

## Intervention Packages: Definitions

The key priority areas of the NSP refer to a number of intervention packages. For ease of reference the core content of these packages is defined below:

- (i) **HIV prevention programme, interventions and curricula may include some or all of the following and should be customised to different targeted groups:** Abstinence, especially delaying first sex; safer sex practices; information about HIV risk of different sexual practices; decreasing sexual partner numbers, including risks of more than one partner at a time (concurrency); gender relations and gender-based violence; coercive sex; intergenerational sex; male and female condom use; STI recognition and management; VCT; pregnancy testing; contraception and fertility choices; alcohol and substance use.
- (ii) **Expanded PMTCT package includes:**  
Access to nutritional support for breastfeeding mothers; contraception and fertility services; reducing unwanted pregnancies; involving men in decision-making; HIV prevention services for uninfected pregnant women.
- (iii) **Youth-friendly sexual and reproductive health services includes:**  
Values clarification training aimed at sensitizing health workers; STI management; VCT and rapid HIV testing; contraception; TOP referral; mental health; reducing substance use; IEC, peer education; provision of male and female condoms; appropriate service hours.
- (iv) **Unwanted pregnancy package includes:**  
Scaling up contraceptive services, including promotion of male and female condoms; increasing access to TOP services and developing policy on medical abortion.
- (v) **Positive prevention package includes:**  
Prevention of HIV transmission through safer sex practices; reducing risk of re-exposure to HIV and drug resistant virus; understanding the course of HIV infection; ARV literacy; prophylaxis for opportunistic infections; early detection and treatment of opportunistic infections; adequate nutrition and psychosocial support; precautions for home based care.
- (vi) **Workplace prevention package includes:**  
Access to IEC; VCT; provision of male and female condoms; STI symptoms recognition and management; TB screening; observance of ILO, SADC and NEDLAC codes of practice.

- (vii) **Prison prevention package includes:**  
Access to VCT; access to male and female condoms; lubricants; STI symptom recognition and access to PEP and STI management; TB screening.
- (viii) **Prevention package for sex workers and their clients, includes:**  
Dedicated services including promotion of VCT; access to male and female condoms; STI symptom recognition; information on gender rights.
- (x) **Wellness care package includes:**  
Regular CD4 counts; opportunistic infections prophylaxis and treatment; cervical screening; advice on lifestyle, nutrition, contraceptive use and fertility, positive prevention, social support, and pain and symptom relief.
- (xi) **Food support package includes:**  
Food parcels and nutritional supplements, food gardens and guidance on good nutritional practices, enhancing household food security.
- (xii) **Early Childhood Development Care Package includes:**  
Social competence, emotional wellbeing, physical and mental health, nutrition, recreation, intellectual development, independence, prevention of child abuse and neglect, identification of child abuse and neglect, psychosocial care and support, referrals.
- (xiii) **OVC Package includes:**  
Early identification of OVC, ensuring access to essential services which include: identity, guardianship, succession planning and inheritance rights, social security, education and health services; address basic rights to shelter, food, clothing, parenting and psychosocial care and support, household food security, income-generating and skills development, legal protection issues, establishment of child care forums, protection from abuse, family or alternative care.
- (xiv) **Incremental roll-out of comprehensive customised HIV prevention package to higher risk occupational groups includes:**  
Access to VCT and provision of male and female condoms, STI symptom recognition and STI services.