



TRAINING OF A STAFF OF INSTITUTIONS FOR MENTALLY DISABLED PEOPLE. HIV/AIDS/STI prevention and safer sex education in welfare institutions.

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10-hour training sessions were held between February and October, 2010 in twelve institutions in different parts of Estonia. Mostly client workers were involved, who on everyday basis deal with different mentally disabled people. Training groups consisted about 20 people, 15 men and 217 women in total. The average age of participants was 46 years.

Background

The aim of trainings was participants' increased knowledge on HIV/AIDS/STI prevention, sexual behavior and increased tolerance. 2 more trainings are planned for October, 2010 for 40 employees.

The biggest welfare organization in Estonia is AS Welfare Services, it consists of 18 institutions all over Estonia and employ about 1000 workers in total. The aim of trainings: about 30% of employees have correct knowledge on HIV/AIDS, increased knowledge on prevention, sexual behavior and increased tolerance.

The clients of welfare institutions are people with special psychological needs (adults and children with mental disability, psychotic disorder or an organic mental disorder). Welfare institutions offer overnight service and different support services.

Interactive methods were used during the trainings: group works, discussions, role plays, lectures, case studies, practical exercises, training films etc.

Before the trainings, participants filled in a form with questions on both the knowledge and attitudes.

After the trainings participants filled in a similar questionnaire as well as a feedback form, which evaluated two aspects of the training: getting new information and being interesting, both on five points scale.

Knowledge was assessed using five questions, on which a WHO indicator is based. According to this indicator, 227 respondents out of 232 had correct knowledge after the trainings. Before the training, less than half of participants had correct knowledge. On average, participants evaluated the training to be interesting with the 4.8 points and being informative with 4,4 points out of 5.

In addition, post-training evaluation showed increased tolerance and supportiveness.

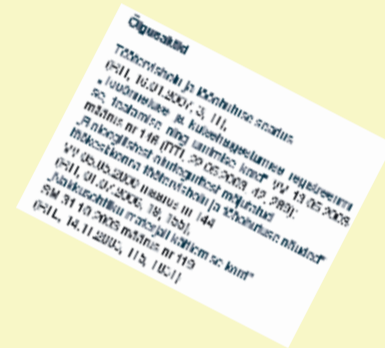
As a next step we wish to train at least one person from every institution to have a basic competence in sexual counseling. This means we should provide one group of 18 participants with a longer training with lectures by different specialists and practical work.

People, nature, buildings, being

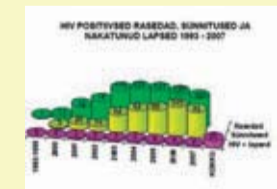
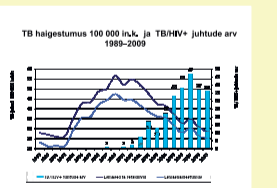
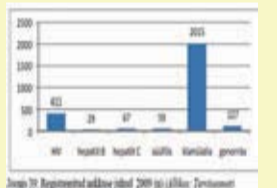
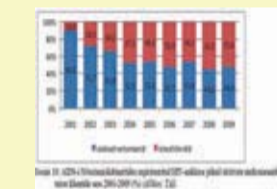
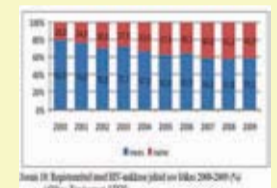
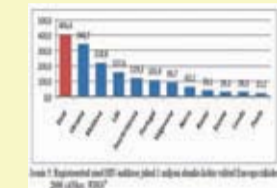
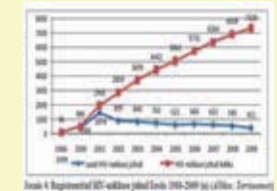
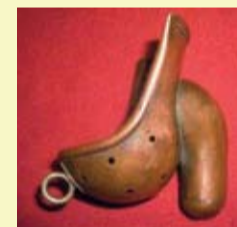


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QUESTIONNAIRE (pretraining)
Date:
1. You are 1 male 2 female
2. How old are you? years
3. You are 1 Estonian 2 Russian 3 other (specify)
4. How much you agree with the following statements?
A by using swimming pool together with HIV infected people you may get infected
B if a person gets HIV infection, then he/she must inform his/her friends and acquaintances
C hugging HIV infected people, may transmit the infection
D HIV/AIDS is concern only for homosexuals and drug addicts
E sharing tableware with HIV infected people may transmit the infection
F by using a common toilet (WC) with HIV infected people may get HIV infection
G I would be OK if there are HIV positive people in my team/class/group/military unit...
H I would end the communication if I got to know that person is HIV infected
I teacher, who is infected with HIV, could still work at school
5. Is it possible to reduce the risk of HIV infection by using condoms during each sexual intercourse?
6. Can a person who looks healthy be infected with HIV?
7. Can a person get infected with HIV through mosquito bites?
8. Can a person get infected by injecting with syringe used before by somebody else?
9. Is it possible to reduce the risk of HIV infection by having sex with only one uninfected and faithful to you partner?
THANK YOU FOR COMPLETING THE QUESTIONNAIRE!

QUESTIONNAIRE (post-training)
Date:
1. You are 1 male 2 female
2. How old are you? years
3. You are 1 Estonian 2 Russian 3 other (specify)
4. How much you agree with the following statements?
A by using swimming pool together with HIV infected people you may get infected
B if a person gets HIV infection, then he/she must inform his/her friends and acquaintances
C hugging HIV infected people with HIV infected people may transmit the infection
D sharing tableware with HIV infected people may get HIV infection
E by using a common toilet (WC) with HIV infected people may get HIV infection
F I would be OK if there are HIV positive people in my team/class/group/military unit...
5. Is it possible to reduce the risk of HIV infection by using condoms during each sexual intercourse?
6. Can a person get infected with HIV through mosquito bites?
7. Can a person get infected by injecting with syringe used before by somebody else?
8. We can reduce the problematic behavior by creating conditions for clients for their safer sex life.
9. Please rate importance:
There is a need to create conditions for clients for safer sex life.
It is necessary to teach correct condom use to clients having sex life.
It is necessary to teach masturbation to clients having sexual needs.
There is a need to teach clients having sexual needs where the masturbation is allowed and where not.
THANK YOU FOR COMPLETING THE QUESTIONNAIRE!

Feedback form

I think that the training was (please draw circle around appropriate number):
all the information was familiar 1 2 3 4 5 interesting
I got to know a lot of new 1 2 3 4 5

