Background:

- RCN Congress Resolution on HIV awareness
- Focus on health and social care workers
- Articles in nursing journals
- Link with Nurses HIV Association
HIV: The Facts

• What is HIV

• Transmission

• Statistics

• Myths

• Resources
Questions?

• When is World AIDS Day?

• How many people are living with HIV in the UK?
What is HIV?

- HIV stands for Human Immunodeficiency Virus
- This particular virus was identified in the 1980’s
- HIV attacks the immune system and gradually causes damage
What is AIDS?

• AIDS stands for Acquired Immune Deficiency Syndrome

• AIDS is not considered a disease but a syndrome – a collection of different signs and symptoms

• 2012 only 390 people were diagnosed with AIDS: 0.39% of the total number of people living with HIV
What is AIDS?

• A person is considered to have developed AIDS when the immune system is so weak it can no longer fight off a range of diseases with which it would normally cope:
  • TB
  • Pneumonia
What is HIV?

• Without treatment and care a person living with HIV is at risk of developing serious infections and cancers that a healthy immune system would fight off.

• Current treatment for HIV works by reducing the amount of HIV in the body so the immune system can work normally.

• Treatment does not get rid of HIV but with the right treatment and care people living with HIV can expect to live a long and healthy life.
How is HIV transmitted?

HIV is passed on through infected bodily fluids such as:

- Semen
- Vaginal fluids
- Blood or blood products
- Breast milk
- Rectal secretions
- From mother to child
How is HIV transmitted?

• Unprotected vaginal, anal and oral sex

• Sharing injecting equipment

• Condoms: protection against HIV transmission during sex
How is HIV not transmitted?

You cannot get HIV from:

• Kissing
• Shaking hands
• Hugging
• Sharing household item such as crockery, cutlery and bed linen
• Spitting, sneezing or coughing
Myths!

• Only gay men get HIV

• HIV can be passed on through sharing razors or toothbrushes

• Condoms aren’t effective in preventing HIV transmission
Worldwide Statistics:

- 35.3 million people were living with HIV worldwide in 2012
- 18% increase since 2001
- The number of people with HIV has risen in every region of the world in the past decade, with the highest concentration of the pandemic still in Africa
- Largest increases in new diagnoses being seen in East Asia, Eastern Europe and Central Asia
UK Statistics:

• 107,800 people are living with HIV in the UK at the end of 2013
• 24% are undiagnosed and do not know about their HIV infection
• In 2013 527 people with HIV died
• There were 6,000 new HIV diagnoses in 2013
• Just over one in four people (27%) living with diagnosed HIV is aged 50 years or older
HIV Testing:

• Looks for antibodies not virus
• Rapid testing – result in one minute
• Home sampling
• Home testing
• Normalising testing – routine
Myths!

- You can get HIV from someone who spits at you or bites you
- You can get HIV from a mosquito or flea bite
- You can get HIV by having a fish pedicure
Stigma and HIV:

- Stigma is when a negative label is attached to an aspect of a person which is wrongly seen as disgraceful or unacceptable.

- HIV is a medical condition that carries a lot of stigma, usually because people lack information about it or they make moral judgements about how someone has contracted HIV.

- Stigma often borne out of fear and can take many forms.
What you can do......

• As a nurse, midwife, healthcare support worker and student........
• Learn the basics about HIV
• Challenge poor practice, conduct or behaviour
• Find out the details of local sexual health and HIV services
• Encourage people who may be at risk of HIV to test
Resources

• British HIV Association  www.bhiva.org

• Children’s HIV Association  www.chiva.org

• National HIV Nursing Association  www.nhivna.org

• National AIDS Trust  www.nat.org.uk

• Terrence Higgins Trust  www.tht.org.uk

• aidsmap  www.aidsmap.com
RCN Learning Resources

• CPD Online:

• HIV/AIDS – what you need to know
• Sexual health for non-experts
• Support behaviour change