

**THE ESTABLISHMENT OF A SELF-HELP CLINIC FOR HIV
POSITIVE MOTHERS IN BAMRASNARADURA HOSPITAL**

Benjamas Khumgaliang

**A Thesis Submitted In Partial Fulfillment of the Requirements
for the Degree of Master of Public Health
Health System Development Programme**

College of Public Health

Chulalongkorn University

Academic Year 2000

ISBN 974-130-879-5

© College of Public Health, Chulalongkorn University

Bangkok, Thailand

I 19581865


Thesis Title : The Establishment of Self-help Clinic for HIV Positive Mothers in Bamrasnaradura Hospital

By : Benjamas Khumgaliang

Program : Master of Public Health (Health Systems Development)
College of Public Health

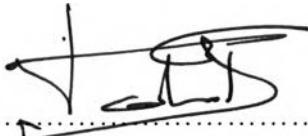
Thesis Advisor : Sathirakorn Pongpanich, M.A., Ph.D.

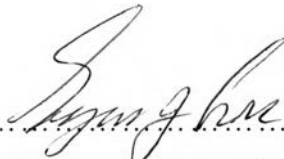
Accepted by the College of Public Health, Chulalongkorn University, Bangkok Thailand in Partial Fulfillment of the Requirements for the Master's Degree

....., Dean of the College of Public Health
(Samlee Plianbangchang, M.D., Dr.P.H.)

THESIS COMMITTEE

....., Chairman
(Assistant Professor Sathirakorn Pongpanich, M.A., Ph.D.)

....., Thesis Advisor
(Marc Van der Putten, M.P.H.)

....., Member
(Professor Edgar J. Love, M.D., Ph.D.)

Abstract

A one year pilot project to establish of a self-help clinic for HIV positive mothers was introduced at the ante-natal Care Unit, Bamrasnaradura Hospital in September 2000. This clinic run peer and professional support activities twice a month. Participants joined activities on a voluntary basis with the aim to help these women adopt adaptive ways of coping with HIV related stressors.

During the first 3 month of the project implementation, 13 HIV positive pregnant women and one HIV positive mother participated in the project. Most women were between 19-30 years old (90.9%) and were new cases of HIV infection who have been known to have acquired HIV infection in the 6 months (81.8%). These women were evaluated prior to and after participation in the project activities to assess the project effectiveness.

Results indicate that after participation in the first implementation of the project, these women demonstrated improvements in HIV knowledge, confidence in self and baby care, positive attitude toward living in society, and socio-psychological well-being. They also demonstrated a decrease in adopting dysfunctional coping strategies and an increase in the functional coping strategies. For later phases of implementation, it is considered that the project needs to focus on activities that will help these women increase functional strategies. The chronic and incurable nature of HIV disease may make it difficult for the women to maintain functional coping strategies once their physical status deteriorates. However such strategies may assist them to maintain independence for a longer period.

Acknowledgement

I wish to offer my immense gratitude to my advisor Marc Van De Putten and my co-advisor Kathleen Casey for their assistance and supervision of this thesis. Without their guidance, encouragement and expertise this study would not be possible.

Immense gratitude must also be extended to my manager Lindsay Sales for his great support throughout this thesis. His advice and discussion helped shape my ideas for this thesis will not be forgotten.

Special thanks must go to Dr. Achara Chaovavanit, Director of Bamrasnaradura Hospital, Dr. Preecha Tanthanatibt, Chief of the Obstretic and Gynecology section, Dr. Rujanee Sunthornkachit , Chief of The Medical Counselling and Social Welfare Unit and to all ante-natal staff and counsellors especially Khun Chantana Sakarnkul for their full support to implement the project. I also wish to thank my colleagues at work and at the University for encouragement and mental support and to the Australian government who made funding available for the project.

Finally, I would like to thank my husband Khajorn Baipluthong for his love, support and understanding throughout this thesis.

Table of contents

	Page
Abstract	iii
Acknowledgement	iv
Table of contents	v
List of tables	vii
List of figures	viii
Definitions	ix
Chapter 1: Introduction	1
Chapter 2: Project Description	
2.1 Rational	3
2.2 The project aim and objective	6
2.3 Project limitation	7
2.4 Approaches	
2.4.1 Hospital preparation	8
2.4.2 Self-help clinic setting	8
2.4.3 Recruitment of participants	8
2.4.4 Intervention plan	11
2.5 Implementation during the first 3 months	15
2.6 Problems and means for resolution	19
Chapter 3: Project Monitoring and Evaluation	
3.1 Introduction	20
3.2 Purpose	20
3.3 Monitoring and evaluation questions	21

Table of contents (continued)

	Page
3.4 Monitoring and evaluation designs	21
3.5 Questionnaire	21
3.6 Data collection methods	26
3.7 Data analysis and results	27
Chapter 4: Discussion	
4.1 Satisfaction of the project implementation	34
4.2 Project outcomes	37
4.3 Conclusion	41
4.4 Sustainability of the project	41
Chapter 5: Recommendations	43
References	45
Appendices:	
A. Approval letters	50
B. Member Application and Consent form	54
C. Questionnaires	57
1. Evaluation of participant satisfaction	58
2. Outcome Evaluation	59
D. Project Timetable	78
E. Year Budget	81
F. Meeting records	83
G. Thesis presentation handouts	96
Biography	103

List of tables

	Page
Table 1: Characteristics of project participants	10
Table 2: Self-help clinic activity session plan	12
Table 3: List of education topics and group programmes for structured peer and professional support activities	14
Table 4: Confidence in self care ability, baby care ability, attitude toward living with the society, and HIV knowledge of participants prior to and after participation in the project	29
Table 5: General Health of participants prior to and after participation in the project	30
Table 6: Coping strategies adopted by participants prior to and after participation in the project	31
Table 7: Overall characteristics of participant by group prior to and after participation in the project	32
Table 8: Overall characteristics of participant by individual prior to and after participation in the project	33

List of figures

	Page
Figure 1: Self-Help clinic conceptual framework	6

Definitions

Self help: a process of self- support among group members who share a common condition, situation, or experience.

Self help clinic: a clinical setting where self help activities are facilitated and supported by professional services/ activities.

Unstructured peer support: Peer support activities without previous planned programmes.

Unstructured professional support: Professional support activities without previous planned programmes.

Structured peer support: Peer support activities with previous planned programmes.

Structured professional support: Professional support activities with previous planned programmes.