



**PZAT**  
PANGAEA ZIMBABWE  
AIDS TRUST

# Newsletter

APRIL 2022: ISSUE 4



## What is Oral Prep?



Across populations, geography and route of exposure the data all point in the same direction—TDF/FTC (brand name Truvada) works to prevent HIV. Studies demonstrate that daily use of the drug provides protection for all populations

<https://www.prepwatch.org/about-prep/oral-prep/>

## "...PrEP saved me from getting HIV..." - Experiences of an oral prep user.

Four years into using Oral PrEP, one user shared his testimony to encourage adherence among young men who were recently initiated on PrEP. This was during a literacy session at Nzvimbo Clinic, one of the programs conducted by the Zim-TTECH project in Mazowe. The disclosure was an eye-opener for the young men to adhere to Oral PrEP to keep them safe from HIV infections.

Taking pills at the same time as my HIV-positive partner has been helpful throughout my PrEP journey... and I will continue taking the drugs as long as I feel that I am at risk of contracting HIV", he said. His testimony stimulated discussions as participants loosened up and began to share their own experiences which then motivated the young ones who were amongst the participants during the literacy session.

Another participant highlighted the advantages of using Oral PrEP especially if one has multiple sexual partners. He urged other participants to religiously adhere to Oral PrEP to remain HIV-negative. He pointed out that Oral PrEP is an interesting option that reduces the risk of HIV and boosts sexual confidence.

## **It takes effort to change the HIV and AIDS landscape in Zimbabwe**



"Success depends on partners collaborating in implementing strategies to make a positive change in the HIV and AIDS landscape in Zimbabwe," Mr. P. Moses the National AIDS Council Board Vice-Chairperson said.

This was highlighted during the HIV and AIDS Parliament Planning meeting hosted by the National AIDS Council of Zimbabwe. Mr. Moses stated that planning without implementation will yield a poor impact in the fight against the HIV epidemic.

The 2019-2021 plans could not be successfully implemented due to the COVID-19 pandemic. The pandemic led to a drawback in the work to ending HIV by 2030. The Global HIV strategy is aimed at ending HIV by 2030 by achieving zero new HIV infections, zero HIV-related deaths, and zero HIV stigma. To change the landscape, an effort to improve coordination and implementation in the response to the National HIV and AIDS can be realized if all partners and stakeholders collaborate and jointly implement ideas and resources towards the call.

The meeting presented an opportunity for the Parliament Portfolio Committee, various Non-Governmental Organizations,



and Community Based Organizations to develop a coordinated HIV and AIDS activity work plan for the Parliamentarians for the year 2022.

## PEPFAR US Ambassadors' visit to Mbare PolyClinic

The PEPFAR US Ambassadors visited Mbare Polyclinic which is one of the ZimPAAC's sites for the Harare Key Population (KP) program on Monday the 25th of April 2022. The visit was aimed at appreciating the Key Population program under the ZimPAAC consortium. The team also had the opportunity to visit the Mbare outreach site where they had discussion with KP who were accessing services on site.

The KP program is focused on improving access to comprehensive and quality KP-friendly services in Harare through a public sector model. More so, the project includes facility and community-based interventions to address barriers and improve access to services.

### In Pictures



*Branded IEC materials on display during the KP Exhibition*





*Community facilitators explain their role in the KP program.*



*Discussion with Key Populations at the Mbare outreach site.*





*Exploring the Mbare outreach site*

## World Immunization Week: What you need to know

This year's World Immunisation Week theme, Long Life for All, highlighted the collective action needed in promoting and encouraging vaccination and immunization of all people. This means helping the community understand how vaccines work, their importance, and the need for the community to be vaccinated especially amid the emergence of new Coronavirus variants.

The ultimate goal of World Immunization Week is for more people – and their communities – to be protected from vaccine-preventable diseases.

The emergence of the COVID-19 pandemic has increased the need for people to be vaccinated.

However, the introduction of the COVID-19 vaccines in





Zimbabwe as a measure to curb further effects of the pandemic has been received with a lot of skepticism and hesitancy by the general public.

## **What PZ is doing**

PZAT in collaboration with the Ministry of Health and Child Care conducted a Rapid Assessment to understand motivators and barriers to taking the COVID-19 vaccine among vaccinated and unvaccinated participants in Harare, Lupane, and Goromonzi.

Presenting the findings at the Health Communicators Forum in Harare, CASPR Project Coordinator, Gwendoline Chapwanya highlighted the motivators and barriers to COVID-19 vaccination.

The findings revealed that participants were motivated to get vaccinated to protect themselves, their families, and co-workers. Others reported that they got vaccinated so that they could resume some social activities.

Barriers were associated with fear of how the vaccines would play out, lack of trust in the available vaccines in Zimbabwe while others mentioned that they were waiting for other options (Not Chinese vaccines), and the myths and misconceptions that surrounded the reception of vaccines.

Pangaea Zimbabwe continues to document and raise awareness of the importance of vaccines.



## Open safe spaces for AGYW



*Young Women participating in an energizer activity during a Health for Life Session in Tsholotsho district: DREAMS Matabeleland North*

Pangaea Zimbabwe through the Determined, Resilient, Empowered, AIDS-free, Mentored and Safe (DREAMS) program under the Zim-TTECH project in Matebeleland is utilizing safe space groups as a platform for service delivery for Adolescent Girls and Young Women (AGYW). Health interventions delivered to AGYW in safe spaces play an important role in supporting AGYW to live with the ultimate goal of reducing new HIV infections.



*Health for Life Session in progress in Tsholotsho district:*



AGYW have access to health literacy session and financial entrepreneurship training which assist them to build their social asset.



Safe spaces have reduced social isolation among AGYW and increased their social capital. Girls also have access to supportive individuals or organizations within their communities which increases their access to community resources and the wider institutions of society.



***Mats woven by DREAMS girls during Social Asset Building activities in Tsholotsho District***



MENSTRUAL HEALTH

# EXP♀2022

ZIMBABWE



*MHM Expo planning in progress*

The world commemorates the International Menstrual Hygiene and Health on the 28th of May every year.

This year's theme is **Action and Investment in Menstrual Hygiene and Health.**

Pangaea Zimbabwe in collaboration with Cycle Health Zimbabwe and other organizations such as National AIDS Council, C Jekisa Pfungwa, Sanitary AID aim to conduct a

three day Expo that is aimed at raising awareness on menstrual hygiene issues through the promotion of open dialogue to enhance access to menstrual services and products. The Expo is proposed to run from the 26th to the 28th of May 2022 in Mabvuku.

Various activities will be carried out during the Expo. These include organizations' exhibitions, roadshows, edutainment, Business literacy workshops, HIV testing, Reusable Menstrual Pad, and Panty Making Workshops, provision of family planning, counseling among others.





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**Pangaea envisions an environment in which  
all human beings live healthy, productive,  
and quality lives**

