

Empowering Clients for Viral Suppression

Practical Strategies for Direct Care Teams
Breakout Session
Presented by Christopher Walker, M.P.H.

Conflict of Interest Disclosure Statement

- Speaker has nothing to disclose

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- Your input will help us refine and improve our presentations, ensuring they remain inclusive and respectful to participants.

Session Description

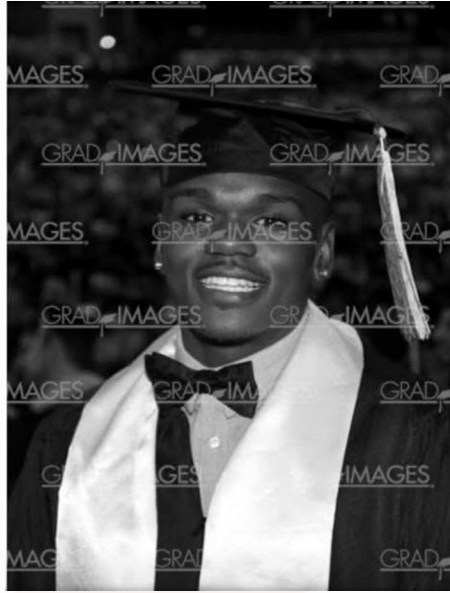
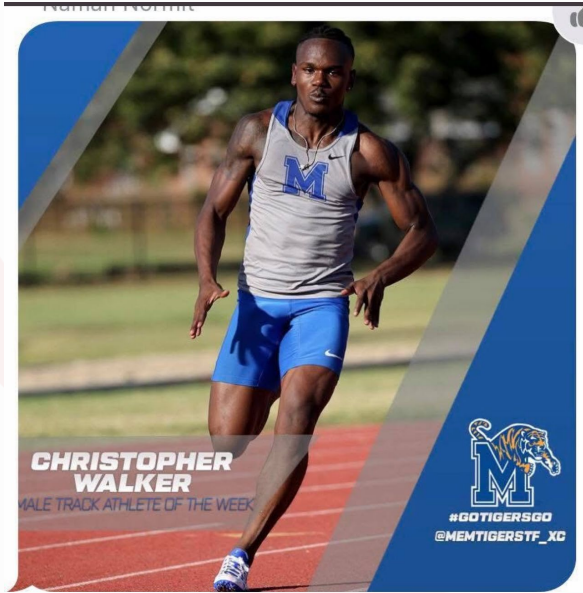
- This interactive breakout session is designed specifically for direct care staff working on the front lines of HIV care. We will use story telling explore practical, actionable strategies to support individuals newly diagnosed with HIV in rapidly starting treatment, staying engaged in care, and achieving undetectable viral loads.

Learning Objectives

- Understand the meaning of Empowerment
- Use the empowerment theory as a baseline for interaction with newly diagnosed clients
- Practice strategies for empowering clients to reach viral suppression

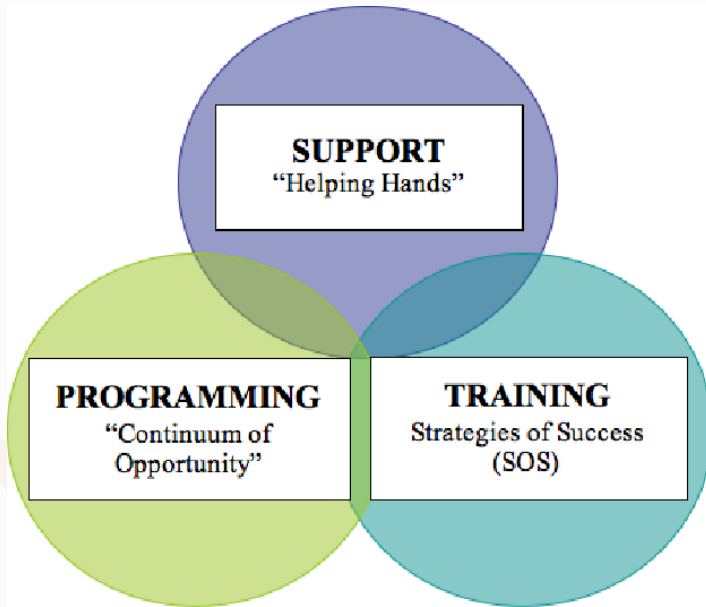
The Story

Hey, meet Chris



From Barriers to Possibilities

The Empowerment Model



- **Lack of Social Support**
- **Suicidal Ideations**
- **Depression**
- **Toxic Coping Mechanisms**
- **Internalized stigma**
- **Adherence Issues**
- **Lack of access to care**

What is Empowerment

- The World Health Organization Describes Empowerment as the process by which people gain control over the factors and decisions that shape their lives.
- But what does that really mean?

What is Empowerment cont.....

- Empowerment is a process in which patients understand their role, are given knowledge and skills by their health-care provider to perform a task in an environment that recognizes community and cultural differences and encourages patient participation by increasing their assets, attributes, and capacity to gain access, partners, networks and/or a voice, in order to gain control of their health.

Empowering Clients through Programing

Client-Centered Approach:

- **Prioritize client needs and preferences:** Focus on what matters most to each individual client, rather than a one-size-fits-all approach.
- **Active listening and respectful communication:** Create a safe and supportive environment where clients feel heard and valued.
- **Shared decision-making:** Involve clients in treatment and care decisions whenever possible.
- **Cultural competency, Cultural humility /sensitivity, and Cultural Agility**
- **For Us By Us (FUBU):** The inclusion of consumers in the programmatic process



Empowering Clients through Support

- **Advocacy and Empowerment:**

- **Support groups and peer mentorship:** Connect clients with others living with HIV to build community, share experiences, and provide emotional support.
- **Advocacy training:** Empower clients to advocate for themselves and their needs within the healthcare system and in their communities.
- **Community engagement:** Encourage clients to participate in community-based initiatives and decision-making processes that impact their lives.
- **Hot hand offs:** Making referrals to needed resources, and following up to ensure engagement has been made

- **Reducing Stigma and Discrimination:**

- **Promote stigma-free environments:** Create a welcoming and non-judgmental atmosphere in all program settings.
- **Address internalized stigma:** Help clients understand and challenge internalized stigma that may impact their self-esteem and well-being.
- ****Advocate for policies and practices that reduce stigma and discrimination in healthcare and society.**



Empowering Clients through Training

- **Knowledge and Skill-Building:**
 - **HIV education:** Provide comprehensive and up-to-date information about HIV, treatment options, and prevention strategies.
 - **Health literacy:** Equip clients with the knowledge and skills to understand their health status, manage their medications, and navigate the healthcare system.
 - **Tailor information:** Provide information at a level they understand, using plain language and culturally appropriate materials. Offer a variety of formats, such as videos, handouts, and one-on-one discussions.
- **Life skills training:** Address the challenges they face preventing adherence, such as housing, employment, and mental health, through skills training and support services



Let's Get Active

The Empowerment Wheel



- Divide into seven different groups. (Each group will receive a different empowerment principle)
- Each group must create a client that is dealing with two barriers that is preventing them from being medical adherent
- Using your principle come up with a strategy to assist your client with their medical adherence
- Share!

Q & A

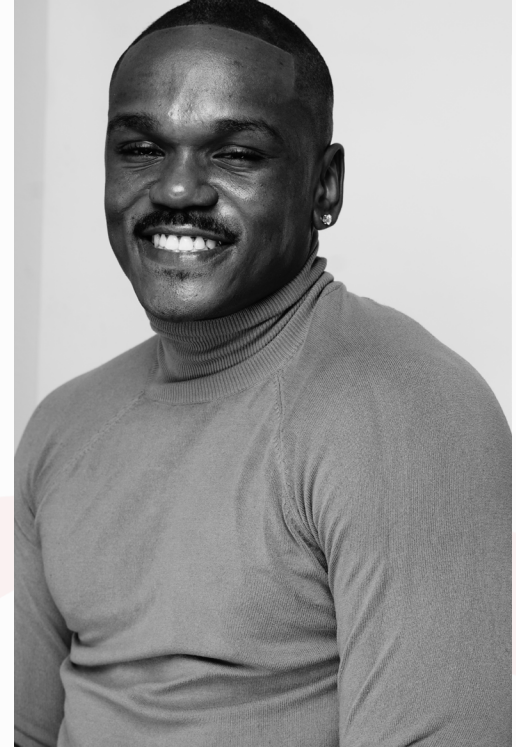
- What do you plan to take with you from today's conversation?
- Are there any questions?

Thank You!

I appreciate you for sharing space with me today. For further conversations feel free to contact me at the information listed below

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Resources

- National Clinician Consultation Center
<http://nccc.ucsf.edu/>
 - HIV Management
 - Perinatal HIV
 - HIV PrEP
 - HIV PEP line
 - HCV Management
 - Substance Use Management
- Present on ECHO
 - <https://hsc.unm.edu/scaetc/programs-services/echo.html>
- AETC National HIV Curriculum
<https://aidsetc.org/nhc>
- AETC National Coordinating Resource Center
<https://targethiv.org/library/aetc-national-coordinating-resource-center-0>
- HIVMA Resource Directory
<https://www.hivma.org/globalassets/ektron-import/hivma/hivma-resource-directory.pdf>
- Additional trainings
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- www.scaetc.org

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