

Prevention with Positives: Behavioral Interventions

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Learning Objectives

Upon completion of this presentation, learners should be able to:

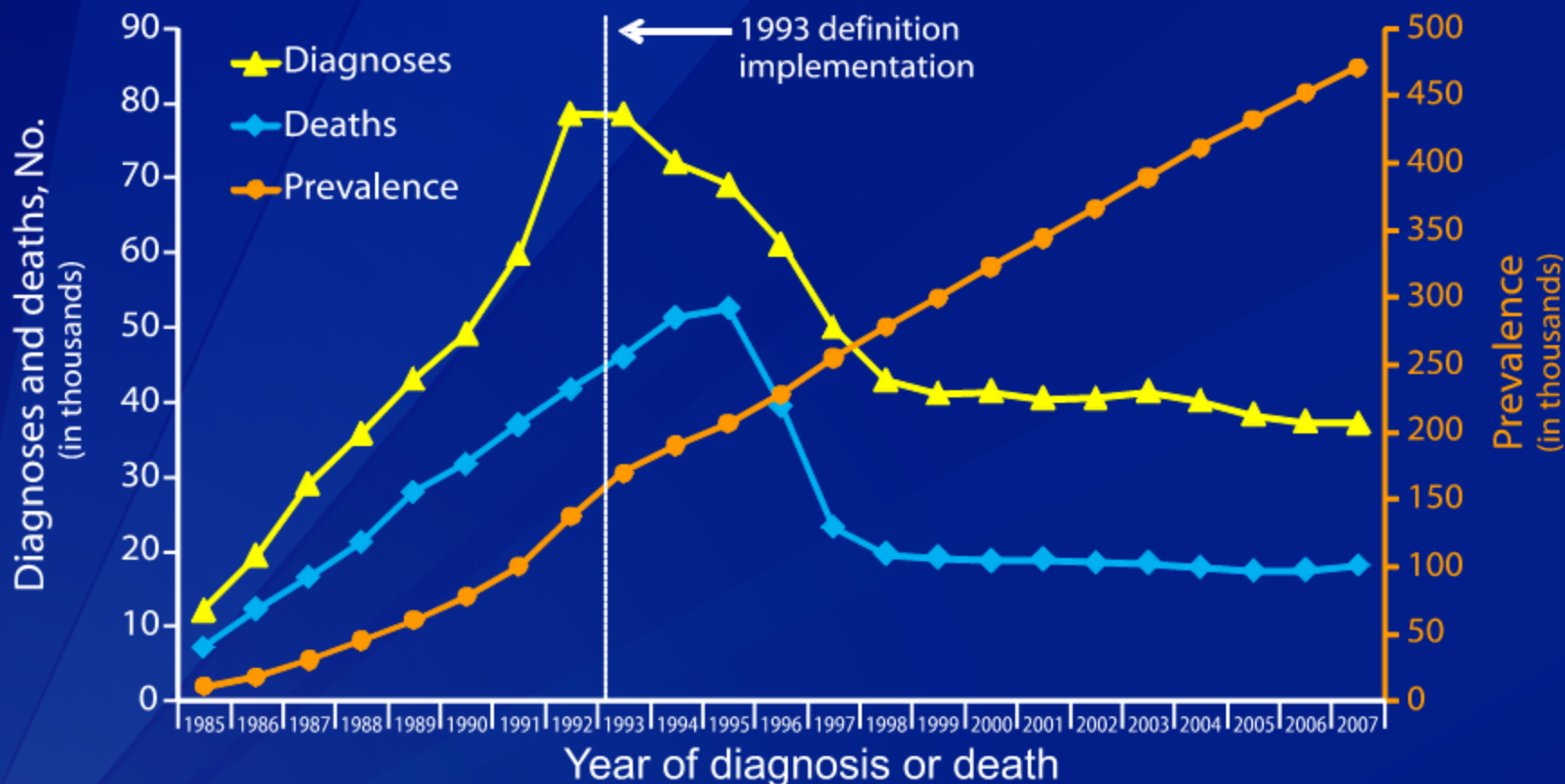
- Use Prevention with Positives (PWP) ABCs to consistently address patient needs.
- Discuss ways to incorporate evidence-based components of a PWP program in your clinical setting.

Why does PWP matter?

- **Personal Health:** Infection with other sexually transmitted and blood borne infections has a negative impact on the health of PLWH
- **Public Health:** PLWH are the only ones who can transmit HIV
- **Epidemiology:** PLWH are surviving longer and creating a larger pool of people who can transmit HIV



AIDS Diagnoses, Deaths, and Persons Living with AIDS, 1985–2007—United States and Dependent Areas



Note. All displayed data have been estimated. Estimated numbers resulted from statistical adjustment that accounted for reporting delays, but not for incomplete reporting.



Programs that significantly reduce unprotected sex:

- **Guided by behavior theory**

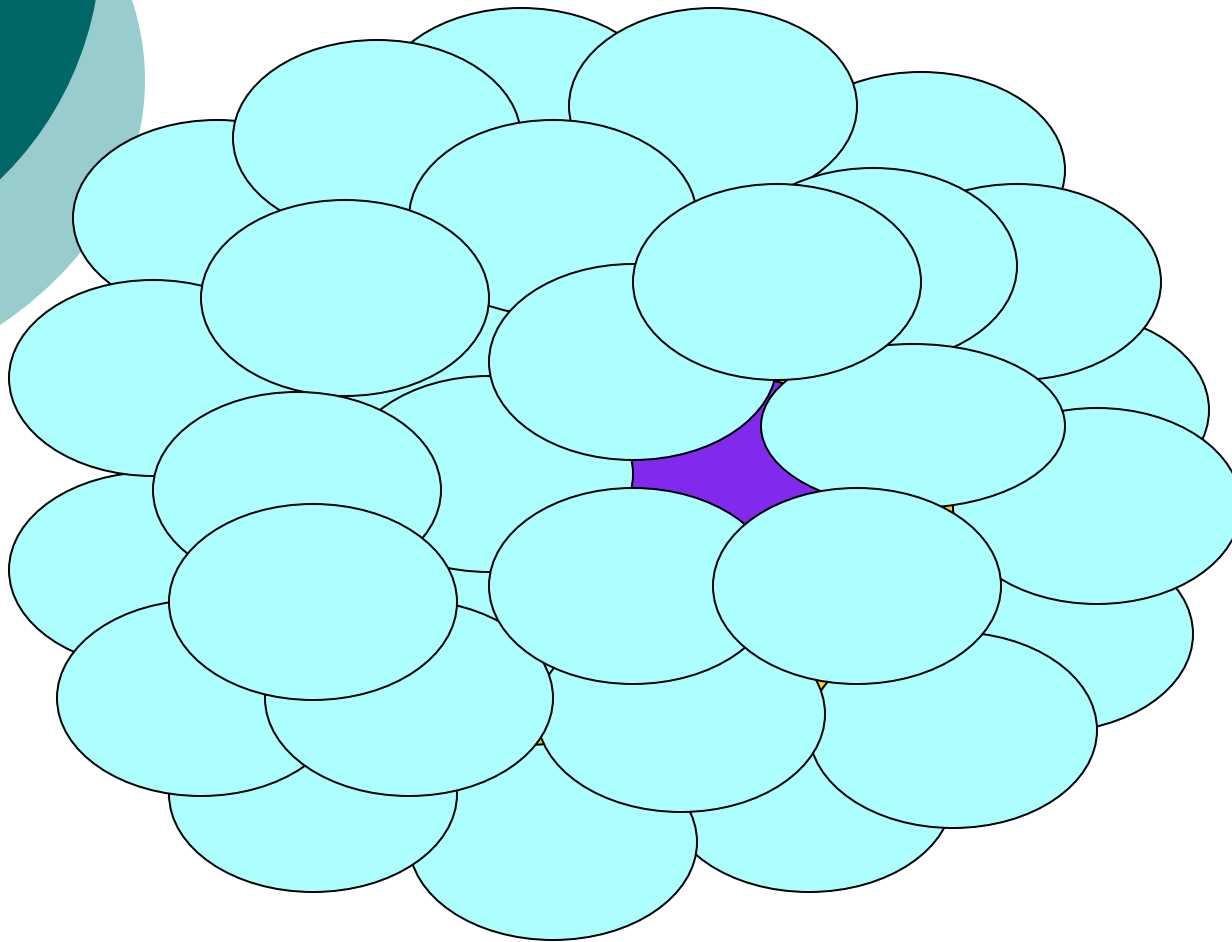
Risk Reduction

- **ANY** move to healthier, safer, or less risky behaviors is a move in the right direction
- One size does not fit all – be **PRAGMATIC:**
 - Patient-centered
 - And remember . . .

Context Counts!


 **Context**

 **Patient**

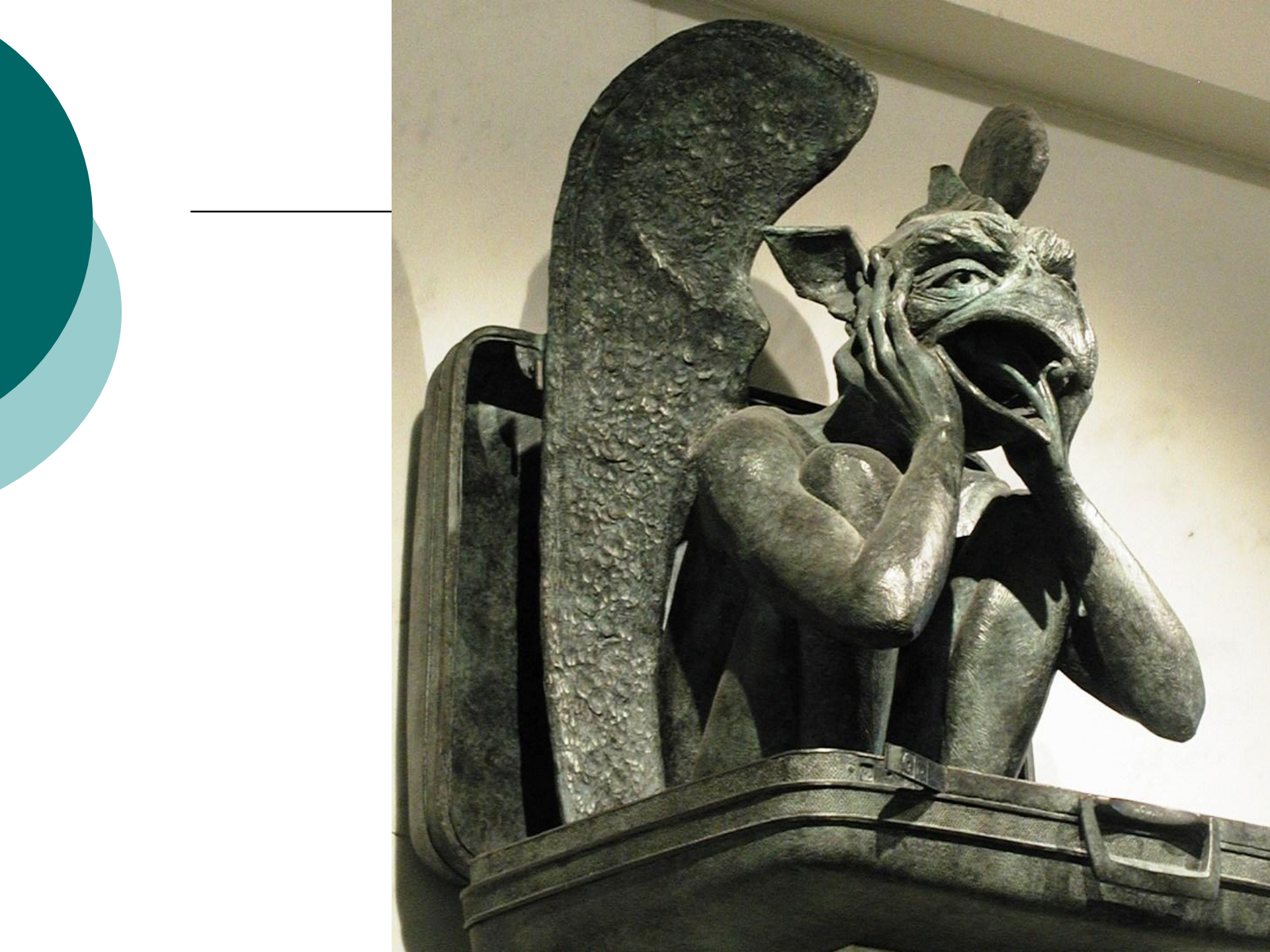


Programs that significantly reduce unprotected sex:

- **Guided by behavior theory**
- **Focus on HIV transmission behaviors**
- **Provide skills building**
- **Delivered by care provider or professional counselor**



ABCs



Does Lucy . . .

1. Have high blood pressure?
2. Have a communicable and chronic viral infection?
3. Have piercings you can't see?
4. Have a history of illegal drug use?
5. Have a tattoo?

Assess

- **Do you think you may have been exposed to an STD since we last met?**
- **Do you think you may have been exposed to a blood borne infection since we last met?**
- **If so, tell me about it.**

You have to ask . . .

- **When you don't ask about risks, you don't know if your patients are having problems and you can't address the issues.**
- **When you don't ask about risks, your patients may not think their behaviors matter.**

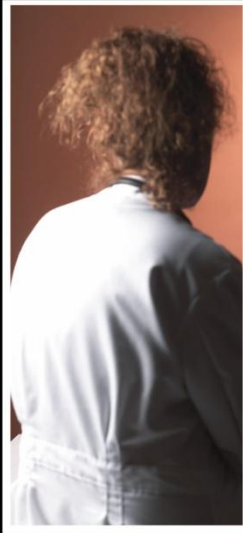
Begin the Conversation

**I'm concerned that you
may be putting yourself
and others at risk.**

Brief Messages

- **Shown to have a positive effect**
- **Provide HIV prevention information in busy clinical settings**
- **BUT – best if they only open the door**

LET'S TALK



Ask us about
Striving To



SHARE THE TRUTH NOT THE VIRUS

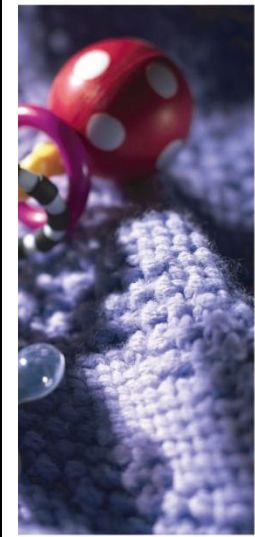


Talk Honestly with your
Sex & Drug Partners

Take **Positive STEPs**
Striving To Engage People



BABY FUTURE?



yourself
your Baby
Provider

Positive STEPs
Engage People




PROTECT YOURSELF

 Why Worry AFTER Sex?
Play Safely.

 So What If It's a One Night Stand —
Protect Yourself

 Alcohol and Drugs Can Harm
Your Immune System

 8 out of 10 People with HIV Use Protection:
Be One of the MAJORITY

 If You Use Drugs, DON'T SHARE:
Needles, Syringes, Pipes, Straws, Cookers,
Rinse Water — It ALL Matters

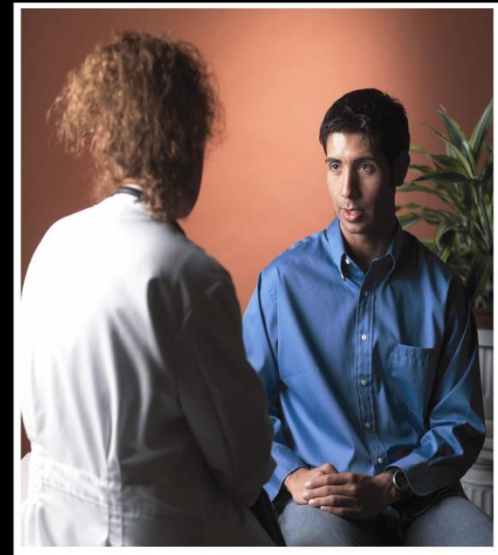
DON'T MAKE YOUR HIV WORSE

DON'T PASS YOUR HIV AROUND

PROTECT OTHERS

Patient Brochures

LET'S START TALKING



Ask us about **Positive STEPs**
Striving To Engage People



Choices

**What would be
healthier, safer, or less
risky than what you are
currently doing?**

Looking for options

- **Patient** generates list of options
- **Provider:**
 - “Anything else?”
 - Non-directive, non-judgmental
 - **What might be the outcome of each option?**

Develop a plan

- **Which option would be easiest to try?**
- **Which option would be most effective?**
- **Which option do you like best?**
- **Which option do you want to try first?**

Planning

Patient: Based on discussion of choices:

- rank feasibility of options
- decide on course of action
- decide when to start
- document on Rx sheet

Provider:

- document in chart
- sign Rx sheet

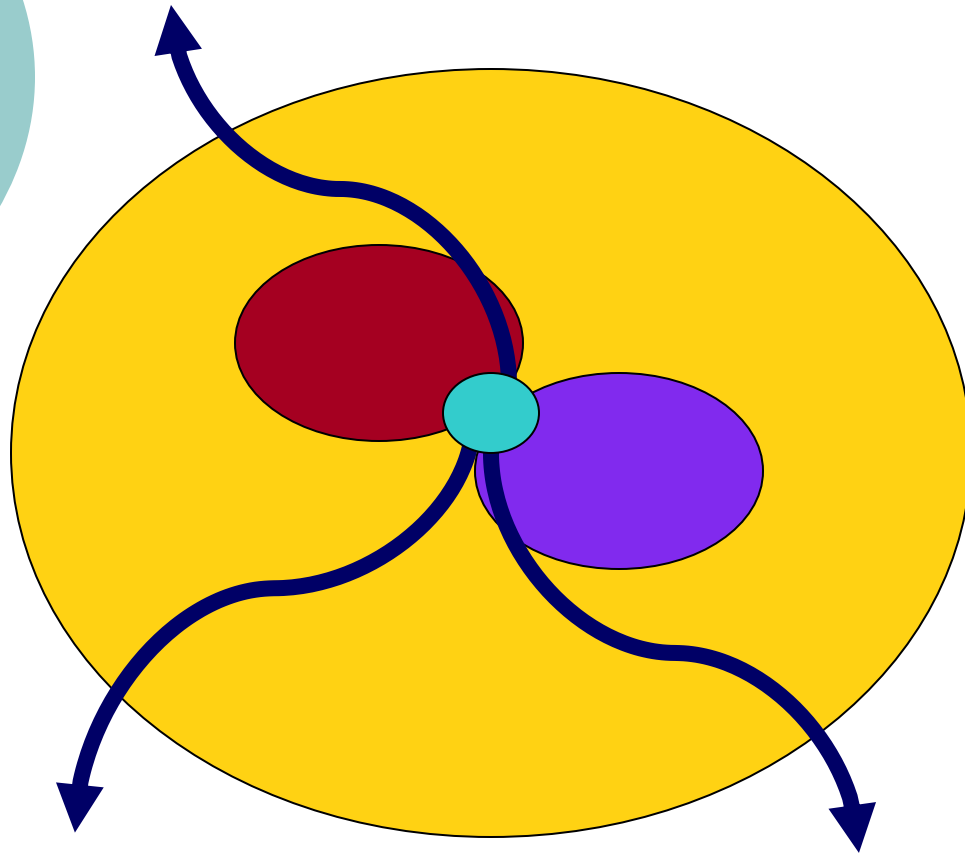
Provider/Patient:

- agree on follow-up

Evaluate need

**What information/
assistance do you
need?**

Know your limits



 **Context of Interaction**

 **Patient**

 **Provider**

 **Area of interaction**

 **Referrals**

Follow up

- **How has your plan been going since our last visit?**
- **Do you need a new plan?**

Get the Whole Clinic Involved

- Train *all* staff – commit to the time needed for staff training; include:
 - Theory base
 - How to answer questions
 - Referring to others
- Add PWP to QA process and evaluate implementation through a systematic process

Programs that significantly reduce unprotected sex:

- **Delivered where PLWH receive health care and other services**
- **Address spectrum of issues r/t having HIV (e.g., medication adherence, coping, risks)**
- **Intense delivery (> 10 sessions, > 20 hours, ≥ 3 months)**



Assess

Begin the Conversation

Choices

Develop a Plan

Evaluate Need

Follow up

Get the whole clinic involved

References

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