

Case Study: Promoting Sexual and Reproductive Health Among Women Living with HIV in India

Background: In India, a 34-year-old woman, Priya, was diagnosed with HIV during her second pregnancy. She faced immense challenges in accessing adequate sexual and reproductive health (SRH) services due to a lack of integrated care and pervasive stigma and discrimination. However, with support from a local healthcare organization, Priya was able to access comprehensive SRH services and support, improving her overall well-being and quality of life.

Challenges Faced: Priya encountered several challenges in accessing SRH services as a woman living with HIV in India. Following her diagnosis, she faced discrimination and ostracization from her community, which affected her mental health and her confidence in seeking healthcare. Additionally, she initially struggled to find a healthcare facility that offered integrated SRH and HIV services, leaving her feeling isolated and without crucial support.

Intervention and Support: Fortunately, Priya was referred to a local healthcare organization that specialized in providing comprehensive care for women living with HIV. The organization offered a range of integrated services, including family planning counseling, prenatal and maternal health care, and sexual health education. The organization also provided mental health support and peer counseling, helping Priya cope with the emotional and psychological impact of her diagnosis.

The organization also conducted awareness campaigns and community outreach programs to combat stigma and discrimination, aiming to create a more inclusive environment for women living with HIV. Priya was actively involved in these initiatives, which empowered her to advocate for herself and others in her community.

Outcomes and Impact: With the support of the healthcare organization, Priya was able to access the care and support she needed to prioritize her sexual and reproductive health. She successfully delivered her second child with the appropriate prenatal care and support, and she became an advocate for other women living with HIV, educating them about their SRH rights and available services.

Since then, Priya has become a prominent voice in her community, working to reduce discrimination and improve access to SRH services for women living with HIV. Her story has inspired other women to seek comprehensive care and support, ultimately contributing to a more inclusive and supportive environment for women living with HIV in India.

Lessons Learned: Priya's case emphasizes the critical importance of comprehensive and integrated SRH services for women living with HIV in India. It also underscores the significance of addressing stigma and discrimination, as well as empowering individuals to advocate for their own SRH rights. By providing accessible and respectful care, and promoting education and awareness, it is possible to improve the overall well-being and quality of life for women living with HIV in India.