

CHAPTER 5

RECOMMENDATIONS

From the evaluation of the first three months of project implementation, the author has six main recommendations for planning of future activities. These are:

1. Further research should be conducted to assess factors contributing to a decrease in positive attitudes toward living in society and a decrease in functional coping strategies.

2. While the above issue is not clearly explored, future project activities should still need to add more emphasis on improving positive attitudes toward living in society and on improving functional coping strategies. This is to help enhance HIV positive pregnant women and mothers cope with their stressors.

3. There is a need to increase the number of participants attending activities in each session to enhance active and productive group discussion. It is recommended that the number of participants should be at least 6 in each session. The higher number of participants not only encourage group participation in the project activities but will also be useful for a more advanced statistical analysis.

4. If possible, the hospital should schedule a medical check up of babies born to HIV positive mothers on the same day as for HIV positive pregnant

women. This will allow the mothers to have opportunity to attend the project activities the same day they bring their babies for check up.

5. In comparisons with those who were able to complete post evaluation, participants who did not get to complete the evaluation because they participated less than three times or could not be followed up had very poor score in positive attitude toward living with the society, poor score in general health or psychosocial well-being and poor score in functional coping strategies. These three factors may have contributed to the loss of follow up among these women or prevent them from participating with the project. Further investigation on this phenomenon is essential.

6. During the recruitment process, some HIV positive pregnant women were not ready to participate in the project activities or were not ready to disclose themselves to the others. It might be useful if the project could develop some information sheet about the relevant topics discussed or presented in the project activities to give to these clients so they are not so left out.