A discussion Guide for Test and Treat Campaign

Six 10-minute Radio Segments

Developed by

Communication for Development Foundation Uganda
HOW TO USE THIS GUIDE

This guide is designed to be used by facilitators and health experts who promote key knowledge, attitudes and behaviours supported by the Test and Treat campaign during listening group sessions or. The Test and Treat Campaign is supported by Johns Hopkins Bloomberg School of Public Health, Centre for Communication Programs (JHU.CCP) through the Stop Malaria Project.

After playing each segment in a radio programme, facilitators and health experts will use this guide to facilitate a radio discussion.

Before listening to each segment read the information in the guide. Reading the information before the programme will help you to know what the segment is about. Be sure to read the key “learning points” and “discussion questions” carefully so that it is easier for you to guide listeners in a discussion after listening to the segment.

After each segment, review the key learning points that are written in the guide and discuss them with listeners.

Ask the participants what they think the episode was telling them to do and give them time to respond. Supplement participants’ responses by reading aloud the “action points” section in the guide and remind them what the segment wants them to do.

Finally, Read aloud the discussion questions at the end of the segment and allow participants some time to brainstorm as you facilitate the session and respond to contentious issues. Refer complicated questions to the heath expert or to the subsequent segments.

Thank participants for taking time to listen to the program and remind them to listen to the program the next scheduled time.

Follow-up Information
It is not easy being a facilitator because participants will have many questions for you. Here is how you can get additional information on the issues portrayed by the segments.

- Go to the health centre or talk to your local health worker to get the right information you can give your listeners and community.

BEFORE THE LISTENING GROUP SESSION
Plan and make prior preparations to help you conduct an energetic and fruitful session. The following tips will help you prepare for your session and make it engaging and participatory:

- Mobilise men and women in your community to come to the listening group and encourage them to arrive at least 30 minutes before the program begins.
- Read through this guide and familiarize yourself with it. Get to know the number of segments it covers. This will help you know how to answer questions.
- Make sure that you read through the discussion guide section for each segment before it is broadcast so that you have enough information on the segment.
- Arrive early at the radio station and ensure the guests are all early.
- Ensure that the program starts at the scheduled time.

**DURING THE RADIO PROGRAMME**

During the radio talk show, the following tips will help you become a good facilitator and ensure that listeners are fully involved and attentive:

- Ensure that you and your guests are at the radio station least 30 minutes before the program begins.
- Ensure that the studio is technically sound.
- Welcome guests and remind them that they are going to listen to an audio segment on the Test and Treat Campaign, a campaign to create awareness about malaria among parents, guardians and the community generally.
- Before getting on air, allow participants time to get to know each other by letting them introduce themselves. Tell them that they are here to listen, discuss and find solutions to the rampant effects of malaria on individuals and the community. Let them know that every one’s opinion matters. Also let them know that there are hundreds of listeners that are going to learn from their discussion.
- At least five minutes before the start of the program, tell the guests that the program is about to start.
- Let the program begin and ensure that there are no interruptions such as unnecessary movements, phone calls and external noise.

**AFTER THE SEGMENT**

- Once the segment ends, open this “discussion guide” and go through the Key learning points, Action points and the Discussion questions.”
• During this discussion, try to get guests to share their views and opinions openly. Ensure that everyone participates and that no one dominates.

• Keep an open mind. Listen carefully and try to understand the views of those who disagree with you.

• Help keep the discussion on track by sticking to the questions and guides within the segments. Other questions and issues outside the episode will be discussed in subsequent segments.

• It’s okay to disagree. Respond to your guests with courtesy and respect even when you disagree.

• Respond to emerging questions that you know and refer those that you don’t know to the health worker or to subsequent segments.

**TO CONCLUDE THE SESSION**

- Take the last 10 minutes to conclude the segment by asking participants to repeat the action points from the segment. Ask them what they are going to do after listening to the segment and give them time to respond.

- After their responses, read out loud the action points from the segment and encourage them to practice what they have learnt.

- Ask the guests how they found the segment and whether it was useful to them or not? Write down their responses in the listening guide.

- Thank guests for accepting to be part of the programme and remind them about the subsequent segments.
1. Key Learning Points:

- Malaria is an infectious disease caused by a parasite, *Plasmodium*, which infects red blood cells. It is transmitted from one person to another through mosquitoes.
- The symptoms characteristic of malaria include flulike illness with fever, chills, muscle aches, and headache. Some patients develop nausea, vomiting, cough, and diarrhea and yellowing (jaundice) of the skin and whites of the eyes due to destruction of red blood cells and liver cells. The cycles of chills, fever, and sweating that repeat every one, two, or three days are typical. People with severe *P. falciparum* malaria can develop bleeding problems, shock, liver or kidney failure, central nervous system problems, coma, and can die from the infection or its complications.
- Fevers can be a symptom of medical conditions other than malaria.
- Testing for malaria is the only way to find out if one has malaria or not.
- Testing for malaria makes you get proper diagnosis of sicknesses so as to get the right treatment.
- The best place to get help when one shows signs of malaria is the nearest health centre.
- Malaria can attack anytime—there are no seasons for malaria.

2. Action Points –

- Take a malaria test before buying medicine

3. Discussion questions:
   a) What is malaria?
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   b) What are the signs and symptoms of malaria?
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   c) How does a person know that s/he has malaria?
d) What is the first thing one should do if s/he has the signs and symptoms of malaria before starting to take malaria drugs?


e) What is the importance of testing before treating malaria?


f) Where can a person who has signs of malaria go for help?


g) What are the seasons of malaria?
SEGMENT 2: A CHILD HAS A HIGHER CHANCE OF SURVIVING IF FEVERS ARE TESTED AND RESULTS FOLLOWED

1. Key learning points:
   - Malaria is transmitted from one person to another through mosquito bites
   - Malaria can attack anytime—there are no seasons for malaria
   - Malaria can be prevented by sleeping under an insecticide treated mosquito net (ITN), closing doors and windows early, clearing bushes around and near our homes and avoiding stagnant water, which is a breeding place for mosquitoes.
   - One can only tell that they have malaria if they test for it.

   Some of the myths concerning malaria are:
   - *This is a malaria season!*
   - *Playing in the rain causes malaria*
   - *Eating ripe mangoes causes malaria*
   - *Going to the hospital to test malaria is a waste of time*
   - *All fevers are caused by malaria*

   - One can get information concerning malaria from the health centre or from the VHTs.
   - Malaria can get any person but it is more dangerous in children and pregnant women.

2. Action Points – What should everyone, every parent and guardian do?
   - Test for malaria before taking malaria treatment
   - Always protect yourselves against malaria by sleeping under an ITN
   - Clear bushes around or near your home
   - Avoid having stagnant water or abandoned containers near your house
   - Seek more information on malaria from the health centre nearest to you

3. Discussion questions:
   - How is malaria transmitted from one person to another?
   - What are some of the myths about malaria? And what are the facts against these myths?
   - Where can one get information concerning malaria?
• What should you do to prevent malaria?

• What is the advantage of an insecticide treated mosquito net over one that is not treated?

• What is the relationship between malaria and rainy seasons?

• What happens when you treat malaria through self-medication?

• What age group can catch malaria?

• What are some of the diseases which can be mistaken to be malaria?

• How can you differentiate between malaria and the other diseases that have symptoms like malaria?
SEGMENT 3: GO TO THE NEAREST HEALTH FACILITY AND TEST FOR MALARIA WITH 24 HOURS OF PRESENTING FEVER

1. Key Learning Points:
   - If you have signs and symptoms of malaria, take a malaria test before taking malaria drugs
   - You need to complete your malaria treatment and avoid stopping medication just because you are feeling better
   - It is important for a malaria dose to be completed so that the body doesn’t develop resistance against it.
   - It is important for the whole family to sleep under insecticide treated mosquito nets to avoid mosquito bites which causes malaria. Sleeping under insecticide treated mosquito nets is very important because it repels mosquitoes. Mosquitoes will not bite even if the net is touching your body.
   - If you show signs and symptoms of malaria go and get help from a health centre.

2. Action Points – What should everyone, every parent and guardian do?
   - Test for malaria before seeking treatment
   - Get malaria treatment if tested and found to have malaria
   - Complete the malaria treatment.

3. Discussion questions:
   - What is the first thing one should do if s/he has the signs and symptoms of malaria before starting to take malaria drugs?
   - Why is it bad for a dose of malaria medication to be shared with one or more people?
   - When should a person who is on malaria treatment stop his medication?
   - Where should a person get malaria drugs from?
• Why is it recommended for a person to complete his malaria treatment even when (s) he is feeling better before completion?

• Why is it important for the whole family to sleep under insecticide treated mosquito nets?

• Where can you get help if you have signs and symptoms of malaria?
SEGMENT 4: TREAT MALARIA ONLY IF THE TEST IS POSITIVE

1. Key Learning Points:
   - Malaria is caused by female anopheles mosquito bites.
   - Malaria can attack anytime—there are no seasons for malaria.
   - Self-medication can lead to wrong use of drugs and cause other health complications.
   - Overripe mangoes don’t cause malaria.
   - Malaria is worse in children than adults.
   - Sleeping under insecticide treated mosquito nets is very important because it repels mosquitoes. Mosquitoes will not bite even if the net is touching one’s body.
   - It is also important to clear bushes around the home, avoid having stagnant water on the compound as these are breeding places for mosquitoes; and close doors and windows early enough.
   - For one to be sure that one is suffering from malaria, a malaria test must be taken first.
   - Sleeping under a treated mosquito net does not cure malaria. It is used for prevention. It is important to seek medical help immediately you start feeling sick.

2. Action Points – What should everyone, every parent and guardian do?
   - Always protect themselves against malaria by sleeping under an ITN.
   - Always test for malaria before taking malaria treatment.
   - Visit a health facility as soon as you start feeling feverish, getting chills, diarrhoea, headache, joint pains and vomiting.

3. Discussion questions:
   - What is the cause of malaria?
   - Is malaria a seasonal sickness?
   - How can you tell that you are treating the right sickness?
   - What are the advantages of testing for malaria before treating?
• What kind of mosquito transmits malaria?
• What should you do to prevent getting malaria?
• What are the disadvantages of self-medication?
• Does sleeping under a treated mosquito net, cure one if (s) he already has malaria?
SEGMENT 5: COMPLETE MALARIA TREATMENT EVEN WHEN THERE IS AN IMPROVEMENT BEFORE THE MEDICINES ARE FINISHED

1. Key Learning Points

- The symptoms characteristic of malaria include flulike illness with fever, chills, muscle aches, and headache. Some patients develop nausea, vomiting, cough, and diarrhea. Cycles of chills, fever, and sweating that repeat every one, two, or three days are typical. There can sometimes be vomiting, diarrhea, coughing, and yellowing (jaundice) of the skin and whites of the eyes due to destruction of red blood cells and liver cells. People with severe P. falciparum malaria can develop bleeding problems, shock, liver or kidney failure, central nervous system problems, coma, and can die from the infection or its complications.

- When a child shows any sign of malaria, take him/her to the health center immediately within the first 24 hours.

- When one is sick, it is advisable that (s) he is taken to the health center to take a malaria test and not self-medication before testing.

- It is important to test before treating to be sure that you are treating the right disease.

2. Action Points – What should everyone, every parent and guardian do?

- Ensure completion of malaria treatment even if there is an improvement before the medicines are finished.

- Take children to the health center immediately within the first 24 hours when they first show signs of malaria.

4. Discussion questions:

- What are the signs and symptoms of malaria?

- What should a parent or guardian do when his/ her child shows signs and symptoms of malaria?

- What is the importance of testing for malaria before treating?
• Is it advisable to send someone to buy you malaria drugs when you are not feeling well?

• How do you know that a child has malaria/ what are the signs of malaria in children?

• How soon should parents/guardians take their child for medical help?

• What first aid would you give a child with malaria?
SEGMENT 6: BUY MALARIA MEDICINE FROM A DRUG SHOP ONLY IF IT HAS BEEN PRESCRIBED BY A MEDICAL PERSONEL

1. Key Learning Points
   - One should test before starting malaria medication
   - Buy malaria medicines from the drug shop only if it has been prescribed by a medical personnel
   - The only way you can confirm that you have malaria is testing
   - Giving wrong medication for a child is one of the causes of complications that may arise from an even worse disease

2. Action points – Action points – What should everyone, every parent and guardian do?
   - Buy malaria medicines from the drug shop only if it has been prescribed by a medical person after malaria tests are positive
   - Use ITNs every time.
   - Seek medical help immediately you start feeling sick.
   - Complete malaria treatment even if you feel fine before completion

3. Discussion questions:
   - What are you supposed to do before starting to take malaria medication?
   - Who is supposed to prescribe malaria treatment?
   - If two people have malaria, can they share one person’s malaria treatment?
   - Can one confirm that (s) he has malaria from the signs? If not, what is the confirmation that you have malaria?
   - Why does malaria sometimes become resistant to malaria treatment?
- What are the possible consequences of giving a child malaria treatment for the wrong sickness?
- What happens when a person who has malaria receives treatment late?