

Dr. Latika Shivkar's talk on 25th July, 2019 – MDACS, Wadala

Dr. Latika introduced MDACS explaining its objectives and goals.

Mumbai Districts AIDS Control Society (MDACS) is an autonomous body registered under Charitable Trust Act, established on 27th July 1998 by Municipal Corporation of Greater Mumbai (MCGM) for control & prevention of HIV/AIDS in Mumbai. Mumbai reported its first AIDS case in 1986. The City's health department responded promptly by undertaking serological surveys among sex workers, screening of blood for HIV in blood banks and setting up treatment centers in Medical Colleges.

MDACS implements National AIDS Control Program (NACP) under the guiding principles of National AIDS Control Organization (NACO), Ministry of Health and Family Welfare, Government of India. MDACS serves as a nodal agency, using multi-sectoral approach collaborating with general Health System, other Government departments, NGOs/CBOs, private sector and People living with HIV/AIDS. MDACS provides services through its various divisions viz. Basic Services, Blood Safety, Targeted Intervention, STI, Care Support & Treatment, Information Education & Communication and Mainstreaming.

GOALS & OBJECTIVES

Accelerate Reversal and Integrate Response

1. Reduce new infections by 50% (2007 Baseline of NACP III)
2. Provide comprehensive care and support to all persons living with HIV/AIDS and treatment Services for all those who require it.

Integrated Counseling and Testing Centre (ICTC)

It also known as **Shakti Clinic**, with HIV Testing & Counseling services, are available in all Municipal & Government hospitals in Mumbai.

Services at ICTC:

1. HIV testing services are available free of cost. OPD paper is not required for walk-in-clients.
2. At ICTC, each individual is provided information about basics of HIV & routes of transmission of the infection. The person is asked a few questions to assess his / her risks before HIV testing.
3. Written/Verbal Consent is taken from the person before HIV testing.
4. Confidentiality is maintained about test result.
5. The report (Negative/Positive) is discussed with the person in post-test counseling.

- If report is Negative, the person is counselled to undertake measures for reducing risks in one's behavior.
- If report is Positive, counseling & support is provided to the person for acceptance of HIV positive status & the person is referred to the nearest Care, Support and Treatment centre to start Antiretroviral Treatment .

Facility Integrated ICTC (FICTC)

1. HIV Screening services (FICTC) are available at municipal dispensaries & maternity homes.
2. HIV Screening is carried out by Finger prick test, drawing 2 drops of Blood.
3. The test result is available within 20 minutes.
4. Complete confidentiality is maintained while sharing the test result.
5. Clients with reactive test result must visit ICTC for confirmation of HIV Status.

HIV testing at ICTC

1. The HIV testing at Integrated Counseling and Testing Center by using HIV Rapid test. 3 different Rapid test kits with different principles are used as per national HIV testing algorithm for ensuring high quality and standards.

PEP – Post Exposure Prophylaxis

1. **Post exposure prophylaxis (PEP)** refers to comprehensive medical management to minimize the risk of infection following potential exposure to blood-borne pathogens (HIV, Hepatitis B and Hepatitis C).
2. PEP is presently being provided to Health Care Personnel for occupational exposure to potentially infected source and cases of sexual assault.
3. It is free of cost, available in all ICTCs & ART centres in Mumbai.

BASIC SERVICES

Prevention of Parent to Child Transmission of HIV (PPTCT)

1. HIV infection in a pregnant mother can be transmitted to her baby during pregnancy, delivery and breastfeeding.
2. All pregnant women should be screened for HIV during pregnancy as early as possible (First Trimester).
3. The HIV infected pregnant and breastfeeding woman should start multidrug ART regimen at the earliest. This improves her health outcomes and prevents transmission of HIV to baby.

4. The multi-drug ART has the potential to dramatically reduce the HIV transmission from mother to baby to less than 5% as opposed to 15-45% in the absence of any interventions.

TARGETED INTERVENTION

“Wear protection to prevent infection”

Targeted Interventions (TI) are aimed at offering comprehensive package of prevention and care, support and treatment services to high risk populations of Female Sex Workers (FSW), Men having Sex with Men (MSM), Transgender - (TG/ Hijra /Third gender), Injecting Drug Users (IDUs). The targeted prevention services are also provided to bridge population of slum migrants and long distance truckers.

Components of TI projects :

In Mumbai, high risk population is provided services through 34 TI projects (14 FSW projects, 6 MSM projects, 4 TG projects, 1 IDU project, 8 Migrant projects, 1 Trucker project intervention).

In targeted intervention, multi-pronged strategies of behavior change communication, condom promotion, counseling and regular medical checkup, treatment for sexually transmitted diseases are provided by engaging NGOs and CBOs in the community.



The primary responsibility of the **Blood Safety Division** is ensuring safe & adequate supply of blood in Mumbai, through voluntary blood donation. The division promotes awareness about voluntary blood donation and motivates voluntary donors. The annual requirement of blood in Mumbai city is around 3 lac units.

About 58 Blood Banks are functional in Mumbai in government/ Municipal /Trust & Private sector. Component separation facility is available in 48 Blood Banks. In addition "**Blood on**

Call" (Phone No.104) service has been started in Maharashtra to ensure easy access to adequate and safe blood supply.

Regular Voluntary blood collection from healthy donors is advocated to ensure safe blood for the patients.

Criteria for Healthy Donor :-

- ☛ A healthy person aged between 18 – 65 years, weight at least 45 kg & Hemoglobin at least 12.5 grams.
- ☛ Blood pressure of 100-140 mm Hg systolic, 60-90 mm Hg diastolic with or without medication and pulse rate of 60-100 regular.
- ☛ The donor should be free from HIV, Hepatitis B, Hepatitis C, VDRL and Malaria infections.
- ☛ A healthy donor can donate blood up to 4 times a year!