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**LIFEMAPS THEMES FOR 2022 MALAWI**

* **This is me** – Is a biography of all our participants.
* Briefly explainabout who you are and how you got infected with HIV
* What has your journey been like as a Person living with HIV (PLHIV)
* Share Photos of 5 things you feel help to define you and why.

**Please note Consent from the participants needs to be obtained prior to sharing this information**

1. **My COVID Diary**

Tell us how COVID-19 has affected your life.

1. Have you ever been infected with COVID-19? Or your close partner, family members and family members you are living with. Could you explain what the experience was like? Did that cause you to be stressed? If yes, how did you deal with it? **Voice note**
2. How has COVID-19 impacted how you travel using public transport or your own vehicle, including people wearing (or not wearing) masks, hand sanitiser in your bag or car etc? **(Photos with captions and text message)**
3. What impact has the COVID-19 pandemic had on your work? Have you lost your job? If you are employed, are you working remotely or going into your place of work? How has COVID-19 changed your workplace? **(Photos with captions and voice note)**
4. How has COVID-19 impacted your day-to-day life? If you have children, has COVID-19 affected their education? Do you spend more time cleaning now? Has it changed your home life? **(Video)**
5. What are the challenges that people living with HIV continue to face during the COVID-19 pandemic? (**Text message**)
6. **COVID impact on HIV Services – include photos of clinics, posters**
7. Have clinic opening hours changed and if yes, what were they and what are they now?
8. Has the supply of antiretroviral treatment changed and if yes, how? Have there been stockouts or changes in the medications you are given?
9. Has your routine check-ups and viral load testing changed due to COVID-19 and if yes, how?
10. What has changed in terms of your viral load testing?
11. Why it is important to have viral load routine check-ups?
12. Are you accessing the viral load testing at your clinic, or you have to travel to another district to get tested?
13. Are you receiving your viral load test results within two weeks of taking the test? On time? If not, what do you think are the reasons?
14. Do you understand what the viral load test results mean? Have they been explained to you by a health care provider?

**Please Use text messages or Voice Notes.**

1. **Access to HIV prevention services**

The next assignment will focus on COVID-19 and HIV-related clinic services:

1. Has COVID-19 impacted access to HIV testing?
2. Do you have access to HIV self-testing kits?
3. Do you have access to male and female condoms?
4. Do you know what PrEP means?
5. Have you heard about injectable PrEP (CAB-LA), or the Dapivirine vaginal ring?
6. Is PrEP found in your facility?
7. Is Voluntary Medical Male Circumcision (VMMC) offered at your facility or district hospitals?
8. What are the barriers / challenges towards accessing HIV testing, condoms, VMMC, PrEP?

Please share **photos of clinic opening times**, condom supplies available in-clinic, medications supplied, changes to waiting areas, COVID-19 PPE signage at clinics.

1. **Mental Health**

Tell us how COVID-19 has impacted your mental health.

1. Has there been an increase in stress caused by COVID-19 and the impact it has had on your day-to-day life? If yes, please share examples.
2. Has stigma and discrimination increased during COVID-19 for people living with HIV?
3. Have you felt depressed or anxious over the past years because of health concerns for you and for your family?
4. Have you experienced an increase in aggression from others or for you related to the situation caused by COVID-19 i.e. lockdown restrictions, work changes, relationship issues?
5. Do you sometimes feel like a burden to your family?
6. What access is there to mental health services like social workers or psychologists support groups?
7. What have you done to take care of your mental health? Share examples and photos if you’ve started a new hobby or exercise.
8. Is adhering to ART medication difficult during this pandemic?

**You can send a voice note and text messages.**

1. **Living with HIV and TB comorbidities and other chronic diseases during COVID-19**

This assignment will focus on what it is like to live with comorbidities or chronic health conditions during the COVID-19 pandemic.

1. Many of you are living with HIV and may also have battled TB. Some of you may have been diagnosed with hypertension, diabetes or some other chronic disease. What has it been like to manage these conditions during the COVID-19 pandemic?
2. Have you ever been screened for TB during the COVID-19 pandemic? Have you been tested for TB?
3. Have there been drug stock-outs for your chronic illness?
4. Do you feel responsible to champion access to treatment for COVID-19 because of your experience living with a chronic condition?
5. Have you experienced any weight gain as a result of taking ARVs? If so, did this make you worry about being at increased risk for COVID-19?

**Please use text messages and voice notes.**

1. **State & Gender based violence (GBV)**

Please answer the following questions via telegram text or voice note.

1. **Have you seen media reports about COVID-19-related increases in:**

* gender-based and/or intimate partner violence
* violent crime
* state-sponsored violence from police, military, or other security forces.

1. **During the COVID-19 pandemic, have you experienced or witnessed:**

* gender-based and/or intimate partner violence
* violent crime
* state-sponsored violence from police, military, or other security forces.

1. **Access to GBV-related services:**

* Is there a specialised GBV clinic or centre in our area to access healthcare after incidence of violence i.e. Thuthuzela Care Centres (TCCs)?
* How do people access healthcare and justice if they are victims of GBV?
* How can people access Post-Exposure Prophylaxis (PEP) in your community?
* Where can people access information about how to report GBV?
* How can people get help if they are experiencing GBV?
* Are there safe houses in your area?

1. **U = U**

This week, we will switch to a more clinical HIV-related question.

1. Has your healthcare provider explained that talking ARVs correctly and having an undetectable viral load means you can’t pass HIV on to others?
2. Have you heard the term Undetectable = Untransmittable or U=U?
3. If yes, how do you understand it? If no, what do you think the term U=U might mean ?
4. Have you seen posters mentioning “U=U”? if yes n where have you seen these posters?
5. Have you ever shared your viral load results with your partner? If not, why not? If yes, why?
6. Have you heard of HIV drug resistance? If yes, explain more. If no, what do you think HIV drug resistance means?

Please complete this assignment using text or voice note and share any photos you might have taken of U=U posters during your most recent clinic visit.

1. **Economic impact of COVID-19 (cost of living, food security)**
   1. Reflect on how has COVID-19 impacted your family’s food security? Is your diet less diverse? Have you started vegetable gardening at home to supplement meals? Have food prices changed? Are you eating less now due to changes in food prices?
   2. Photos (5 to 10 photos): Please take photos of contents of your food cupboards, fridge, and vegetable garden if you have one. Take photos of breakfast, lunch and supper meals. (Each photo should have a caption explaining what it is)
   3. Text Message: In addition to the photos, write a text message about price changes during the last year and how COVID-19 has impacted on how you shop and what you buy. Have you been forced to skip meals because of the cost of food?
   4. Voice Note (1-2 minutes): How has your access to protein such as the eating of meat, fish, chicken and eggs changed? Is meat and chicken more expensive now? Have you been forced to eat less meat? How has your access to fresh fruit and vegetables changed? Do you find you are cooking more and eating less take-aways or fast foods? Do you think your diet is more or less healthy now than it was before COVID-19?
   5. Kindly reflect on any prices you think have gone up because of COVID-19 and say how much the increase has been, for instance taxi fares or the price of petrol.
   6. Has your cost of living increased since the pandemic? How much do you spend on transportation when going to access HIV services?
   7. Please could you share your monthly budget before COVID started and during COVID , breaking down on how much you spend on housing, water and electricity, transport, clothing, school fees (for your children and/or if you are studying, for yourself), groceries and any other expenses.
   8. How has COVID-19 impacted your employment status?
      1. Has it changed the work you do and if yes, how?
      2. Has COVID-19 changed what you want to do in the future? Complete these sentences
         1. Before COVID-19 I wanted to be a [include pictures from the internet, newspapers or magazines]
         2. I was working as [describe the job you were doing before the pandemic]
         3. Now I am working as [describe the job you are doing now]
2. **Water & Sanitation**

This assignment focuses on an area suggested during the year 1 of the project – water and sanitation.

* 1. How has access to clean water and sanitation affected your ability to protect yourself, your family and your community from COVID-19?
  2. Do you have access to clean running water?
  3. If not, how do you access water?
  4. Have you ever suffered from diarrhoea because of lack of access to clean water?
  5. How has lack of access to clean water and sanitation prevented you from adhering to your ART, PrEP, TB treatment, or other chronic medication?
  6. Do you think your nutrition has been affected because of lack of clean water and sanitation?
  7. Does lack of access to clean water and sanitation prevent you from adhering to COVID-19 preventive measure like washing your hands regularly with soap and water?
     + Share photos or video of how you wash your hands.
     + Share photos or video of water tankers, drainage and refuse dumps in your area.
     + Send a text, video or voice note telling us about how the infrastructure in your area has impacted your ability to keep safe during COVID-19.

Please complete this assignment using text or voice note and share photos of what you hoped to achieve before COVID and if possible, how you earn a living now.

**Please note these themes are grouped into; Health care/clinical themes and economic & social impact themes.**

**Thank you for your time.**