



Strategies for HIV and Hepatitis Care in Community.

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Land Acknowledgement

I acknowledge that I live and work on Treaty 6 Territory and the Homeland of the Dakota & Métis. I pay my respect to the First Nations and Métis ancestors of this place and reaffirm our relationship with one another.



**TREATY 6
TERRITORY**



Let us begin with a story about making a difference...

Strategies for HIV & HCV Care

One of my roles at Northern Inter-tribal Health Authority as the HIV Strategy Coordinator is to support education and capacity building in the communities we serve.

This means I am responsible to provide the community nurses and clinics with education, resources, and support testing events.

Today's presentation will focus on the best strategies to use in community to help with HIV and Hepatitis C testing/care.



What are the tools in our toolbox?

- Knowledge & Education
- Communication
- Critical thinking & Brainstorming
- Implementing Best Practice
- Assessment & Evaluation



Knowledge

- Assessing what you already know, & what you still need to learn about..?
- When was the last time you had the opportunity for education and were able to partake?
- Remember these exchanges are most often not easy or to be taken lightly. But with good education and support we can all learn to feel competent and impactful when assisting HIV and Hepatitis C positive people.

Education

Identify an action plan so your educational needs are fulfilled. With further education, competency and confidence will increase radically.

Ideas to consider:

- Reaching out to management to inquire about more education.
- Reviewing educational resources online or possibly resources in the clinic.
- Contacting HIV Coordinator at NITHA.



Education Continued...

There are also PowerPoints that are available that a CHN can present to a community, or school. Presentations are also available from myself in person or virtually.

There are many topics that are important for community to learn about, including but not limited to:

- HIV 101
- Hepatitis C 101
- Healthy Relationships
- Harm Reduction
- STBBI Education (age-appropriate options)
- Prep Medication information
- Take a look at the NITHA Facebook page & website for educational videos and resource websites (www.nitha.com).



Great Websites & Resources...

- CATIE - www.catie.ca
- Centers for Disease Control & Prevention - <https://www.cdc.gov/>
- Mayo Clinic - www.mayoclinic.org
- World Health Organization - www.who.org
- Sask Prevention Institute - www.skprevention.ca
- BC Centre for Excellence in HIV AIDS - <https://education.bccfe.ca/>
- Ontario HIV Treatment Network - <https://www.ohtn.on.ca/>



Communication

Imperative to have discussions about the knowledge & experience that your clinic team/community currently have surrounding HIV & Hepatitis C ...

- Fellow nurses
- Community Health Representatives
- Nurse Practitioners
- Physicians
- Elders
- Health Directors
- Social Workers
- Addictions Workers
- Transportation Coordinators
- Reception/Front desk staff



Confidentiality

“For Indigenous people living on a reserve or in small, tightly knit communities, concerns about privacy and confidentiality are heightened because in many situations an Indigenous person living with HIV will know a health care worker personally. Their employer, colleague, teacher or classmate may also be a family member or friend. In smaller communities, it is very difficult for people living with HIV to keep their health condition to themselves.” (Canadian HIV/AIDS Legal Network, 2017).

Clients coming into the clinic for care could be having feelings of fear, embarrassment, etc. They will not return for care if these feelings are met with poor attitudes, careless manners from the health centre staff. It is crucial to be mindful of how we are acting and how we are taking care of the people coming to our clinics. Patients should feel safe and dignified while in our care.



Critical Thinking and Brainstorming

- What opportunities can we explore in our communities to promote awareness and education for youth? Adults? Couples? Elders?
- Are there opportunities for others in the community to share their ideas as well? If not, how can this be supported?
- Reach out to other communities and health care workers to see what they have tried and what works well. Do other communities want to collaborate with a project? Testing blitz? Etc.



Implementing Practices

- Regular testing: in clinic, mobile testing bus if available.
- Community events: health fairs, treaty days, National HIV Testing Day (June 28th), World AIDS Day (Dec 1st), National Hepatitis C Testing Day (July 25th), Healthy Liver Days.

Forms of testing:

- Serology
- Dry Blood Spot Testing
- Point of Care Testing (rapid result – 30 seconds or less)



Assessment & Evaluation

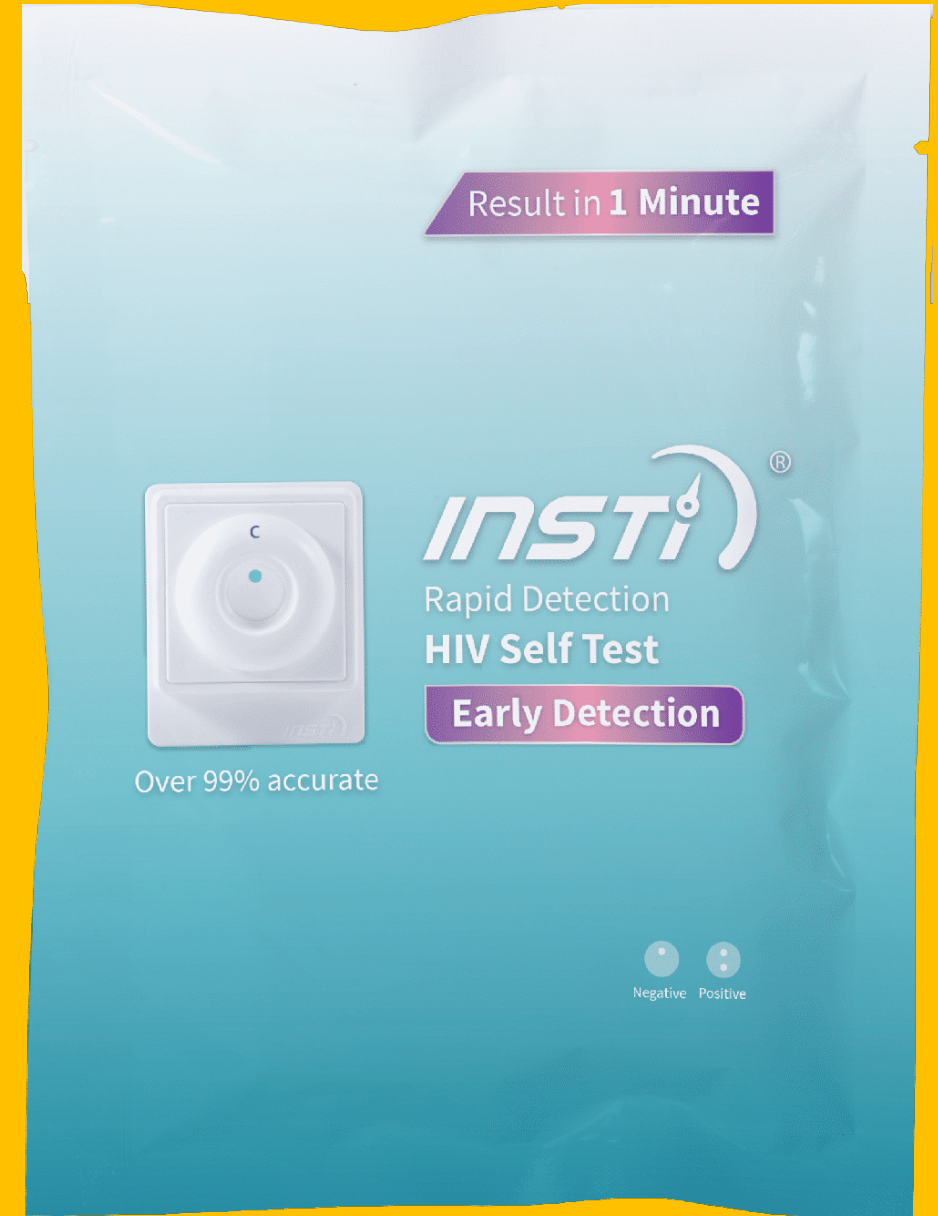
- It is important to review how the strategy impacted the community and if it was beneficial...
- Get feedback from the community: clients, staff involved, youth, elders, etc.
- Review your results and decide if this strategy was effective or if it could be improved or expanded. Involve your team in the assessment so it is comprehensive.

Other strategies to reflect on...



Self Testing Kits

- Tests can be completed by clients themselves.
- The information in the kit instructs the client to follow up for serology if they do happen to have a positive result at home.
- Contact information for supports is included in the self test kits.



Harm Reduction Programs

Is there a program in the community?

Do they offer a comprehensive supply or limited to needles only?

Do they give out Naloxone to clients?

Is there more support needed and education required in community about what Harm Reduction is and its benefits?





Condoms & Safe Sex Supply

- Lubricant
 - Female condoms
 - Dental dams
 - Male Condoms
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- Are these items available to community members in a way that ensures dignity?



Community Contests

- Aimed at gaining participation from both youth and adults to create awareness and decrease stigma

- Videos from Cumberland House contest:

<https://www.nitha.com/wp-content/uploads/2023/05/Jonathan-Carriere-video-contest-entry-1.mp4>

https://www.nitha.com/wp-content/uploads/2023/05/Danny-Deshambault_2nd-Place-Video-Contest_AdobeExpress.mp4





Thank you.
Do you have any questions?

