

100% Life: Integrating Sexual And Reproductive Health into HIV Prevention Programs for Female Sex Workers in Mozambique

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Sex Work in Mozambique:

There are approximately 30,000 female sex workers (FSW) in Mozambique. Despite being included in the HIV National Strategic Framework as priority population, there is insufficient data available about the scope and nature of the HIV epidemic among this group. A small-scale study shows that HIV prevalence is 48% among FSW, versus 15% in the general population. Sex work is not illegal in Mozambique, but legislation does not protect sex workers' rights.

100% Life Project:

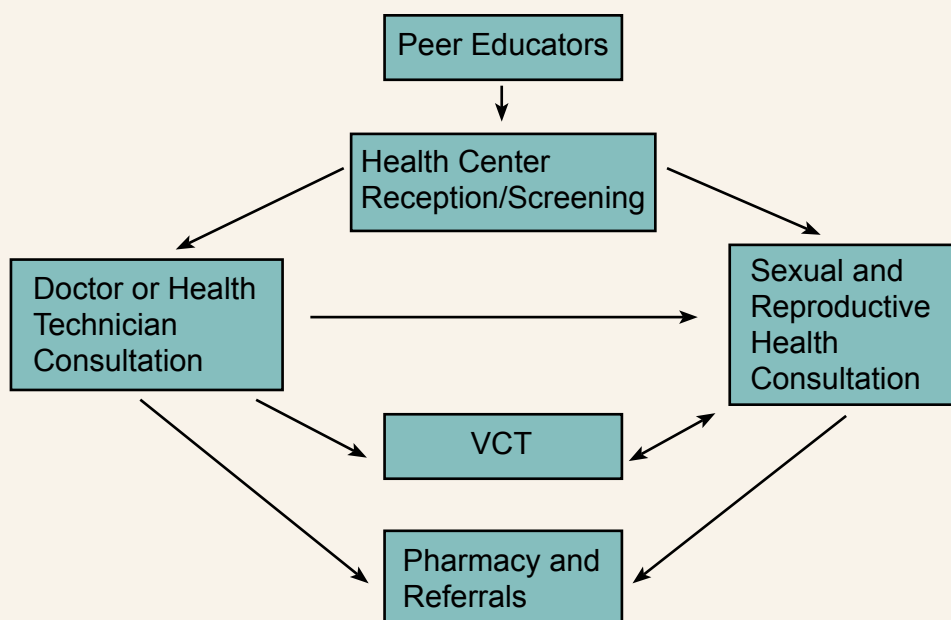
In 2007, the Mozambican Provincial Health Directorates and Pathfinder International, UNFPA, and PSI launched the "100% Life Project," focusing on FSWs and their clients. The project is implemented in 5 provinces and is organized into 3 components:

1. Health education: Dissemination of HIV, sexual and reproductive health (SRH), and human rights information through peer-education and community mobilization; provision of male and female condoms, water-based lubricants, and BCC materials
2. Access to services: Provides stigma-free, night clinics, where FSWs and their clients can access STD diagnostics and treatment, VCT and referrals for care and treatment, FP and SRH services, and general health care services
3. Promotion of human rights: Education and counseling on rights, networking, provision of legal support and services, and police sensitization

Integration of Sexual and Reproductive Health Education:

The provision of appropriate comprehensive health care to FSW must include SRH education and services, alongside HIV services. In response to this expressed need, from September 2009 onwards, 100% Life Project:

- Redesigned the peer educator training curriculum: new themes and methodologies were included such as family planning (FP), intimate hygiene, prevention and treatment of breast and cervical cancer, postabortion care (PAC), and prevention of unwanted pregnancies through dual protection strategies.
- Integrated SRH services: a SRH nurse was staffed in all night clinic teams to offer FP counseling, contraceptives, PAC, and antenatal care. Continuous training was provided for the teams to ensure quality of care and stigma-free services.
- Provided FP services and materials: in the SRH consultation, FSWs can access FP information and counseling and decide which contraceptive method suits her lifestyle. Contraceptives are provided free of charge.
- Reframed the clinical care flow for FSW: In accordance with Provincial Health Directorates and the specificities of each facility, the care flow was redesigned to accommodate new components. The minimum/basic flow for FSW in the night clinics is as follows:



Lessons Learned:

FSW need tailored programs to access health services, especially in generalized epidemics. Comprehensive integrated health services are essential to enhance HIV prevention initiatives. The National Health System is taking the leading role in this project, which contributes to sustainability. Health centers are becoming points of reference for FSW, which can be seen as an indicator of reduced stigma. Switching the focus from behavior change to health promotion improves uptake of facility services (including ART) and HIV prevention activities by FSWs.

Next Steps:

- Improve the monitoring system for SRH integration in the 100% Life project
- Integrate GBV prevention through community mobilization
- Develop a counseling tool for alcohol and drug abuse prevention and mitigation
- Develop support services for HIV-positive FSWs, including counseling on SRH, rights, and protection
- Strengthen the capacity of the National Health System to offer tailored, FSW-friendly health care
- Include cervical cancer screening
- Improve referrals to ARV and PMTCT services to include follow-up and referral tracking
- Strengthen linkages between peer educators and health providers to maximize demand for services
- Improve services for long-acting FP methods through counseling, provider training, and commodity availability