NT 325 NUTRITION AND HIV
IES Abroad Cape Town
Cape Town Summer Health Studies Program

DESCRIPTION:
The purpose of this course is to explore HIV and nutrition within a South African context. South Africa is the country with the highest burden of human immunodeficiency virus (HIV) infection in the world, as estimated by the Joint United Nations Program on HIV/AIDS (UNAIDS) in 2012, approximately 6.1 million South African people were infected with the virus. Due to HIV being highly prevalent in South Africa, the course aims to establish the role nutrition plays in the treatment thereof. Firstly, it will look at the prevalence and progression of the virus as well as its complications specifically those impacting nutrition. The course will further focus on nutritional guidelines, supplementation and interventions for HIV-infected individuals during different life stages and conditions in the South African context. These interventions will be explored within the course through the pre-readings, class discussions and course related trips.

CREDITS: 3 credits

CONTACT HOURS: 45 hours

LANGUAGE OF INSTRUCTION: English

PREREQUISITES: None

ADDITIONAL COST: None

METHOD OF PRESENTATION:
The method of presentation for this course will be conducted via lectures using PowerPoint presentations and class and group discussions. Supplementary course information will also be provided through Moodle. In addition, guest lectures, all student site visits and observational rotations (during morning sessions to various public and private hospitals and clinics to observe healthcare on the ground in Cape Town), are incorporated to help to bring knowledge to demonstrate how some of the theory focused on in class is deployed in practical settings. Observational rotations are integral to the academic program and are intended to provide students with additional exposure to the broader public health and health care environment in Cape Town and South Africa.

REQUIRED WORK AND FORM OF ASSESSMENT:
- Class Participation - 10%
- Midterm Exam - 25%
- Course-Related Trip Reports - 25%
- Final Exam - 40%

Course Participation
Participation in all class discussions/debates and attendance for all guest lectures, observational rotations, course related trips and site visits is mandatory. Students are expected to prepare for each class by doing the required reading and reflection, in addition to regularly checking notices on Moodle. Students will, however, be required to do more than simply complete the readings and attend the contact sessions. They will be asked to engage thoughtfully and openly with the material and come to class prepared to respectfully question, engage and explore concepts raised.

Midterm Exam
In session 9, students will be examined on material covered in class, including nutritional status of South Africans, the progression of HIV, infections and complications associated with HIV as well as malnutrition in HIV. This exam will be a sit down, closed book exam which will be completed within the class time, and will be comprised of a combination of multiple choice, short and long answer questions on the material covered in class.

Course-Related Trip Report
After each of the two Course Related Trips, students will submit 1,500-2,000 words (6-8 pages) reflecting on and analyzing their experience, on Moodle. Students are expected to write what they learned during the trip, and need to incorporate readings to connect lessons and theories from class, with their experiences outside of the classroom. Students should also draw from their experiences during observational rotations to enhance their reflections about the broader field of public health and health care providers in Cape Town and South Africa. A total of two Course Related Trip Reports will be submitted. Students will be marked according to a rubric, on the development of their reflection and analysis, and integration of course readings. Additional information will be provided by your lecturer.

Final Exam
The final exam will be a closed book examination and students will be examined on selected content covered during the course. Structured short and long answer questions will be set to demonstrate understanding and application of theories, concepts and approaches to nutrition and HIV in South Africa. The exam questions will require students to apply theories, concepts and approaches learnt to practical situations and/or case studies, by drawing from their experiential learning. The exam will be 1.5 hours.

LEARNING OUTCOMES:
By the end of the course, students will be able to:
- Identify and explain HIV and HIV-associated complications
- Elaborate on how malnutrition and HIV forms a vicious cycle
- Discuss how HIV, its complications and treatments impact on nutrition during different life stages and conditions;
- Design nutritional guidelines for HIV infected individuals during different life stages and conditions
- Comment on current nutrition interventions available in South Africa

ATTENDANCE POLICY:
Attendance is mandatory for all IES Abroad classes, and programming elements including course-related trips, guest lectures, observational rotations, etc. Excused absences are permitted in the cases of documented illness, a family emergency or when class is held on a recognized religious holiday traditionally observed by a student. In this case, an IES Abroad Excused Absence Form and supporting documents must be submitted to the Academic Manager at least 24 hours before the class. For illness, the Excused Absence Form must be submitted to the Academic Manager within 24 hours after class with the doctor’s note. In the event of late arrival to class, the instructor will mark the student absent if they are more than ten minutes late.

More than two unexcused absences will result in two percentage points (2%) being deducted from the final grade for every additional unexcused absence thereafter. Any exams, tests, presentations, or other work missed due to student absences can only be rescheduled in cases of documented medical emergencies or family emergencies. If a test is missed during an unexcused absence, it cannot be made up. It is the student’s responsibility to contact the lecturer and request information on the missed class as well as any relevant reading or homework information.
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<td>Week 2</td>
<td>Session 6: Course Related Trip 1</td>
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| Week 3 | Session 9: Mid-term Test and preparation for Observational Rotations  
Course-related Trip: Diva Nutritional Products |  |
| Week 3 | Session 10: Observational Rotations  
Guest Lecturer |  |
| Week 3 | Session 11: Observational Rotations  
Guest Lecturer |  |
<p>| Week 3 | Session 12: Observational Rotations |  |</p>
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**Deliverables**  
Course Related Trip Report 1 due on Moodle the day before Session 14. |
<p>| Week 4 | Session 15: Course Related Trip 2                                        |                                                                                   |
| Week 4 | Session 17: HIV and nutrition in pregnancy and lactation and infancy      | • World Health Organization, 2016. Guideline: updates on HIV and infant feeding: the duration of breastfeeding, and support from health services to improve feeding practices among mothers living with HIV, pp.4-66. |
| Week 5 | Session 19: Observational Rotations                                      | Site Visit: Groote Schuur Heart Museum                                           |</p>
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<td>Week 5</td>
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• van Deventer, C., Robert, G. and Wright, A., 2016. Improving childhood nutrition and wellness in South Africa: involving mothers/caregivers of malnourished or HIV positive children and health care workers as co-designers to enhance a local quality improvement intervention. *BMC health services research*, 16(1), pp.1-12. |
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<td>Week 6</td>
<td>Session 26: Final exam</td>
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COURSE-RELATED TRIPS:
- Course related trip 1: Etafeni: The Etafeni Day Care Centre Trust in Nyanga, operates a multi-purpose day care centre and range of outreach services, providing education and wellbeing services to support families and children affected by HIV. The objective of this course related trip is to expose students to an organisation working with vulnerable populations, such as children, who are affected by HIV, in Cape Town.
- Course related trip 2: Masiphumele rural area and clinic: Masiphumelele is a township in Cape Town located in Kommetjie Road between Kommetjie and Noordhoek. Masiphumelele has a school and a day clinic to where HIV positive residents go, amongst others, to receive treatment. The objective of this course related trip is to see first hand what several HIV infected individuals in South Africa’s daily lives look like, how some of these residents live, what they eat and how they prepare food in order to visualize HIV in the South African context and the challenges that are faced.

REQUIRED READINGS:


• van Deventer, C., Robert, G. and Wright, A., 2016. Improving childhood nutrition and wellness in South Africa: involving mothers/caregivers of malnourished or HIV positive children and health care workers as co-designers to enhance a local quality improvement intervention. BMC health services research, 16(1), pp.1-12.


• World Health Organization, 2016. Guideline: updates on HIV and infant feeding: the duration of breastfeeding, and support from health services to improve feeding practices among mothers living with HIV, pp.4-66.

**RECOMMENDED READINGS:**
• Bhardwaj, V. Frequently asked questions about HIV/AIDS in South Africa. *Africa Check*, 2016
• Child, K. Here’s why SA is struggling to beat HIV. *Times Live*, 2017
• Mkize, V. Living with HIV in South Africa. *IOL*, 2017