

## HIV / AIDS – Common Facts and Information

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### ABSTRACT:

This article deals with one of the most important diseases which lingers around the humanity for the past 4 decades. This has shattered many families. Created many children losing their both parents or one of them which created a huge impact in their social and economical status. Many are still living not only with the disease but also with the stigma of the disease. Though the perspective of the disease has widely changed from its initial days the impact continues. This article will give you some common facts and information on the same.

**KEYWORDS:** HIV, AIDS, Immune, Virus, Epidemic, Symptoms, Social Worker

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### INTRODUCTION

Acquired Immune Deficiency Syndrome (AIDS) is a life-threatening disease. AIDS is caused by Human Immunodeficiency Virus (HIV). This attacks the immune system of the human body. AIDS has spread around the world like a wildfire. Due to continuous AIDS awareness programmes by the government and the NGOs the spreading speed is reduced. Now let's see about the same briefly.

#### HIV in India

The first AIDS patient was identified in India in 1986. then it started spreading very fast as it is easily transferable. Year on year the number of infected

2456 people increased. It affected all people no matter their age, starting from babies to elders and pregnant women all were getting affected by this disease.

#### HIV in Tamil Nadu

Tamil Nadu is one of the high-risk states of India for HIV / AIDS. Namakkal district is noted for many cases, because the first case was found here in 1986. In this district some NGO's like Don Bosco care home started to help the affected people by giving good medicine and awareness programs. They were also given nutritious food supplements and some cash to manage their daily expenses.

### Global Summary of the AIDS Epidemic, 2020

Number of people living with HIV	<b>Total</b>	<b>37.7 million</b>	<b>[30.2 million–45.1 million]</b>
	Adults	36.0 million	[28.9 million–43.2 million]
	Women (15+ years)	19.3 million	[15.5 million–23.1 million]
	Children (<15 years)	1.7 million	[1.2 million–2.2 million]
People newly infected with HIV in 2020	<b>Total</b>	<b>1.5 million</b>	<b>[1.0 million–2.0 million]</b>
	Adults	1.3 million	[910 000–1.8 million]
	Women (15+ years)	660 000	[450 000–920 000]
	Children (<15 years)	150 000	[100 000–240 000]

<b>AIDS-related deaths in 2020</b>	<b>Total</b>	<b>680 000</b>	<b>[480 000–1.0 million]</b>
	Adults	580 000	[400 000–850 000]
	Women (15+ years)	240 000	[170 000–360 000]
	Children (<15 years)	99 000	[68 000–160 000]

Source: UNAIDS epidemiological estimates, 2021 (<https://aidsinfo.unaids.org/>).

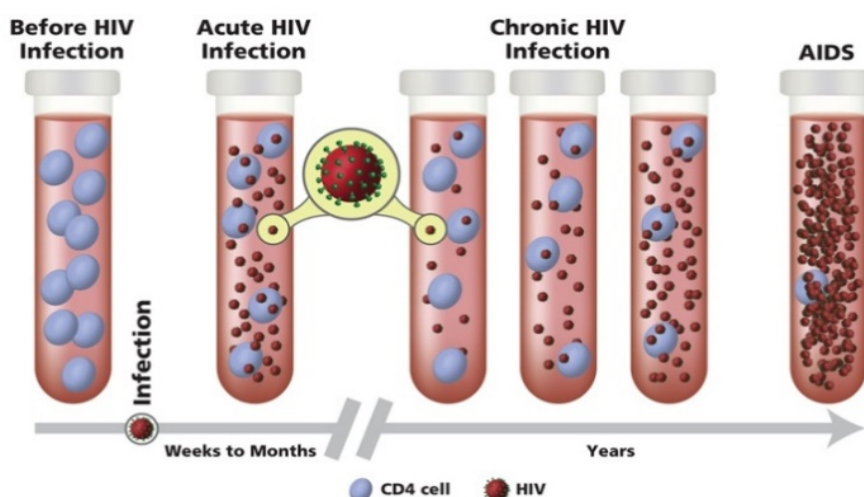
### Transmission of HIV

HIV is spread mainly through unsafe sexual intercourse, blood transmission, syringes that are used by more than one person who are using it for taking drugs and from mothers to the child during the pregnancy and breast feeding. Transmission of HIV through blood has been very common during the initial time of its spread but nowadays all the developed and developing countries established stringent measures for this process. But while having unsafe sex with the person who is affected by HIV it spreads to the other normal person as well. It is also easily spread from the pregnant mother to her child before the delivery and during the breast feeding.

### AIDS Symptoms

HIV attacks and affects the white blood cells (WBC) and lowers the overall immune system. It takes 0 to 12 years for the symptoms to appear promptly. A few common symptoms are fever, nausea and vomiting, loss of weight, dysentery, swollen nodes, night sweating, skin rashes and so on...

### HIV Progression



Source: <https://hivinfo.nih.gov/understanding-hiv/fact-sheets/stages-hiv-infection>

### Role of Social Worker

Social workers have the knowledge and skills to deal effectively with HIV/AIDS patients and those who are affected by the disease, such as family members, friends, partners, and children. Social workers have the unique ability to work with people in their natural environments and advocate for change that best suits their needs.

Social workers provide a wide range of services and support to people living with HIV/AIDS on an individual basis. Income support bureaucracies, education/training programmes and career planning, prescription drug programmes and policies, short- and long-term disability programmes, housing, human rights legislation, addictions services, legal services, services and resources for gay, lesbian, and bisexual people, and nutrition and food security are all resources that social workers are familiar with. Social workers frequently assist people living with HIV/AIDS in navigating these systems while also empowering them to make educated health decisions.

New diagnoses, disclosure, intimate partner violence, depression, fertility, anxiety, relationships (intimate and familial), grief and loss, and addictions are among issues that social workers can help with. They frequently work as part of a multidisciplinary team to provide support to people who are suffering from a chronic illness. A nurse practitioner, physician,

pharmacist, psychologist, psychiatrist, immunologist, and a public health advocate may be on the team.

### Conclusion

Life for an individual becomes hell after being tested positive for AIDS. Though AIDS is a disease which cannot be cured or eradicated from society, the only solution to AIDS lies in its prevention and awareness. We must have our regular and periodical health checkup so that we don't fall prey to such deadly diseases. The only way to fight the AIDS disease is through creating awareness on the safety measures.

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