

...Its not
what it
used to be!



Keith Fraser

Clinical Nurse Specialist

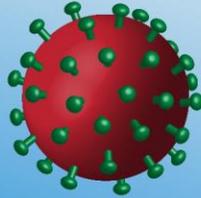
Infection Management Service

Te Whatu Ora
Health New Zealand

History

- Originated Central and West Africa 1920's- Chimpanzees
- Likely spread to humans by hunters eating infected chimps
- 1960's Caribbean, 1970s -San Francisco
- 1981 5 men in the USA Pneumocystis Pneumonia- Immune disorder
- 1982 335 males- 136 Deaths
- 1982 AIDS-"Gay Plague" Cases reported in Europe
- 1984 First HIV testing 2 types- HIV-1 , HIV-2
- 1987 First Antiretroviral Medications - AZT
-

HIV and AIDS: What's the difference?

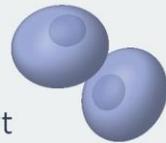


HIV

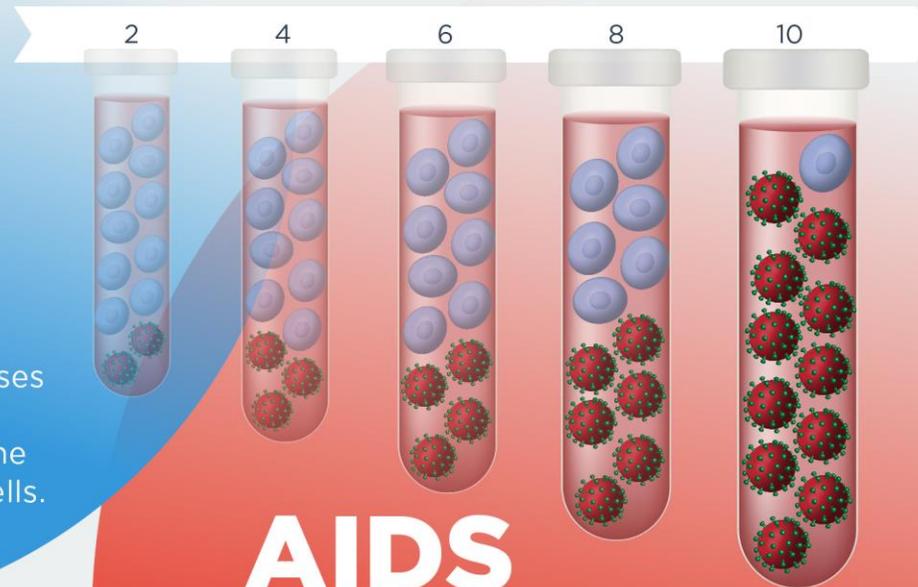
- HIV is the virus that causes HIV infection.
- HIV damages the immune system by killing CD4 cells.

CD4 Cells

- CD4 cells are part of the immune system.
- HIV attacks and kills CD4 cells.
- Loss of CD4 cells makes it hard for the body to fight off infections.



Years without HIV medicines



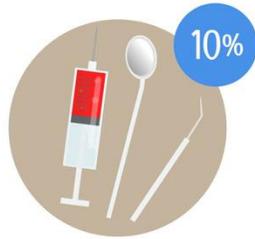
AIDS

- AIDS is the last stage of HIV infection.
- As HIV infection advances to AIDS, the amount of HIV in the body increases and the number of CD4 cells decreases.
- HIV medicines can stop HIV infection from advancing to AIDS.
- Without HIV medicines, HIV advances to AIDS in about 10 years.



HIV/AIDS

HIV is transmitted



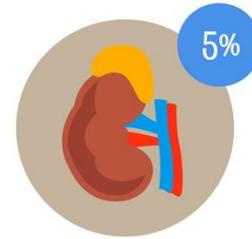
use of non-sterile
syringes and tools



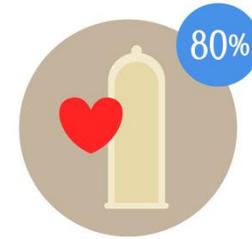
pregnancy
breastfeeding



blood transfusion



organ transplant

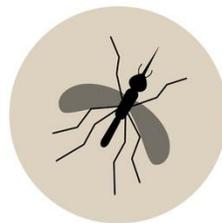


unprotected sex

HIV is not transmitted



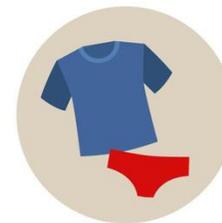
food, drink,
utensils



insect bites



kiss, touch



clothes, towels



toilet, shower

Stage 1 - Primary

- Short, flu-like illness - occurs one to six weeks after infection
- no symptoms at all
- Infected person can infect other people

Stage 2 - Asymptomatic

- Lasts for an average of ten years
- This stage is free from symptoms
- There may be swollen glands
- The level of HIV in the blood drops to very low levels
- HIV antibodies are detectable in the blood

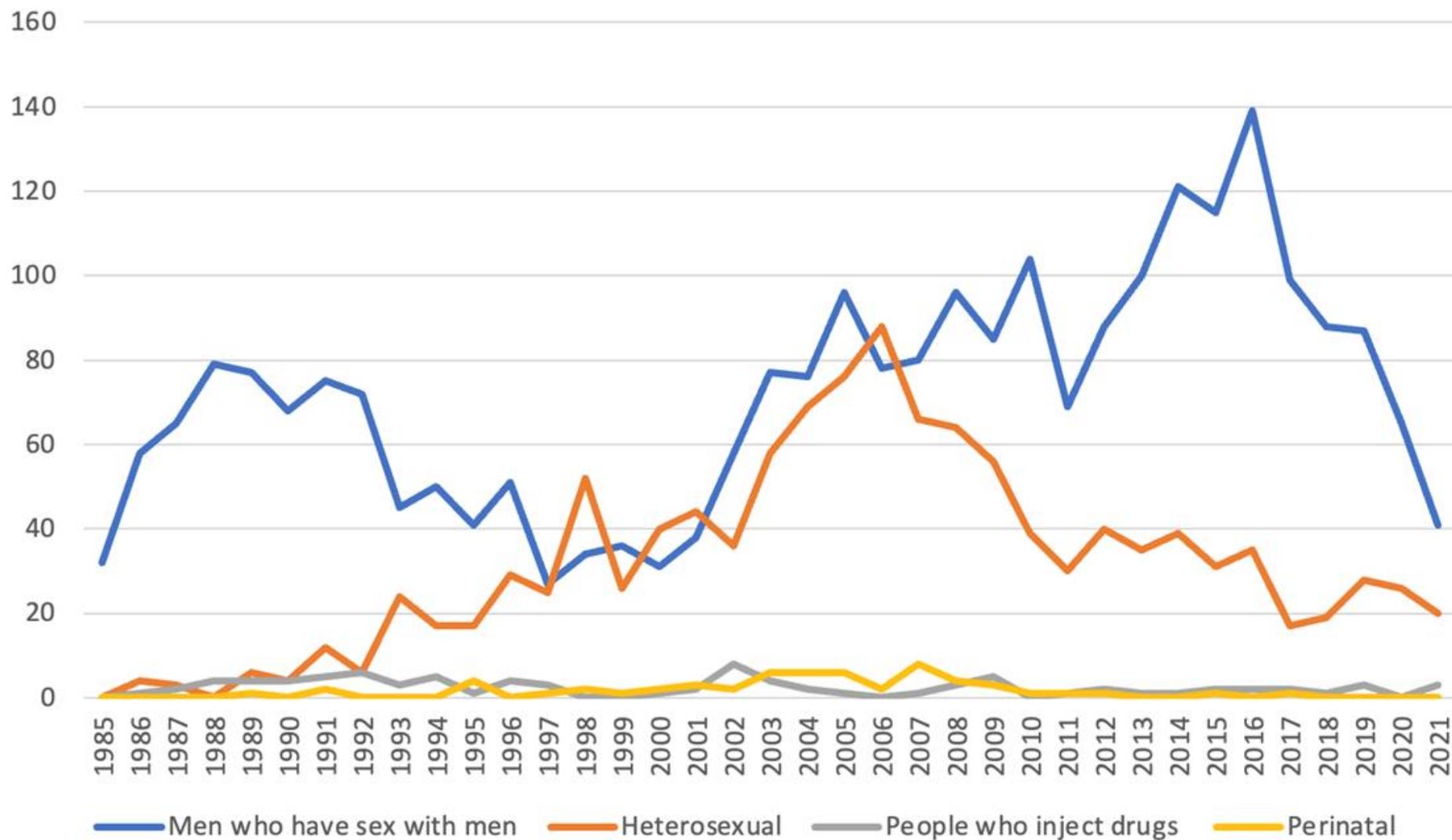
Stage 3 - Symptomatic

- The symptoms are mild
- The immune system deteriorates
- emergence of opportunistic infections and cancers

Stage 4 - HIV ⇒ AIDS

- The immune system weakens
- The illnesses become more severe leading to an AIDS diagnosis

Local HIV diagnoses with a known route of infection



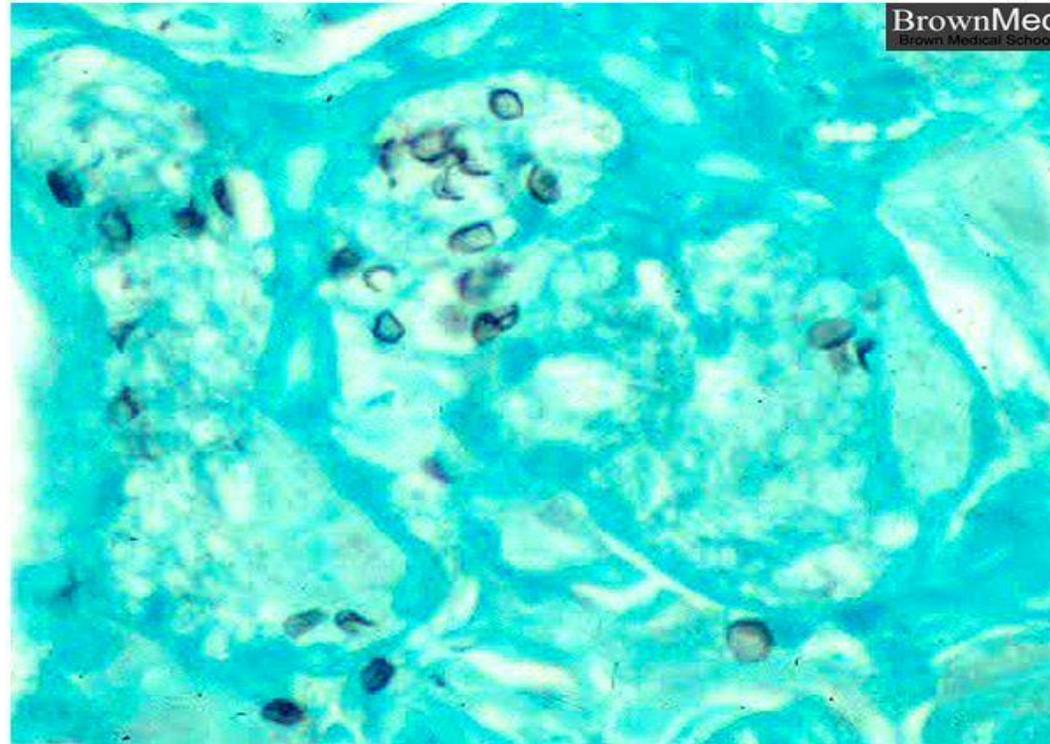
25 AIDS defining conditions in New Zealand ...most 'common'

- Kaposi's sarcoma -A cancer that causes lesions in the soft tissues.



© Jere Mammino, DO

- PCP - Pneumocystis carinii pneumonia



• Prevention

- Condoms
- PREP- Pre exposure prophylaxis
- Education
- Regular STI screening
- Needle exchange
- Being aware of HIV status
- PEP- Post Exposure Prophylaxis
- Medications



ARV Medications (ART-antiretroviral therapy)

A combination of drugs which target different stages in the HIV lifecycle to prevent replication.

Medications have come a long way. Less side effects and significantly less tablets/day.

- ▶ When taken correctly they:
 - ▶ keep the immune system healthy
 - ▶ prevent the symptoms and illnesses associated with AIDS from developing
 - ▶ mean that PLWHIV can enjoy long and healthy lives.

Once diagnosed we commence patients onto ARV medications ASAP!

Challenges

- ▶ Adherence
- ▶ It's important you liaise with pharmacy and team so no missed doses
- ▶ Hospital pharmacy does have stock on site of most ARV medications.
- ▶ If you have trouble call ID CNS to help
- ▶ Resistance

Considerations

- ▶ Pill burden
- ▶ Side effects

Stamp out Scepticism about **U=U**

ENDING
HIV



STAY HEALTHY

Emphasise that remaining HIV undetectable means you cannot transmit HIV and helps you live a better quality of life.



MAINTAIN UNDETECTABLE

A durable undetectable viral load requires high levels of adherence and regular viral load testing.



AVOID VIRAL REBOUND

If you stop taking HIV treatment, viral rebound can occur within 1-2 weeks and you may pass HIV to your sexual partners.



ACHIEVE UNDETECTABLE

It may take up to 6 months of HIV treatment to bring HIV down to undetectable.



THINK ABOUT STARTING (OR RESTARTING) HIV TREATMENT AS SOON AS POSSIBLE

Both newly diagnosed with HIV and those previously diagnosed but not taking ART should get on treatment.

SUPPORT THOSE LIVING WITH HIV

INFORM ALL PATIENTS



THE NEED FOR REGULAR STI TESTS

Even if they believe they have no symptoms, this keeps themselves and their sexual partners healthy.



THE EVIDENCE BASE BEHIND U=U

The research is clear, no HIV-positive person who was HIV undetectable and on treatment passed HIV to their HIV-negative sexual partner.



U=U

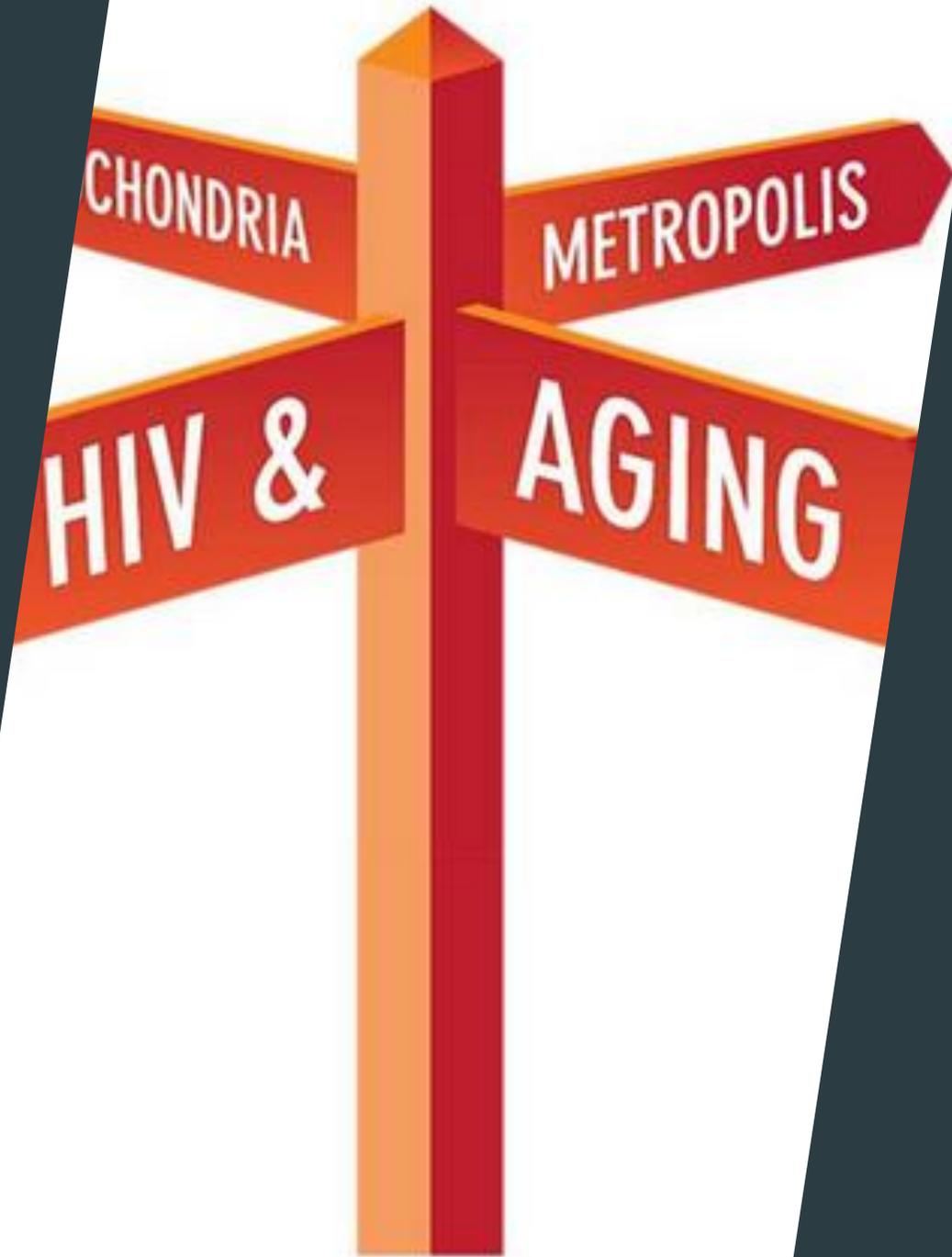
People who keep their HIV viral load at an undetectable level by consistently taking HIV medications will not pass HIV to others through sex.



The 2018 Consumer Link research also showed that:

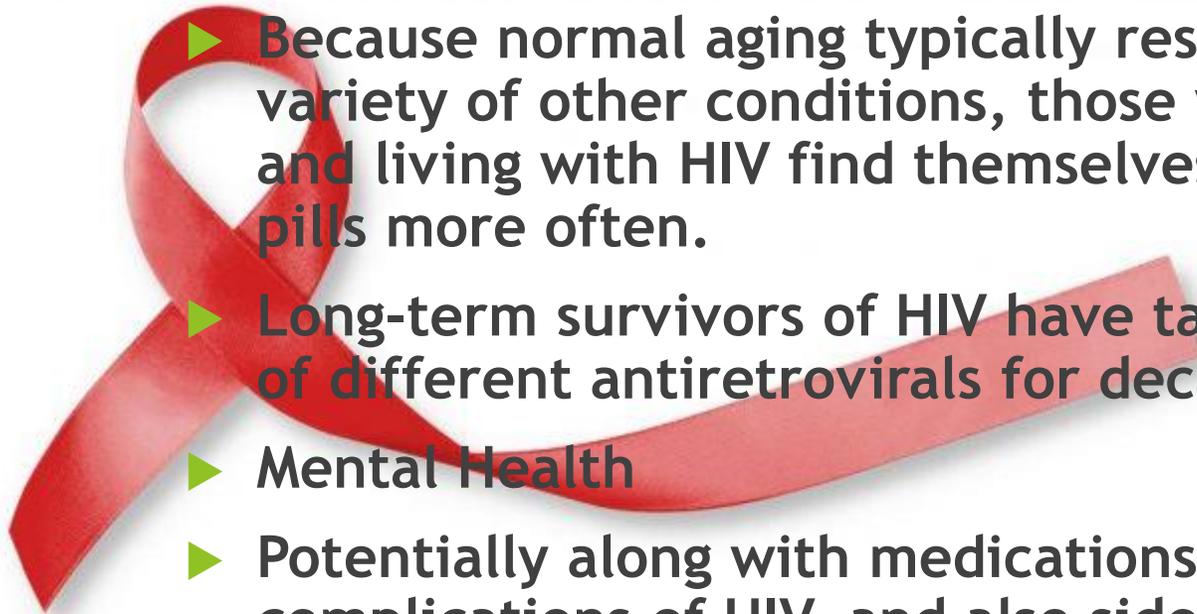
Only 7% of respondents are aware that someone living with HIV who is taking medication and who has an Undetectable Viral Load (UVL) for more than six months, cannot pass HIV on to their sexual partners

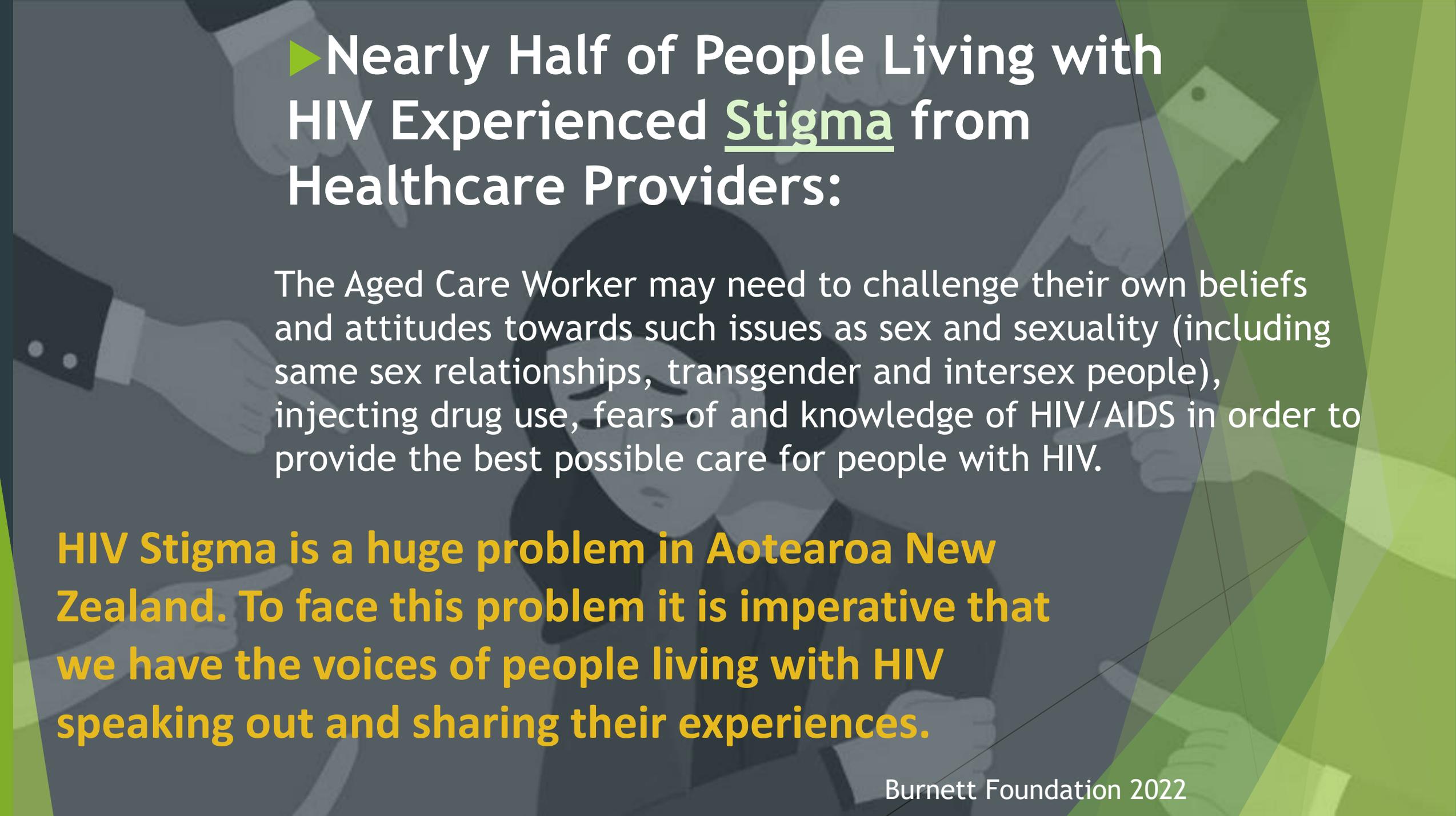
<https://www.ashm.org.au/HIV/UequalsU/ASHM%20uu%20guidance%20handbook%20FA%20web.pdf>



- ▶ For most people, HIV infection is now a chronic condition that can be managed over a long time. This is due to improved ARV medication. As a result:
- ▶ People living with HIV can expect to have the same life span as people who do not have the HIV virus.
- ▶ Many people taking ARVs for a long time do not die from causes linked to the HIV virus.
- ▶ HIV infection can cause severe damage to the immune system. For some people, this may result in much earlier health conditions.

By 2023,
about 70% of
people living
with HIV will
be over the
age of 50.

- 
- ▶ This means monitoring for other co-morbidities which we see in the ageing population
 - ▶ e.g. heart disease (lipids), Diabetes
 - ▶ Because normal aging typically results in a variety of other conditions, those who are aging and living with HIV find themselves taking more pills more often.
 - ▶ Long-term survivors of HIV have taken a variety of different antiretrovirals for decades.
 - ▶ **Mental Health**
 - ▶ Potentially along with medications to control complications of HIV, and also side effects of the medications themselves;
 - ▶ E.g. hypertension, diabetes, cognitive impairment, bone density problems, and high cholesterol.

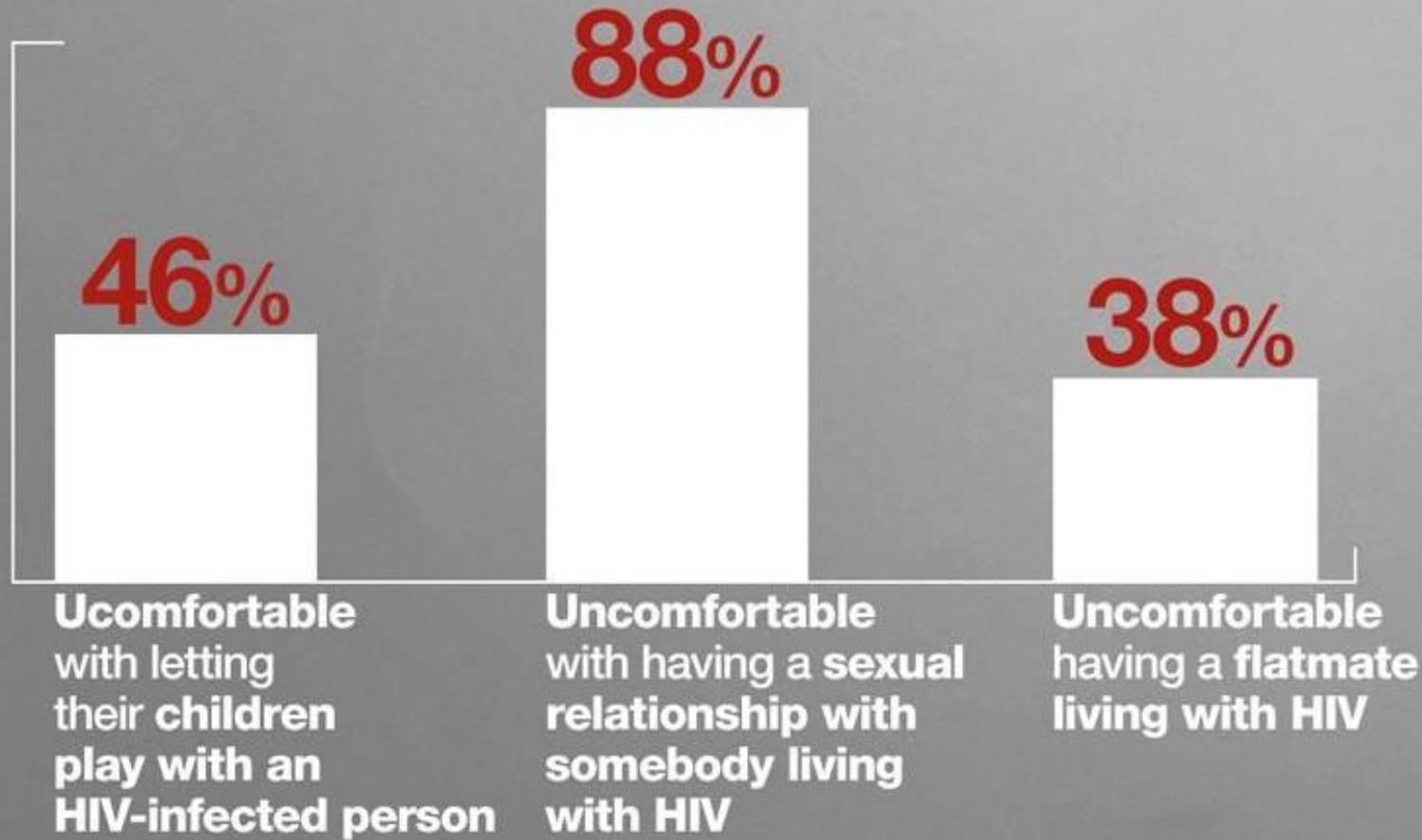


▶ Nearly Half of People Living with HIV Experienced Stigma from Healthcare Providers:

The Aged Care Worker may need to challenge their own beliefs and attitudes towards such issues as sex and sexuality (including same sex relationships, transgender and intersex people), injecting drug use, fears of and knowledge of HIV/AIDS in order to provide the best possible care for people with HIV.

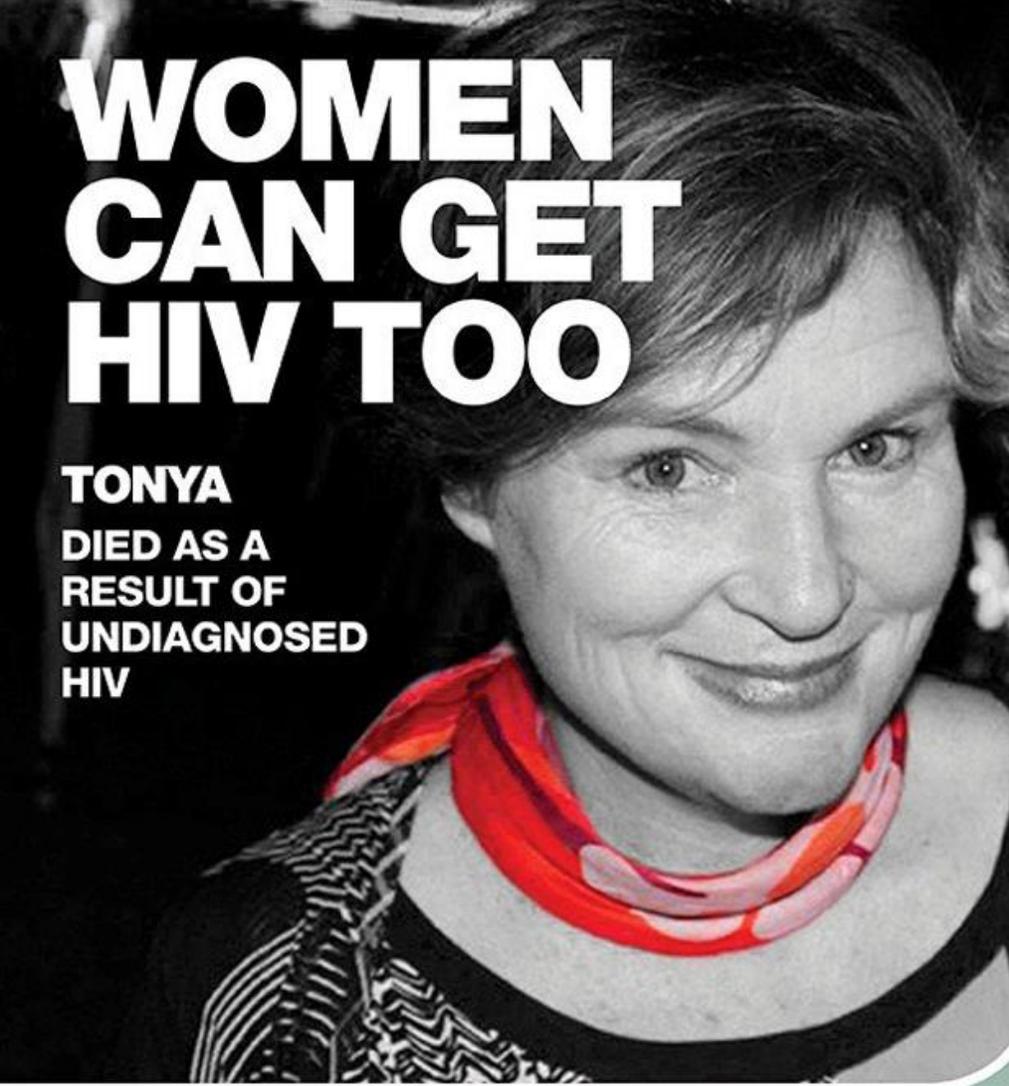
HIV Stigma is a huge problem in Aotearoa New Zealand. To face this problem it is imperative that we have the voices of people living with HIV speaking out and sharing their experiences.

LIVING WITH HIV



WOMEN CAN GET HIV TOO

TONYA
DIED AS A
RESULT OF
UNDIAGNOSED
HIV



WITH HIV MEDICATIONS, THE RISK OF HIV
TO A BABY BORN TO A MOTHER WITH HIV,
HAS REDUCED FROM 31.5% TO LESS THAN
1% New Zealand National Health
Committee 2004

TAKE CHARGE TAKE THE TEST

For a HIV Test, contact your nearest
Sexual Health, Family Planning clinic
or your GP to make an appointment.

For more information contact
Positive Women Inc.
0800 POZTIV (769 848)
jane@positivewomen.nz
www.positivewomen.org.nz



Positive Women

A few months ago a doctor from the sexual health clinic asked me if I was gay, when I replied that I have a wife and she is my only partner, he asked me “so how did you get HIV then?” and this was an awkward situation.

My priest once said that no child of God can contract HIV. After my diagnosis, I begged God to forgive me.

My friend disclosed my HIV status without my permission. Many in my community worried because I had visited their homes. As a result, I withdrew from my community.

Someone at work accidentally cut themselves. When I went to help, they joked ‘don’t worry, I haven’t got AIDS’.

Where to from here....

- Education- esp within the healthcare sector
- Awareness
- Research- New treatments- Clinical drug trials