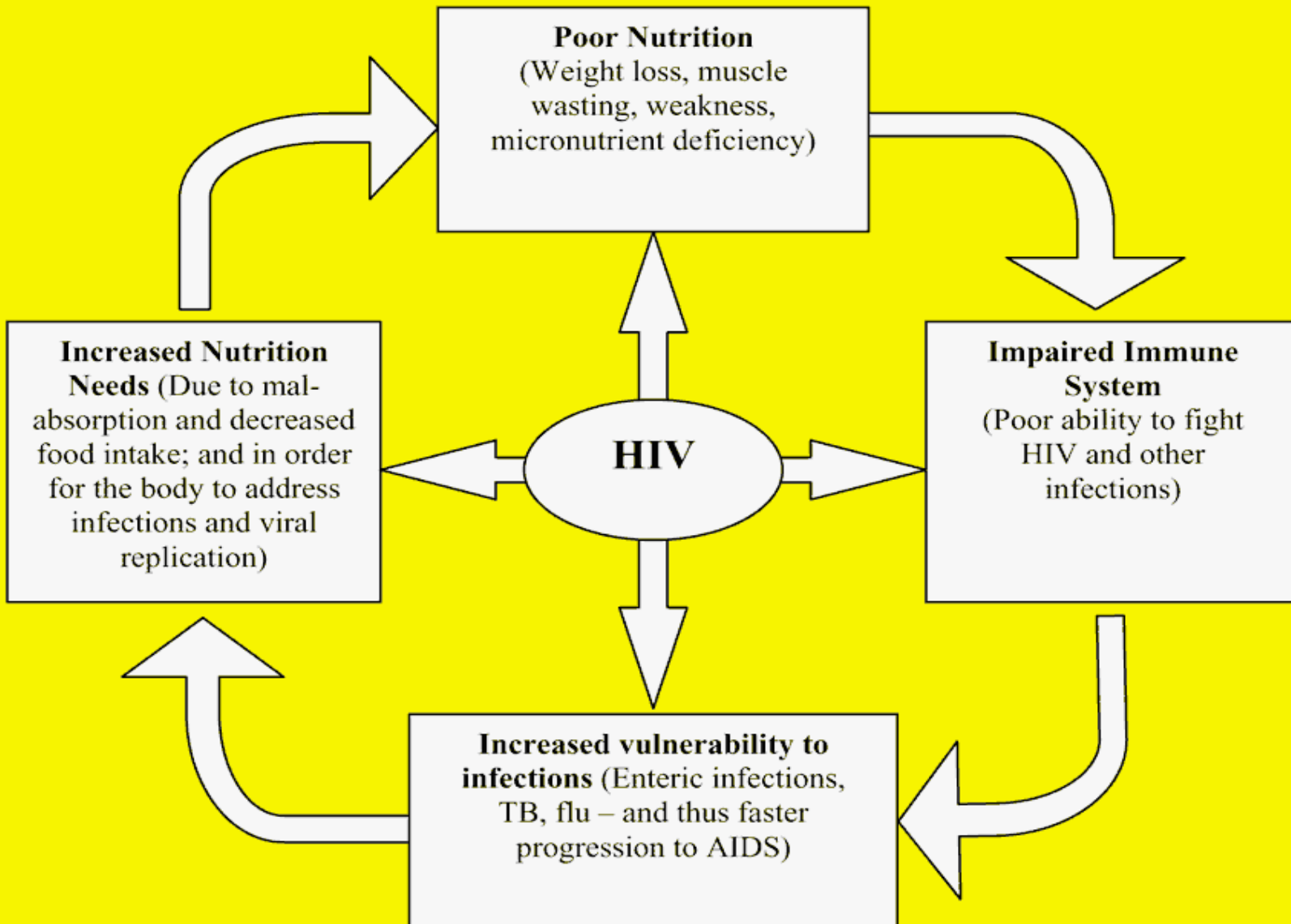
Session Outline

- Relationship between nutrition and HIV infection
- Importance of good nutrition at all times
- HIV/AIDS-related symptoms and nutritional implications
- Dietary management of HIV/AIDS-related symptoms

Rationale

- HIV/AIDS has a negative impact on nutritional status and may lead to malnutrition.
- Malnutrition weakens the immune system and increases vulnerability to opportunistic infections.

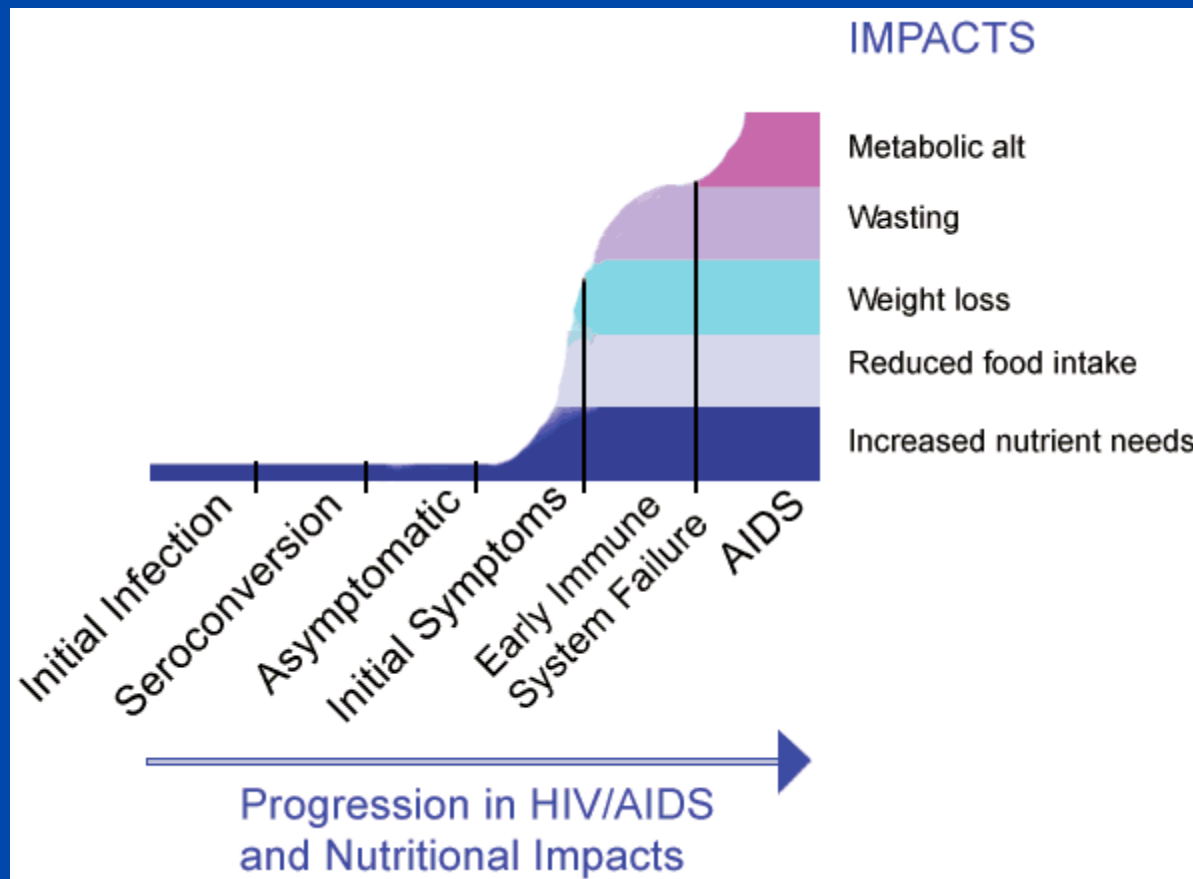
Cycle of Malnutrition and Infection in HIV/AIDS



Rationale, Cont.

- Opportunistic infections cause symptoms such as anorexia and fever that reduce food intake and nutrient utilization and increase nutrient requirements.
- Reduced food intake and poor nutrient absorption weaken the immune system and hasten disease progression.

Rationale, Cont.



Importance of Managing Symptoms at All Times

- Rapid multiplication of the virus depletes the host of nutrients and increases vulnerability to infections.
- Acting promptly and efficiently at the onset of symptoms is critical to strengthen the immune system and reduce the severity of infections.
- Nutritional repercussions and responses vary as the disease progresses.

Goals

- Prevent malnutrition
- Improve health and nutritional status
- Slow the progression of the disease

Importance of Good Nutrition

- Before contracting HIV, reduces the likelihood of the virus rapidly weakening the immune system
- Has the greatest impact at the beginning stages of HIV infection because it strengthens the immune system and reduces vulnerability to opportunistic infections
- Reduces the severity of infections, contributes to weight gain, and prevents wasting.

Adequate Nutrition for PLWHA

- Prevents malnutrition and wasting
- Achieves and maintains optimal body weight and strength
- Enhances the body's ability to fight opportunistic infections
- May help delay progression of the disease
- Improves the effectiveness of drug treatments
- Improves quality of life

Symptoms and Nutritional Status

Symptoms such as loss of appetite, taste changes, fever, diarrhea, nausea, vomiting, oral Thrush, anemia, bloating, and heartburn may negatively affect nutritional status because of

- Reduced food intake
- Poor nutrient absorption
- Increased nutrient needs

Dietary Management of Symptoms

- Enables greater food intake
- Contributes to increased comfort
- Compensates for nutrient losses
- Prevents dehydration
- Complements and strengthens medical treatment
- Reduces severity of symptoms

Dietary Management of Symptoms, Cont.

Anorexia: Eat small amounts of food frequently and eat energy-dense foods

Thrush: Eat soft mashed foods cold or at room temperature and avoid spices and sugar

Constipation: Eat more high-fiber foods and drink plenty of fluids

Bloating and heartburn: Eat small and frequent meals, avoid gas-forming foods, and eat long enough before sleeping

Dietary Management of Symptoms, Cont.

Diarrhea: Drink lots of fluids and eat energy- and nutrient-dense foods

Nausea: Eat small frequent meals, avoid lying down immediately after eating, rest between meals

Fever: Drink plenty of fluids and eat soups that are rich in energy and nutrient foods

Anemia: Eat iron-rich foods, such as animal products, green leafy vegetables. Take iron supplement.

Context-Specific Dietary Management

Always adapt recommendations to the specific food habits and food security constraints of the context and the client

Conclusions

- Dietary management of HIV/AIDS-related symptoms helps maintain food intake and compensate for nutrient losses
- Dietary management complements medical treatment and enhances the client's capacity to fight opportunistic infections
- Health workers and counselors should monitor symptoms and food and drug regimen to ensure nutritional status is maintained