

# Communicable disease hiv aids research paper examples

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## **Communicable Disease (HIV/AIDS)**

Communicable diseases, also known as infectious, contagious, or transmissible diseases are diseases that result from an infection or presence of a pathogenic biological agent in the body (Fan, Conner, & Villarreal, 2011).

Such diseases can be transmitted from one being to another through contacts of the body and bodily fluids. Examples of such diseases are: malaria, mumps, and HIV/AIDS. HIV/AIDS is most deadly since no definite cure has been found for it, and what is available, is very expensive.

HIV/AIDS is an acronym for Human Immunodeficiency Virus/ and Acquired Immune deficiency Syndrome. The HIV is a retrovirus that once it gets into the body, it destroys cells of the human immunity system. With cells of the immunity system killed or destroyed, the bodies can no longer fight infections, leading to Aids. Acquiring this syndrome means the body can't fight off even the simplest of infections, making it prone to various infections and cancers.

HIV/AIDS can be transmitted through unsafe sexual activity, when sexual fluids are exchanged from an infected partner to the other (Fan, Conner, & Villarreal, 2011). The transmission can also take place through oral sex.

Another mode of transmission is during childbirth (Fan, Conner, & Villarreal, 2011). If right procedures are not followed, an infected mother can easily pass the virus to their baby. Sharing of injectable items such as needles and razors with infected people is another mode of transmission. Other modes include: blood and organ transfusions, which is not common in the current days.

A lot has been invested and done to help control the disease (Fan, Conner, &

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Villarreal, 2011). One is that education on sex and AIDS is now compulsory in most schools. To prevent mother to child transmission, PMTCT programs have been implemented in hospitals. Efforts to stop abuse of drugs have been stepped up, since most drug abusers share needles when injecting the substances into the substances into their bodies. Methods such as the use of condoms and abstinence have been introduced. This initiative has been backed by ensuring that condoms are easily accessible. Some hospitals even offer treatment for HIV, though this is only available to a few who can afford it. Policies and procedures have are been formulated to check on how circumcision of boys is done. Various organizations, both governmental and non-governmental have been very instrumental in ensuring that efforts to help prevent HIV/AIDS are well done and steered on.

Certain environmental factors have negative impacts on the lives of people living with HIV/AIDS. Such factors are related to school, work, structures, policies, public services, and generally the attitudes and support accorded to the victims (Tchounwou, Mena, & Sarpong, 2009). Of these factors, government policies and public services, as well as attitudes and support that the victims get top the list of factors that affect the lives of people living with HIV/AIDS. For instance, if government policies do not protect the rights and privileges of the victims, then they will be subjected to a lot of discrimination in their work places or schools, resulting to stigmatization. The socioeconomic status of a person determines where they live, how they live, their kind of environment, relationships with others, as well as their purchasing power (Green, & Potvin, 2009). A victim of HIV/AIDS with a high socioeconomic status can easily access the best public services and

treatment. They can also be able to protect themselves from negative attitudes and have all the support they need to deal with their condition. A poor person can only do so little, placing them at a disadvantage.

On the same note, the lifestyle of a person living with HIV/AIDS has great influence on their lives and condition (Green, & Potvin, 2009). For instance, if the person is able to eat the right food, exercise regularly and take their medication when supposed to, they are likely to live longer than a person who does do that. In addition to that, a HIV/AIDS victim should lead a decent lifestyle in that they do not consume a lot of alcohol, and practice safe sexual behavior. Having a good lifestyle can also be termed as a way of disease management. A disease well managed is easy to control and reduce its effects on the human body. Unfortunately, disease management is highly dependent on a person's economic status. The poor cannot afford the lifestyle that is needed for one to help manage their disease, reducing their lifespan a great deal (Green, & Potvin, 2009).

Social gaps create a great difference in the way most resources are availed to the victims. Governments all over the world, as well as non-governmental organizations have tried to deal with these by providing these services and drugs for free to those who need them. They have also tried to deal with the accessibility issue by taking these services to the most interior areas, so that those in need of them may easily access them.

The public health department has come up with several Acts to help reduce the threat that HIV/AIDS poses to human beings. The Acts are comprised of strategies such as how to work hand in hand with organizations such as the USAID to help deal with not only HIV/AIDS, but all other infectious diseases

including Malaria. The Acts have also taken advantage of the media and use the media to sensitize people on facts of HIV/AIDS. The public health department is also involved in the VCT initiative where people get tested and advised on how to lead their lives. All these activities have helped reduce the threat of HIV/AIDS, which is death and number of infected victims.

After a lot of studies and researches, statistics have proven that every 9 ½ minutes, a person is infected with HIV. It has also been put out that every human being is either infected or affected with HIV/AIDS. This means that each every person that is alive has a relative or friend who is either infected or affected. This data calls for urgent action to contain the disease. An example of this is the implementation of Replicative Effective Programs. REP has been implemented in four stages (Kilbourne, 2007). One is the pre-conditions, pre-implementation, implementation, and finally maintenance and evolution. This program has tried to bring together all elements of healthcare in a community and has proven very successful so far. This is because it is open to everybody regardless of their social status, and it incorporates treatment as well as education on a number of factors.

In conclusion, HIV/AIDS victims should have access to public services. They should also not be discriminated or stigmatized. Finally, community programs should be reinforced and encouraged, since it is easier and more effective to manage the disease starting at the root level.

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