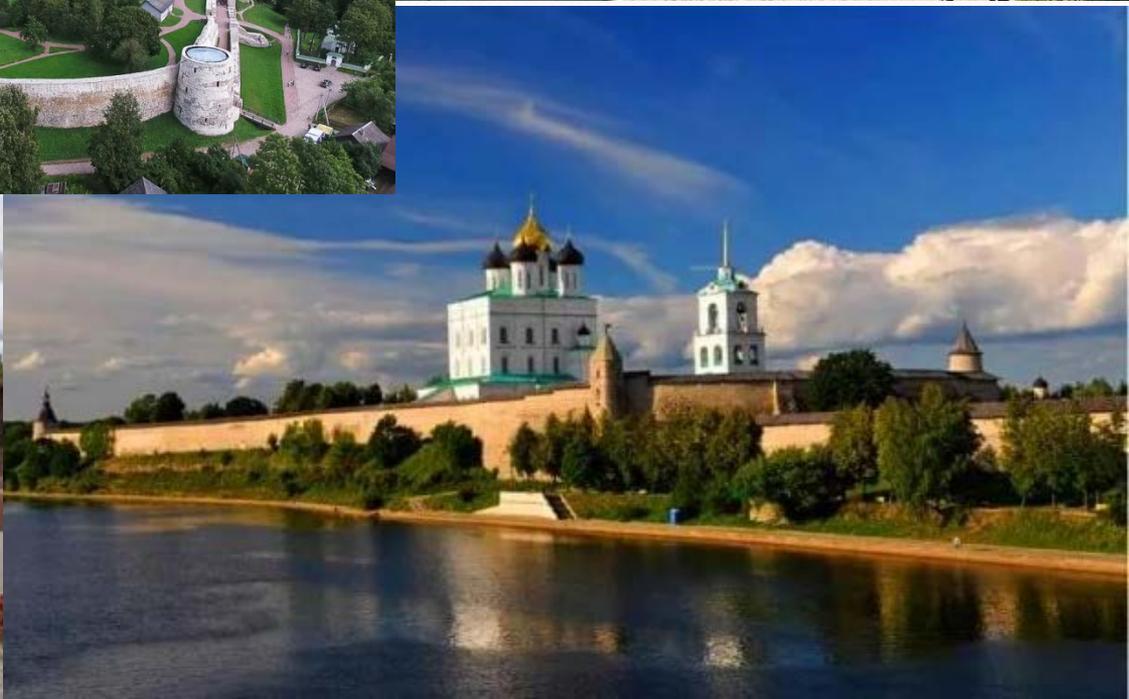


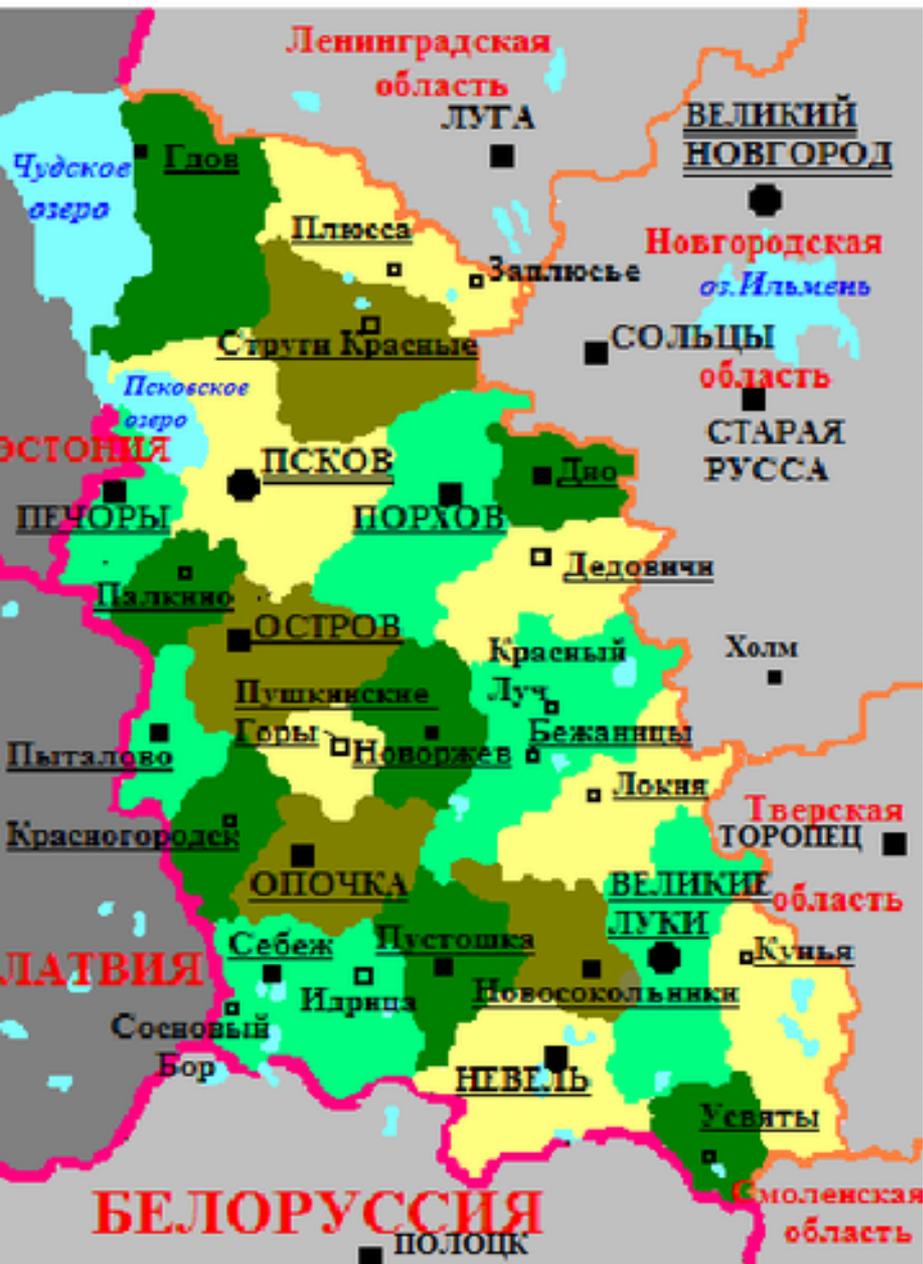


# *HIV Prevention in Pskov Region*

*Chief Doctor of Pskov Regional Centre for Medical Prevention  
Maria Otradnova*



# АДМИНИСТРАТИВНОЕ ДЕЛЕНИЕ ПСКОВСКОЙ ОБЛАСТИ



- Population of Pskov Region – 646374 people

- City population 455883 (70,5%)

- Rural population 190491 (29,5%)

- Population of Pskov City – 208145 people

## ***In Pskov Region***

totally diagnosed 967 HIV cases from 1991 till 1.1.2017

### ***Incidence in 2016***

Pskov Region 14,0 (per 100,000)

Russia 70,6 (per 100,000)

### ***Prevalence in 2016***

Pskov Region 123,5 (per 100,000)

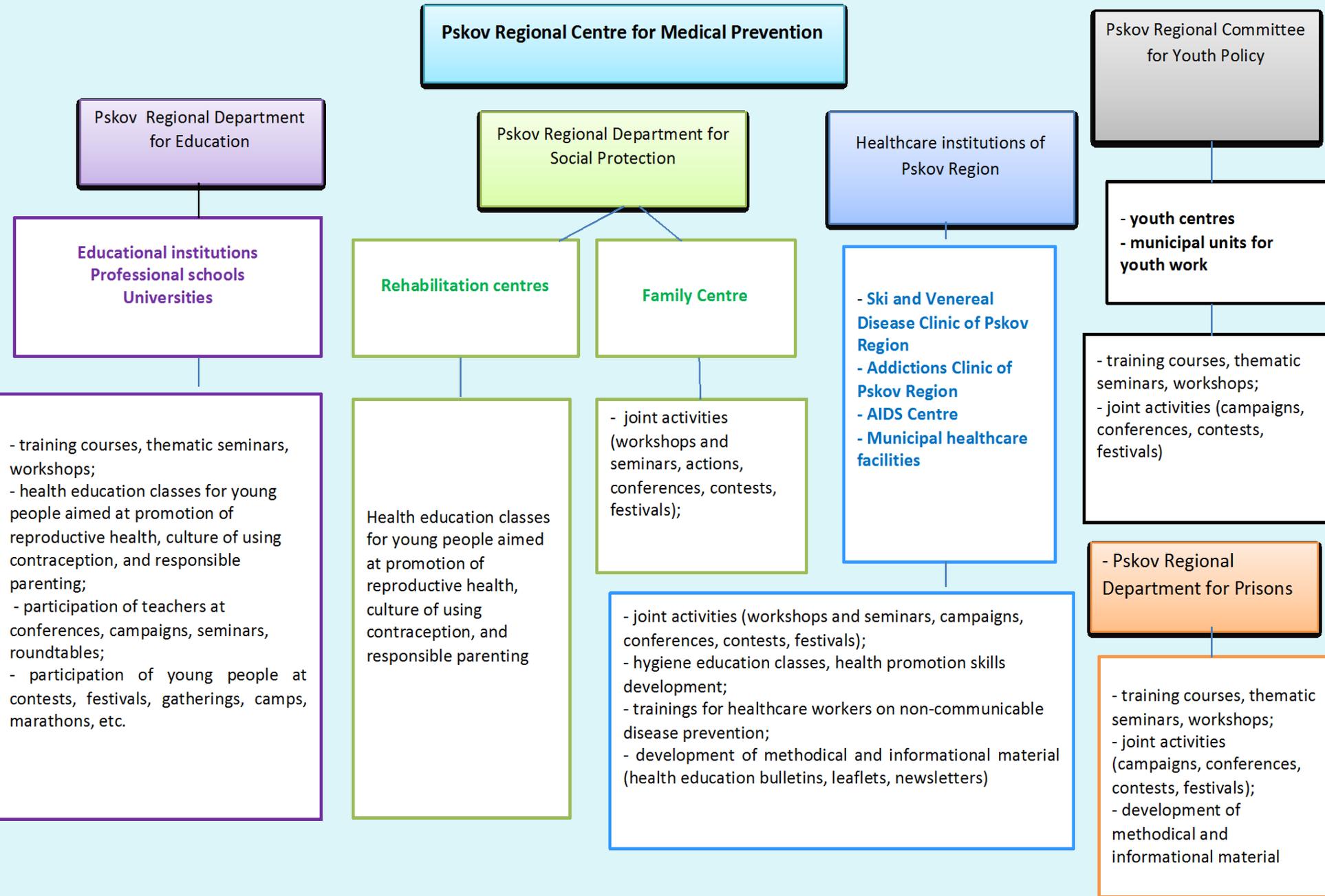
Russia 694,3 (per 100,000)

	2009	2010	2011	2012	2013	2014	2015	2016
Number of diagnosed HIV cases	61	62	64	68	73	85	74	90

- In 2016, **108** new HIV cases were diagnosed
- Of them, **90** were residents of Pskov Region
- Distribution by gender:
  - Females **51 (47,5%)**
  - Males **57 (52,5%)**
- Most commonly, transmission happened through unprotected heterosexual contacts - **87,6 %**.
- IDU – **12,2 %**
- On the follow-up there are **796** patients
- **61,5%** of them receive ARV therapy
- No cases of professional infection were recorded
- In 2016, **29** PLWHs died for different causes, of them with AIDS diagnosis – **3**.

- In 2016, **21** women with HIV gave birth to children
- **21** children were born
- A 3-stage chemoprevention was given to **19** women, the coverage with chemoprevention was **90,5%**
- Preventive therapy to newborns - **100%**
- Altogether, **15** children with HIV are in follow-up care in Pskov Region
- **100%** receive ARV therapy

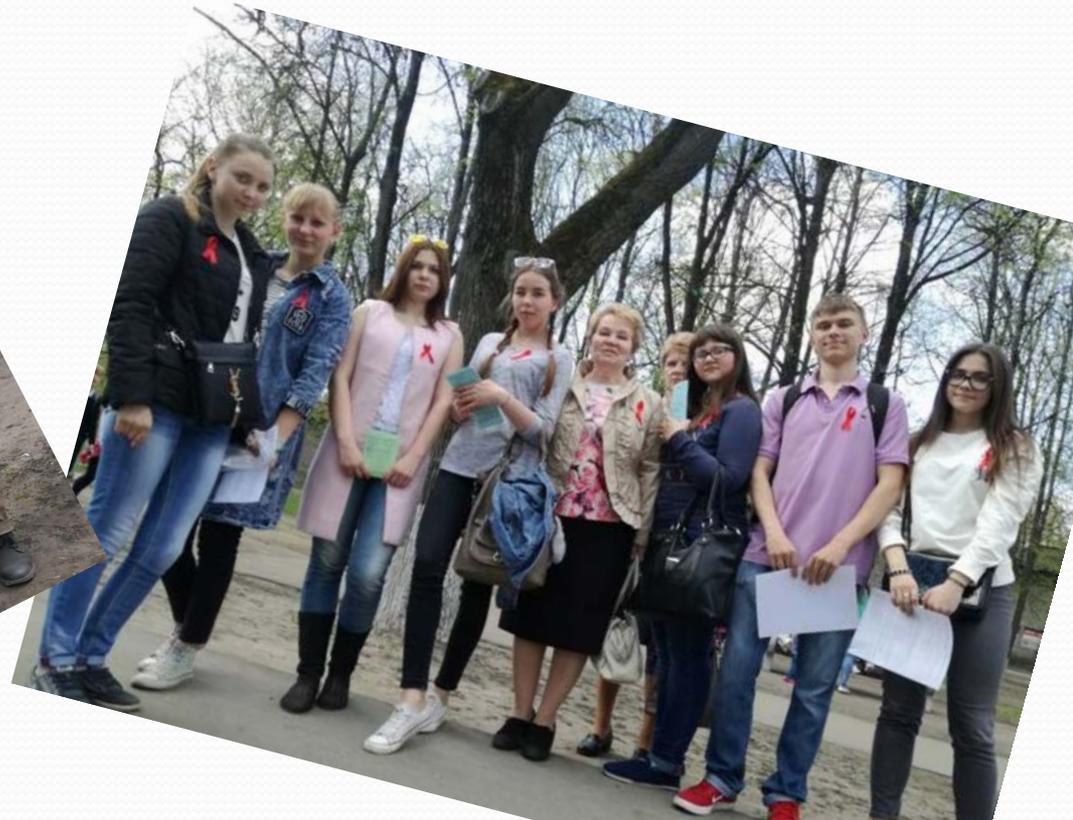
## Inter-Sectoral Collaboration of Actors in Prevention



*Reproductive health  
promotion programme*

## *Programme's participants*

- Students from municipal and state educational institutions of Pskov Region, professional schools and colleges, universities



## *Thematic planning*

- Family planning and its role. Responsible parenting. Pro-choice
- Abortion and consequences. Prevention of unwanted pregnancy
- Contraception: current methods, individual approach to selection and use of contraception
- STIs. HIV and AIDS. Prevention methods
- Safe and responsible sexual behavior

# *Forms of work*

- Health education training
- Discussion
- Role games
- Conversations
- Individual and group classes
- Watching movies and videos



# *Centre's staff conduct classes*

Psychologists

Social work specialists

Head of reproductive health department



# ***Aims of the Programme***

- **To inform young people about:**
  - health-enhancing behavior models
  - factors, which impact health, STIs, HIV, organism transformations;
- **To promote young people's perception of own responsibility for:**
  - maintaining their own health and health-promoting behavior.
- **To encourage:**
  - positive attitudes to healthy lifestyle, family planning and responsible parenting
  - negative attitudes towards drug use and unsafe and promiscuous sexual contacts
- **To contribute to development of such skills as:**
  - making perceived decisions
  - communication skills
  - expression of own opinion
  - resistance to pressure; refusal
- **To encourage motivation to:**
  - saving own health and living healthy life

# *Mass events*

On 15 to 21 May 2017, the following events were conducted at Pskov Agricultural College within the Russian National Stop HIV/AIDS Campaign:

- 1.** Surveying awareness of the first course students about HIV
- 2.** Thematic classes for the first course students: “This is important to know for everyone”, “Drugs and HIV”, “HIV Prevention”, “AIDS is the disease of the century”, etc.
- 3.** Dissemination of leaflets for young people “Five steps to stop HIV”
- 4.** On 19 May, college students took part at the city-organised campaign “Stop HIV/AIDS”
- 5.** Information promotion (leaflets, newsletters, etc.)





On 19 May 2017, a campaign dedicated to the AIDS Memorial Day was held in Pskov.

The campaign gathered together over 350 people: Centre's personnel, volunteers from Pskov Medical College, Volunteer Team "Indigo" from Pskov Polytechnics, students from Pskov Agro College, and Pskov residents.

The volunteers would tell people about how to save health and why it is safe to communicate and work together with a HIV+ person, how HIV is transmitted, distributed leaflets and booklets.

Pskov people learnt where it is possible to have an HIV test in Pskov and why it is important, and would make HIV-related graffiti on the asphalt. The received knowledge will help people to get rid of unjustified fears and comprehend that saving health is real and possible.







# НАШИ КОНТАКТЫ

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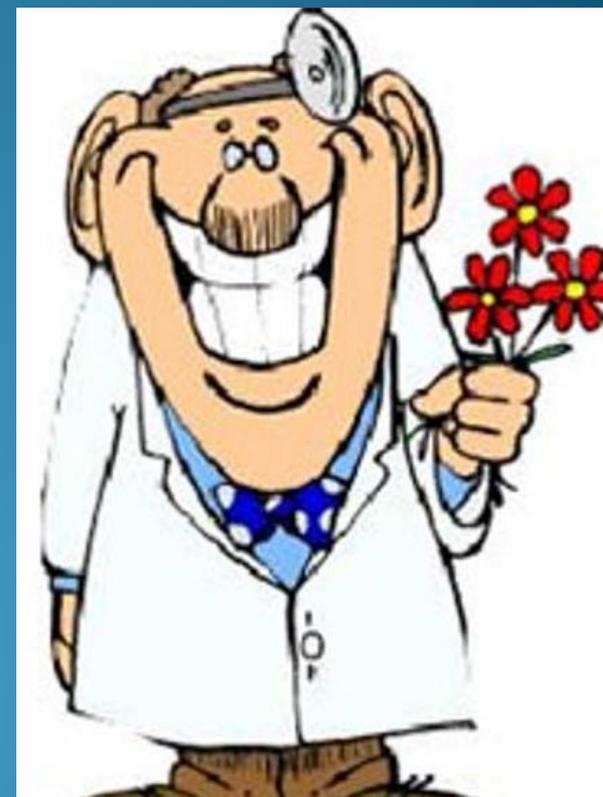
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*Спасибо*

*за*

*внимание*