

PART 4: TRAINING RESOURCE LIST

The training resource list is the fourth of four parts contained in this module. It provides a comprehensive list of reference material relevant to this module including guidelines, training courses and reference manuals. Part 4 provides background documents for trainers who are preparing training material.

What can you expect to find here?

1. An inventory of existing **guidelines** and **manuals** listed alphabetically by agency name with details about their availability
2. A list of known **training resources** listed alphabetically by agency name with details about:
 - Overall content
 - Intended use
 - Target audience
 - Length of time the course session has been designed for

Guidelines and manuals

The following list provides information on resources linked to HIV/AIDS, nutrition and emergencies. There are very few publications that refer to the interaction of all three of the issues under review (HIV/AIDS, nutrition and emergencies). There are resources that provide information about HIV/AIDS and nutrition; nutrition and emergencies; and emergencies and HIV/AIDS.

Key reference material has been selected that is useful for programming to ensure that the key nutrition considerations for people living with HIV/AIDS in emergencies are understood.

In addition to the list below of published documentation it is strongly recommended that a **country or region specific** search is carried out for documents on:

- Breastfeeding/infant and young child feeding
- National infant feeding policy for HIV-positive mothers
- Healthy living for people living with HIV and AIDS
- HIV/AIDS and nutrition in-country programming
- National HIV/AIDS strategic plans of action

The area of HIV/AIDS, nutrition and emergencies is of emerging concern and as such much of the on-going practical experience of managing situations has not been formally published in manuals or guidelines. It is strongly recommended that practitioners consult scientific and practitioner journals for updated articles.

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Highly recommended for consultation are:

- Emergency Nutrition Network (Field Exchange), www.ennonline.net
- FANTA 2 (Food and Nutrition Technical Assistance) Focus areas – HIV, www.fantaproject.org/focus/hiv_aids.shtml
- ODI – Humanitarian Practice Network, www.odi.org.uk
- ReliefWeb, www.reliefweb.org
- WHO – for guidelines on HIV/AIDS, nutrition and, emergencies, www.who.int

1. **ENN, WHO, UNICEF, LINKAGES & IBFAN (2001). Infant Feeding in emergencies Module 1 – Manual for Orientation, Reading and Reference. Emergency Nutrition Network.**

Module 1 provides an overall introduction to infant feeding in emergencies and explains why it is an important concern, covers many challenges, describes relevant aspects of the International Code of Marketing of Breast-milk Substitutes, gives agreed operational guidance for emergency relief staff and policy makers, and suggests how to establish conditions that support breastfeeding and reduce dangers of artificial feeding. For all emergency relief workers, including those involved in site management, or those responsible for technical tasks such as water, sanitation and supplies.

Manual includes:

Chapter 1. Introduction to infant feeding in emergencies

Chapter 2. Challenges to infant feeding in emergencies

Chapter 3. Policies and guidance for appropriate infant feeding

Chapter 4. Supporting appropriate infant feeding practices in emergencies

Accompanying materials include presenter's notes with guidelines for course execution over 1, 2, or 3 hours and additional case studies. Overhead figures to be used as transparencies, flip chart, or PowerPoint are available.

Contact: www.ennonline.net/resources/1

2. **ENN, IBFAN-GIFA, Foundation Terre des Hommes, CARE USA, Action Contra la Faim, UNICEF, UNHCR, WFP, WHO, Linkages (2007). Infant Feeding in Emergencies Module 2 – For Health and Nutrition Workers in Emergency Situations. Emergency Nutrition Network.**

Module 2 aims to provide those directly involved with infants and carers with the basic knowledge and skills to support safe and appropriate infant and young child feeding. It contains special chapters, in the additional material booklet, on relactation and the management of breast conditions. Additional material also covers the management of severely malnourished infants less than 6 months of age and those using artificial feeding. Five core parts can be covered in 5 hours of group teaching with additional parts to be studied or taught separately.

Chapter 1. How breastfeeding works

Chapter 2. Supportive care for all mothers

Chapter 3. Assessment of mother/child pair

Chapter 4. Providing help to improve infant feeding

Chapter 5. More skilled help with breastfeeding

Additional parts include:

Chapter 6. Relactation

Chapter 7. Breast conditions

Chapter 8. The young severely malnourished infant

Chapter 9. When infants are not breastfed

Nineteen annexes include more in-depth explanations on aspects of breastfeeding. Annex 19 includes the WHO HIV and Infant Feeding Technical Consultation in 2006. Thirty-seven overhead figures are pictures and diagrams on breastfeeding for use as transparencies or flipcharts.

Contact: www.ennonline.net/resources/4

3. **ENN (2007). Evaluation of Infant Feeding in Emergencies Training Modules 1 & 2, ENN.**

An evaluation to assess Modules 1 and 2 of Infant Feeding in Emergencies distributed between April 2005 and February 2006.

Contact: <http://fex.ennonline.net/28/useofife.aspx>

4. **Emergency Nutrition Network 2009: Integration of IYCF into CMAM – new training content Facilitators Guide, ENN.**

This is a training guide for health care personnel and community health workers in the integration of recommended IYCF practices within CMAM, to support mothers/caregivers in prevention as well as rehabilitation of severe acute malnutrition (SAM).

The Facilitator's Guide is divided into 3 Modules:

Module I: Community Assessment of IYCF practices (2 hours combined with CMAM Community Outreach Module).

Module I is a pre-training activity conducted within communities that will participate in CMAM programming.

Module II: Two-day IYCF course for CMAM. This 2-day train the trainers IYCF course contains an instructional plan and an outline followed by 11 sessions. Session 8 is IYCF in an HIV context.

Module III: IYCF Field Practice (2 hours combined with CMAM Field Practice).

Material comprises Facilitator's Guide and Handouts, in both US and UK print ready versions. It is available from the ENN on CD or to download from the ENN website, <http://fex.ennonline.net/37/integration.aspx>

5. **FANTA & RCQHC (2003). HANDBOOK Developing and Applying National Guidelines on Nutrition and HIV/AIDS. Washington: FANTA/RCQHC.**

Handbook designed to increase nutrition capacity in east and southern Africa with a focus on the processes involved when adapting existing nutritional guidelines to suit country specific situations and objectives. Includes guidance on how to use and produce technical material as well as monitoring and evaluating their use. For health professionals and policy makers.

Chapter 1. Introduction – Definition of Guidelines and Structure of Handbook

Chapter 2. Development of National Guidelines on Nutrition and HIV/AIDS

Chapter 3. Applications of National Guidelines on Nutrition and HIV/AIDS

Chapter 4. Monitoring and Evaluation

Downloadable at <http://www.fantaproject.org/downloads/pdfs/rcqhc03.pdf>

6. **FANTA (2004). Nutrition and HIV/AIDS: A Training Manual. Washington: RCQHC/FANTA/Linkages.**

Training course designed to enable African institutions of higher learning to integrate nutrition and HIV/AIDS into their training programmes. Intended to complement existing materials and curricula, and targets tutors of medical or health sciences, applied human nutrition, dietetics or home economics, and food technology and agriculture. The manual is designed for pre-service training, and provides technical content, presentations, handout materials and other resources and can be used in conjunction with a set of PowerPoint training modules. Nine separate presentations have been designed to match the nine session outlined in the training manual with chapters

Session 1. Basics of HIV/AIDS in Africa

Session 2. Link between nutrition and HIV/AIDS

Session 3. Nutrition actions for people living with HIV/AIDS

Session 4. Food security components in HIV/AIDS nutritional care and support

Session 5. Nutritional management of HIV/AIDS-related symptoms

Session 6. Nutritional care for pregnant or lactating women and adolescent girls infected with HIV/AIDS

Session 7. Infant feeding and Prevention of mother-to-child-transmission of HIV

Session 8. Nutritional care of children born to women infected with HIV

Session 9. Management of drug-food interactions in HIV/AIDS therapy

There are downloadable updates and PowerPoint presentations for the following sessions:

Session 1. Introduction to HIV/AIDS

Session 2. Link between nutrition and HIV/AIDS

Session 3. Key Nutrition actions for people living with HIV/AIDS

Session 4. Food security components in HIV/AIDS nutritional care and support

Session 5. Nutritional management of HIV/AIDS-related symptoms

Session 6. Nutritional care for pregnant or lactating women and adolescent girls infected with HIV/AIDS

Session 7. Prevention of mother-to-child-transmission of HIV and infant feeding (under revision)

Session 8. Nutritional care of young children infected with HIV/AIDS or born to HIV infected mothers

Session 9. Management of drugs and food interventions in HIV/AIDS therapy

Full manual and all materials downloadable from <http://www.fantaproject.org/focus/preservice.shtml>

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7. **Food and Nutrition Technical Assistance (FANTA) Project and World Food Programme (WFP) 2007. Food Assistance Programming in the Context of HIV. Washington, DC: FANTA Project, Academy for Educational Development.**

The guide provides detailed information about the dietetic management of patients on antiretroviral therapy, with extremely useful tables looking at common drug regimes and food interaction. The guide is for programme directors, programme advisors and senior programme managers who are directly involved in the analysis and formulation of food assistance strategies and country programme activities at HQ and in regional and field offices.

It is divided into sections:

I – HIV and Food Security: Conceptual and Institutional Framework

II – Programme Design Steps, including: vulnerability assessments, adaptive and integrated programming, targeting, ration design, implementation strategies, monitoring and evaluation, and operational modalities

III – Sector-Specific Programme Design Considerations, including: health and nutrition, education, livelihood strategies and social protection, and emergency response

Downloadable at <http://www.fantaproject.org/publications/fapch.shtml>

8. **IASC (2010). Guidelines for HIV/AIDS Interventions in Emergency Settings. Geneva: IASC.**

This is an update of the 2003 Guidelines for HIV/AIDS Interventions in Emergency Settings.

Chapter 1. Introduction

Chapter 2. Coordination of the HIV response in Humanitarian Settings

Chapter 3. Action Framework (Matrix) with information on the sectoral response to HIV in humanitarian settings in nine key sectors:

- HIV awareness raising and community support
- Health
- Protection
- Food Security, nutrition and livelihood support
- Education
- Shelter
- Camp coordination and camp management
- Water, sanitation and hygiene
- HIV in the workplace

There are 19 action sheets, including Action sheet 3.4.1 Ensure food security, nutrition and livelihood support and Action sheet 3.4.2 Provide nutritional support to people living with HIV. Each section has a resource guide with additional links.

Chapter 4. Monitoring and Evaluation

Contact: www.humanitarianinfo.org/iasc.

Download guide at: www.humanitarianinfo.org/iasc/downloaddoc.aspx?docID=5145&type.

9. **IFE Core Group (2007). Infant and Young Child Feeding in Emergencies: Operational Guidance for Emergency Relief Staff and Programme Managers Version 2.1. Oxford: IFE Core Group.**

Operational guidance intended for emergency relief staff and programme managers of all agencies working in emergency programmes, including national governments, United Nations agencies, NGOs and donors.

It applies to emergency situations in all countries, and extends to non-emergency situations.

Practical step 1. Endorse or develop policies

Practical step 2. Train staff

Practical step 3. Coordinate operations

Practical step 4. Assess and monitor

Practical step 5. Protect, promote and support optimal IYCF with integrated multi-sectoral interventions

Practical step 6. Minimise the risks of artificial feeding

10. PAHO/WHO (2001). Guiding Principles for Complementary Feeding of the Breastfed Child. PAHO.

Guidelines for full-term breastfed infants (infants born more than 37 weeks gestation) on feeding during the first two years of life. Does not cover specific feeding recommendations for non-breastfed children, infants or children recovering from acute malnutrition, or preterm infants who all may need special feeding. Can be used as the basis for developing recommendations on complementary feeding for these subgroups. This is not specifically HIV related. The document provides guidance related to 10 guiding principles:

1. Duration of exclusive breastfeeding and age of introduction of complementary foods
2. Maintenance of breastfeeding
3. Responsive feeding
4. Safe preparation and storage of complementary foods
5. Amount of complementary food needed
6. Food consistency
7. Meal frequency and energy density
8. Nutrient content of complementary foods
9. Use of vitamin-mineral supplements or fortified products for infant and mother
10. Feeding during and after illness

It also provides orientation on how to use the Guiding Principles

Can be downloaded online

from: http://www.who.int/nutrition/publications/guiding_principles_compfeeding_breastfed.pdf

http://www.paho.org/English/AD/FCH/NU/Guiding_Principles_CF.htm

11. UNHCR 2004, Integration of HIV/AIDS activities with food and nutrition support in refugee settings: specific programme strategies.

This document is a practical guide with two types of integrated programme strategies:

1. incorporation of HIV/AIDS prevention, care, treatment and support activities into food and nutrition programmes (12 strategies)
2. incorporation of food and nutritional training, or use of food resources for capacity-building and/or institutional support activities, in HIV/AIDS programmes (eight strategies)

The document emphasises the need for local epidemiological assessment of HIV/AIDS and nutritional situations.

Answers to key questions are provided in the 20 summary action sheets:

- Objectives of programmes
- Key issues in implementing strategies, logistics, coordination
- Proposed indicators for monitoring programme strategies
- Experiences from the field

Downloadable at: <http://www.unhcr.org/45fa72ea2.html>

12. UNHCR 2009, Guidance on Infant feeding and HIV in the context of refugees and displaced populations (June 2009 version 1.1)

This document provides an overview of the current technical and programmatic consensus on infant feeding and HIV with guidance to facilitate effective implementation of HIV and infant feeding programmes in refugee and displaced situations, in emergency contexts, and as an integral element of a coordinated approach to public health, HIV and nutrition programming. It is in accordance with 2006 rather than 2009 HIV and infant feeding guidance.

Sections include:

1. International Policy Context on infant feeding and HIV
2. Influences of infant feeding practices on child HIV-free survival
3. UN Policy on Infant feeding and HIV
4. UN policy on infant feeding decision
5. Applying UN policy to UNHCR operations including emergency contexts

Downloadable at: <http://www.ibfan.org/art/367-6.pdf>

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13. UNICEF (2005). Emergency Field Handbook: A Guide for UNICEF staff. New York: UNICEF.

Field guide for UNICEF field staff structured around UNICEF's Core Commitments for Children in Emergencies.

These commitments make a clear distinction between life-saving interventions that should be carried out immediately (within the first six to eight weeks of any crisis) and the broader spectrum of essential activities that may be added once an initial response is well established.

Part 1. First Actions

Part 2. Coordination

Part 3. Assessment and monitoring

Part 4. Special circumstances

Part 5. Programme Core Commitments

- Health and nutrition
- Water, sanitation and hygiene
- Child protection
- Education
- HIV/AIDS

Part 6. Operational Core Commitments

Contact: http://www.unicef.org/publications/index_28057.html

14. UNICEF/World Health Organization 2009: Baby Friendly Hospital Initiative Training Materials, WHO Geneva.

These materials were designed in 1993 and updated in 2009

Section 1: Background and Implementation, provides guidance on the revised processes and expansion options at the country, health facility, and community level.

Section 2: Strengthening and sustaining the Baby-friendly Hospital Initiative: a course for decision-makers was adapted from the WHO course "Promoting breastfeeding in health facilities: a short course for administrators and policy-makers". This is a course guide with eight planned sessions, handouts and PowerPoint slides. Two alternative session plans and materials for use in settings with high HIV prevalence are included.

Section 3: Breastfeeding Promotion and Support in a Baby-friendly Hospital, is a 20-hour course for maternity staff.

Section 4: Hospital Self-Appraisal and Monitoring, provides tools for use by managers and staff.

Section 5: External Assessment and Reassessment, provides assessment guidelines and tools Sections 1-4 are available at UNICEF and WHO websites, and section 5 is available upon request.

<http://www.who.int/nutrition/publications/infantfeeding/9789241594950/en/index.html>

15. UNPFH (United Nations Population Fund HIV/AIDS Branch) Inter-Agency Task Team on HIV and Young People GUIDANCE BRIEF: HIV interventions for Young People in Humanitarian Emergencies.

Addresses specifics for Youth

Downloadable at: <http://www.unfpa.org/hiv/iatt/docs/humanitarian.pdf>

16. University of Nairobi, FSAU, & FAO (2005). Training Package of Materials for the Course Food and Nutrition Surveillance and Emergency. Nairobi: University of Nairobi.

This training course provides an understanding of the nutritional outcomes of emergencies (malnutrition, mortality and morbidity); and also the causes of malnutrition and mortality in emergencies (the process and dynamics of an emergency). The course has an operational focus, and at the same time incorporates relevant applied research.

The course itself is divided into three parts:

Unit I (Sessions 1 to 6) provides an overview of the role of nutrition in the process, dynamics and outcomes of complex emergencies, and introduces a conceptual framework for analysing causes of malnutrition in emergencies. Relevant nutrition theory and concepts are also reviewed. The principles, codes and standards that underpin humanitarian assistance are introduced and their relevance to nutrition reviewed.

Unit II (Sessions 7 to 14) covers assessment and analysis of nutritional problems in emergencies with a view to guiding an appropriate humanitarian response.

Unit III (Sessions 15 to 22) explores the main types of nutrition intervention programmes that can be designed to address nutritional risks as identified earlier in the course.

The PowerPoint teaching aids are presented in the Appendix.

Downloadable at: http://www.unscn.org/en/resource_portal/index.php?&types=4&resource=236

17. World Food Programme HIV/AIDS fact sheets:

Good Nutrition is Essential for people on ART

Integration of Food and Nutrition Support in HIV treatment programmes

Innovative Safety Nets: Mobile Delivery and Tracking

Food Assistance and TB treatment

Downloadable at <http://www.wfp.org/content/wfp-hiv-aids-nutrition-fact-sheets>

18. World Health Organization, Food and Agriculture Organization of the United Nations 2009. Nutritional Care and Support for people living with HIV/AIDS: A training course.

The course materials include a director's guide, a facilitator's guide, and a participant manual. Twelve sessions follow a couple whose lives are affected by HIV. The course uses interactive lectures, visual materials, role-plays, individual reading and group discussions. The course in full lasts 15 hours, is designed for an educated health care provider audience, and does not specifically treat the situation of HIV in emergency settings.

Available at: <http://www.who.int/nutrition/publications/hivaids/en/index.html>

19. World Health Organization (2009) Guidelines for an Integrated Approach to the Nutritional care of HIV-infected children 6 months-14years (preliminary version for country introduction).

The guidelines are organised in three parts:

1. Assess, classify, and decide on a nutritional care plan. This section develops a clear flowchart for assessing, classifying, and deciding on a nutritional care plan for HIV-positive children and specific, detailed nutrition care plans for children in three nutrition categories.
2. Implement the nutrition care plan. This section includes adaptable counselling sheets and guidance charts on how to assess, classify, and manage environmental factors impacting nutrition in these children.
3. Children with special needs. This section focuses on recognising and managing the clinical factors accompanying HIV such as nausea, sore mouths or poor appetite. It includes 6 suggestion sheets to improve food intake. The second part of the section focuses on children on ART.

Appendices include staging criteria, guiding principles for complementary feeding of the breastfed child, guiding principles for feeding non-breastfed children, and keys to safer food.

Available at <http://www.who.int/nutrition/publications/hivaids/en/index.html>

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20. **World Health Organization 2010, *Guidelines on HIV and Infant Feeding: Principles and recommendations for infant feeding in the context of HIV and a summary of evidence*. Geneva, WHO.**

The document compares new advice to previously existing World Health Organization recommendations. This document describes the process of revision and includes the evidence behind the formulation of new guidelines by a Guideline Development Group according to the GRADE process.

Key principles are presented with discussion points:

- Balancing HIV prevention with protection from other causes of child mortality
- Integrating HIV interventions into maternal and child health services
- Setting national or sub-national recommendations for infant feeding in the context of HIV
- When antiretroviral drugs are not (immediately) available, breastfeeding may still provide infants born to HIV-infected mothers with a greater chance of HIV-free survival
- Informing mothers known to be HIV-infected about infant feeding alternatives
- Providing services to specifically support mothers to appropriately feed their infants
- Avoiding harm to infant feeding practices in the general population
- Advising mothers who are HIV uninfected or whose HIV status is unknown
- Investing in improvements in infant feeding practices in the context of HIV

Seven recommendations are presented with discussion points:

1. Ensuring mothers receive the care they need
2. Which breastfeeding practices and for how long
3. When mothers decide to stop breastfeeding
4. What to feed infants when mothers stop breastfeeding
5. Conditions needed to safely formula feed
6. Heat-treated, expressed breast milk
7. When the infant is HIV-infected

Recommendations include the key message that infants should continue to breastfeed beyond the 6 month time period previously recommended, with the mother or the infant on ARV treatment. The group explicitly defined the conditions required for safe formula feeding rather than using the AFASS acronym.

Available at http://whqlibdoc.who.int/publications/2010/9789241599535_eng.pdf

21. **World Health Organization and UNICEF 2008: *Scale up of HIV-related prevention, diagnosis, care and treatment for infants and children: a programming framework*, Geneva WHO.**

Designed as a planning guideline for national health managers and implementing partners in resource-constrained settings with a high HIV burden to scale up HIV prevention, diagnosis, care and treatment for children who are exposed to or who have HIV within the context of broader child survival and HIV programmes. Sections include:

1. Background
2. Components of the care package for children living with and exposed to HIV
3. Key strategies for scaling up HIV Diagnosis, care, support, and treatment for children

Downloadable at: http://www.who.int/hiv/paediatric/Paeds_programming_framework2008.pdf

22. **World Health Organization Department of Child and Adolescent Development 2005: *Guiding principles for feeding non-breastfed children 6-24 months of age*. Geneva, WHO.**

Each of the chapters includes a concise guideline and describes the scientific rationale behind that guideline: amount of food needed, food consistency, meal frequency and energy density, nutrient content of foods, use of vitamin/mineral supplements or fortified products, fluid needs, safe preparation and storage of foods, responsive feeding, feeding during and after illness. Additional considerations are noted in Annex 1: developing locally appropriate feeding recommendations based upon these guiding principles, and in Annex 2: Key issues around early breastfeeding cessation for non-breastfed infants and children of HIV-positive mothers: Timing, safe transition, and care.

Downloadable at: <http://whqlibdoc.who.int/publications/2005/9241593431.pdf>

Upcoming guidelines:

World Health Organization: *Guidelines for an Integrated Approach to the Nutritional care of HIV-infected adolescents and adults, including pregnant and lactating women*.

Contact: www.who.int

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