National Strategic Plan to Reduce Human Rights-Related Barriers to HIV and TB Services:

Nepal

2019-2024

Five-year implementation plan for a comprehensive response to human rights-related barriers to HIV and TB services in Nepal

The strategic objectives of the Global Fund to Fight AIDS, TB and malaria for 2017-2022 include supporting countries that apply for grants to develop and scale up programs to remove human rights-related barriers to health services. In fulfillment of this objective, the Global Fund has undertaken a special initiative, "Breaking Down Barriers" in which 20 countries, including Nepal, have received catalytic funding to reduce human rights and gender-related barriers to services for HIV and TB. In all of these countries, rapid baseline assessments of these barriers have been conducted, which in most countries informed the development of a catalytic funding proposal. The next step for countries in the Breaking Down Barriers initiative is to convene a multistakeholder meeting to refine and endorse priority activities for a five-year comprehensive response to reduce these barriers.

A comprehensive response to reduce human rights and gender-related barriers to HIV and TB services should comprise a set of activities that:

- are internationally recognized as effective in reducing human rights-related barriers to HIV and TB;
- serve and are accessible to the majority of the estimated numbers of key and vulnerable populations affected by such barriers, aiming towards equitable universal coverage;
- are compatible with national strategic plans for HIV and TB; and
- are adequately resourced to move from non-existence or one-off/small-scale activities to a level of implementation likely to significantly reduce barriers to services (a sustained, mutually-reinforcing, broadly protective set of scaled-up programmes).

In Nepal, the Global Fund commissioned a rapid baseline assessment of these barriers in Nepal, which was completed in late 2017. Catalytic funding in the amount of \$1.3 million – to be matched by Nepal government resources — was approved by the Global Fund in 2017. In June 2018, a multistakeholder meeting including representatives of government, civil society and multilateral partners was convened to discuss both the activities in the catalytic funding proposal and those that emerged from the baseline assessment to determine priority activities for a five-year comprehensive response to human rights barriers to HIV and TB services. The multi-stakeholder meeting succeeded in identifying key activities for the comprehensive response. It also established a Working Group to develop a five-year implementation plan to guide the scaling up of the activities in the comprehensive response.

The tables below present the five-year plan to implement a comprehensive response aimed at reducing human rights and gender-related barriers to HIV and TB programmes in Nepal. As agreed at the stakeholder meeting, the plan is organized around the seven categories of programmes identified by UNAIDS, based on long experience, as effective in addressing human rights barriers to HIV services. These seven categories of programs are: stigma and discrimination reduction; training for health care providers on human rights and medical ethics; sensitization of law-makers and law enforcement agents; reducing discrimination against women in the context the 3 diseases; legal literacy ("know your rights"); legal services; and monitoring and reforming laws, regulations and policies related to HIV. With respect to TB, most of these same categories of programmes are pertinent, and the five-year plan below suggests integration of HIV and TB activities where appropriate, as in training of health workers and supporting peer educators in prisons. However, some activities are focused exclusively on TB – supporting TB patient groups to

assert their rights and improving women's capacity to understand and seek TB services. In addition to the categories identified by UNAIDS, the activities of the five-year plan also include review/evaluation of the responses to the human rights barriers to HIV and TB related services in Nepal.

The HIV activities outlined in the five-year plan below are compatible with and support the goals of the Nepal National HIV Strategic Plan, 2016-2021, which aims to address HIV-related stigma and discrimination and other human rights-related barriers in seeking to improve access to testing and treatment services for key populations and to ensure sustained support in the treatment cascade for all people living with HIV. The Nepal National Strategic Plan for Tuberculosis Prevention, Care and Control for 2016-2021 recognizes the challenge of TB-related stigma in achieving improved case identification and support of patients in completing TB treatment. These elements are reflected in the five-year plan presented below.

The five-year plan attempts to address human rights-related barriers faced by all key populations affected or by vulnerable to HIV -with especial focus on women and young among key populations. These include all people living with HIV, sex workers (male, female, and transgender), people who inject drugs (male, female and transgender), men who have sex with men, transgender people, prisoners and migrants. People affected by TB are also a key population for this plan.

The five-year plan outlined in the tables below include the estimated costs of the noted activities for five years, the period of the plan.

Table 1: Reduction of stigma and discrimination related to TB and HIV

5-year implementation plan for comprehensive response to address human rights-related barriers to HIV and TB services Program Area: Reduction of stigms and discrimination related to TB and HIV

	Prog	ram Area: Redu	action of stigma	and discrimination relate	ed to TB and HI	V		
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5 cost (USD)	5-yr	Comment
Update content of existing widely used stigma-reduction curriculum to include information on HIV, TB, non-discrimination, gender violence, including attention to all key populations - focusing on women and young people among key population	Curriculum will be used nationally for health workers, police, NGO service providers, prison staff	National for all relevant uses.	Delivery of revised curriculum.	For completion in Year 1; for use in all subsequent years	Curriculum reflects updated science, knowledge on human rights issues related to TB and HIV, with attention to gender- related concerns.	13,864		Ensure both HIV and TB expertise in implementers in all parts of the program area.
Mass media campaigns to reduce stigma and discrimination based on HIV and TB status, with attention to needs of key populations focusing on women and young people among them .	Through FM stations throughout the country.	1-minute PSA broadcast per day for 3 years.	Number of stations participatingChanges in KAP of listeners in selected broadcast zones from rapid "before and after" survey	Years 1-3	More respectful attitudes in society toward people living with and vulnerable to HIV; less discrimination over time	159,369		

Run regular support groups of HIV key populations and TB-affected populations,-with attention to women and young among KP- to foster	30 districts for FSW	1 group per district per key population; bimonthly meetings for 5 years;	Number of meetings heldAttendance at meetingsItems accomplished as per minutes of meetings	Maintain current program 17 FSW districts till Year 3, scaling up to 23 in Year 4, and; 30 districts by Year 5. (cutoff point -districts with at least 100 FSW)	Key populations resilient and empowered to engage with health service providers and others in the community	427,428	Ensure this activity does not duplicate other support to KP groups
resilience through community mobilization, participation in governance, and addressing stigma and self-stigma.	35 districts for PWID (men, female and TG), 40 districts for MSW/MSM/TG			Maintain current program 26 PWID districts till Year 3, scale up to 30 in Year 4, and; 35 by the year 5, (cutoff point- districts with at least 100 PWID); Maintain current program 23 MSW/TG/MSM districts till Year 3, scale up to 35 in Year 4, and: 40 by the year 5, (cutoff			
	77 districts for PLHIV 40 districts for women			point- districts with at least 120 MSM/TG/MSW) Maintain current 60 districts with CHBC till Year 3, scale up to 68 in Year 4; and 77 by the Year 5 Maintain 30 districts till Year 3,			
	living with HIV, 48 districts for TB patients 7 provinces for people			scale up to 35 in Year 4; and 40 by the Year 5 Maintain 40 districts till Year 3 and scaling up to 44 in Year 4 and 48 by the Year 5 (high and medium TB risk districts) For the period of five years	PLHIV and TB		
	living with HIV, and TB Patients	province for 2 meetings per year with provincial government officials in coordination with CSOs		(Year 1 to Year 5)	patients resilient and empowered to engage with health service providers.		
Develop and implement online or mobile phone-based monitoring system of stigma	270 health facilities across program districts addressing TB and HIV key populations		Number of monitoring reports submitted per unit time	Building to reach 270 health facilities by end of year 3	Improved quality of TB services and HIV services for key populations.	198,517	Builds on existing experience with SMS ² . This activity also contributes to evaluating training

and discrimination experienced in health services and ensure follow-up by health authorities or service providers.			% of monitoring reports resulting in action by health authorityDegree to which key population experience in health facilities is reflected in annual DOHS and human rights reports		HIV key populations and TB patients empowered as agents of change with respect to service provisionHIV KP and TB patient experiences inform national data and decision-making		of health workers on HIV and TB human rights issues (see below).
Use of Social Media for addressing Stigma ad Discrimination among HCW and Service Beneficiaries; and use of social media for online assessment among HCW			Digital platform for social media established. Number of users / visitors Number of HCW who used social media for online assessment	Digital Platform established in the Y1 and remains functional for the rest of five years.	Interactive communication on stigma and discrimination among users	96,392	
Institutionalize in teacher education a module of training on facts of HIV, TB and STI prevention and care and human rights issues related to HIV and TB	30 master trainers chosen from all 7 provinces.	Ministry of Education to institutionalize this training eventually to all secondary school teachers in government schools.	MOE to ensure that this module is taught Rapid "before and after" KAP assessment for master teachers	30 trained as master trainers in year 1; followed by refresher training in subsequent years	Teachers can convey importance of respect for people living with HIV and TB and can model this respect in their behavior	66,014	MOE to be encouraged to ensure that even culturally sensitive material is adequately taught.
Using revised curriculum noted above, pre-service training for doctors, nurses, paramedics on HIV- and TB-related human rights issues at universities and training institutions.	Nationwide	30 master trainers identified by medical and nursing councils to cover all relevant institutions.	Number of health professionals trained Rapid KAP assessment before and after training	To be sustained in curriculum	Health professionals are prepared to provide non-stigmatising, respectful TB and HIV services	66,368	Implementers should include entities with specific expertise on TB as well as HIV.

Conduct HIV	2011 Stigma Index	Nature and	Year 1 and Year 5	Improved public	107,651	Year 5
Stigma Index	conducted in 7	degree of change		awareness of HIV-		administration of
survey, including	provinces; ideally to be	compared to 2011		related stigma		Stigma Index will
questions related to	repeated with similar	survey; nature and		issues		contribute to
stigma faced by	sample	degree of change		Baseline and		evaluation of full
PLHIV women and		between the two		comparison data on		body of anti-stigma
young people		new surveys.		changes in stigma		work.
				to inform		
				programming		

Table 2: Training for health care workers on human rights and medical ethics related to HIV and TB

5-year implementation plan for comprehensive response to address human rights-related barriers to HIV and TB services Program Area: Training for health care workers on human rights and medical ethics related to HIV and TB Estimated 5-yr Intervention Location Coverage Indicators Timeline Expected results Comment cost (USD) 805,473 Using revised curriculum 77 districts across the 30 master trainers will --Rapid "before and 30 trained --Reduction of stigma --Needs to and discrimination in noted above, in-service be dispatched to give 1after" KAP assessments master trainers in country complementary to any training of master trainers day training to 60 health services for key health care worker on new curriculum. year 1; along with on HIV- and TB-related health workers in each --KP monitoring batches of populations training planned under human rights issues for of 77 districts including training for HCW activity noted above regional harm reduction health facility staff. all palikas (SMS²) also contributes in 77 districts grant. to evaluation for this every year from --Implementers of this activity. years 1-5 element must include entity(s) with ΤB expertise.

Table 3:Sensitization of law enforcement agents

5-year implementation plan for comprehensive response to address human rights-related barriers to HIV and TB services Program Area: Sensitization of law enforcement agents Indicators Timeline Intervention Location Coverage **Expected results** Estimated 5-yr Comment cost (USD) Training of 30 master In-service training for Nationwide --Rapid "before and Master training in --Reduction of 73,647 --Needs to be police on responsible trainers on updated after" year 1 and 1-day abusive or harmful KAP complementary to any refresher training policing in the context of curriculum noted above assessments. (see also police practices police training covered experienced by people HIV and TB, including followed by refresher follow-up activity in each subsequent regional harm updating training of year over 5 years. living with HIV and training. (Assumes below.) reduction grant. police in human rights police service will TΒ and kev --Prison officials in cells enable master trainers populations. separate item below.) to scale up training nationwide.) Discussion/advocacy 30 persons including --High-level 34,573 Should include women 1 session in each of 7 --Number of high-level 1 session in year 1 with high-level police and decision-makers encouragement of use provinces key authorities key population groups Ministry of Home Affairs attendance of new curriculum and young people to voice their experiences with participation of key populations to inform of police practices. them and seek support for new curriculum

Table 4:Legal literacy ("know your rights")

5-year implementat	tion plan for comp	prehensive respo	onse to address hum	an rights-related	barriers to HIV ar	nd TB services	3
	Progra	am Area: Legal	literacy ("know you	r rights" focusing	g on rights to healt	th)	
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment
Update "positive prevention materials" to ensure legal literacy content appropriate for all HIV key populations and people affected by TB	To be used by populations as noted in for the following key populations	Nationwide	Updated materials produced	Year 1	User-friendly materials available for a wide range of "know your rights" activities.	1,022,082	Specific expertise on TB and provisions of pending TB Act are needed in addition to HIV expertise.
"Know your rights" campaign days organized by key population groups	30 districts for FSW 40 districts for migrants 35 districts for PWID (men, female and TG), 40 districts for MSW/MSM/TG	I campaign day per year with 100 persons from each KP per district plus invited community leaders at each event	Number of events heldNumber of participants at each eventInvolvement of community leaders in events	Maintain current FSW 17 districts till Year 3 Year and scaling up to 23 in Year 4 and 30 districts by Year 5, cutoff point -districts with at least 100 FSW 40 districts for migrants for the period of five years Maintain current program 26 PWID districts till Year 3 and scale up to 30 in Year 4 and 35 by the year 5, cutoff point-districts with at least 100 PWID); Maintain 23 MSW/TG/MSM districts till Year 3 and scale up to 35 in	better aware of key population rights and needs Migrants affected		Young people in key populations and among TB patients and former patients should be included.

77 districts for		Maintain 60 districts		
PLHIV		till Year 3 and scale		
		up to 68 in Year 4;		
		and 77 by the Year 5)		
40 districts for		Maintain 30 districts		
women living with		till groups till Year 3		
HIV,		and scale up to 68 in		
		Year 4; and 77 by the		
		Year 5)		
48 districts for TB		Maintain 40 districts		
patients (in		till Year 3 and scaling	;	
coordination with		up to 44 in Year 4 and		
CSOs and palikas)		48 by the Year 5, cut		
		off point high		
		medium districts		
40 districts for	4 times a year	Maintain 40 districts		
migrants		over 5 years		

Table 5: HIV-related legal services

Program Area: HIV-related legal services								
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment	
Small grants for key population groups having sustainable strategies for ensuring rapid access to specialized legal or paralegal services for their member (also emphasizing gender justice)	Depends on location of groups having or proposing sustainable strategies.	Key population networks with sustainable judged on a case-by-case basis	% of members with legal needs who gain access to legal or paralegal services	Over the period of five years.	Key population networks provide sustained access to legal services for members	75,000		
Training legal aid professionals in HIV-related human rights issues (ensuring at least 33% of trainees are women lawyer)	Legal aid lawyers in all provinces.	Legal aid lawyers identified through Office of the Attorney General, Bar Associations, Ministry of Law and Justice	Number of legal aid lawyers trained. Key population perceptions of changes in legal aid services	Training in Year 1, Year 3, and Year 5 to account for turnover	Improved legal services for HIV key populations.	16,178		

Table 6:Monitor and reform laws, regulations, policies related to HIV and TB

5-year implementat	ion plan for comp	prehensive respons	e to address humar	rights-related	barriers to HIV ar	nd TB services	
	Program	Area: Monitor and	l reform laws, regu	lations, policies	related to HIV an	d TB	
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment
Advocacy for supportive laws and policies (e.g. TB Act, drug law and policy-(including provincial law) including legal grounding of harm reduction and rights of women who use drugs, amendment of Legal Aid Act) and monitoring implementation	Depends on location of HIV key population networks and TB-focused groups with advocacy capacity.	Advocacy proposals to be judged on case-by- case basis	Number of sessions, contacts, events with policy-makers or lawmakers - Number of actions taken against hu	Over the period of five years	Improved enabling and legal environment	250,000	Ensure does not duplicate advocacy funded under regional harm reduction grant.
Support appropriate official in National Human Rights Council to conduct coordination meeting with key stakeholders including KP, HCW, MoH, MoHA on HIV and TB-related human rights issues,	Kathmandu	a quarterly meeting at NHRC	Number of meeting held, Number of cases reported Number or % of cases resulting in actions taken	Over the period of five years	Stigma and discrimination, and gender violence and violation of human rights (as related to HIV and TB) reported in NHRC reports and DoHSIncreased in actions taken against human rights violations	9,432	
Coordination meeting for PLHIV and TB patients or former patients who are migrant workers from India and Nepal on health service access		Migrant workers living with HIV and TB identified through migrant worker networks / CSOs	Number of persons attending meetings Post-meeting evaluation by participants	2 meetings per year for the first 3 years	Better access to TB and HIV medicines and services on both sides of the border for migrant workers	35,250	

Table 7:Reduce discrimination against women and gender-based violence in the context of HIV and TB

Program Area: Reduce discrimination against women and gender-based violence in the context of HIV and TB								
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment	
Raising service providers' (OCMC) awareness of GBV-related needs of women and girls who use drugs, transgender women, FSW, women and young people living with and affected by TB and raising these women's awareness of	women's key population networks	Women's groups or networks to organize quarterly meetings with OCMC	Rapid KAP assessment of OCMC staff "before and after" Rapid assessment of women's group members' experience of services	Support for interaction meetings 30 women's groups and their networks with respective OCMCs till Year 3, and scaling up to 40 groups for Year 4; and 50 by the	Improved GBV- related services for women in HIV- and TB-affected populations	446,201		

Table 8: Mobilizing, empowering patient and community groups for TB services

5-year implementat	5-year implementation plan for comprehensive response to address human rights-related barriers to HIV and TB services Program Area: Mobilizing, empowering patient and community groups for TB services										
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment				
Mobilization of patient advocacy group for addressing human rights challenges faced by people with TB	48 high and medium districts in coordination with CSOs	Patient groups in each district to organize patient advocacy group meetings at district hospital	-Number of groups mobilized -Number of group meetings held Number and nature of activities that follow meetings	3 meetings per year for 5 years (maintain 40 till Year 3 and scaling up to 44 in Year 4 and 48 districts by the Year 5))	Improved seeking of and utilization of TB services	38,988					
Raise awareness of TB and TB services among mothers' groups	48 high-and medium burden districts for TB with support Palikas in coordination of CSOs	Groups in each district to organize meeting of key leaders of mothers' groups/FCHVs	Number of groups trained Rapid KAP assessment among those trained	2-3 meetings per year for 5 years (maintain 40 till Year 3, extend up to 44 in year 4 and 48 districts in Year 5)	Improved TB health- seeking behavior and utilization of TB services by women	259,920					

Table 9:Improve access to rights-based HIV and TB services in prisons

	Progr	am Area: Improve	access to rights-ba	sed HIV and TI	3 services in prisoi	ns	
Intervention	Location	Coverage	Indicators	Timeline	Expected results	Estimated 5-yr cost (USD)	Comment
Using revised curriculum noted above, training on HIV- and TB-related human rights issues in the prison context, especially TB-related and HIV-related stigma, for prison staff and prison hospital staff	32 prisons by the end of five years,	All staff members identified collaboration of Ministry of Home Affairs.	Rapid KAP assessment before and after training	1-day training in a year, (maintain 21 prisons till Year 3 and Scaling up 28 in Year 4 and 32 prisons by Year 5)	Stigma and discrimination reduced in prison health services	123,010	Implementers should include entities with specific expertise on TE as well as HIV.
Preparation of and Training on the Prison Health Guidelines as they relate to prevention, treatment and care of HIVTB and Malaria and reduction of human rights barrier to HIV, TB and Malaria related services in the prison settings	Nation Wide implementation,		Prison Health Guideline ProducedNumber of Prison implemented Prison Health GuidelineReporting to Ministry of Health according to Prison Health Guideline - Number of Health Staff of Prison trained on the Guideline -Rapid "before and after" KAP assessment before and after training	Preparation of the Guideline by Year 1; Implementation of Guideline across the nation by the Year 3. - 3 events of Training on Guideline in Year 2, one event each in Year 4 and Year 5.	Improved access and uptake of TB, HIV and Malaria related services in prison. Improved health outcomes among prison inmates	50,355	

Table 10: Summary Budget for Five Years

Sumi	nary Budget of Five	Years			
Total Programmatic Budget HIV and TB Combined	Year 1	Year 2	Year 3	Year 4	Year 5
Stigma and discrimination reduction for key populations	362,566	181,943	181,943	168,540	240,610
Training for health care workers (HCW) on human rights and medical ethics related to HIV	172,469	143,512	152,911	165,039	171,542
Sensitization of law-makers and law enforcement agents	37,174	11,823	21,222	13,597	24,405
Legal literacy ("know your-related HIV rights")	191,903	189,903	189,903	221,736	228,636
Legal services	20,393	15,000	20,393	15,000	20,393
Monitoring and reforming laws, regulations and policies relating to HIV	76,150	76,150	68,350	62,016	62,016
Reducing discrimination against women in the context of HIV	73,633	73,633	73,633	100,134	125,168
Improve access to rights-based HIV and TB services in prisons	41,829	35,748	19,570	35,723	40,495
Mobilizing and empowering patient and community groups	55,200	55,200	55,200	69,828	63,480
Review/Evaluation of the Responses to Human Rights Barriers to TB and HIV services	-	-	25,148	-	28,920
Total Programmatic Budget	1,031,318	782,913	808,272	851,613	1,005,665

	HIV and TB separate Budget	Year 1	Year 2	Year 3	Year 4	Year5	Total
HIV	Stigma and discrimination reduction for key populations	254,194	126,085	126,085	121,824	192,238	820,427
ТВ	Stigma and discrimination reduction for key populations	108,372	55,858	55,858	46,716	48,372	315,176
HIV	Training for health care workers (HCW) on human rights and medical ethics related to HIV	103,482	86,107	91,746	99,023	101,203	481,561
ТВ	Training of health care providers on human rights and medical ethics related to TB	68,988	57,405	61,164	66,016	70,339	323,911
HIV	Sensitization of law-makers and law enforcement agents	22,305	7,094	12,733	8,158	14,643	64,932
ТВ	Sensitization of law-makers and law enforcement agents	14,870	4,729	8,489	5,439	9,762	43,288
HIV	Legal literacy ("know your-related HIV rights")	123,462	122,262	122,262	143,028	149,008	660,023
ТВ	Legal Literacy Knowing your TB-related rights	68,441	67,641	67,641	78,708	79,628	362,059
HIV	Legal services	20,393	15,000	20,393	15,000	20,393	91,178
HIV	Monitoring and reforming laws, regulations and policies relating to HIV	51,430	51,430	43,630	37,188	37,188	220,866
ТВ	Monitoring and reforming laws, regulations and policies relating to TB	24,720	24,720	24,720	24,828	24,828	123,816
HIV	Reducing discrimination against women in the context of HIV	73,633	73,633	73,633	100,134	125,168	446,201

HIV	Improve access to rights-based HIV and TB services in prisons	25,098	21,449	11,742	21,240	24,297	103,825
ТВ	Improve access to rights-based HIV and TB services in prisons	16,732	14,299	7,828	14,483	16,198	69,540
ТВ	Mobilizing and empowering patient and community groups	55,200	55,200	55,200	69,828	63,480	298,908
HIV	Review/Evaluation of the Responses to Human Rights Barriers to TB and HIV services	-	-	15,089	-	17,352	
ТВ	Review/Evaluation of the Responses to Human Rights Barriers to TB and HIV services	-	-	10,059	-	11,568	
	Total budget (Programmatic)	1,031,318	782,913	808,272	851,613	1,005,665	4,479,780