



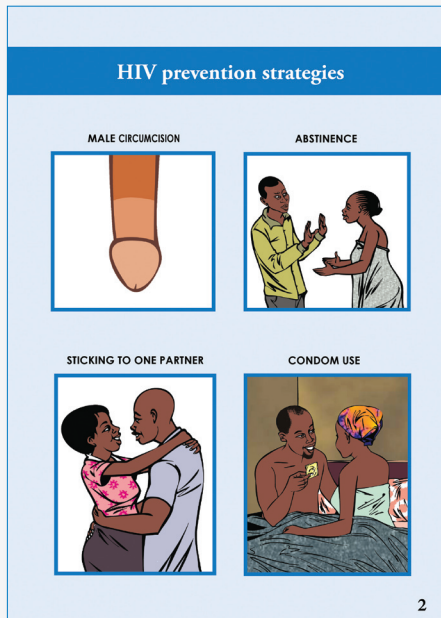
Ministry of Health

Safe Male Circumcision *for* HIV PREVENTION

A COUNSELLING FLIPCHART FOR HEALTH WORKERS



HIV prevention strategies



SMC is just one HIV prevention strategy. It should be used along with the ABC strategy:

- ✦ ABC means: Abstinence, Being faithful, Condom use.
- ✦ Abstaining from sex is the best way to prevent HIV.
- ✦ Being faithful to one HIV-negative sexual partner who is faithful to you reduces your risk of getting HIV.
- ✦ Using condoms correctly every time you have sex is also a good way to prevent HIV.

There are other important strategies to prevent HIV:

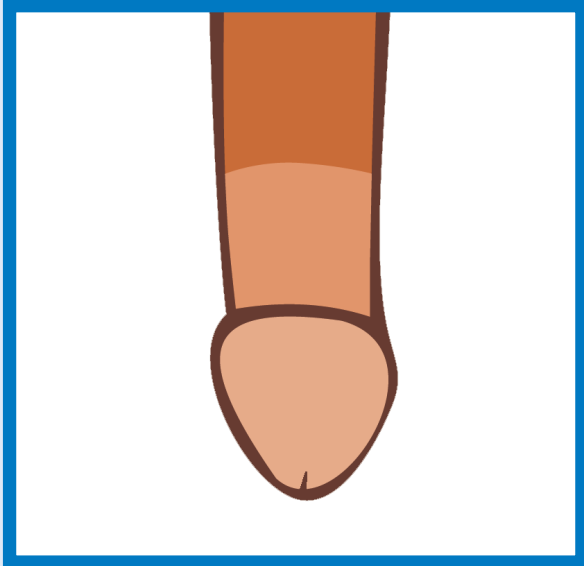
- ✦ HCT means HIV Counselling and Testing. Come every 6 months with your partner for testing to ensure you remain HIV-negative.
- ✦ Other sexually transmitted infections (STIs), like syphilis and herpes, make you more likely to acquire HIV. Seek treatment for any STIs to prevent HIV.
- ✦ **PMTCT** means **Preventing Mother To Child Transmission**. Pregnant women with HIV must follow certain steps to protect their babies from HIV.
- ✦ **PEP** is an emergency strategy only. It means **Post-Exposure Prophylaxis**. PEP are drugs prescribed by a doctor within 72 hours to someone exposed to HIV.
- ✦ **SMC** means **Safe Male Circumcision**. SMC reduces a man's chances of getting HIV. It is not a substitute for ABC. After SMC, a man should still follow ABC.

Follow-up Questions

1. What are some strategies you can use to reduce your risk of HIV infection after SMC?
2. Can I show you how to use a condom correctly? (Demonstrate the proper use of a condom and answer any questions the client may have.)

HIV prevention strategies

SAFE MALE CIRCUMCISION



ABSTINENCE



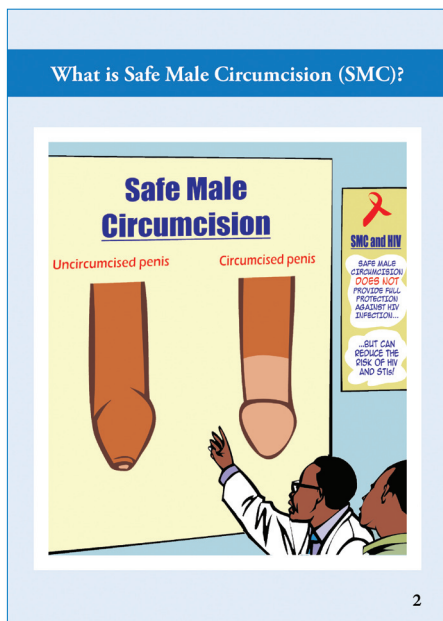
STICKING TO ONE PARTNER



CONDOM USE



What is Safe Male Circumcision (SMC)?



- ♦ Safe Male Circumcision (SMC) is the removal of the foreskin on the penis.
- ♦ SMC is done for medical reasons, not for cultural or religious reasons. That means SMC is done by a trained medical practitioner, such as a doctor or nurse.
- ♦ SMC takes place with proper medical tools, usually in a health facility or a mobile clinic.
- ♦ A health worker examines the man before circumcision and makes sure that it is safe to proceed.
- ♦ A health worker administers drugs so that the man does not feel pain during the circumcision.

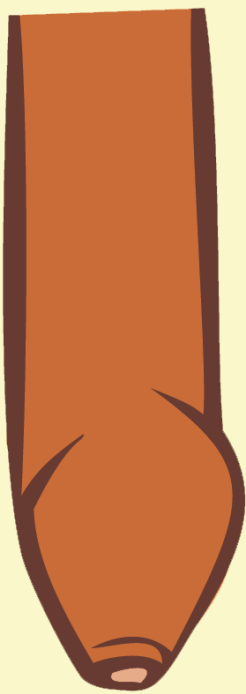
Follow-up Questions

1. Why are you interested in SMC?
2. Do you understand the difference between SMC and other traditional forms of circumcision?
3. How can you explain the difference to your family members?

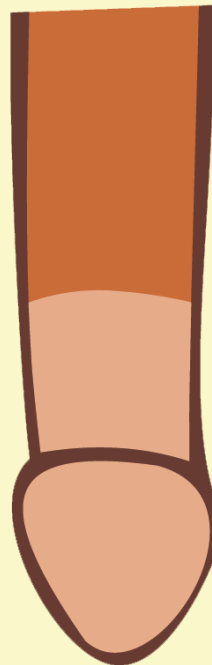
What is Safe Male Circumcision (SMC)?

Safe Male Circumcision

Uncircumcised penis



Circumcised penis



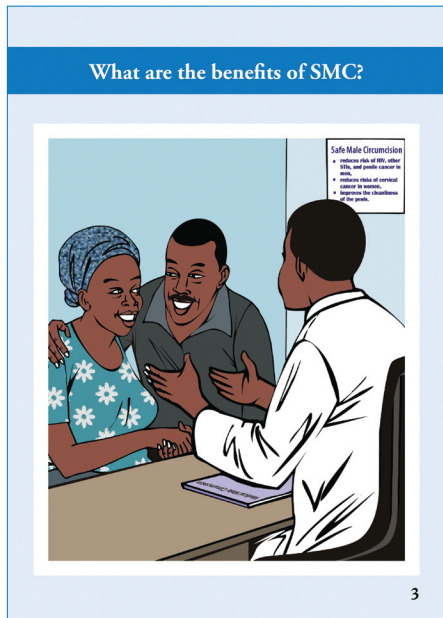
SMC and HIV

SAFE MALE CIRCUMCISION **DOES NOT** PROVIDE FULL PROTECTION AGAINST HIV INFECTION...

...BUT CAN REDUCE THE RISK OF HIV AND STIs!



What are the benefits of SMC?



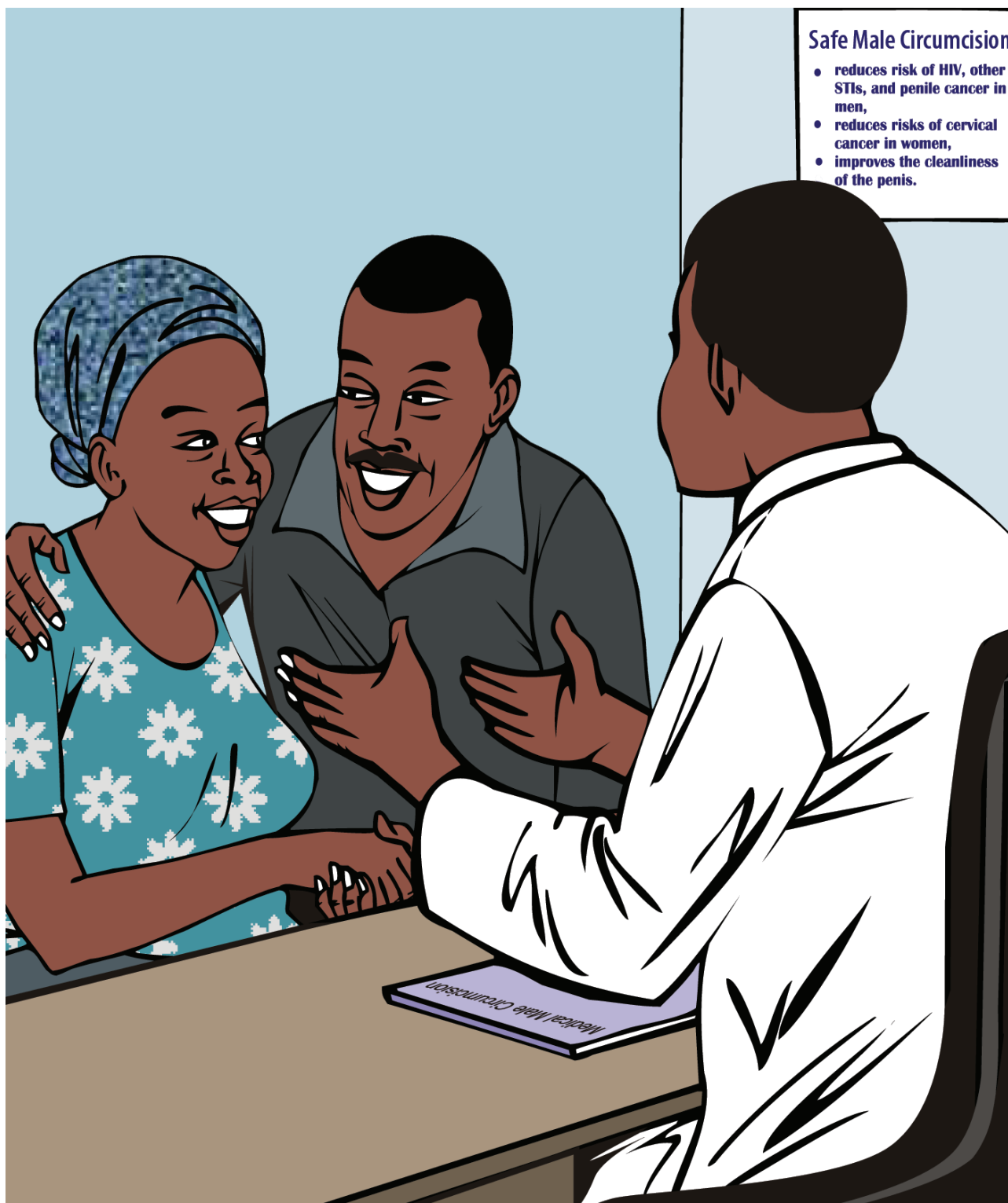
There are many benefits of SMC for both men and their partners:

- ♦ SMC reduces the risk of HIV infection for men.
- ♦ SMC reduces the risk of HIV-negative men in discordant relationships getting HIV.
- ♦ SMC can reduce the risk of penile cancer.
- ♦ It is easier to keep a circumcised penis clean.
- ♦ SMC does NOT directly protect women against HIV. If a woman has sex with an HIV-positive man who is circumcised, she is just as likely to get HIV. However, if a woman's partner reduces his risk of infection, this means the woman is less likely to get HIV from him.
- ♦ SMC can reduce a man's risk of getting STIs like syphilis and gonorrhea that may also be transmitted to his partners.
- ♦ Sexual partners of circumcised men may also reduce their risks of getting some diseases, including chlamydia, syphilis, genital herpes and cervical cancer.

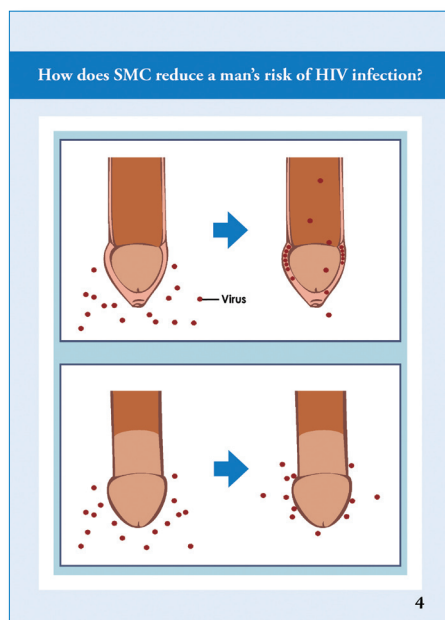
Follow-up Questions

1. What are the benefits of SMC for men?
2. What are the benefits of SMC for women?
3. Do you understand that circumcision does not provide complete protection against HIV, STIs and other diseases?
4. What else must you do to protect yourself from HIV and STIs?
5. (For men who have decided to get circumcised) Have you informed your partner you are going to circumcise? If not, how are you going to inform her?

What are the benefits of SMC?



How does SMC reduce a man's risk of HIV infection?

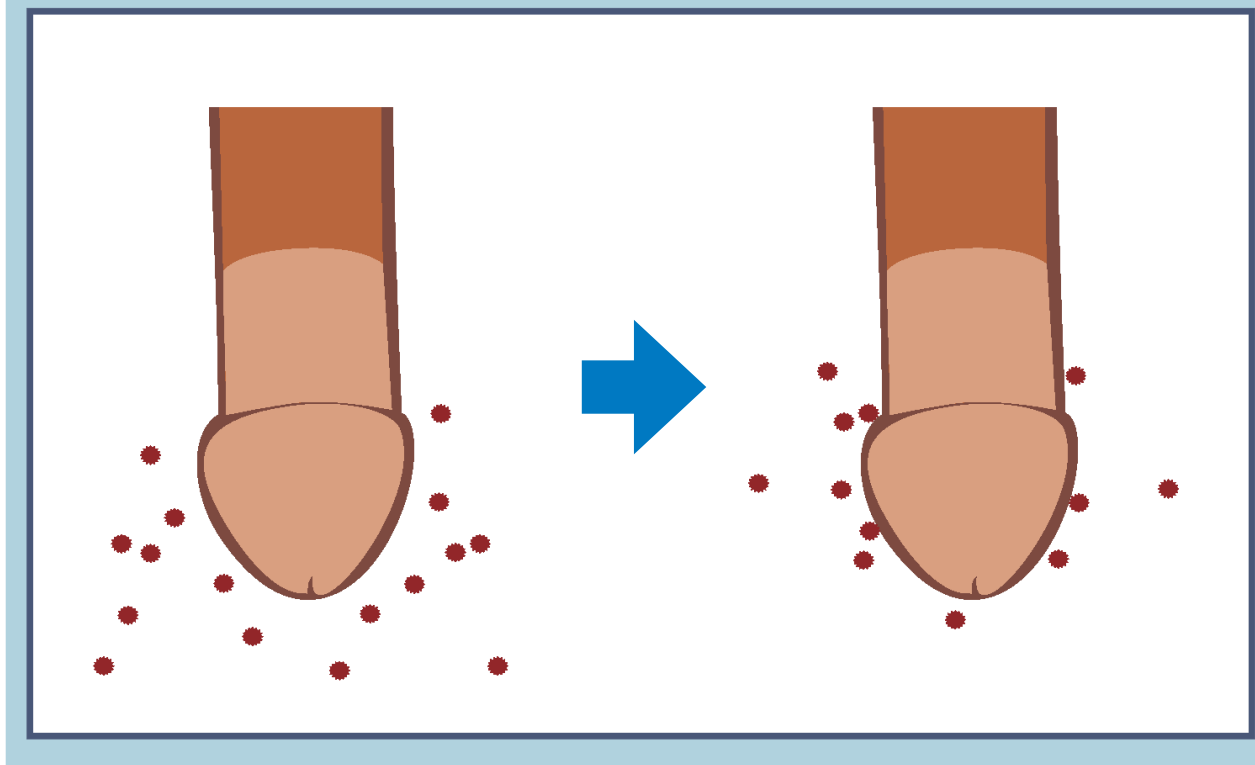
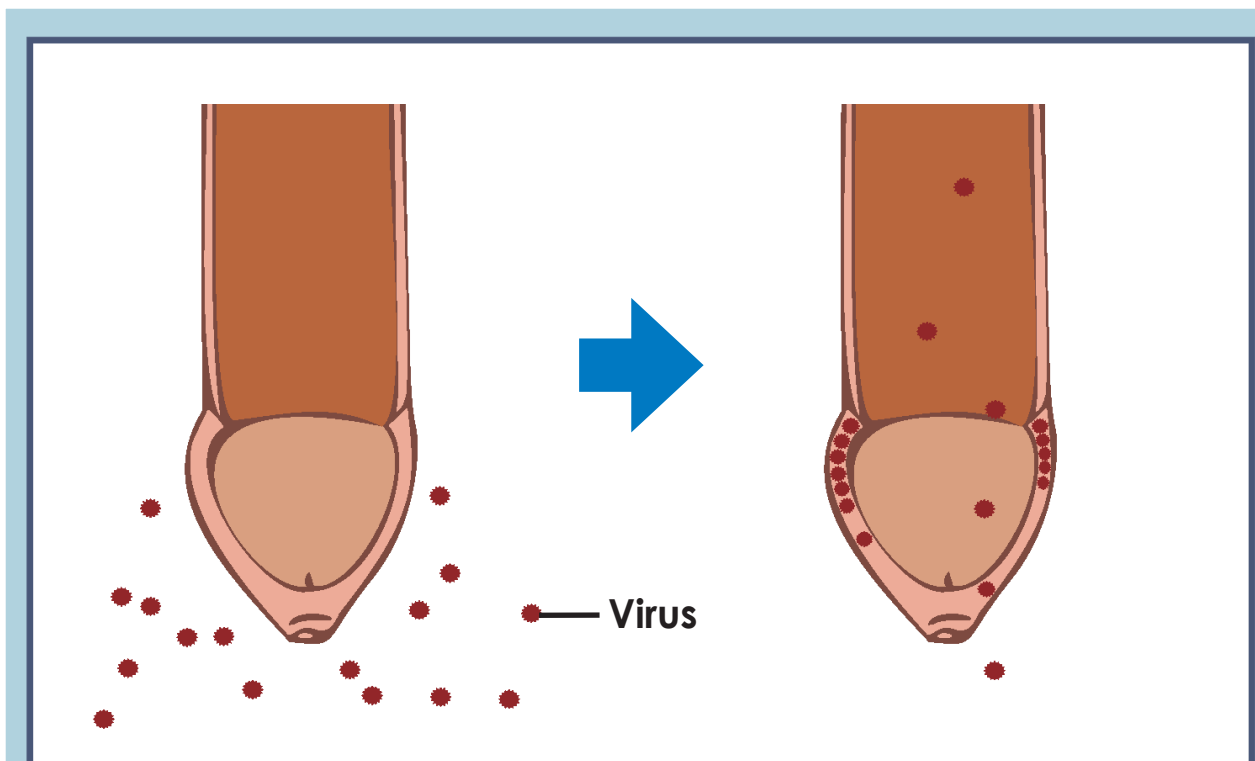


- ♦ Scientists say that the foreskin provides a good place for HIV and other diseases to hide.
- ♦ After a man is circumcised, the head of his penis stays dry and its skin becomes thicker. This helps protect the penis from HIV and other STIs.
- ♦ Male circumcision reduces the risk of getting HIV, but does not provide full protection against HIV.
- ♦ A circumcised man can still get HIV if he has unprotected sex with an HIV infected partner.
- ♦ To fully protect against HIV, use the ABC strategy after SMC.
- ♦ We test for HIV before SMC. HIV testing is not mandatory, but knowing your HIV status may affect your decision to get circumcised.

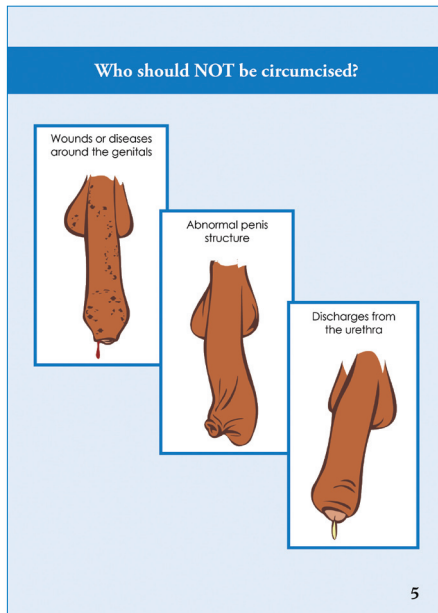
Follow-up Questions

1. Can you explain to me how SMC reduces a man's risk of HIV infection?
2. Does SMC provide men with complete protection from HIV infection?

How does SMC reduce a man's risk of HIV infection?



Who should NOT be circumcised?



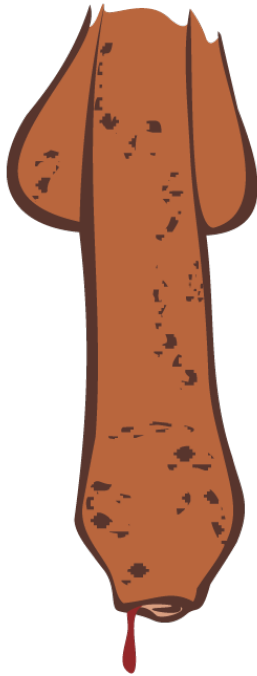
- ✦ SMC is available for any boy or man. However, some men may have health issues that make it unsafe. The health worker will examine you before the procedure to make sure that it is safe to proceed with SMC.
- ✦ Men or boys with the following conditions should NOT be circumcised:
 - Wounds or diseases around the genitals
 - Discharges from the urethra
 - Chronic disorders of the penis and foreskin (e.g. elephantiasis)
 - Anatomical penile tendencies (hypospadias and episadias)
 - Sickle cell anaemia
 - Congenital bleeding disorders
- ✦ A man or boy with the above conditions may not heal easily, or he may get other physical complications.

Follow-up Questions

1. Do you understand why the doctor must examine you before circumcision?
2. Do you have any wounds or diseases around the genitals?
3. Do you have any discharge from your urethra?
4. Do you have sickle cell anaemia?
5. Do you have any inborn bleeding disorders?

Who should NOT be circumcised?

Wounds or diseases
around the genitals



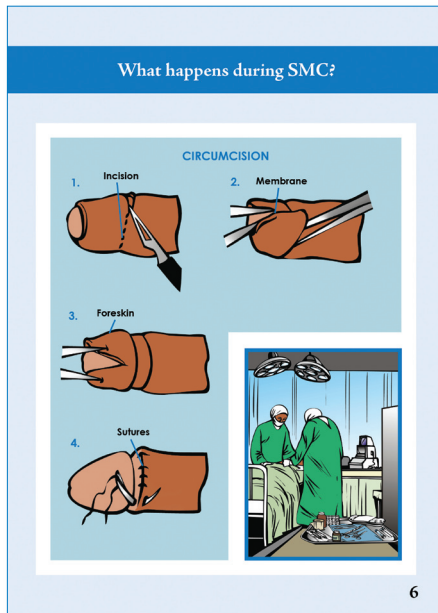
Abnormal penis
structure



Discharges from
the urethra



What happens during SMC?



- ✦ The doctor cleans around the foreskin.
- ✦ The man to be circumcised is given an injection to ensure that he does not feel pain during circumcision.
- ✦ The foreskin is removed using a surgical blade.
- ✦ After the foreskin is removed, the wound is stitched for quick healing.
- ✦ The wound is also dressed to prevent it from getting in contact with germs and dirt.
- ✦ Most men can wear their trousers and go about their work normally immediately after circumcision. However, some may need about 3 days to put on trousers comfortably and return to work.
- ✦ The whole process of removing the foreskin takes about 30 minutes.

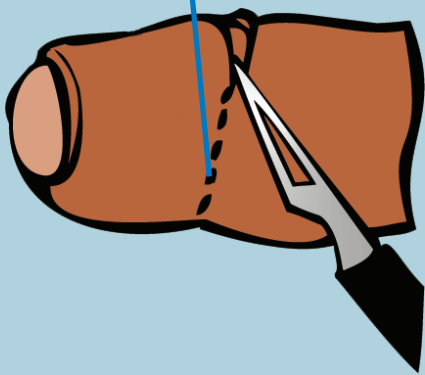
Follow-up Questions

1. Do you have any questions about what happens during circumcision?
2. Will someone accompany you when you come for circumcision?

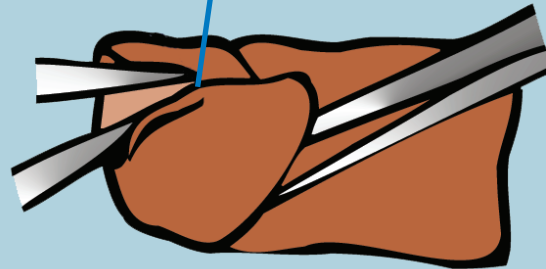
What happens during SMC?

CIRCUMCISION

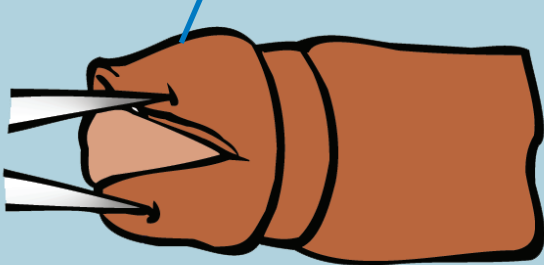
1. Incision



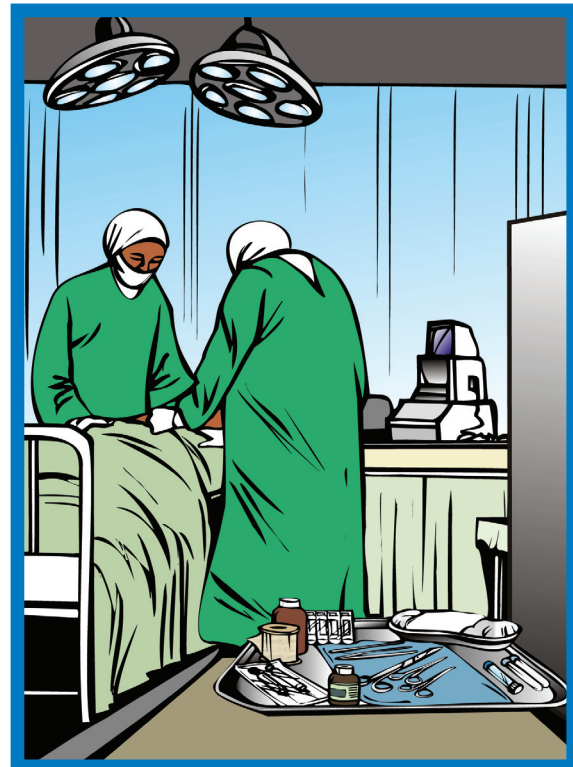
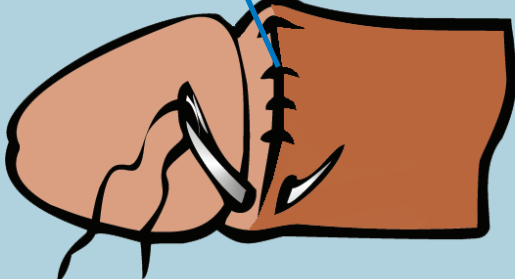
2. Membrane



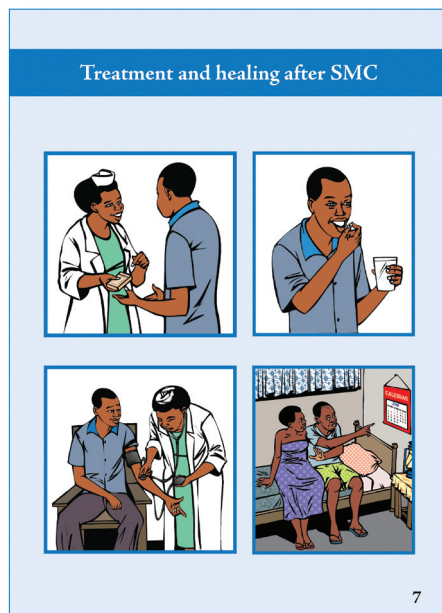
3. Foreskin



4. Sutures



Treatment and healing after SMC

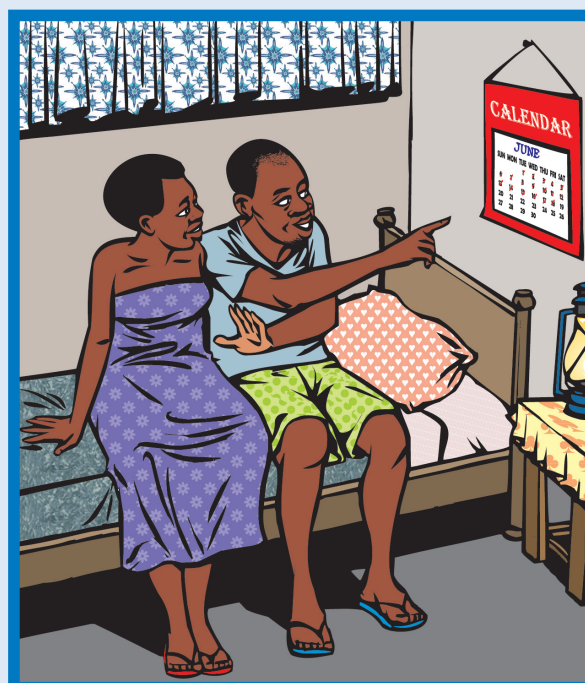


- ♦ After SMC, you are given painkillers for 5 days to minimise possible pain and discomfort. If you continue to have severe pain, contact a health worker.
- ♦ After circumcision, go back to the health facility for wound cleaning and dressing. Health workers will check your condition and advise you whether to come back or not.
- ♦ Complications after circumcision are rare and generally not serious. Complications include bleeding from the wound, pain when passing urine or severe pain that is not helped by the medicine. Go to the health centre immediately if you experience any of these things.
- ♦ Full healing takes about 6 weeks. During this time, you should abstain from any type of sex so that the wound can completely heal. Visit a health worker before you begin having sex again.
- ♦ Any sexual activity during these 6 weeks can lead to injury or infection. If your wound is not healed, you are at an **increased** risk of getting HIV. It may also make the healing process take longer.

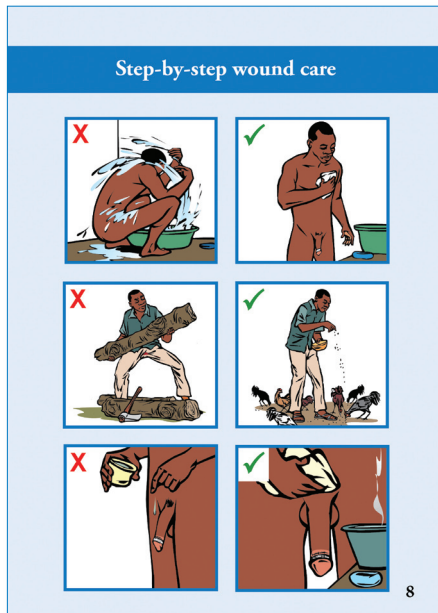
Follow-up Questions

1. Can you describe the complications that may occur and what you should do if you experience one of them?
2. When can you resume having sex after the operation?
3. Why is it important to abstain from sex for this time?
4. If you do not follow this advice and have sex, what must you do?

Treatment and healing after SMC



Step-by-step wound care

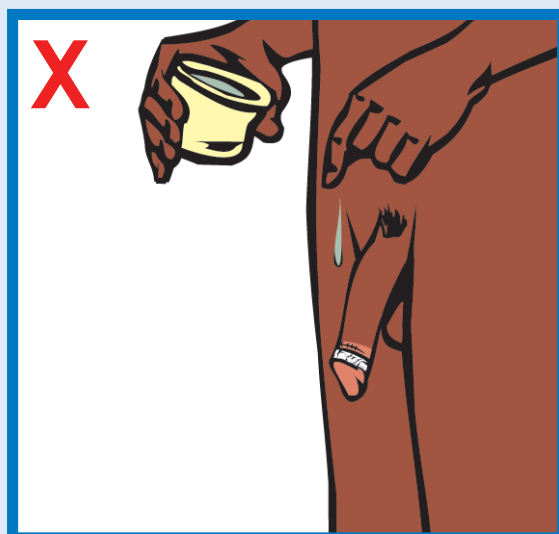


- ✦ After circumcision, the doctor will put bandages on the wound. Keep the bandages dry. Do not get them wet when bathing. After two days the bandages can be removed at home or at a health facility.
- ✦ Avoid heavy work such as lifting or digging for 3 days after the operation.
- ✦ Keep your penis clean and dry to avoid infection. After the bandages are removed, you may resume washing your penis. Clean the wound once a day with a clean piece of cloth, boiled water and soap. Do not put any substances or medication on the wound.
- ✦ Do not pull on the sutures. They will disappear on their own.
- ✦ Put on well-fitting underwear to avoid discomfort.
- ✦ After 6 weeks, you should be fully healed. Visit a health worker for post-SMC counselling before you resume having sex.
- ✦ If you experience bleeding or discharge from the wound, pain when passing urine or severe pain, go to the health centre immediately.

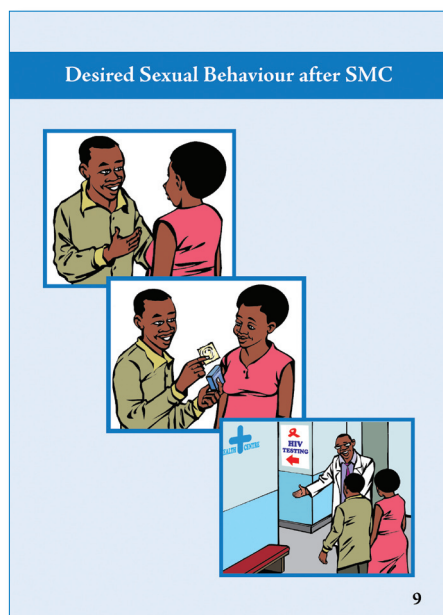
Follow-up Questions

1. Do you want to have the bandages removed at home or at a health facility?
2. Do you have access to clean water and a hygienic bathing area?
3. If you have any bleeding, discharge or severe pain, what should you do?
4. How long will it take to be fully healed from the circumcision?

Step-by-step wound care



Desired Sexual Behaviour after SMC

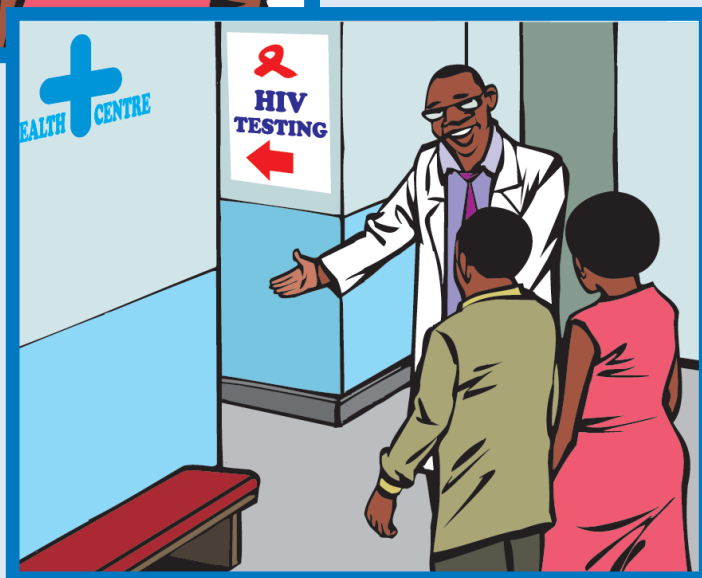
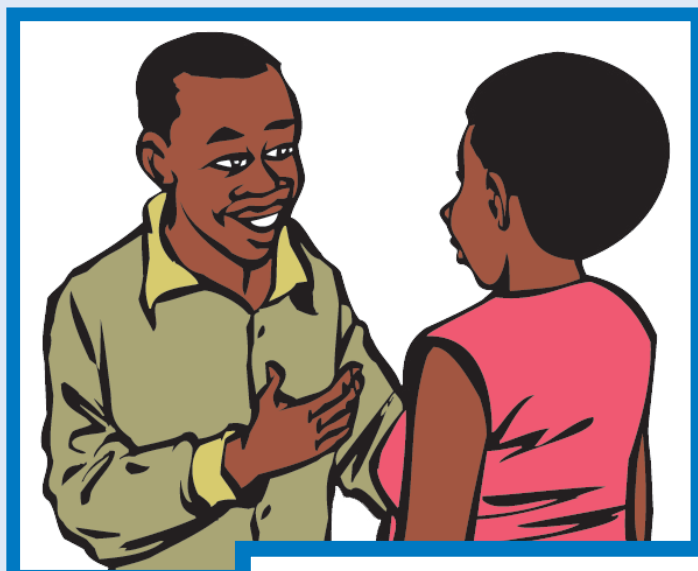


- ♦ You **MUST** talk to your partner before SMC. Wives and girlfriends should be counselled so that they can support you during the process and afterward.
- ♦ SMC is not immunisation from HIV. After the wound is healed and you resume having sex, you will need to follow the ABC strategy.
- ♦ Abstaining from sex is the best way to prevent getting HIV.
- ♦ Being faithful to one HIV-negative sexual partner who is faithful to you also reduces your risk of getting HIV.
- ♦ Using condoms correctly every time you have sex is also a good way to prevent HIV.
- ♦ Come every 6 months for HIV testing with your partner to ensure that you remain HIV-negative.
- ♦ Use ABC and go for regular testing. You are a role model for others to have sex responsibly.
- ♦ You can share your SMC experience with others so that they can make a decision about whether to go for SMC.

Follow-up Questions

1. Have you talked to your partner about this? Is she willing to come for counselling at the health centre?
2. After SMC, why should you use the ABC approach to reduce your chance of becoming infected with HIV?

Desired Sexual Behaviour after SMC





What is the purpose of this flipchart?

- ✦ To help health workers conduct systematic counselling sessions for clients about SMC.
- ✦ To provide a standard, full information package for health workers to deliver when guiding clients about SMC for HIV prevention.
- ✦ To provide key facts about SMC and HIV for health workers to share with clients.
- ✦ To help health workers answer questions from their clients about SMC and HIV.

How do I use this flipchart?

- ✦ Welcome the patient and sit facing him. You can also use the flipchart with women who are interested in SMC for their partners.
- ✦ While you are using this side of the flip chart, which has text, make sure the patient has a good view of the pictures on the other side of the flip chart.
- ✦ Point to the picture while you speak.
- ✦ Speak loudly and clearly.
- ✦ Avoid reading the text.
- ✦ Use language that the patient understands.
- ✦ After explaining the illustration using the bulleted text, ask the questions in the shaded box.
- ✦ Ask appropriate follow-up questions to make sure the patient understands what you have said before proceeding to the next picture.
- ✦ After the counselling session, give the patient the brochure on SMC if it is available.
- ✦ If the client is ready, you can schedule an appointment for the circumcision.

For more information on SMC please contact the nearest hospital or call the National Health Hotline at 0312 500 600.

SAFE MALE CIRCUMCISION FOR HIV PREVENTION

A Counselling Flipchart For Health Workers

July 2011

Designed by **Mango Tree**

Tel: 256-312-263-263, Website: www.mangotreeuganda.org



THE REPUBLIC OF UGANDA
Ministry of Health

