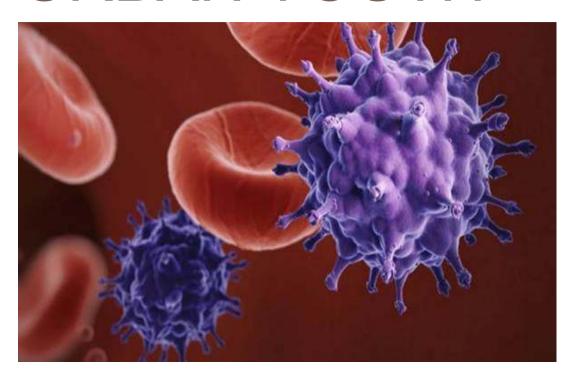


AWARENESS OF HIV & AIDS IN URBAN YOUTH



Human Immunodeficiency Virus (HIV) & Acquired Immunodeficiency Syndrome (AIDS)

Complied & Published By:

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AWARENESS OF HIV & AIDS IN YOUTH

HUMAN IMMUNODEFICIENCY VIRUS (HIV) & ACQUIRED IMMUNODEFICIENCY SYNDROME (AIDS)

Objective

This article has been published with an intent of creating public awareness on the subject. In order to collect information on where the awareness is required, a survey was conducted based on which I have tried to collate the information. Study area and the survey information has been added to the article for reference.

Note: This information has been collected from reliable sources like WHO and NACO.

Introduction

Human Immunodeficiency Virus (HIV) has become a serious problem all over India with one of the highest rates of spread in the world. Many factors contribute to India's vulnerability concerning the transmission of HIV; few of them are poverty, illiteracy, a large and young population and an increasing level of urbanization. To prevent the further spread of HIV, it is fundamental that people should have a good knowledge about the disease. Since many risk behaviors, associated with the transmission of HIV, are adopted in young ages it is very important to put much of the prevention efforts on adolescents.

The aim of my study was to investigate and compare the knowledge about and attitudes to HIV/AIDS among adults in urban cities in India.

Historical Perspective

"It all started as a rumor. Then we found we were dealing with a disease. Then we realized that it was an epidemic. And, now we have accepted it as a tragedy." - Chief epidemiologist in Kampala, Uganda

There is now conclusive evidence that HIV originated in Africa. A 10-year study completed in 2005 found a strain of Simian Immunodeficiency Virus (SIV) in a number of chimpanzee colonies in south-east Cameroon that was a viral ancestor of the HIV-1 that causes AIDS in humans.

However, till 2003 it was believed that the simian immunodeficiency virus (SIV) in chimpanzees (Pan Troglodytes), which is believed to have been transmitted to humans to become HIV-1 (the

virus that causes AIDS) didn't start its life in chimps. Instead, it was a product of separate viruses jumping from different monkey species into chimps, where they recombined to form a hybrid virus

The history of HIV and AIDS is a short one. As recently as the 1970s, no one was aware of this deadly illness. Since then the global HIV/AIDS epidemic has become one of the greatest threats to human health and development. At the same time, much has been learnt about the science of HIV and AIDS, as well as how to prevent and treat the disease.

There is still no cure for HIV but HIV treatment has improved enormously since the mid-1990s. HIV-positive people who take a combination of three antiretroviral drugs can expect to recover their health and live for many years without developing AIDS, as long as they keep taking the drugs every day.

Humans are infected by two distinct AIDS viruses: HIV-1 and the less virulent HIV-2.

Resurgence in India

India has a population of 1.2 billion people, around half of whom are adults in the sexually active age group. The First AIDS case in India was reported from Chennai, Tamil Nadu in the year 1986 and since then HIV infection has been reported in all states and union territories. By 1987, about 135 more cases came to light. Among these 14 had already progressed to AIDS.

According to National AIDS Control Organization of India, the prevalence of AIDS in India in 2013 was 0.27, which is down from 0.41 in 2002. While the National AIDS Control Organization estimated that 2.39 million people live with HIV/AIDS in India in 2008–09.

Post Resurgence Situation of AIDS in India

The spread of HIV in India has been uneven. Although much of India has a low rate of infection, certain places have been more affected than others.

Despite being home to the world's third-largest population suffering from HIV/AIDS (with South Africa and Nigeria having more), the AIDS prevalence rate in India is lower than in many other countries. Recorded Adult (15 years or above) HIV prevalence is 0.31%

A recent investigation by the Million Death Study Collaborators in the British Medical Journal (2010) estimates the population to be between 1.4–1.6 million people.

Current Scenario

NACO claims that based on the HIV Estimation 2012, India has demonstrated an overall reduction of 57% in the annual new HIV infections (among adult population) from 2.74 lakhs in 2000 to 1.16 lakhs in 2011, reflecting the impact of various interventions and scaled-up prevention strategies.

Epidemiology of the Disease

What is HIV?

HIV (Human Immunodeficiency Virus) is the virus that causes AIDS.HIV is different in structure from other retroviruses. It is around 120 nm in diameter (around 60 times smaller than a red blood cell) and roughly spherical.

HIV-1 is composed of two copies of non-covalently linked positive single-stranded RNA enclosed by a conical capsid comprising the viral protein p24, typical of lentiviruses. The viral core (or capsid) is usually bullet-shaped and is made from the protein p24. Inside the core are three enzymes required for HIV replication called reverse transcriptase, integrase and protease. Also held within the core is HIV's genetic material, which consists of two identical strands of RNA.

This virus is passed from one person to another through blood, using shared needles and sexual contact. In addition, infected pregnant women can pass HIV to their baby during pregnancy or delivery, as well as through breast-feeding. People with HIV have what is called HIV infection. Most of these people develop AIDS as a result of HIV infection.

These body fluids have been proven to spread HIV:

- > Blood
- > Semen
- Vaginal Fluid
- Breast Milk
- Other Body Fluids Containing Blood.

Other additional body fluids that may transmit the virus that healthcare workers may come into contact with are:

- Cerebrospinal fluid surrounding the brain and the spinal cord
- Synovial fluid surrounding bone joints
- Amniotic fluid surrounding a foetus.

Some bodily fluids, such as saliva and tears, do not transmit HIV.

What is AIDs and what causes the same?

AIDS stands for Acquired Immunodeficiency Syndrome. An HIV-infected person receives a diagnosis of AIDS after developing one of the CDC-defined AIDS indicator illnesses. An HIV positive person who has not had any serious illnesses also can receive an AIDS diagnosis on the basis of certain blood tests (CD4+ counts).

A positive HIV test result does not mean that a person has AIDS. A diagnosis of AIDS is made by a physician using certain clinical criteria (e.g. AIDS indicator illnesses).

Infection with HIV can weaken the immune system to the point that it has difficulty fighting off certain infections. These type of infections are known as "opportunistic" infections because they take the opportunity a weakened immune system gives to cause illness.

Many of the infections that cause problems or may be life-threatening for people with AIDS are usually controlled by a healthy immune system. The immune system of a person with AIDS is weakened to the point that medical intervention may be necessary to prevent or treat serious illness.

HIV/AIDS is a global pandemic. As of 2012, approximately 35.3 million people are living with HIV globally.

Causes

The virus can be found in the blood, semen, vaginal fluid, and breast milk of infected people. HIV is also found in saliva, sweat, and tears, though not in high enough amounts to transmit the virus to another person.

HIV may be transmitted through unprotected heterosexual or homosexual, vaginal, anal, or oral sex. Although the risk of infection is lower with oral sex, it is still important to use protection during oral sex.

HIV can also be passed on through perinatal infection, where mothers who have HIV are at risk of giving the disease to the baby during birth. The risk of perinatal infection is declining with new treatments. Breast-feeding by an infected mother can also transmit HIV.

When someone becomes infected with HIV the virus weakens and damages their body's defense system (the immune system) so that it cannot fight off infections. Someone who has HIV is diagnosed as having AIDS only when their immune system cannot cope and they develop one or more particular illnesses.

Treatment

At this time, there is no cure for HIV or AIDS, but medications are effective in fighting HIV and its complications. Treatments are designed to reduce HIV in your body, keep your immune system as healthy as possible and decrease the complications you may develop. In 1987, a drug called AZT became the first approved treatment for HIV disease. Since then, approximately 30 drugs have been approved to treat people living with HIV/AIDS, and more are under development.

Some of the drugs approved by the FDA for treating HIV and AIDS are listed below.

Nucleoside Reverse Transcriptase Inhibitors (Nrti)

These drugs interrupt the virus from duplicating, which may slow the spread of HIV in the body. They include:

Abacavir (Ziagen, ABC)

Didanosine (Videx, dideoxyinosine, ddl)

Emtricitabine (Emtriva, FTC)

Lamivudine (Epivir, 3TC)

Stavudine (Zerit, d4T)

Tenofovir (Viread, TDF)

Zalcitabine (Hivid, ddC)

Zidovudine (Retrovir, ZDV or AZT)

Combinations of NRTIs make it possible to take lower doses and maintain effectiveness.

These drugs include Combivir (Zidovudine and Lamivudine), Trizivir (Zidovudine, Lamivudine and Abacavir), Epzicom (Abacavir and Lamivudine) and Truvada (Tenofovir and Lamivudine). We expect more combination drugs to be available in the future.

However some side effects also exists. Side effects from taking NRTIs vary, depending on the individual. Side effects may include fever, rash, fatigue, nausea, vomiting, diarrhea, abdominal pain, malaise or fatigue, mild stomach cramps or pain and trouble sleeping, loss of appetite and respiratory symptoms.

We recommend that you consult with your doctor regarding any side effects you experience.

Social impacts

The link is often made between poverty and the spread of HIV but the relationship is very complex and research remains inconclusive.

The areas of impact which are considered are:

- Economic and Demographic
- Labor and productivity
- > Agricultural production and development
- Pressures on the health sector
- The role of families and households; children; women;

> HIV/AIDS discrimination; and the impact of HIV/AIDS on the individual.

Methodology

Execution Methodology

50 standardized questionnaires and interviews concerning knowledge and attitudes towards HIV/AIDS, socio-cultural factors and private life were filled in by the participant in the urban area in National Capital Region of India.

Study design

Analytical descriptive study.

Study Area

Two IT Companies Infogain India Private Limited, IBM and one public sector bank (Axis Bank) from national capital region were selected. The selection was made from the point of view of feasibility of the study.

Study Period: 2 months

Study Population: Corporate/private sector adult population.

Sample size

Random samples were taken based on the cumulative population of the corporates and the availability of resources. Sample size is 50.

Sampling method

Randomized convenient sampling.

Exclusion

Youth less than the age of 20 Years and greater than 40.

Tools for Data Collection

Quantitative method of data collection was used. The questions were close ended and contained questions for checking knowledge, attitude and related practices.

Method of Data Collection

Convenient sampling method with random selection was used. In person survey interviews were conducted, to speed up the survey process a web form was created and uploaded over the internet and people were requested to fill the survey online.

Reference: http://technodivine.com/home/?page id=263

Results

The total number of people who participated in the survey was 50 from three corporate.

- The study showed that almost all youths (99%) had heard about HIV/AIDS.
- ➤ Most of the participants were aware of the sexual transmission (96.6)
- Many knew that the disease can be spread through breast feeding (82.8%).

Still there seems to be misconceptions about the transmission of HIV, about one third of all the participants thought that HIV can be spread by kissing and one can get HIV if you wash or change clothes for someone who has the infection.

- 93% of the participants in the city claimed that there are ways to protect against HIV and answers that were mentioned were protected sex and use of disposable syringes.
- ➤ The knowledge about condoms was found to be insufficient among the participants, especially among the females. Only 18% of the females and 29% of the males knew how to use a condom

Conclusion

The knowledge about how HIV is transmitted is incomplete among the Youth. 99% of the participants had heard about the HIV/AIDS but there are still many misconceptions about the disease. The majority of the participants first heard about HIV/AIDS from media, which shows that media is an effective way of spreading information. The awareness of protection against HIV is insufficient among the participants and there are misunderstandings about the same. Many of the participants would like to test themselves for HIV but a lot of them don't know where they can do the test. The most important way to prevent the rapid spread of HIV is to raise the level of knowledge about the transmission of and the protection against HIV.

Socio Economic Condition

Nature of Participants

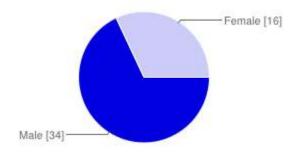
Knowledge of the Participants



SURVEY

General Information

Sex?



Male 34 68% Female 16 32%

1. Age?

21 to 42

35	24	42	29
33	25	40	30
34	26	22	32
37	27	23	31
38	28	21	

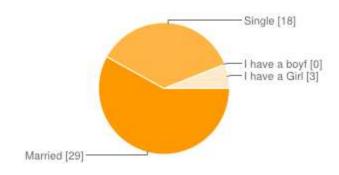
3. Profession of your parents?

Self employed	Businessman / Housewife
Service	Doctor
Doctor/housewife	Army personnel/ housewife
Bank employee	Banker
Father- business mother- housewife	Retired father/ teacher mother
Retired army personnel/teacher	Gov. Job
Teacher	Business
Job	Self-employed /housewife
Businessman	Clerk
Retired	Gov. Servant
Professor	Teacher
Government service	Welder
Retired	Business

AWARENESS OF HIV & AIDS IN YOUTH

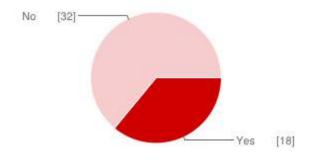
Retired S.D.E PWD / Housewife	Shopkeeper
Advocate / housewife in	Govt. Employee
Engineer/housewife	Service/ housewife
Banker	Service
Job engineer	Engineers
Farming	Teaching

4. Marital status?



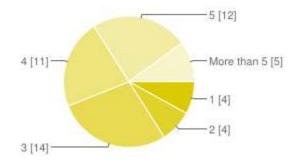
Married	29	58%
Single	18	36%
I have a boyfriend	0	0%
I have a Girlfriend	3	6%

5. Do you have children?



Yes	18	36%
No	32	64%

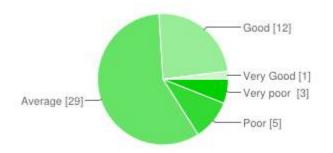
6. How many persons are living in your household?



1	4	8%
2	4	8%
3	14	28%
4	11	22%
5	12	24%
More than 5	5	10%



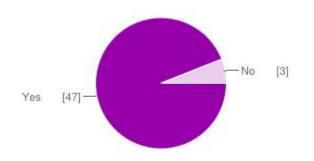
7. If you were to grade your economic situation, how would you classify it?



Very poor	3	6%
Poor	5	10%
Average	29	58%
Good	12	24%
Very Good	1	2%

Questions about HIV/AIDS

8. Have you heard about the sickness called HIV/AIDS?



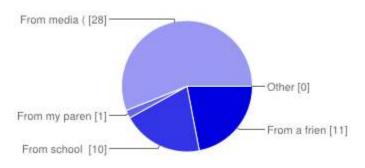
Yes	47	94%
No	3	6%

9. How old were you when you first heard about HIV/AIDS?

1 to 25

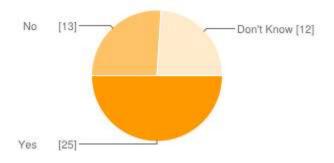
22	18
23	15
25	16
1	14
7	11
5	12
8	21
19	20
17	10

10. How did you first hear about HIV/AIDS?



From a friend	11	22%
From school	10	20%
From my parents	1	2%
From media (TV, radio, newspaper etc)	28	56%
Other	0	0%

11. Are there any differences between HIV and AIDS?



Yes	25	50%
No	13	26%
Don't Know	12	24%

If yes, please Specify

HIV is virus and aids is the disease

Initial stage is HIV

A person who has HIV is classified as having Aids if cd4 count drop below 200/cc

HIV is a virus which infects attacks the immune system of humans, making it deficient and unable to work as effectively as it should. AIDS develops when HIV has caused serious damage to the immune system with patient unable to fight infections as it would in a healthy individual.

Aids is final stage of HIV

HIV is a infection and aids is a disease

Don't know

Aids is last stage of HIV

HIV is the virus which causes the disease called AIDS

Person suffering from HIV does not necessarily have aids

HIV is infection and aids is the disease

HIV is a virus which causes AIDS

HIV is virus n aids happen due to HIV

HIV causes aids

HIV is the carrier of aids, I suppose.

HIV is an Virus, and AIDS is a condition caused by HIV Virus

HIV is a Virus and AIDS is a disease caused by HIV

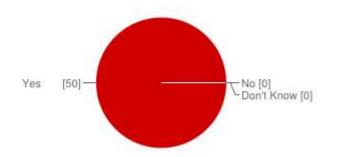
HIV is the virus, AIDS is the disease.

HIV is virus and it takes times to become AIDS

HIV is a virus aids is a disease

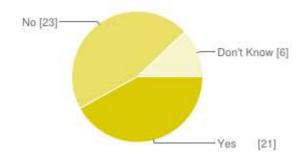
HIV is a virus and aids is a disease

12. Do you think HIV is spread from one person to another when sharing needles while injecting drugs?



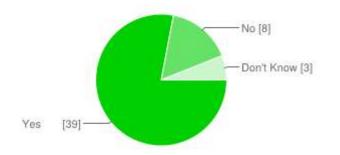
Yes	50	100%
No	0	0%
Don't Know	0	0%

13. Do you think HIV is spread from one person to another by breastfeeding?



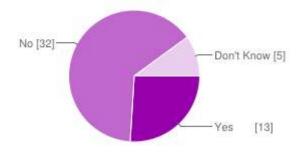
Yes	21	42%
No	23	46%
Don't Know	6	12%

14. Do you think HIV is spread from mother to child during pregnancy or delivery?



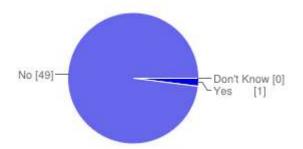
Yes	39	78%
No	8	16%
Don't Know	3	6%

15. Do you think HIV is spread from one person to another by mosquitos?



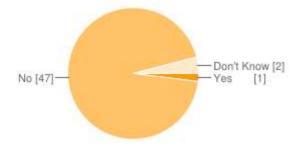
Yes	13	26%
No	32	64%
Don't Know	5	10%

16. Do you think HIV is spread from one person to another by shaking hands/ hugging/ living in the same house?



Yes	1	2%
No	49	98%
Don't Know	0	0%

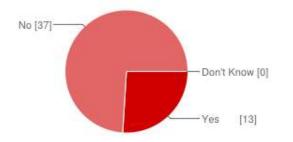
17. Do you think HIV is spread from one person to another when washing, changing clothes for someone who has HIV/AIDS?



Yes	1	2%
No	47	94%
Don't Know	2	4%

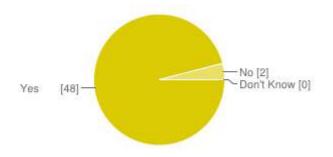


18. Do you think HIV is spread from one person to another by kissing?



Yes	13	26%
No	37	74%
Don't	0	0%
Know		

19. Do you think HIV is spread from one person to another when having sexual contact?



Yes	48	96%
No	2	4%
Don't Know	0	0%

20. How do you think is the main way HIV is spread from one person to another?

Un-protective	sexual	l relationship

HIV infected blood, infected needles, having sex with HIV positive partner n body fluids

Sexual contact and injection of infected needles

Unsafe intercourse

Blood of HIV positive person entering your blood stream

Unawareness of safe sex

When in contact of the infected blood

Sex n blood

Sexual relationship

Unsafe sex

Sharing needle and mother to child during pregnancy

Infected needles, unsafe sex

Blood transfusion

Sexual contact

Sex relation and needle

Blood transfusion/ sexual contact

Sexual contact and sharing needles

Using same needle while injecting n when not having safe sex

Sexual intercourse

Sexual contact, blood transfusion

Sexual contact and injecting needles during drug infusion

By blood transmission, in any way

Unsafe sexual contact and infected needles

Sex

Sexual contact, Blood transfusion

Intercourse

Infected needle, blood transfusion

By coming in contact with HIV infected Blood

Sex

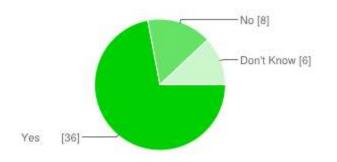
Don't know

Unprotected Sex, Infected blood

Intercourse and blood transfusion

Sex

21. Are there any ways to protect yourself against infection of HIV?



Yes	36	72%
No	8	16%
Don't Know	6	12%

If yes, please Specify

Using condom

If one is infected in a family, he should be given a separate room to live and provided with careful treatment.

Safe sex Separate needless during vaccinations

Proper precaution and care may required

Use condom Never use, used syringes

Use of new needles, safe sex n awareness of Aids

Never use already used needles and use condoms

Using condom

Using condoms, using fresh needle every time

Do safe sex

Precaution while sex, using new needle, HIV TEST during pregnancy Avoid blood contact with infected person, i.e. 1. Don't use used needles

2. Avoid mosquitoes 3. Avoid unsafe Sex



Use protection during sex

Using condom during sex

Protection and use of new needles

Knowing causes of AIDS and precaution for same

Precautions

Avoid unsafe sexual contact Don't use needles once used

Take care while using syringes. Do not indulge in unprotected sex.

Condoms New syringes for injections

Early diagnosis and condoms

Sterilized needles, safe sex.

Most important is awareness of it, i.e. Safe Sex

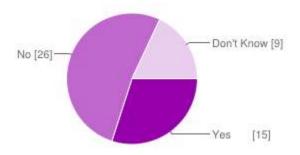
Safe sex

Avoiding sharing needles and doctor checkup during pregnancy

Be cautious and be aware about what to do what not to.

Precautions. Avoid things that may cause Aids

22. Do you know if any special groups are more often infected with HIV than other?



Yes	15	30%
No	26	52%
Don't Know	9	18%

If yes, please Specify

_		4 .		-	
Pr	റട	tı	tı	ite	26

Sex workers

Drug abusers

African

Drivers, laborers and pro at it I yes

Laborers and drivers living away from home

Laborers, Drivers and other people who stay away from their family for long times

Children as they have low immune

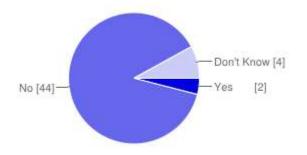
Sex workers

Drug abuser

Prostitutes

Prostitutes

23. By looking at a person can you figure out, if he/she is infected with HIV?



Yes	2	4%
No	44	88%
Don't	4	8%
Know		

If yes, how?

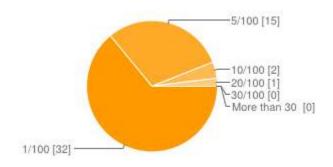
No responses yet for this question.

24. Do you know any symptoms that can be caused by HIV/AIDS?

Any disease may easily occurs due to low immunity
No
Decreasing immunity
Breaks immune system
More prone to infection
No
Nausea, fever, tiredness
No
Gradual loss of appetite and working stamina
Fever diarrhea Rashes etc.
Immunity gets low
Fever
Flu, fever, headache, tiredness, and enlarged lymph glands in the neck
Immunity decreases
Weak immune system
Immunity is very less
Low immunity
Immunity goes down
Weakness
Weak immune system and delayed recovery from normal diseases
Easily getting cough by disease
Suffering from headache , malaria, few weeks

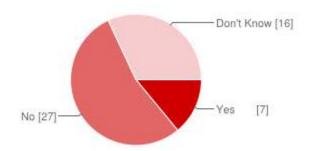


25. How many do you think are infected with HIV in the area where you live?



1/100	32	64%
5/100	15	30%
10/100	2	4%
20/100	1	2%
30/100	0	0%
More than 30 out of	0	0%
100		

26. Is there a medicine that can cure HIV/AIDS?

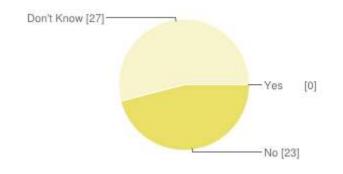


Yes	7	14%
No	27	54%
Don't Know	16	32%

If yes, please Specify

Don't know precisely which ones
Don't know

27. Are there any other ways to cure HIV/AIDS?



Yes	0	0%
No	23	46%
Don't Know	27	54%

If yes, please Specify

There are treatments which can ensure people with HIV/AIDS can lead a healthy and long life but there is no cure.

28. If a person has been infected with HIV, how long do you think he/she will live with Medicines?

0 to 80

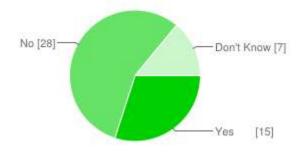
36	5
40	4
25	8
3	15
2	11
1	20
0	10
7	80
	70

29. If a person has been infected with HIV, how long do you think he/she will live without Medicines?

0 to 40

35	0
40	30
3	6
2	5
1	4
	10

30. Have you got enough information regarding HIV/AIDS?

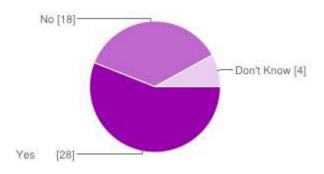


Yes	15	30%
No	28	56%
Don't Know	7	14%



Personal

31. Would you like to test yourself for HIV/AIDS?



Yes	28	56%
No	18	36%
Don't Know	4	8%

Please Specify Why / Why not?

Just for self-knowledge

Don't want to be a victim of its

To be aware of myself

Precautionary measure

I never felt like cause of being healthy till now.

It's good to know

No reasons for getting tested

For precaution

Already did it when first baby was about to deliver

To know

I am healthy and I know I am safe yet

Just to check

Not to spread it from me to others

To prevent transfer of disease to child at the time of birth

HIV can be transferred into your body even by a single cut of an infected razor at saloon

Had many partners

Precaution measure

Just to ensure

Already tested last year

Being health conscious

Done it already.

Just a precaution

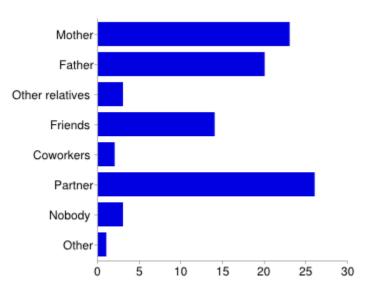
For prevention from disease

For self-satisfaction

Just to make sure

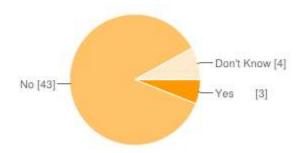
Have a single partner n had never shared needles

32. If you were found to have HIV in your blood, who would you tell? Choose one or several alternatives?



Mother	23	46%
Father	20	40%
Other relatives	3	6%
Friends	14	28%
Coworkers	2	4%
Partner	26	52%
Nobody	3	6%
Other	1	2%

33. Would you like to have children if you knew you were HIV infected?



Yes	3	6%
No	43	86%
Don't Know	4	8%

If No, why not?

Don't want to carry any ill effects that are not known till date.

Why should I give aids/HIV as gift to new born child, unless there is a cure for this

There is chance that child get infected

Don't want to spread it

I do not want to play with the life of another person

It will transfer

Baby may also get infected

Don't want them to suffer from disease which is still incurable

May get infected

It spreads	by sexual	intercourse
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They will also get infected

Baby may get infected

Cause it can be passed to mother and from mother to child

Just don't want to take risk

They might be also infected

Child has risk of getting disease

Don't want to spread this disease

Would be afraid of transmission

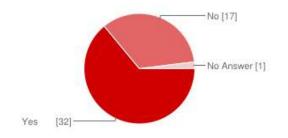
To prevent risk

Baby will be infected

I would prefer adopting orphan rather than having risk of partner's life

My partner will get infected and kids would also have AIDS

34. Have you had any sexual partner?



Yes	32	64%
No	17	34%
No Answer	1	2%

Applicable only if the answer to question 34 is yes

35. How old were you when you had your first sexual contact?

16 to 31

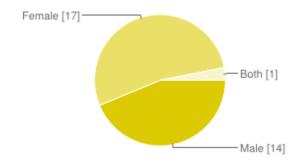
22	28
23	31
24	17
25	18
26	16
27	21
	20

36. How many sexual partners have you had?

1 to 6

3
2
1
6
5
4

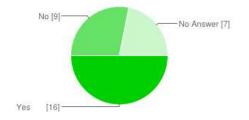
37. Are your sexual partners?



Male	14	28%
Female	17	34%
Both	1	2%

38. When you meet a new partner, do you

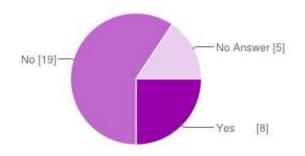
Ask him/her of previous partners?



Yes	16	32%
No	9	18%
No Answer	7	14%

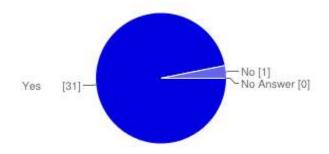


Ask him/her to take a HIV test?



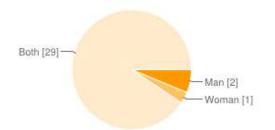
Yes	8	16%
No	19	38%
No Answer	5	10%

39. Do you know what a condom is?



Yes	31	62%
No	1	2%
No Answer	0	0%

40. Who do you think has the biggest responsibility to make sure a condom is used during sexual intercourse?



Man	2	4%
Woman	1	2%
Both	29	58%

This report can be accessed at: https://docs.google.com/spreadsheets/d/viewanalytics AND corresponding data can be accessed at: https://docs.google.com/spreadsheets/d/1tT-hl_9v--qG5thgWUIDU5nH40DF4YPBOXU_JR8z17E/edit#gid=870714027