



## **1. Introduction/Background**

Different studies show the high prevalence of the HIV among the Intravenous Drug Users of Nepal. The integrated bio-behavior surveys have shown significant level of people involving in drug use and infected with HIV. Along with HIV they are also at high risk of other blood borne diseases like Hepatitis C and B. In response to reduce this risk among the target groups, the project “**Prevention of transmission of HIV among the Drug Users of Nepal**” was implemented by Naya Goreto after signing the agreement with UNODC on 19<sup>th</sup> November 2009.

## **2. Objectives**

The broad objective of this project is to decrease the use of unsafe needles/syringe among the drug users in Lalitpur. Beside other specific objectives are:

- To minimise the use of unsafe needles/syringe by the drug users.
- To educate the people about the importance and need of harm reduction.
- To change the negative thoughts of the community people towards drug using behaviour.

## **3. Target group and beneficiaries**

### **a. Drug users:**

DUs along with Intravenous Drug Users are the primary target groups of our organization and are benefited from different services provided from DIC and outreach services like Needle/Syringe Exchange, PHC services, counseling and referral services to various other organizations.

**b. Partners and Family of IDUs**

Family members and partners of IDUs are secondary target groups of Naya Goreto. They are also provided services like primary health care and free medicine distribution. Proper counseling is also provided in order to present a healthy and suitable environment in the family to the drug users that may help them to quit their drug using behavior.

**c. Community**

Local community members are tertiary target group of Naya Goreto since they are also provided primary health care services and medicines. The community sensitization, programs conducted by Naya Goreto has helped the society to overcome the traditional thought of taking drug use as a crime. Collection of used syringes from the local areas and its proper disposal by our outreach workers has benefited the local community from being infected by various diseases accidentally and keep the surrounding clean and healthy.

**4. Achievements**

S.N	Particulars	Target	Achievements
1.	No. of Clients reached	200	211
2.	No. of male IDUs reached		180
3.	No. of Female IDUs reached		6
4.	No. of male DUs reached		23
5.	No. of Female DUs reached		2
6.	No. of FRSPs reached		0



7.	No. of deaths of male IDUs		2
8.	No. of deaths of female IDUs		1
9.	No. of referrals done		107
10.	No. of counseling done		47
11.	No. of PHC services provided in DIC		550
12.	No. of abscess management cases in DIC		52

## 5. Specific Activities Under Taken

### 5.1 Needle Syringe Exchange Program

Outreach staffs and peer educators of Naya Goreto provided needle syringe exchange program in order to prevent transmission of HIV and other blood borne diseases. Naya Goreto also provided education on safe drug using behavior to the drug users and supports them to live a positive life.

The details of Harm Reduction Supplies distributed by Naya Goreto are presented in the table below:

Description	Last year remaining	Received	Distributed	Given to Dristi for Distribution	Remaining
Syringes (1ml)	0	20,000	562		19438
Syringes (2ml)	1581	12,000	1476	1000	11105
Syringes (3ml)	1398	35,000	6,346	1000	29052



Syringes (5ml)	4675	50,000	12,844	1000	40831
Needle	7131	50,000	3908	2000	51223
Alcohol Swab	506	1,45,000	13,057	1000	131449
Bleach			62x5=310ml*		
St. Water	10,649	200	231		176

\*-600ml bleach water used to disinfect collected needle and syringes.

### 5.2 Counseling

Naya Goreto also provided counseling services to drug users and their family members in outreach as well as in DIC by the professional and experienced counselor.

S.N.	Type of counseling	Number
1	Individual	41
2	Family	4
3	Partner	2
	<b>Total</b>	<b>47</b>

### 5.3 Referrals

Naya Goreto referred the clients and general community people for further services to different other organizations according to their need.

S.N.	Services	No. of referrals
1	V.C.T.	49

2	S.T.I.	11
3	O.S.T.	6
4	Rehabilitation Centre	7
5	Abscess Management	2
6	TB testing	12
7	Other medical problems	20
	<b>Total</b>	<b>107</b>

#### **5.4 Doctor Visit**

Along with primary health care services from the health person, doctor visit was also carried out during the year. The detailed information on doctor visit is listed below:

<b>S.N.</b>	<b>Date</b>	<b>No. of drug users treated</b>	<b>No. of community members treated</b>
<b>1.</b>	5 <sup>th</sup> January 2011	0	12
<b>2.</b>	19 <sup>th</sup> January 2011	2	12
<b>3.</b>	6 <sup>th</sup> April 2011	1	11
<b>4.</b>	20 <sup>th</sup> April 2011	0	6
<b>5.</b>	18 <sup>th</sup> May 2011	5	3
<b>6.</b>	31 <sup>st</sup> May 2011	5	0
	<b>Total</b>	<b>13</b>	<b>44</b>

### 5.5 Monthly PE Meeting

Drug users are still treated badly and discriminated in families and society. No one hears and respect their feelings. Thus PE meetings create them a common platform to share their feelings and provide them emotional and psychological support for staying away from drugs and avoid unsafe behaviors which can lead



to the transmission of HIV and other blood borne diseases. A service provider needs to be aware of the types of service seek by the service receiver. Thus, Naya Goreto conducted PE meetings every month to assemble the views of current users as well as to provide them platform for putting up their views.

#### Detailed Information

SN	Date	No. of Participants	Venue
1	30 <sup>th</sup> November, 2010	19	Meeting hall of Naya Goreto
2	27 <sup>th</sup> December, 2010	17	Using Spot, Patan Dhoka
3	5 <sup>th</sup> January, 2011	21	Using Spot, Thaiba
4	21 <sup>st</sup> February, 2011	13	Using Spot, Chakupat
5	8 <sup>th</sup> March, 2011	20	Using Spot, Emukhel
6	7 <sup>th</sup> April, 2011	20	Using Spot, Imadole
7	13 <sup>th</sup> May 2011	16	Using Spot, Mangalbazar
8	3 <sup>rd</sup> June, 2011	20	Using Spot, Pulchowk.
9	11 <sup>th</sup> August, 2011	18	Meeting hall of Naya Goreto
	<b>Total</b>	<b>164</b>	

### 5.6 BCC Session

Attitudes and behavior of a person plays an important role in an individual's identification. Drug users are identified and treated negatively in the society due to their negative behavior. As drug use is a behavior related matter, early correction of behavior and attitude could help an individual to stay away from using drugs. Also the behavior correction could help a person in relapse prevention



to those who are in abstinence of drug. BCC session promotes an individual to apply sober behavior practices. Thus, Naya Goreto conducted BCC sessions with young people, Current drug users and drug users under treatment process.

### Detailed Information

SN	Date	No. of Participants	Venue
1	14 <sup>th</sup> December, 2010	22	Positive Voice, Satdobato, Lalitpur.
2	13 <sup>th</sup> January, 2011	19	Prarambha Nepal Rehabilitation Centre, Dhobighat, Lalitpur.
3	11 <sup>th</sup> February 2011	13	Imadole, Lalitpur
4	11 <sup>th</sup> March 2011	18	Nirnaya Nepal, Lubhu, Lalitpur.
5	29 <sup>th</sup> April 2011	16	Lagankhel Bus Park
6	16 <sup>th</sup> May 2011	22	Natole
7	16 <sup>th</sup> June 2011	15	Thaiba
8	7 <sup>th</sup> July 2011	17	Naya Goreto Meeting Hall
9	17 <sup>th</sup> August 2011	14	Ette youth club, Ettetole, Lalitpur

10	12 <sup>th</sup> September 2011	26	St. Xavier's Social Service Centre, Pulchowk, Lalitpur.
	<b>Total</b>	<b>168</b>	

## 5.7 Special Day Celebration

### 5.7.1 World AIDS Day Celebration 2010

World AIDS Day is celebrated on 1<sup>st</sup> December every year in memories of the people who died due to AIDS as well as to sensitize people on HIV and AIDS throughout the world. This year Naya Goreto, in collaboration with different organizations working on HIV and AIDS, celebrated World AIDS Day 2010. The theme



for World AIDS Day 2010 was **Universal Access and Human Rights**. The theme moreover emphasized the access to rights of People Living with HIV and AIDS (PLWHA).

Naya Goreto also celebrated World AIDS Day 2010 in collaboration with different organizations working in the field of drugs, HIV and AIDS. Different events like mandala painting, documentary shows and speech programs were performed for wide dissemination of information on HIV and AIDS in the society and advocate the concerned stakeholders on securing rights of PLWHAs. Community people, school students, police personnel, media personnel along with executives of Nepal Government participated in the event to mark World AIDS Day 2010.



### ***5.7.2 Anti Drug Day Celebration***

The **International Day against Drug Abuse and Illicit Trafficking** is celebrated each year on 26<sup>th</sup> June, with a principle to aware people all over the world on Drug abuse, its illegal trade and its negative effects. This annual event also enhances political attention towards drug use.

Naya Goreto organized a general health camp to mark this special day and also participated in the rally carried out by Drug Users National Alliance (DUNA). The rally was conducted from Namuna Machhindra College to Mangal Bazar Durbar Square area which was concluded in a formal program with the speech for the rights of drug users, easy access of treatment and roles of the community in drug use issue.



This program can be a good platform for the ex-users and current users for their social re-integration and highlighting their contributions and efforts towards society. Also an important message to reduce discrimination towards drug users was flowed and dragged the attention of society towards their role to fight against this disease throughout the event.

### ***5.8 Abscess Management Training***

Outreach service doesn't mean only the needle syringe exchange but also the service provider's needs to focus on other health problems of target group. The training was based on enhancing knowledge of service providers on abscess formation, its identification and management. However the program also discussed about other health complications like wound management,



overdose management, etc. Universal precautions that should be adopted were suggested to follow during outreach or while handling any kind of wound or blood containing materials.

Naya Goreto conducted Abscess Management Training on 23<sup>rd</sup> December 2010 at the meeting hall of Naya Goreto, Balkumari. The training was facilitated by Mr. Sujan Raj Joshi, health person of Youth Vision. Altogether 13 staffs including Admin officer, Counselor, Outreach Coordinators, Health person, Outreach workers and Peer Educators of Naya Goreto participated in the training.

During outreach, the service providers may encounter emergency cases of overdose, wound and abscess so, they should to be prepared for providing them primary care or first aid treatment. The participants also put on their queries on the cases they had observed in the field.

### ***5.9 PE Orientation***

Most of the drug are still unknown about the importance and need of Harm Reduction program. Proper understanding of Harm Reduction is the most important measures to prevent the transmission of HIV and other blood borne diseases. The peer group is described as the group of similar type of people having similar behavior. Peer is the most nearby group with whom an individual is likely to spend most of their time. A good peer circle can change the thought of most of the members of the circle.

Thus PE Orientation was conducted by Naya Goreto on 23<sup>rd</sup> January, 2011 at Emukhel, Sankhamul. The targeted group of PE orientation was the peer group of drug users. Altogether 18 participants attended the program.

The program educated the drug users group on the mode of transmission of HIV and other blood borne infections. The program alerts them on safe injecting and safe sex practices among their peers. Some unhealthy behaviors like disrespecting the family, carelessness in health and hygiene, throwing used syringe here and there etc., which make a drug user negative in the society, were discussed to be avoided.

### ***5.10 Family and Spouse Meeting***

Family plays an important role in preventing an individual from using drugs as well as helps in bringing out from drug using habit. Most families of IDUs/DUs are unaware of the needs of IDU/DUs that lead to a conflict among the family members which is the major reason behind the relapse of the recovering drug users. IDUs as well as their partners are at risk of HIV and other blood borne diseases. Thus proper knowledge in transmission of blood borne diseases can be an important component to reduce population of its infection. Naya Goreto conducted three meetings with family members and spouses /partners of drug users.



#### **Detailed information**

S.N.	Date	Venue	No. of Participants
1	18 <sup>th</sup> December 2010	Ette Youth Club, Ettetole	20
2	12 <sup>th</sup> March 2011	Nepal Khadgi Sewa Samitee, Pulchowk, Laliitpur.	16
3	15 <sup>th</sup> June 2011	Pinchhen Chapachhen, Lalipur.	13
		Total	49

### ***5.11 Community Sensitization***

Harm reduction is an important approach for minimizing the risk of HIV infection, blood borne diseases and crime among drug users and affected population. But many people have negative opinion on the needle syringe exchange program due to lack of knowledge of

Harm reduction. An educated community is an important aspect for sustainability of any program. So, community sensitization on Harm Reduction can help in prevention of HIV and other blood borne disease transmission. Naya Goreto conducted three community sensitization programs according to the work plan.



### **Detailed Information**

<b>S.N.</b>	<b>Date</b>	<b>Venue</b>	<b>Target Group</b>	<b>No. of Participants</b>
<b>1</b>	29 <sup>th</sup> January 2011	Community Development Section, Chhabahal.	Women's Group	27
<b>2</b>	16 <sup>th</sup> May 2011	Chyasal Guthi Bhawan	Local community members	27
<b>3</b>	16 <sup>th</sup> September 2011	Uma Maheshwor School	School students	46

### **5.12 General Health Camp**

Health is one of the major components for development of an individual and community. Promotion of health, prevention of diseases and disability are important factors for a healthy living. Disease in the community is characterized by iceberg phenomenon; due to which screening for early detection and treatment of the disease can be



effective for prevention of disease and reduction of the prevalence in the community. Thus, Naya Goreto conducted general health camps with free health check up and medicine distributions through community based approach.

**Detailed Information:-**

S.N.	Date	Venue	No. of Participants	In collaboration with:
1	5 <sup>th</sup> Feb. 2011	Etee Youth Club	149	Etee Youth Club, Wellness Hospital, SEWA
2	25 <sup>th</sup> June 2011	Nepal Karate Shito Ryu Do, Prayagpokhari.	83	SEWA, Nepal Karate Shito Ryu Do
3	24 <sup>th</sup> Sept. 2011	Shanti Yuva Club, Gaahiti.	149	SEWA, Shanti Yuva Club
		<b>Total</b>	<b>381</b>	

**5.13 Orientation Program on Harm Reduction**

IDUs as well as the family of the IDUs are at the risk of HIV and different blood borne diseases. Thus proper knowledge on harm reduction and support from families, health workers and community members, women groups play a vital role to prevent transmission of blood borne diseases, reduce physical and mental complications faced by drug users and change negative perception of general people towards the drug users. With this concept, Naya Goreto oriented different groups of people to broaden the information on harm reduction.



### Detailed Information

S.N.	Date	Venue	Target Group	No. of participants
1.	18 <sup>th</sup> Dec. 11	Gaachen, Lalitpur.	Women's group	26
2.	23 <sup>rd</sup> April 11	Pulchowk library, Pulchowk, Lalitpur.	Youth Club members	25
			<b>Total</b>	<b>51</b>

#### 5.14 Advocacy Program on Harm Reduction

Naya Goreto has been advocating for the rights of different marginalized population to secure their human rights. Likewise, it is an important approach to discuss on right of drug users to create an enabling environment for easy access of harm reduction services and reduce stigma and discrimination towards them. Advocacy programs were conducted by Naya Goreto with the objective to widen information and knowledge on drugs, HIV and AIDS.



### Detailed Information

S.N.	Date	Venue	Target Group	No. of participants
1.	25 <sup>th</sup> March 11	Chhabahal Chapachen	Community members	34
2.	30 <sup>th</sup> September 11	YMBA, Ettetole, Lalitpur.	Community members	35
			<b>Total</b>	<b>69</b>

### 5.15 Stakeholder's co ordination Meeting

In Nepal there are different services available for drug users which are provided by different organizations ranging from treatment, harm reduction to community based sensitization programs. It is very important to maintain coordination with different stakeholders to extend the services as per the basic needs of drug users like support, shelter, opportunity etc. and to create an



enabling environment to receive services in the locality. Thus Naya Goreto conducted coordination programs with different stakeholders with the objectives to create a referral network and enable a suitable environment to receive available services.

### Detailed Information

S.N.	Date	Venue	Target Group	No. of participants
1.	14 <sup>th</sup> February 11	ECD, Dhaugal, Lalitpur.	Women's groups and local community members	36
2.	17 <sup>th</sup> May 2011	Naya Goreto Hall	Local Community members	26
			<b>Total</b>	<b>62</b>

### 5.16 Disposal of Syringes:-

Along with distribution of sterile needle and syringe, collection and proper disposal of used syringes play a vital role in prevention of HIV and other blood borne disease transmission. Thus, old and used syringes were collected from different using spots and from the clients and safely disposed by burning after disinfecting it with bleach water.

The details of collected syringe disposed throughout the reporting year are briefed in given table below:

S.N.	Date	2ml	3ml	5ml	Needle
1.	20th December, 2010	18	105	466	0
2.	14th January, 2011	5	169	473	0
3.	23rd January, 2011	48	85	409	0
4.	25 <sup>th</sup> February 2011	33	260	508	0
5.	30 <sup>th</sup> March 2011	45	132	315	0
6.	31 <sup>st</sup> March 2011	79	206	487	33
7.	31 <sup>st</sup> June 2011	94	288	423	26
8.	31 <sup>st</sup> July 2011	145	510	810	26
9.	31 <sup>st</sup> August 2011	273	453	810	50
10.	30 <sup>th</sup> September 2011	144	394	661	33
11.	11 <sup>th</sup> November 2011	162	434	658	38
	<b>Total</b>	<b>1046</b>	<b>3036</b>	<b>6020</b>	<b>206</b>

## 6. Linkage with National and Local AIDS Response

Naya Goreto, since its establishment, is working in close relation with DACC Lalitpur, NCASC and Lalitpur Sub-Metropolitan City, Public Health Section. Also Naya Goreto is submitting its monthly report to DACC Kathmandu as well as Lalitpur, which is contributing to achieve the targets of HIV and AIDS program and updating the data of the target group using harm reduction services.

Naya Goreto built up linkages with different organizations working in the field of drug, HIV and AIDS. It has been co-ordinating with local community and youth clubs. The joint work with Dristi Nepal has helped to achieve strategies of reducing HIV and AIDS among



Female drug users of Kathmandu. Further, Naya Goreto has strong referral linkages with different organizations as per the need of the clients in getting proper medications and treatment. Thus, Naya Goreto has always maintained strong linkages with organizations working in this field, community level as well as governmental bodies for positive response towards drug, HIV and AIDS.

## **7. Implementation challenges and lessons learned**

The major challenges that we have faced during the year are as follows:

- It is a challenging work still to find out the hidden issues of drug users.
- The clients seek more health services during outreach, but still not able to provide sufficient health care services due to lack of medicines in stock

## **8. Conclusion**

Naya Goreto implemented the project “Prevention of transmission of HIV among Injecting drug users of Nepal” in Lalitpur district. Through this project, different programs related to awareness raising, information sharing and advocating on the issues of drug use, Harm reduction, HIV and other blood borne diseases were conducted. Further a Drop in centre focusing on providing clean needle syringes to the drug users as a part of providing Harm reduction services were continuously run. As a result of all these programs the target groups were educated on the issues of HIV, Harm Reduction and garnered support from the community people in continuously providing services to the drug users and prevent them from HIV including other blood borne diseases. Thus Naya Goreto has performed to its caliber facing the challenges and realizing the fruits of success through hard work of all the team members. Thus this year was an overwhelming year in terms of reaching targets providing an intimate and pure service to our target groups. Naya Goreto further expects continuous financial support from UNODC in keeping up the efforts alive.