Implementing mobile testing units to combat HIV in Zimbabwe

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HIV is a prevalent issue in Zimbabwe endangering the health of both men and women. Our goal is to promote testing to reduce the spread of HIV and allow infected individuals to seek treatment.

Introduction

• HIV affects 33 million people worldwide [6]
• 64,000 new HIV infections per year in Zimbabwe [5]
• Awareness of HIV status will reduce spread of the virus by promoting safe sex practices

More than 1 in every 7 people in Zimbabwe are infected with HIV [5]

Method

• Developed from Mozambique and Cape Town
• Targeted rural communities in the Masvingo Province of Zimbabwe

• Blood samples tested for HIV antibodies [1]
• On-site testing equipment- same day results
• Integrated local customs to foster acceptance of testing program
• Confidential results
• Condoms and informational pamphlets distributed

Results

• Test 27,000 annually in Masvingo
• ~4,200 referred to follow up care
• Five years after nationwide implementation: 5,000 fewer new HIV cases/year [5]

Conclusion

• Method cost effective and successful
• Cultural barriers and social stigma
• Women have less power over sexual health decisions
• Alienation of HIV infected individuals

Future Improvements:

• Adapt model to target new demographics
• Expand initiative to other provinces of Zimbabwe with higher HIV prevalence rates

References