Making progress against HIV/AIDS and tuberculosis

PATH combines wide-ranging expertise with effective strategies to meet urgent global challenges
Key strategies driving our work in Africa, Asia, Eastern Europe, and Latin America include:

- Addressing contextual factors—such as issues related to gender, stigma, and poverty—that limit the effectiveness of HIV/AIDS and TB programs.
- Providing sound, evidence-based technical support to improve program performance.
- Strengthening the capacity of local partners to deliver services.
- Designing and applying innovative communication and advocacy strategies to more effectively reach key audiences.
- Contributing to the evidence base on HIV/AIDS and TB through operations research and rigorous monitoring and evaluation.

A range of funders—including the US Agency for International Development, foreign governments, and private foundations—support our work. Our success stems from effectively applying our expertise in operations research, monitoring and evaluation, behavior change communication, advocacy, community-based responses, gender norms, and other areas.

**OPERATIONS RESEARCH AND MONITORING AND EVALUATION**

Through operations research, PATH helps decision-makers identify and evaluate potential solutions to health problems and then select the best option. Through use of advanced monitoring and evaluation techniques, we help to:

- Systematically track project implementation and outputs.
- Inform management decisions as projects are implemented.
- Facilitate effective and efficient use of resources.
- Identify and document successful program strategies and approaches.
- Track progress toward common indicators across related projects.

In Cambodia, for example, PATH has effectively used operations research to improve detection of TB cases. In a project to increase referrals of people with suspected TB from pharmacies to diagnostic centers, early evidence suggested that many people did not follow pharmacists’ recommendations for testing. Research showed, however, that most did go for evaluation, though the referrals were often not documented. Fixing the documentation process revealed that these referrals led to a high yield of TB cases, and the national TB control program subsequently scaled up pharmacy engagement.

Identifying cost-effective methods to prevent HIV/AIDS

Through a project called Enhancing HIV Prevention Programs Through Evidence-Based Practices, PATH is helping to determine the most cost-effective methods for preventing transmission among populations at high risk. With funding from the Canadian International Development Agency, PATH is supporting implementation and evaluation of HIV-prevention approaches with intravenous drug users and men who have sex with men in India, sero-discordant couples in Zambia, HIV-positive women in Uganda, and sex workers in Senegal. Results will be disseminated and used for future intervention planning.
In the Democratic Republic of Congo, PATH is using monitoring and evaluation to improve services for people with HIV/AIDS. By improving the flow and use of strategic information, we are helping to strengthen health systems at the central and provincial levels to better coordinate, plan, manage, and monitor health services.

**Behavior Change and Advocacy**

Skills in behavior change communication and in advocacy, communication, and social mobilization help PATH better meet health needs. Our interventions in communities, schools, workplaces, and other settings have reduced health risks and improved services.

PATH is partnering with the Kenya Scouts Association, for example, to help troop leaders implement activities that promote behaviors to reduce HIV risk and address other health concerns among youth. Additional activities have included community-based discussions with parents and key male community members, as well as community theater performances to support healthy behaviors. The interventions have reached hundreds of thousands of youth and family members in Kenya, with positive effects on self-esteem and sexual behaviors among adolescents. PATH and our partners have implemented similar work with young men in China, Nicaragua, and other countries.

To improve TB control, PATH works closely with the World Health Organization and other groups to help countries use advocacy, communication, and social mobilization to fill program gaps. In Tanzania, PATH is engaging communities in TB–HIV advocacy and outreach and employing a technique called PhotoVoice to use photos of the daily lives of people living with TB to promote client-centered care and reduce stigma. In India, PATH is working at the local level to address gaps in TB program performance by tailoring interventions to communities’ specific needs.

**Community-Based Responses**

Communities are often the source of effective interventions for HIV/AIDS and TB. Strengthening community-based responses to these epidemics is a vital element of PATH’s work.

In Ethiopia, PATH and our partners are working in peri-urban areas and towns to increase the capacity of civil society organizations to reach greater numbers of people with interventions, such as home-based care, for HIV/AIDS. In Tanzania, PATH is collaborating with community-based health workers to expedite TB diagnosis and treatment and improve adherence to long-term therapy.

**Advancing Technologies to Improve Prevention and Treatment**

PATH has advanced many technologies to prevent HIV/AIDS and TB and to improve diagnostic and treatment services. Technologies to prevent HIV infection, for example, range from tools to help prevent mother-to-child transmission after birth, to condoms for women, to methods that prevent HIV transmission during medical injection. To improve care for TB patients, PATH is evaluating use of low-cost medication monitoring technologies to support treatment adherence and collaborating to develop a rapid, low-cost test for drug-resistant TB.
GENDER NORMS AND STIGMA

Gender inequity and stigma contribute to the spread of HIV/AIDS and reduce access to services for HIV/AIDS and TB. PATH uses expertise in these areas to improve care for vulnerable populations.

PATH has worked with the United Nations Trust Fund to End Violence against Women to address gender issues in Africa, Asia, and Latin America and the Caribbean. Our technical assistance has focused on assessing a range of promising strategies—including community mobilization, capacity building for service providers, and advocacy for strengthened policies—to reduce women's vulnerability to violence and HIV infection.

PATH and our partners have also implemented and evaluated efforts in Ethiopia, Namibia, and Tanzania to address inequitable gender norms. Interventions such as interactive group education and community mobilization activities—including radio spots, music, and dramas with messages about gender equity—have increased support for more equitable gender norms among young men and decreased violence against women (see figure).

Effectiveness of interventions for reducing reported physical violence against female partners in Ethiopia

<table>
<thead>
<tr>
<th>Type of intervention</th>
<th>Pre-test</th>
<th>Post-test</th>
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</thead>
<tbody>
<tr>
<td>Group education + community mobilization*</td>
<td>36</td>
<td>16</td>
</tr>
<tr>
<td>Community mobilization only*</td>
<td>36</td>
<td>18</td>
</tr>
<tr>
<td>No intervention</td>
<td>7</td>
<td>14</td>
</tr>
</tbody>
</table>

* p < 0.05

Percentage reporting violence

CONTRIBUTIONS TO ACHIEVING GLOBAL HEALTH GOALS

PATH combines wide-ranging expertise with proven strategies to reduce the toll of HIV/AIDS and TB, especially in sub-Saharan Africa and Asia. Through collaboration with others, we are helping to meet international goals for halting and reversing the spread of HIV/AIDS and for stopping TB.

Improving TB care in Tanzania

Work in Tanzania illustrates the range of PATH’s activities to improve care for TB patients. This work has included:

- Coordinating responses to TB and HIV co-infection and scaling up service integration. PATH has helped to integrate services in more than 450 public and private facilities in 26 districts, and more than 93 percent of new TB patients in project areas have been tested for HIV.
- Helping the country’s central TB reference laboratory upgrade equipment and train staff.
- Piloting intensive case finding of new TB patients by involving traditional healers and staff at private pharmacies.
- Providing technical assistance to improve diagnosis and treatment of drug-resistant TB.
- Conducting advocacy, communication, and social mobilization activities to increase awareness of TB at the community level.
- Testing uses of mobile phone technology to improve care.

PATH is an international nonprofit organization that creates sustainable, culturally relevant solutions, enabling communities worldwide to break longstanding cycles of poor health. By collaborating with diverse public- and private-sector partners, PATH helps provide appropriate health technologies and vital strategies that change the way people think and act. PATH’s work improves global health and well-being.

For more information, please visit www.path.org.

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