

# Living with...

# HIV AIDS



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Book Selector

This is an annotated list of selected resources which may help HIV/AIDS sufferers and their carers in real-life situations. Some of the more scholarly items may be relevant for other interested persons. The books and videos may be accessed at any public library affiliated to the Provincial Library Service. If not available in a particular library the items may be requested from another holding library centre.

The resources listed have been arranged under headings, which are relevant to the subject matter. The headings are: general information, healthcare, awareness and prevention, negative perceptions, HIV/AIDS and religion, HIV/AIDS and the law, AIDS orphans, the infection of children and personal stories. Items listed under one

heading could in some instances easily be placed under another heading as several aspects may be discussed in one resource.

Items not yet catalogued and processed at the time of writing have been indicated with an asterisk. Mariam Stuurman of the South African AIDS Vaccine Initiative (SAAVI) Community Preparedness Programme is thanked for information on most of the web sites mentioned.

## 8 General information

**AIDS and South Africa: the social expression of a pandemic** (Palgrave Macmillan, 2004) edited by Kyle D Kauffman and David L Lindauer. This is a collection of papers from a conference held at Wellesley College in 2002, where South African scholars and practitioners met with their American counterparts to discuss HIV/AIDS issues.



**AIDS doctors: voices from the epidemic** (Oxford U.P., 2002) by Ronald Bayer, is based on interviews with many doctors whose work has focused on the AIDS epidemic from the 1980s to the present.

**Aids in the twenty-first century: disease and globalization** (Palgrave Macmillan, 2002) by Tony Barnett and Alan Whiteside, is a study on the social and economic impact of HIV/AIDS by two experts in the field.

**A broken landscape: HIV & AIDS in Africa** (Mail & Guardian, 2002) by Gideon Mendel, is a collection of black and white photographs which depict social aspects and conditions of people all over Africa who are living with HIV/AIDS.

\* **Edwin Cameron: witness to AIDS** (Tafelberg, 2005). Memoir and analysis of what it means to have HIV/AIDS. He discusses what is happening in South Africa and the roles played by pharmaceutical companies and the Treatment Action Campaign.

**The moral economy of AIDS in South Africa** (Cambridge U.P., 2004) by Nicoli Nattrass examines South Africa's AIDS policy from economic and ethical perspectives.

A succinct title for anyone who wants to understand the debates around HIV/AIDS is: **The no-nonsense guide to HIV/AIDS** by Shereen Ussdin (New Internationalist, c2003)

**Waiting to happen: HIV/AIDS in South Africa - the bigger picture** by Liz Walker et alia (Double Storey, 2004). This publication grew out of the AIDS in Context

Conference held at the University of the Witwatersrand (WITS) in 2001. It sought to provide a social context for the AIDS pandemic in South Africa. It looks at issues, such as, how AIDS is perceived in different cultural systems, gender relations and reasons for the exponential growth of AIDS in South Africa. [www.unaids.org](http://www.unaids.org) is a web site with country-by-country information on the epidemic. It also provides statistics. [www.mrc.ac.za](http://www.mrc.ac.za) has South African-specific health information and focuses on HIV/AIDS mortality statistics.

## ¶ Healthcare

A practical book on care of people with HIV/AIDS is Clive Evian's **Primary HIV/AIDS care: a practical guide for primary health care personnel in the clinical and supportive care of people with HIV/AIDS**.- 4th edition (Jacana Education, 2003).

**AIDS care and counselling: a multidisciplinary approach**.- 2nd edition (Pearson Education, 2001) by Alta C van Dyk brings together a range of issues which lay and professional health carers may have to handle in their care of HIV/AIDS sufferers.

**Counselling and coping** (Oxford U.P., 2002), by Kerry Gibson aims to provide guidance in counselling skills to diverse people in the human services sector, such as trauma counsellors, volunteer community workers, nurses, teachers, clergymen, police officers, emergency workers and human resource staff.

**Home-based HIV/AIDS care** (Oxford U.P., 2003) is edited by Leana Uys and Sue Cameron. It is a local book on home-based care for HIV/AIDS sufferers. Aimed at healthcare professionals it covers topics like a home-based care programme, infection control in the home, counselling affected family members, running support groups, dealing with symptoms, planning for the orphans and other aspects.

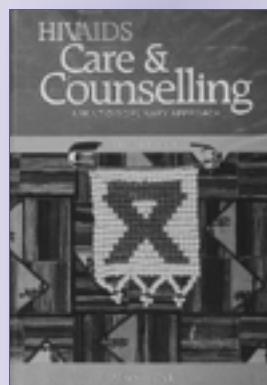
\*Neil Orr and David Patient have developed a healing programme, based on psychoneuroimmunology, or PNI. Their programme which will improve the immune system, if combined with a healthy lifestyle, is outlined in **The healer inside you: using PNI, a mind-body science, to help your body** (Double Storey, 2004).

The web site, [www.redribbon.co.za](http://www.redribbon.co.za) provides medical advice on HIV and AIDS issues by their online doctor. It also provides workplace solutions on HIV/AIDS-related issues for companies.

## ¶ Awareness and prevention

**Ask me, I'm positive** [videorecording] (2004) is a documentary in which Moalosi, Thabiso and Thabo, HIV-positive Basotho men, are seen travelling around Lesotho showing **Steps for the future**, a film in an AIDS series. They tell their stories and answer questions in their drive to educate villagers about AIDS prevention.

Gisele Winkler's **Courage to care: a work-**



**book on HIV/AIDS for schools** (Catholic Institute for Education, 2003) is a resource which can be used to educate young people about AIDS. Each chapter starts with a real-life story that deals with an aspect of AIDS, for example, disclosure of HIV status, violence against females and teenage sexual behaviour.

**It's my life** [videorecording] (2001) focuses on the life of Zackie Achmat, founder and chairperson of the Treatment Action Campaign, formed to pressure the South African government to make anti-retroviral drugs available to HIV/AIDS sufferers at local clinics and hospitals. Shot over a five-month period the documentary accompanies Achmat, as he leads protests, addresses meetings and makes himself available for interviews.

**Letting them die: why HIV/AIDS intervention programmes fail** (Double Storey, 2003) by Catherine Campbell is a report of a study on HIV/AIDS prevention initiatives in a Gauteng gold-mining area. It covers the challenges and obstacles facing prevention programmes. Published in association with the International African Institute.

**A red ribbon around my house** [videorecording] (2001) tells the story of Pinky Tiro, a flamboyant personality who is not shy about disclosing her HIV-status, to the embarrassment of her daughter. Despite her illness she lives life to the full. She is an awareness campaigner, addressing many groups on the need for using condoms and not to be passive about the disease. It is also available in

Afrikaans and Xhosa.

Helpful web sites include: [www.lovelife.org.za](http://www.lovelife.org.za) which covers youth issues specific to HIV/AIDS. [www.saavi.org.za](http://www.saavi.org.za) deals with prevention issues, research, development and the testing of HIV/AIDS vaccines. [www.afroaidsinfo.org](http://www.afroaidsinfo.org) is an Africa-specific information site catering for a number of target audiences.

## ¶ Negative perceptions

**The empty compound** (Maskew Miller Longman, 2003) by Richard Mabala and Etnisimbo Muro, is a graphic novel directed at teenagers. It deals with AIDS, covering aspects such as prejudice and the conspiracy of silence that sufferers often experience. The story concerns a young woman who is stigmatised when her husband dies of AIDS.

**Global AIDS: myths and facts: tools for fighting the AIDS pandemic** (South End P., 2003) by Alexander Irwin attempts to correct popular misconceptions about AIDS.

**Let's talk about AIDS** [videorecording] (1993). Filmed at the Ulwazi Youth Centre in Cape Town it records a discussion between an AIDS sufferer and six teenagers.

**Let's talk about it; and, Dispel your attitudes** [videorecording] (2001). Both of these shorts deal with prevailing attitudes towards HIV/AIDS in Cape Town townships.

## ¶ HIV/AIDS and religion

**African women, HIV/AIDS and faith communities** (Cluster, 2003). This is the first of

a series of books containing research papers presented at the Conference of the Circle of Concerned African Women Theologians held in Addis Ababa in August 2002.

**Body and soul** [videorecording] (2001). Looks at the attitudes of three major religions towards HIV/AIDS: Christianity as represented by the Roman Catholic and Anglican churches, the Positive Muslim church and African Traditional Religion.

**The Church in an HIV+ world** (Cluster, 2004) edited by Daniela Ginnrich covers the extent of the pandemic and considers its social and economic context in South Africa. The Christian perspective is discussed as well as the establishment of a practical church-based HIV/AIDS programme. The practical suggestions include tips on working with volunteers, how to access social grants, help with drawing up a will and AIDS-related organisations and web sites. There are case studies in which individuals share their experiences.

**HIV/AIDS: our greatest challenge yet!: The road ahead for the church in South Africa** (Lux Verbi, 2003) by Sam Pick of the United Reform Church, Belhar, Cape Town. Explores issues such as condom use and pastoral responsibilities of the church. This is translated from the Afrikaans **MIV/VIGS: ons grootste uitdaging nog!**

**Journeys of faith: church-based responses to HIV and AIDS in three South African countries** (Cluster, 2002) edited by Gideon Byamugisha et alia, this is the sixteenth title



in *Strategies for Hope* series. Describes how churches in South Africa, Mozambique and Namibia have responded to the challenge of HIV/AIDS.

**Responsibility in a time of AIDS: a pastoral response by Catholic theologians and AIDS activists in Southern Africa** (Cluster, 2003) is a collection of papers arising out of the Southern African Catholic Bishops Conference held at the St Augustine College in February, 2003. Church work with the sick is one of the topics covered.

## ❖ HIV/AIDS and the law

**HIV/AIDS and the law: a resource manual.**- 3rd edition (AIDS Law Project, 2003) is edited by Kitty Barrett-Grant et alia. It covers South African legislation affecting public health, human rights, counselling and legal status of patients et cetera.

**HIV/AIDS in the workplace and the law** [videorecording] Module A (1999) explains what the Rights of HIV/AIDS sufferers are under South African Law

**HIV/AIDS in the workplace and the law** [videorecording] Module B (1999). In this sequel to Module A, the narrator summarises the content of Module A and then discusses how a company can go about creating an AIDS policy.

## ❖ AIDS orphans

**Children of AIDS: Africa's orphan crisis.**- 2nd edition (Univ. Natal P, 2003) by Emma Guest. Describes the ways in which

governments, agencies and communities are responding to the crisis of AIDS orphans. The many first-hand testimonies provide insights into the world of the orphans, in Zambia, Uganda and South Africa.

**A description [of] selected interventions for the care of orphans and vulnerable children in Botswana, South Africa and Zimbabwe** (HSRC, 2004) by Phetsile K Dlamini covers the first phase of a HSRC/SADC project of a five-year intervention project focused on orphans coping with outcomes of the HIV/AIDS pandemic.

**Eclipse** [videorecording] (2001) is the story of four girls living in the Mozambican town of Chimoio. Their mother died of AIDS and their father disappeared. The film documents their struggle for existence as they try to make ends meet by re-selling produce bought at the market.

**Family and community interventions for children affected by AIDS** (HSRC, 2004) by Linda Richter et alia is a research monograph commissioned by the Social Aspects of HIV/AIDS and Health Research Programme.

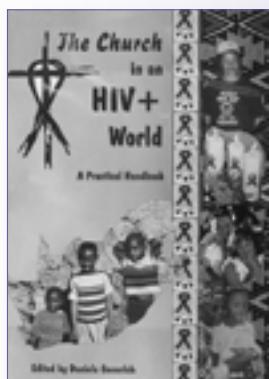
**The orphan generation** [videorecording] (1992). Produced for Action AIDS Uganda, this film shows how the AIDS crisis has affected three families, where the children are left to fend for themselves. This is followed by examples of help from the state, internationally-supported initiatives and women's groups.

**Reality bites: an African decade** (Double Storey, 2003). Scandinavian journalists, Gorrel Espelund and Jesper Strudsholm, tell stories of real people who are helping to uplift communities damaged by war, poverty and HIV/AIDS. One of these is the story of Evelyn Kaenga in Lusaka who left a career in banking to start a home for HIV/AIDS orphans. The stories are illustrated with colour photographs.

## ❖ The infection of children

**Impacts and interventions: the HIV/AIDS epidemic and the children of South Africa** (Univ. Natal P, 2002) is a collection of papers exploring the impact of the HIV/AIDS epidemic on the children of South Africa and the interventions that have been put in place to address the problem. The editors are attached to the Health Economics and HIV/AIDS Research Division at the University of Natal and the contributors are local researchers. This study was sponsored by the United Nations Children's Fund.

**Looking for Busi** [videorecording] (2001). Pregnant at age fifteen, Busi tested positive for HIV and was abandoned by her mother. She was filmed going about her normal life and taking part in a mother-to-child drug trial. She disappeared and when she was found her self-esteem was very low; however, she gained confidence and control over her life. The film ends with her addressing a class on living with AIDS, at Orlando High School.



**The national household HIV prevalence and risk survey of South African children** (HSRC, 2004). A study which focused mainly on HIV prevalence and related issues, amongst children from two to fourteen years of age.

Jane Fox tells the story of Nkosi Johnson, the young boy who was HIV positive from birth and adopted by Gail Johnson, in **Nkosi's story** (Claremont, 2002). He became a spokesperson for those with HIV/AIDS, after speaking at an international conference in Durban. He died at the age of twelve and was awarded the Nobel Prize for Children posthumously.

### ❖ Personal stories

The web site [www.redribbon.co.za](http://www.redribbon.co.za), has a link to [www.positivepeople.co.za](http://www.positivepeople.co.za) which records the diaries of HIV sufferers. The diary entries tell how they go about their daily lives as any normal people. The site is interactive and questions may be put to the diarists.

**A fighting spirit** [videorecording] (2001) is the documentary story of Gilbert Josamu (1958-2001) who became Zimbabwe's middleweight boxing champion and a contender for the Commonwealth crown. When he found out that he was HIV-positive he concealed it for 14 years, as he did not want to jeopardise his career. Towards the end of his life he confessed his secret and dedicated himself to helping those with AIDS.

**Nobody ever said AIDS: stories and poems from Southern Africa** (Kwela, 2004) is an anthology in which the writers of over forty short stories and poems reflect on realities of living with the disease.

Women from Khayelitsha who have HIV/AIDS tell their stories in **Long life: positive HIV stories** (Double Storey, 2003).

\*In Yann Martel's **The facts behind the Helsinki Roccamatios** (Canongate, 2004), one of the fictional stories in the collection, describes a young man's death from AIDS, seen through the eyes of his friend who provides emotional support. They communicate about the illness through a story-telling game about the Roccamatios.

**In my life: youth stories and poems about HIV and AIDS** (Centre for the Book, 2003) is the result of a partnership between McGill University, Canada and the Centre for the Book in Cape Town, working with local teenagers on the topic of HIV/AIDS. Seventeen teenagers describe how HIV/AIDS has impacted on their lives in poems and short prose pieces. They share the reality of their lives, their dreams and aspirations.

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