



HIV/AIDS PAIN AND SYMPTOM MANAGEMENT



OBJECTIVES



Participants will be able to:

- Determine the difference between pain and symptom
- Know the type of pain and symptoms experienced by PLWHA
- Know the difference between home remedies and traditional medicine
- Know some remedies for treating symptoms at home



DEFINITION OF PAIN



- An unpleasant sensory and emotional experience
- Sometimes associated with tissue damage
- ACUTE PAIN:
 - Follows injury but resolves
 - Objective physical signs common
- CHRONIC PAIN:
 - Objective signs are rare
 - Patient may not “look” like s/he is in pain



PAIN IN WOMEN WITH HIV/AIDS



- A study has suggested that HIV-positive women experience pain **more frequently** than men with HIV
- Women with HIV have unique pain syndromes of a gynecologic nature, specifically related to OIs and cancers of the pelvis and UG tract
- In another study, women were more likely to be bothered with radiculopathy and headache



PAIN IN CHILDREN WITH HIV/AIDS



Children with HIV also experience pain, including

- Meningitis and sinusitis
- Otitis media
- Shingles
- Cellulitis and abscesses
- Severe candidiasis
- Intestinal infections
- Hepatosplenomegaly
- Oral and oesophageal candidiasis
- Painful muscle spasm



Types of Pain in Four Southern African Countries



• Joints	45%	• Hands	26%
• Headache	42	• Dysuria	24
• Muscles	42	• Throat	23
• Feet	35	• Swallowing	22
• Chest	28	• Arms	21
• Abdominal	27	• Genitals	18
• Mouth	26	• Gums	16

Makoae et al *JANAC* 2005;16(3):22-32



WHAT DO YOU ASK THE PATIENT?



- Where do you feel it?
- What does it feel like?
- Does it radiate or move anywhere?
- How often do you have it?
- What makes it feel better/worse?
- Have you tried any medicine to control it?
- What do you think it means?



EXAMINE THE PATIENT



- Try to localize or even worsen pain by pressure
- Severe pain should be referred to a doctor or the hospital



Questions to ask patient



- How bad is the pain (on a scale of 1-10)?
- Does the medication get rid of the pain?
- If yes, how long does relief last?
- If the pain returns before the next dose, talk to the doctor about increasing the frequency of dosing.



WHAT IS A SYMPTOM?



- Patient's feeling that something is not right – may be physical, emotional, or cognitive (i.e. in the thoughts)
- A *subjective* indicator perceptible to the patient as opposed to an *objective* one (i.e. symptoms are experienced by the patient and signs are observed by the doctor)



TYPES OF SYMPTOMS



- Cough
- Headache
- Fatigue
- Bloating/abdominal pain
- Pain
- Mouth sores
- Fever
- Dizziness
- Diarrhea
- Nausea/vomiting
- Sadness/depression
- Sleeping problems



HOME REMEDIES



HOME REMEDIES can be used by home care givers to treat some minor ailments at home.

These remedies may be useful/helpful if taken in acceptable amounts



FOOD SUPPLEMENTS OR “BOOSTERS”



FOOD SUPPLEMENTS are usually in the form of multivitamins or supplements that provide necessary nutrients in the body.

- Patients that can afford them should always inquire before using. He or she should speak to the doctor to ensure that the supplement does not interfere with ARV treatment
- Such supplements like the theanshen products, NGLD, vitamins, etc generally do not cause any interference with the ARVs. But a patient should talk to the doctor before starting the supplements.



TRADITIONAL MEDICINE OR LOCAL HERBS



TRADITIONAL MEDS OR LOCAL HERBS are concoctions prepared by some healers in which the components are not always known. Such preparations may have very serious adverse effects with ARVs and can interfere with HIV/AIDS treatment.

- It is the duty of the care providers to educate the patients clearly and fully on such likely problems that can result in ineffective treatment.
- It is also important to note that alcohol can interrupt adherence in whatever capacity it is taken.



MANAGEMENT OF COMMON SYMPTOMS AT HOME



FEVER



This is hotness of the body which can be measured with the thermometer (38°C). Or place the back of one hand on the sick person's forehead & the other on your own. If s/he feels warm s/he probably has a fever.

Fever is a symptom of many diseases, such as malaria, flu, meningitis, abscess, tonsillitis, pneumonia, etc.



FEVER—TREATMENT



- Remove extra clothing and expose to air
- Take cold bath or wipe body with wet cloth
- Drink plenty of fluids/water
- Take paracetamol 2-2-2 to reduce fever
- If fever continues after 48 hours, refer to health facility
- If it is accompanied by convulsion, stiff neck, or yellow eyes, refer immediately



DIARRHEA



Passing watery stools 3 or more times a day.

It is important to note symptoms of dehydration such as thirst, irritation, skin going back slowly when pinched, little or no urine, sunken eyes.

It is also important to note any blood (will be black) or mucus in stool as well as accompanied vomiting.



DIARRHEA—TREATMENT



- Drink more fluids: coconut water, pap, rice water, weak tea, etc.
- Continue to eat
- Avoid sugary drinks & foods, vegetables, fruits
- Take 4 pawpaw seeds immediately, then 2 twice daily until it stops
- Soak guava skin in a glass and cover overnight. Filter and drink the water using a small glass measure for adult & half for children

These are some local preparations that can be done at home, but you must **maintain cleanliness**.



SKIN PROBLEMS



- Rashes
- Itchy skin
- Increased dryness
- Painful sores
- Boils & Abscesses

TREATMENT

- Keep skin cool & dry
- Avoid scratching and apply calamine lotion, or hydrocortisone cream three times daily
- Administer gentian violet on open sores
- Aloe-vera juice squeezed from the plant can be applied to itchy skin
- When lesion is severe with pain, refer to care provider
- If rashes are a result of ARVs, see your doctor immediately



THRUSH



These are small, whitish patches on the tongue and inside the mouth

TREATMENT

- Scrub tongue and gum gently with a soft tooth brush 2-3 times a day
- Rinse mouth with salt, lime, or 1% gentian violet water and spit out twice a day
- Chew and swallow garlic as often as possible
- If unable to swallow or there is burning pain in the chest, refer to health care provider



PAIN



Causing discomfort

TREATMENT

- Deep and regular breathing technique will help relaxation
- Engage in actions that will distract the mind from pain
- Exercise and gently massage affected part
- Take paracetamol or any available analgesics in the kit
- If pains become unbearable, refer to doctor at once



COUGH



Productive or dry cough, with fever or fast and painful respiration

TREATMENT

- Cover mouth while coughing
- Drink plenty of water, but not all at once
- Spit into container with cover if cough is productive (burn & discard properly)
- Drink tea with lemon & honey to soothe the throat
- See the doctor if cough lasts more than 3 weeks accompanied by difficulty breathing and bloody sputum



GENITAL PROBLEMS



- Unusual discharge (mucus or pus) from the vagina or penis
- Difficulty/pain in passing urine
- Open sores in the groin, genitals, or anus
- Rashes around the genital and/or swollen glands in the groin

TREATMENT

- Recognize symptoms early
- Seek medical attention quickly
- Always use a condom during sexual intercourse
- Avoid self-medication
- Take all prescribed medicines
- For vaginal thrush: peel a garlic seed, make a hole in it, and insert in the vagina when you seek medical attention.



MALARIA



Symptoms include headache, shivers, high and intermittent fever, weakness, and there may be pallor/anaemia.

TREATMENT

- Prevent malaria by sleeping under ITN
- Make sure there is no stagnant water around the house
- Keep environment clean & tidy
- Take anti-malaria tabs—chloroquine: 4 immediately, 2 twice daily day 2, same dose day 3



How to Track Symptoms



- Presence of problem – yes/no
- Severity – use scale:
 - 0 = no problem; 10 = worst possible
- How does it impact on daily life?
 - None, little, severely
- Relief from treatment – 0-10 scale again



Resources



- Dr. Carla Alexander, IHV, UMD
- A Clinical Guide to Supportive and Palliative Care for HIV/AIDS, HRSA.
www.hrsa.gov
- WHO: www.who.int/cancer/palliative/en/



QUESTIONS?



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