

HIV: What CHRs need to know

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Conflict of Interest Disclosure Statement

- No financial interests to disclose
- The views expressed in this presentation are those of the authors and do not necessarily reflect the official policy or position of the U.S. Department of Health and Human Services, the Indian Health Services, or the U.S. Government
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My background and my why

- Grew up in Ohio, attended undergrad at Ohio University and pharmacy school at University of Florida
- First became interested in IHS through a rotation at Cherokee, NC
- Pharmacy residency at Phoenix Indian Medical Center
- Over 16 years of service to AI/AN living with HIV

Agenda

- Transmission/Prevention
- Treatment
- Pre-Exposure Prophylaxis
- Resources

What is HIV?

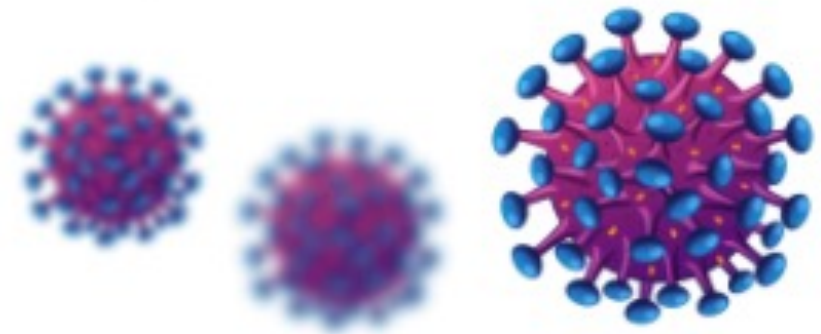


What Is HIV?

HIV (*human immunodeficiency virus*) is a virus that attacks cells that help the body fight infection, making a person more vulnerable to other infections and diseases. It is spread by contact with certain bodily fluids of a person with HIV, most commonly during unprotected sex (sex without a condom or HIV medicine to prevent or treat HIV), or through sharing injection drug equipment.

WHAT IS HIV?

Human Immunodeficiency Virus (HIV) is a virus that attacks cells that help the body fight infection.



There's no cure, but it is **treatable** with medicine.

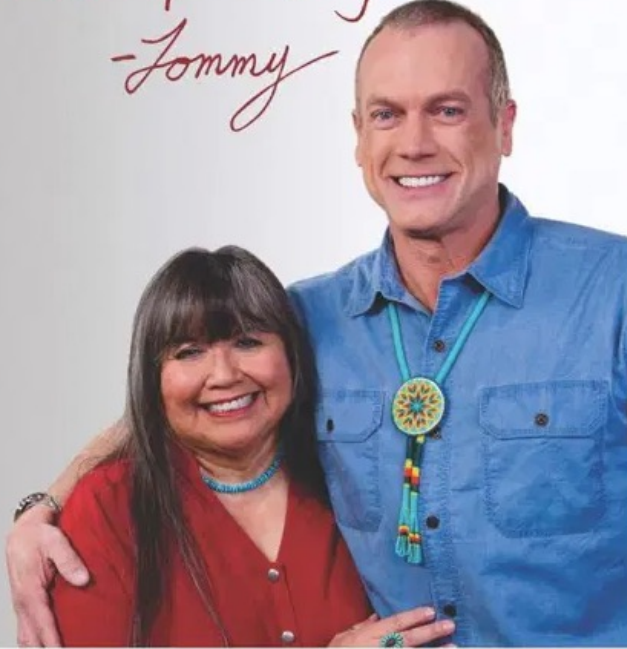


HIV in the United States

- 1.2 million people living with HIV
- 36,400 new HIV infections in 2018
 - 7% decrease compared with 2014
- Lifetime risk for men who have sex with men 1 in 6 (17%)
- Video: [Tommy's Story](#)

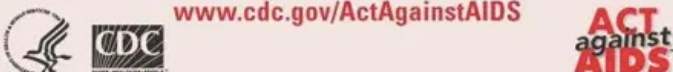
I am a friend, a brother, and Cherokee/Lumbee.
And I am living with HIV.

Let's stop HIV together.
-Tommy



Tommy (right) has lived with HIV since 1985.

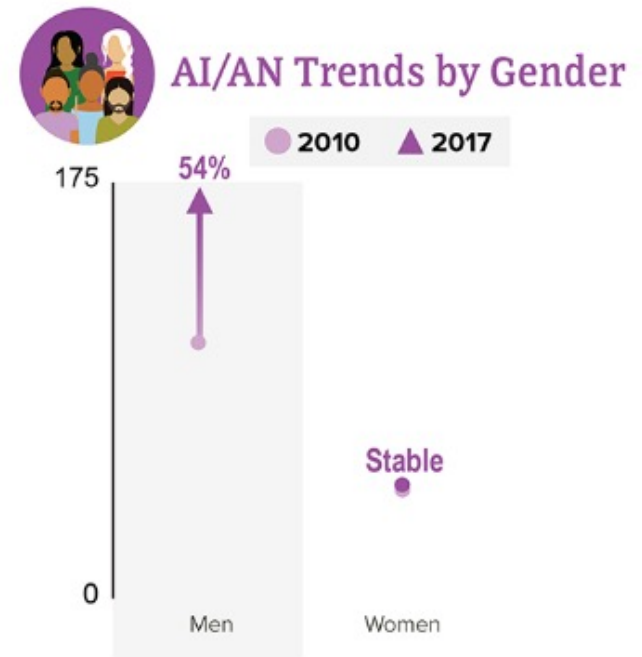
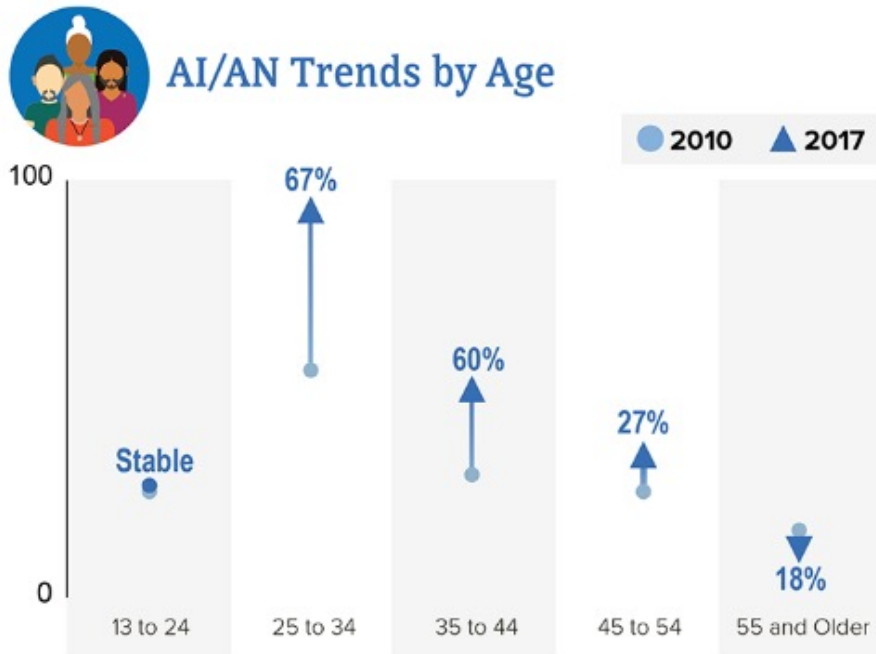
Get the facts. Get tested. Get involved.
www.cdc.gov/ActAgainstAIDS



<https://www.hiv.gov/hiv-basics/overview/data-and-trends/statistics>

Hess K, et al. *Ann Epidemiol.* 2017;27:238-243.

HIV and American Indians & Alaska Natives



*Changes in populations with fewer HIV diagnoses can lead to a large percentage increase or decrease.
Source: CDC. [NCHHSTP AtlasPlus](#). Accessed April 27, 2020.

Ending the HIV Epidemic

Ending
the
HIV
Epidemic
A PLAN FOR AMERICA

GOAL:
75%
reduction in new
HIV infections
by 2025
and at least
90%
reduction
by 2030.

www.hiv.gov



Ending the HIV Epidemic



Diagnose all people with HIV as early as possible.

Treat people with HIV rapidly and effectively to reach sustained viral suppression.



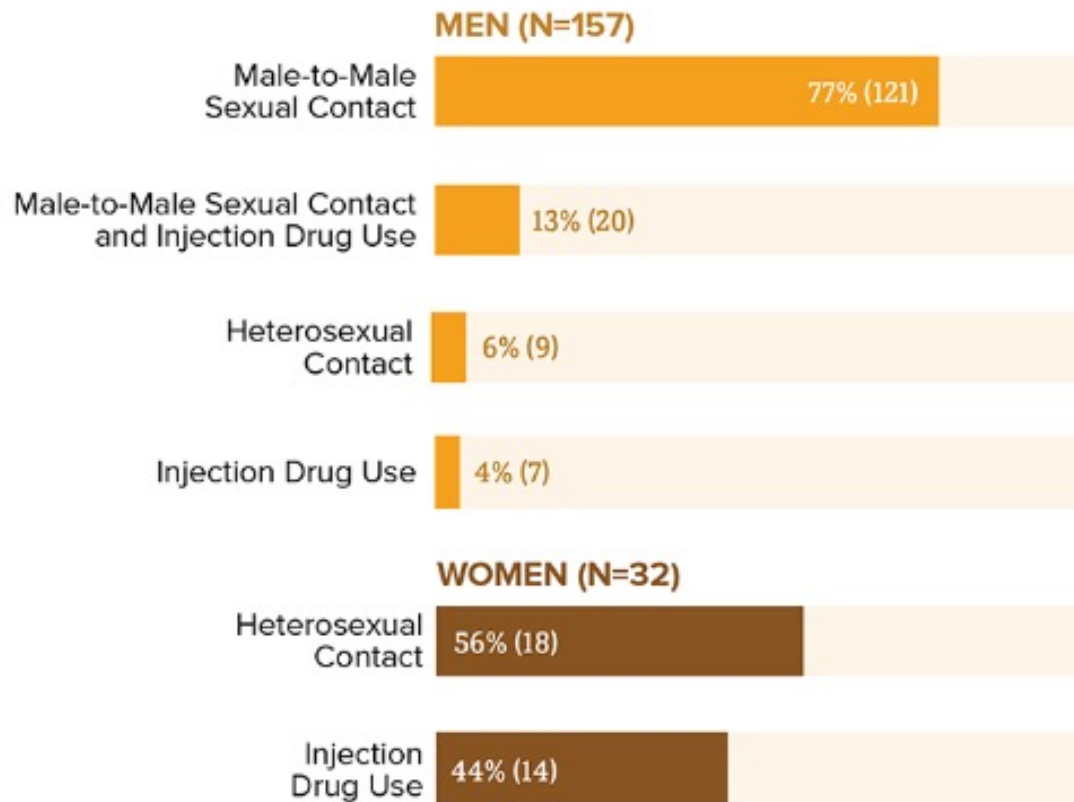
Prevent new HIV transmissions by using proven interventions, including pre-exposure prophylaxis (PrEP) and syringe services programs (SSPs).

Respond quickly to potential HIV outbreaks to get needed prevention and treatment services to people who need them.



HIV and American Indians & Alaska Natives

- AI/AN represent 1.3% of the U.S. population and are ~0.5% of the HIV diagnoses in 2018



<https://www.cdc.gov/hiv/pdf/library/reports/surveillance/cdc-hiv-surveillance-report-2018-preliminary-vol-30.pdf>

How Is HIV Spread from Person to Person?

- **Having vaginal or anal sex with someone who has HIV** without using a condom or taking medicines to prevent or treat HIV.
 - Anal sex is riskier than vaginal sex.
 - For anal sex, the receptive partner is at more risk than the insertive partner.
- **Sharing injection drug equipment, such as needles,** with someone who has HIV.
- **From mother to child during pregnancy, birth, or breastfeeding.**
 - However, the use of HIV medicines and other strategies have helped lower the risk of mother-to-child transmission of HIV to 1% or less in the United States.
- **Video: [HIV Facts](#)**
- **[How Is HIV Transmitted?](#) | [HIV.gov](#)**

Ways HIV is NOT Transmitted



HIV Stigma & Discrimination in the workplace



Scenario:

A friend at work remarks to you that another co-worker shouldn't be participating in the office potluck because he has HIV. How do you respond?

What you can do:

- Respond to your friend's misconception kindly by explaining the facts. "You don't need to worry. You can't get HIV from eating food handled by a person with HIV."
- Help your friend understand that refusing casual contact with someone with HIV is a form of stigma.
- Model positive behavior by eating the food your co-worker with HIV brings to the potluck. Have lunch together regularly and check in with your co-worker to ensure he isn't feeling isolated.

Treatment as Prevention (TasP)

U = **U** | **U**ndetectable =
Untransmittable

Are **U** in the Conversation?

Effectively zero risk of sexual transmission

Video: Shana's Story

Prevention Strategies

- TasP (Treatment as Prevention)
- Opt-out testing
 - Pregnancy, 1st and 3rd trimester at PIMC
 - Empaneled patients every 5 years at PIMC
 - Use bundles for STI testing to make sure HIV is included
- Condoms
- Talking with partners
 - Ask about their status, less partners
- Non-occupational post-exposure prophylaxis
- PrEP (Pre-Exposure Prophylaxis)

HIV Treatment

- HIV medicine is called antiretroviral therapy (ART)
- Many 1 pill once a day options
- No cure for HIV and is it a manageable chronic illness
- Most people can get the virus suppressed within a few months
- Taking HIV medicine does not prevent transmission of other sexually transmitted infections

When should HIV treatment be started?

- As soon as possible after diagnosis
- What if treatment is delayed?
 - HIV will continue to attack the person's immune system
 - The person living with HIV can transmit to others
 - The person is at higher risk of developing AIDS (Acquired Immune Deficiency Syndrome)
- Video: [HIV Stigma](#)

Pre-Exposure Prophylaxis

Why PrEP?

“An ounce of prevention is worth a pound of cure”

Benjamin Franklin

Video: [HIV Prevention](#)

What is PrEP?

- Pre-Exposure Prophylaxis
 - Pre= before
 - Exposure= either through sex or blood (IV drug use)
 - Prophylaxis= prevention
- Currently approved PrEP is 1 pill once a day to prevent HIV infection if exposed through sex or IV drug use
- For men, women, and transgender men and women that are at risk of acquiring HIV
- Other medications are being tested included long-acting injectable medications
- Video: [PrEP visit](#)

Who needs PrEP?

Behavior

- Sex without condoms
- Sex with partner who has HIV & not on treatment or unknown status
- Sharing of injection equipment

History

- STI in the past 6 months
- “High” number of sexual partners

Epidemiology

- Sexual activity in a high prevalence area or network
- Commercial sex worker

<https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf>

Transgender women

- 42% of transgender women with valid HIV test are HIV positive
- Rates vary by location
 - Seattle 21%
 - Atlanta 58%
- Rates vary by race
 - AI/AN 65%
 - Black/African Americans 62%
 - Whites 17%

<https://consumer.healthday.com/42-percent-of-transgender-women-with-valid-hiv-test-have-hiv-2652618804.html>

Stigma—leading cause of bad outcomes

- Prevents persons getting tested
- Prevents seeking treatment
- Prevents talking about concerns and questions
- Prevents people from getting PrEP

HIV stigma & discrimination in families



Scenario:

You arrive to a family reunion picnic with your sister who recently shared with the family that she was diagnosed with HIV. As you make your way around to say hello and offer hugs to family members, your cousin hesitates when greeting your sister, commenting "I'm not going to get it am I?"

What you can do:

- Model positive behavior by hugging your sister.
- Share [HIV basics](#), including facts about how HIV is transmitted. "I'm not sure if you know, but HIV is not spread by hugging, shaking hands, or socially kissing someone who has HIV. HIV can't survive outside the body."
- Offer to have a conversation and answer any other questions she might have about HIV.
- Follow up later with an email or text that links to educational resources.

Family situations and stigma

- People living with HIV that
 - Disowned
 - Lost housing “kicked out”
 - Have to use a particular bathroom
 - Have to sanitize bathroom after each use
 - Have their own dishes and utensils
 - Told not to allow the dog to lick their faces
 - Not allowed to have contact with children
 - Not allowed to prepare food for the family

PIMC: HIV Center of Excellence

- Over 350 patients living with HIV
- Over 100 patients on HIV prevention in 2020
 - Estimated 300-400 patients at PIMC that would be eligible
- Medical home: Physician, nurse case managers, pharmacist, benefits coordinator, psychologist, and psychiatrist
- Viral suppression: 91% in 2019 and 86% in 2020

My team



The Sage Clinic 2020:
Jennifer, Heather, Karen, Dr. Markman, Tilda, Dr. Bloomquist, Glenn,
Gina, Janet, Monique & Dr. Hunter

What can I do?

- Decrease stigma
 - Talk to anyone that will listen
 - Focus on U=U and HIV Prevention
 - Did you know that people living with HIV and controlled on treatment can't transmit HIV?
- Talk to family and friends that may be at risk about PrEP
 - <https://www.getyourprep.com/>
- Assist patients with getting testing, treatment and prevention
- Target activities to Days of Action

Days of Action

- World AIDS Day- December 1st
- National Native American HIV/AIDS Awareness Day-
March 20th
 - Spring Equinox, March 19th every 4 years (2024, 2028, etc)
- National Transgender HIV Testing Day- April 28th
- National HIV testing day- June 27th

Resources

- [HIV/AIDS | Indian Health Service \(IHS\)](#)



Indian Health Service

The Federal Health Program for American Indians and Alaska Natives

Search IHS



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The Indian Health Service continues to work closely with our tribal partners to coordinate a comprehensive public health response to COVID-19. [Read the latest info.](#)

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HIV/AIDS

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HIV/AIDS



HIV.gov COVID-19 RESOURCES

Visit HIV.gov's [Coronavirus \(COVID-19\) and People with HIV: Resources](#) page for HIV-related information and tools on this ongoing health issue.

The IHS National HIV/AIDS Program (HIV/AIDS) coordinates and promotes HIV/AIDS prevention and treatment activities specific to Indians as part of a comprehensive public health approach. In addition to providing medical care to eligible beneficiaries, the IHS also serves as a public health system. The goals of the HIV/AIDS Program are to prevent further spread of HIV and improve health outcomes for those already living





NPAIHB
Indian Leadership for Indian Health

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PROJECT RED TALON

Project Red Talon works to prevent human immunodeficiency virus (HIV), sexually transmitted infections (STIs) and Hepatitis C virus (HCV). The project has provided training and technical assistance to tribes and tribal organizations throughout the U.S. on implementing and evaluating culturally appropriate sexual health and STI/HIV prevention programs since 1988. The project is funded by the IHS HIV Program.

[Sign up for our
Email Newsletter](#) 



Contact us if you want to know more

- More general questions about HIV
- Community outreach on HIV
- Improve screening and linkage to care
- Reduce stigma and misunderstanding around HIV
- Let people know about PrEP
- Work closer with our clinical staff on any of the above

Michelle.Archuleta@ihs.gov