

# HIV Webinar

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

# LEARNING OUTCOMES

- **An introduction to local Sexual Health services**
- **An introduction to Sexual Health Promotion & HIV team**
- **HIV and AIDS - what is the difference**
- **Reducing Stigma**
- **Prevention methods: Testing, Treatment, Condoms, PrEP and PEP**
- **Symptoms and transmission awareness**
- **Resources available for professionals and signposting**
- **Upcoming campaigns**

# WHAT IS YOUR UNDERSTANDING OF HIV & AIDS?

Death sentence?

Undetectable?

There is no cure?

Outdated?

Gay-only disease?

Sharing needles drugs/tattooing?

No symptoms?

Prep?

Stigma?

Manageable?

You get AIDS from sex?

Starts with a cold?

Not talked about much these days?

Easily transmitted?

Can't have children?

Causes the immune system to become extremely weak?

It's an 80's/90's thing

It's in the blood?



H

Human

I

Immunodeficiency

V

Virus

A

Acquired

I

Immune

D

Deficiency

S

Syndrome

**AIDS cannot be transmitted between people, HIV can.**

**You cannot be given a diagnosis of AIDS unless you are HIV positive.**

## WHO CAN GET HIV?

# ANYONE

HIV can affect anyone, regardless of gender or who you have sex with. It is important that you protect yourself against viruses or STIs like HIV by using condoms when having sex and test yourself regularly if you change sexual partners.

# HIV STATS



**HIV diagnosis declined by 33% between 2019 - 2021**

**Diagnosis of GBMSMs (Gay, Bisexual and other men who have sex with men) has reduced by 67% since 2014**

**1 in 16 people living with HIV do not know they have the virus**

**98 % of people diagnosed with HIV are on treatment and 97% of those on treatment are virally suppressed**

[HIV-South East: 2021 Data](#)

[UK HIV Statistics | National AIDS Trust](#)

# TRANSMISSION ROUTES

- **Unprotected sex**
- **Semen**
- **Vaginal fluids, including menstrual blood**
- **Anal secretions**
- **Breast milk**
- **Blood**
- **Mother to baby (vertical transmission)**
- **Sharing sex toys**
- **Sharing injecting equipment**

# RECKLESS TRANSMISSION

In England and Wales, you may be found guilty of reckless HIV transmission if all the below apply:

- **You had sex with someone who didn't know you had HIV.**
- **You knew you had HIV at that time.**
- **You understood how HIV is transmitted.**
- **You had sex without a condom.**
- **You transmitted HIV to that person.**



# HIV Prevention

**Around**



**Effective**

Male (external) latex condoms have an 80% or greater protective effect against the sexual transmission of HIV and other STIs.

However, they need to be used correctly and consistently.

# The only way to know your HIV status Is To Test!



## Testing windows

- National testing guidelines set out a 90-day window for HIV self-tests
- Blood tests that you send off to a lab and those available at sexual health clinics have a testing window of 45 days
- In practical terms, this means that a self-test tells you what your HIV status was 90 days ago, while a blood test tells you what your status was 45 days ago

[Order a test online | Lets Talk About It](#)

# WHAT DO RESULTS MEAN?

- **Postal Kits:**  
If a positive result, further tests needed in SH clinic
- **Reactive Point of Care/Instant testing:**  
is not necessarily a positive result, further tests needed in SH clinic
- **If in doubt always test now and consider when to test again in the future**

Pr

Pre

E

Exposure

P

Prophylaxis

PrEP is a pill  
that protects  
you from HIV

**PrEP puts you in control.**

‘pre’ is something you do before a risk of exposure (in this case to HIV)

‘prophylaxis’ is a treatment or action you can take to help prevent disease

## PrEP may be suitable for you if you:

- are HIV negative
- have anal, vaginal or frontal sex in a variety of situations where condoms are not easily or always used
- want to protect yourself from HIV

## Who is eligible for PrEP ?

- Men and transgender women who: Have sex with men
- HIV negative partners of an HIV positive person when: The HIV positive partner is not known to be virally suppressed
- Other HIV negative people assessed to be at high risk of HIV acquisition. Condomless sex, (excluding oral) with partners from parts of the world where HIV is common (such as Southern Africa, Southeast Asia and the Caribbean), and commercial sex workers or their clients who report regular condomless sex

## Where to get PrEP ?

[HIV - PrEP | Lets Talk About It](#) – If you want PrEP call **0300 300 2016**

PrEP

# Taken Before and After Sex

Daily  
or  
Event based



[THT guide to PrEP](#)

[PrEP info guide](#)

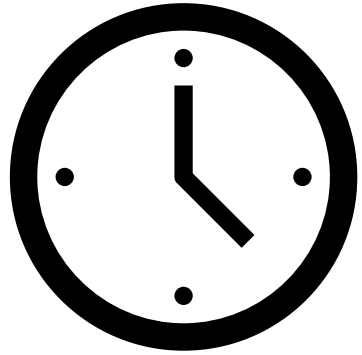
# WHAT IS PEP?

- **PEP** stands for **Post-Exposure Prophylaxis**
- The word “*prophylaxis*” means to prevent or control the spread of an infection or disease
- **PEP** means taking HIV medicines within 72 hours (3 days) after a possible exposure to HIV to prevent HIV infection
- **PEP** is not a long-term prevention method to be relied upon

[Preventing an STI \(PEP\) - Lets Talk About It](#)



# PEP



## Within 72 hours !

## But Get As Soon As Possible !

## Sexual Health Clinics

[letstalkaboutit.nhs.uk](https://letstalkaboutit.nhs.uk) - clinic finder

[Find HIV post exposure prophylaxis \(PEP\) services](#)



**Accident & Emergency**



# HIV CANNOT BE TRANSMITTED BY



**Kissing**



**Hugging**



**Shaking hands**



**Mouth-to-mouth resuscitation**



**Being sneezed on**



**Spitting**



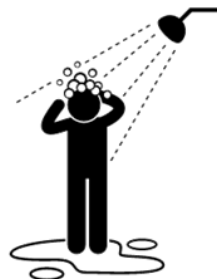
**Being bitten**



**Mosquito bites  
(and other animal contact)**



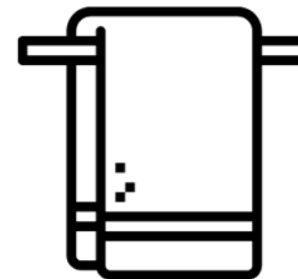
**Swimming pools**



**Baths/showers**



**Toilets**



**Towels**



**Plates/cutlery**



## Stigma is More Harmful Than HIV - YouTube



## STIGMA AND DISCRIMINATION AROUND HIV



48%

Uncomfortable kissing  
someone living with HIV



38%

Uncomfortable going on a  
date with someone living  
with HIV



33%

Had experienced HIV discrimination  
from friends.  
30% had experienced HIV  
discrimination in the workplace and  
from family

[Kissing someone with HIV- Poll](#)

[Discrimination-HIV Data](#)

# MYTH BUSTING

Living with HIV may not be how you imagine. Treatment and care is so advanced, if you are diagnosed with HIV and on effective treatment, you can live a normal life

You **can** have children

You **can** go to work

You **can** socialise

You **can** be active

You **can** live as long a lifespan as someone without HIV

You **can** have unprotected sex with an undetectable viral load

*Research has evidenced that people on effective HIV treatment whose virus is controlled cannot pass on HIV to others*

[www.i-Base.info/u-equals-u](http://www.i-Base.info/u-equals-u)

**U=U** \*

**UNDETECTABLE  
viral load means HIV IS  
UNTRANSMITTABLE**

\* Undetectable = Untransmittable



# HOW LONG CAN SOMEONE LIVE WITH HIV

Many people living with HIV can expect to live as long as their peers who do not have HIV.

Studies show that people living with HIV have a similar life expectancy to HIV-negative people. Providing they are:

- **Diagnosed in good time**
- **Have good access to medical care**
- **Are able to adhere to their HIV treatment**

[Life expectancy for people living with HIV | aidsmap](#)

[A long life with HIV-Video](#)

# LIVING WITH HIV, CARE & SUPPORT

- Appointments within 2 working days for those who are newly diagnosed with HIV
- Long term follow-ups, treatment and management for those living with and/or affected by HIV
- Support from: Health Advisor, Health Promotion or Adult Mental Health Nurse
- Specialist dietician support
- Specialist pharmacist to support with medication
- Anonymous partner notification
- Sexual health care, STI testing, contraception and cervical screening
- Specialist care (shared with other hospital consultants where necessary, with consent) including preconception advice, care in pregnancy, hepatitis co-infection and TB treatment

Children living with HIV are looked after by the Paediatric HIV team. Our HIV team works closely with these families and support children moving into our care at the age of 18.





**People living with HIV are classed as living with a disability under the Equalities Act 2010**

**It is against the law to discriminate against someone living with HIV**

**Having time off work – for appointments**

## Protected Characteristics

Age	Disability	Gender Reassignment
Marriage & Civil Partnership	Pregnancy & Maternity	Race
Religion & Belief	Sex	Sexual Orientation

# HOW TO SUPPORT A PERSON LIVING WITH HIV

Show them that you see them as the same person, and that they are more than their diagnosis

## Educate Yourself about HIV:

What HIV is

How HIV is and is not transmitted (*Myth Busting*)

How HIV is treated

How people can stay healthy with HIV

Disclosing their status can be a very significant moment in someone's life. A person is trusting you with important, private information, so as an ally.

**Always Respect Their Privacy**



# HOW TO SUPPORT SOMEONE LIVING WITH HIV NOT WANTING TO SHARE THEIR HIV STATUS

Ensure all staff are provided with diversity and equality training, which includes information about HIV

Record employees leave related to their HIV status as disability leave. Keep this separate from general sick leave

Policy Awareness- Diversity and Equality Policy.  
Harassment and Discrimination Policy

Help to end stigma and discrimination, by improving staff knowledge about HIV.

Raise awareness of World AIDS Day in December every year

[National AIDS Trust](https://www.nationalaidstrust.org.uk/)



## In the Workplace

***“The vast majority of people living with HIV have a very positive workplace experience, and just get on with their job like any other employee. As an employer, it is very unlikely that you will ever face a discrimination case to do with someone living with HIV, but it is important that you are aware of your legal obligations.”***

[Advice for Employers](#)

# Sexual Health Promotion Key Delivery

## Public Health Outcomes Framework:

- 1:1 Support including Safer Sex & Risk Reduction
- Reducing Teenage Pregnancy/Unplanned Pregnancy
- Relationships & Sex Education
- Help to reduce STIs and Promote Testing
- Working with High Risk or Vulnerable Groups
- Network & Training
- Targeted LTRSE Delivery
- Supporting GPs, Pharmacies and Youth Services to offer Condom Provision - GIO (Get It On)
- Partnership with No Limits and Terrance Higgins Trust



# Accessing Our Services

## Online:

- PHR (Personal Health Record)
- STI Testing Kits by post
- Condoms by Post
- Advice and Information
- Support for young people
- Clinic Finder
- Specialist Clinics
- Sexual Health Referrals
- Information for Professionals
- 24/7 'Need Help' Facility

## Main hubs

- St Mary's Hospital, Portsmouth
- Royal South Hants, Southampton
- Crown Heights, Basingstoke
- Andover Health Centre
- Unit 6, Eastleigh
- AC4H Aldershot
- St Mary's Hospital, Isle of Wight

**You can find details of the nearest sexual health clinic at:**  
[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)  
Or call: **0300 300 2016**

# Personal Health Record (PHR)

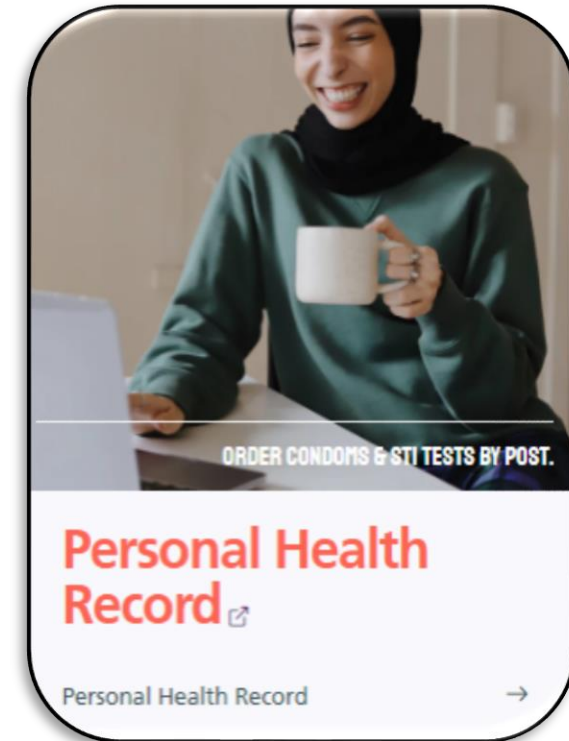
Solent Sexual Health Services confidential Personal Health Record for patients.

This is exclusive to Sexual Health and not linked to any other medical records.

The PHR brings together Appointment Booking, STI Test Kit ordering and Condoms by Post all in one place.

[www.letstalkaboutit.nhs.uk](http://www.letstalkaboutit.nhs.uk)

[Personal Health Record](#)



# Testing & Condoms



## Testing

- Chlamydia Testing Kit (15- 24)
- Young People's Walk-in Clinics
- Full STI Kit (18+)
- Clinical Services

[STI Testing Kit](#)



## Condoms

- GIO Scheme - under 25's
- Condoms by Post
- Sexual Health Clinics

[Condoms](#)



## OTHER SUPPORTING INFORMATION

[Thames Valley Positive Support](#) is an HIV charity that offers practical and emotional support to anyone affected by HIV

[The Terrence Higgins Trust](#) is a charity providing support to people at risk of HIV and people living with HIV. They will also answer private questions online

[i-base](#) provides lots of information leaflets and useful documents, which can be downloaded and printed. These include a downloadable diary to record treatments and medication, information about HIV during pregnancy, information on changing treatments and lots more.

[HIV Lloyds Information Leaflet](#) is a leaflet that provides information to patients living with HIV about the way that medication is provided for them

### [Viiv Healthcare](#)

leading HIV Company- resource rich content, data and images working with global communities

# Sexual Health Promotion Team

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# Thank You for Your Time!



@solentnhstrustsexual  
healthservices



@LetsTalkHants



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