



HIV Essentials – the journey to online tools

POSITIVE WOMEN'S SEMINAR 2021 | ABBY LEOTA



ONLINE COURSE



ONLINE ACCESS TO
FILMED SPECIAL
EVENTS/PRESENTATIONS



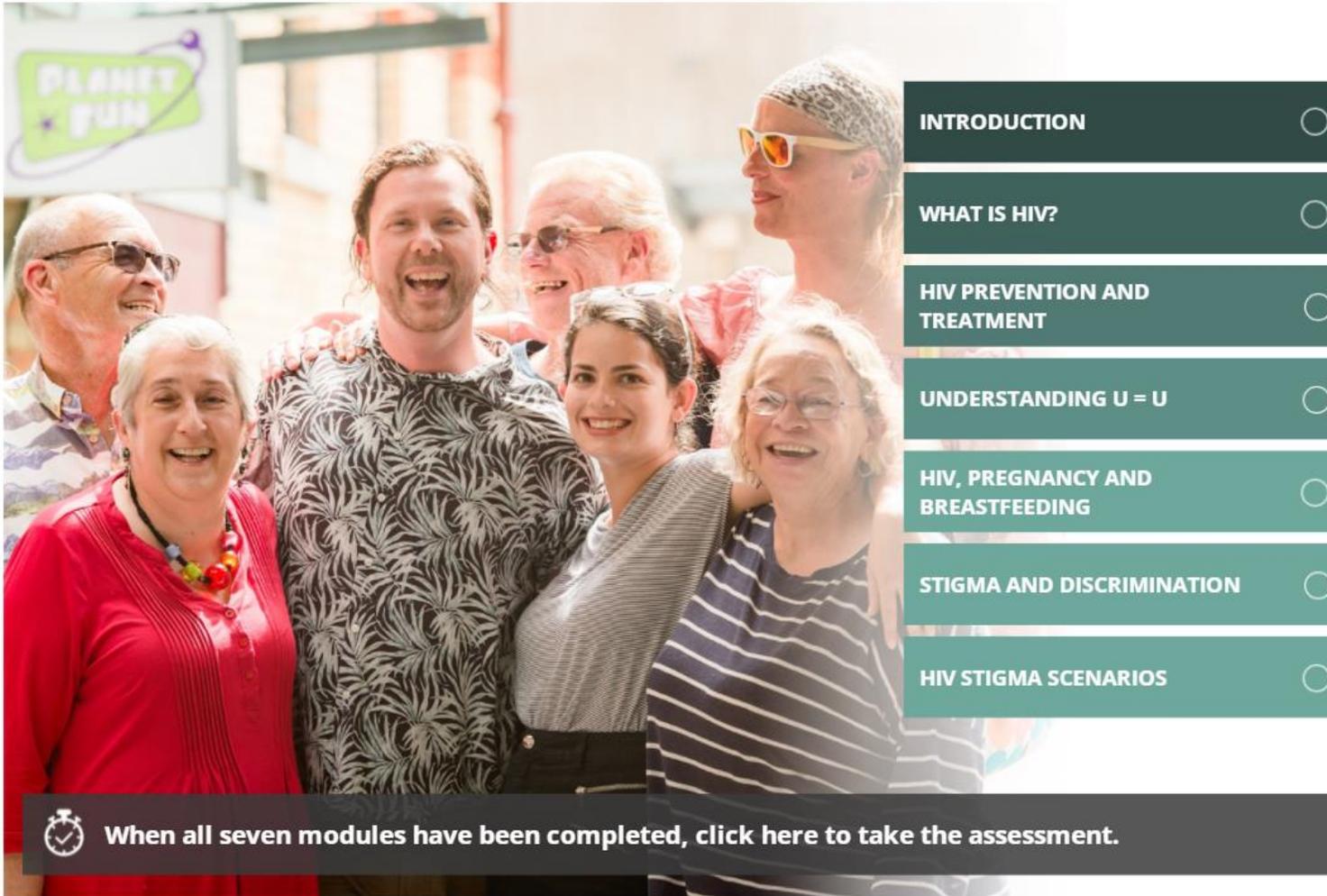
ONLINE FACTSHEETS



AN ONLINE QUICK-FIRE
QUIZ



AN ONLINE LIBRARY



- INTRODUCTION
- WHAT IS HIV?
- HIV PREVENTION AND TREATMENT
- UNDERSTANDING U = U
- HIV, PREGNANCY AND BREASTFEEDING
- STIGMA AND DISCRIMINATION
- HIV STIGMA SCENARIOS

 When all seven modules have been completed, click here to take the assessment.

HIV, pregnancy and childbirth

Mother-to-child transmission of HIV can happen during pregnancy, during delivery, and through breastfeeding. HIV treatment can help prevent this.

All women in New Zealand are offered an HIV test as part of their antenatal screening.

Select the buttons on this screen to learn more.

- Can women take HIV medicine during pregnancy?
- How does HIV treatment prevent transmission in pregnancy?
- Are women able to have vaginal births?
- What are the latest statistics?

← BACK

NEXT →



Effective HIV prevention and treatment

There are several ways to reduce or prevent HIV being passed on. In some cases, the method of preventing HIV transmission, is also used for treating HIV.

Select each button to learn more.

-  Use condoms
-  Regular testing
- U=U** Undetectable=Untransmittable (U=U)
-  Treatment as Prevention (TasP)
-  Pre-Exposure Prophylaxis (PrEP)
-  Post-Exposure Prophylaxis (PEP)

Getting tested regularly is important because:

- If a person does not know they have HIV, they could unknowingly pass it on to other people
- If a person knows they have HIV it means they can immediately start HIV treatment. Research shows that starting treatment as soon as possible gives people better long-term health outcomes
- Being on medication also prevents sexual partners from getting HIV

← BACK

NEXT →

Resource Library

Search for HIV information resources including factsheets, quizzes, videos and more.

Enter Keyword Sort by:



HIV Quiz - Test your knowledge

Quiz

Take Quiz



UNAIDS Global HIV Statistics 2019

PDF

View Document



Understanding U = U - HIV Essentials Factsheet 4

PDF

View Document



Towards an HIV cure: clinical strategies being tested but will we ever get there?, Dr Sharon Lewin

Video

HIV Treatments Update Seminar 2019

Watch Video

HIV ESSENTIALS FACTSHEET
Understanding U = U

U=U

A person living with HIV, who is on HIV treatment and has an undetectable viral load cannot transmit HIV to their sexual partners. This is called *Undetectable equals Untransmittable* or "U=U".

In New Zealand, a person is considered "undetectable" when the amount of active HIV in their blood can't be detected (<20 copies of HIV per ml of blood).

Being "Undetectable" does not mean a person is cured of HIV, but it does mean the amount of virus is at such a low level it can no longer be passed on.

It is important that people continue taking HIV medication or their viral load will increase, impacting their health and making HIV transmittable again.

Benefits of U=U for people living with HIV

- Enjoy an active and healthy sex life without worrying about passing HIV on to partner/s.
- With continuous HIV treatment and monitoring, have the same life expectancy as people living without HIV.
- Conceive a baby without using alternative insemination such as IVF.
- Greatly reduce the risk of transmission from mother to child during pregnancy or breastfeeding.

positivespeakers.org.nz

UNAIDS

FACT SHEET - WORLD AIDS DAY 2019

GLOBAL HIV STATISTICS

24.5 million [21.6 million-25.5 million] people were accessing antiretroviral therapy ("end of June 2019).

37.9 million [32.7 million-44.0 million] people globally were living with HIV (end 2018).

1.7 million [1.4 million-2.3 million] people became newly infected with HIV (end 2018).

770 000 [570 000-1.1 million] people died from AIDS-related illnesses (end 2018).

74.9 million [58.3 million-98.1 million] people have become infected with HIV since the start of the epidemic (end 2018).

32.0 million [23.6 million-43.8 million] people have died from AIDS-related illnesses since the start of the epidemic (end 2018).

People living with HIV

- In 2018, there were 37.9 million [32.7 million-44.0 million] people living with HIV.
- 36.2 million [31.3 million-42.0 million] adults.
- 1.7 million [1.3 million-2.2 million] children (<15 years).
- 79% [67-92%] of all people living with HIV knew their HIV status.
- About 8.1 million people did not know that they were living with HIV.

Living with HIV accessing antiretroviral therapy

of end of June 2019, 24.5 million [21.6 million-25.5 million] people were accessing antiretroviral therapy, up from 7.7 million [6.8 million-8.0 million] in 2010.

- [47-74%] of all people living with HIV were accessing treatment.
- [54-74%] of adults aged 15 years and older living with HIV were accessing treatment.
- 54% [37-73%] of children aged 0-14 years.
- 1-66% of female adults aged 15 years and older had access to treatment.
- 1-66% of male adults aged 15 years and older had access to treatment.
- 1-66% of women living with HIV had access to antiretroviral therapy.
- 1-66% of women living with HIV had access to antiretroviral therapy.

Ending the AIDS epidemic

HIV TREATMENTS UPDATE SEMINAR

one day seminar in HIV medicine

00:05

vimeo

6 HIV Stigma and Discrimination

HIV stigma

HIV stigma is negative attitudes and beliefs about people living with HIV.

Examples of stigma:

- Believing that only certain groups of people can get HIV.
- Feeling that people deserve to get HIV because of their choices.

HIV stigma and discrimination are based on **moral judgements, ignorance and fear**. It stems from outdated ideas about HIV, misinformation about how the virus is transmitted, and a lack of knowledge about effective HIV treatment available today.

Stigma around having HIV and how you get HIV can:

- Make those diagnosed with HIV, feel afraid to tell others.
- Stop people living with HIV accessing the treatment and support they need.
- Make people less likely to get tested for HIV. Undiagnosed and untreated HIV is the main way the virus is spread.



positivespeakers.org.nz

HIV discrimination

HIV discrimination is the act of treating people living with HIV differently than those without HIV. Discrimination is the behaviour caused by stigma (negative beliefs).

Examples of discrimination:

- A healthcare professional putting on two pairs of gloves when providing care to someone living with HIV.
- Refusing casual contact with someone living with HIV.
- Socially isolating a member of a community because they are living with HIV.

Ways to reduce HIV stigma and discrimination:

- Learn about how HIV can and cannot be transmitted and share these facts with others.
- Share the message that "Undetectable equals Untransmittable" (U=U), meaning people living with HIV who are on effective HIV treatment and achieve an undetectable viral load, cannot sexually transmit HIV.
- Challenge HIV stigma and discrimination. Make a formal complaint or if it comes up in conversation, tell people the facts.
- Understand the rights of people living with HIV and challenge out of date policies and attitudes.
- Support people who share they have HIV. Listen and take time to understand what it means.

3 HIV Prevention and Treatment

HIV Treatment



Medication for HIV is called **Antiretroviral Treatment (ART)** and is commonly known as "HIV treatment."



HIV treatment is not a cure for HIV, but it **does control the virus**. This allows the immune system to recover and enables people living with HIV to live long and productive lives.

To reduce risk of transmitting HIV

- **Always use a condom and lubricant** correctly when having vaginal or anal sex.
- **Get tested regularly** for HIV.
- **Start treatment early** – People living with HIV and on HIV treatment can achieve an undetectable viral load which means they cannot pass on the virus. This is known as "Undetectable equals Untransmittable" (U=U).
- **Take Pre-Exposure Prophylaxis (PrEP)** which is a daily pill to help prevent people who have regular unprotected anal or vaginal sex from getting HIV.
- **Access Post-Exposure Prophylaxis (PEP)** which is an anti-HIV medication that may prevent HIV if someone has recently been exposed to HIV, such as a healthcare worker through a needle-stick injury. This needs to be taken within 72 hours of exposure to the virus.



positivespeakers.org.nz

3 HIV, Pregnancy and Breastfeeding

Pregnancy, childbirth and HIV



Without HIV treatment, mother-to-child transmission mostly happens during **childbirth and through breastfeeding**.



Transmission can happen during pregnancy, but this is less common.



HIV treatment minimises the risk of HIV passing from mother to child during pregnancy and childbirth by reducing the viral load in the body. It also helps the mother stay healthy.

Breastfeeding and HIV

- If a mother has an undetectable viral load and breastfeeds exclusively for the first 6 months, the possible risk of transmission through breastfeeding from mother-to-child is 1.1%.
- The risk of HIV transmission increases to 2.9% when breastfeeding for more than 6 months.
- The risk is 10-20% if the mother is not on HIV treatment or does not have an undetectable viral load.
- Women living with HIV have the right to make an **informed choice** if they wish to breastfeed or not, and to be fully supported in whatever decision they make.
- New Zealand Ministry of Health recommends that women living with HIV do not breastfeed their babies because: HIV can be transmitted via breast milk, although the risk is reduced through HIV treatment, there is not enough research showing the risk can be eliminated, there are **safe and effective alternatives** in New Zealand to breastfeeding, which provide enough nutrients for the baby.



positivespeakers.org.nz

2 HIV, AIDS and Transmission

Human Immunodeficiency Virus (HIV)



HIV is a virus that attacks immune cells which help the body combat infections. The immune system helps the body to fight off infections.



Over time, as HIV overpowers the body's immune system the body is more likely to get various types of infections and cancers.

Acquired Immune Deficiency Syndrome (AIDS)

- AIDS is not a virus. AIDS is acquired through undiagnosed or untreated HIV.
- AIDS causes a severe deficiency of a person's immune system. This increases the risk of specific and opportunistic, life-threatening infections and cancers.
- AIDS is the medical term that describes this group of illnesses and symptoms. This is why AIDS is considered a "syndrome."

HIV transmission

- Cannot be transmitted through general social contact like kissing, touching, using the same toilet seat or sharing a towel.
- Cannot be transmitted in bodily fluids like saliva, sweat, or urine.
- Can only be transmitted by 6 bodily fluids: Blood; Semen; Pre-seminal fluid; Rectal fluids; Vaginal fluids; Breast milk.
- Can only be transmitted by certain activities: Anal or vaginal sex without a condom; sharing needles and syringes; mother to child during pregnancy, birth or breastfeeding; and through direct blood to blood contact.



positivespeakers.org.nz

1 The Global Context and New Zealand

Around the globe



There are 37.9 million people living with HIV and 5000 new infections each day.



HIV is a major global public health issue and has claimed more than 35 million lives so far.



Since 1997 significant progress in prevention and treatment has been made, with new infections reduced by 40%.



Prevention and care vary from country to country. Only 62% of the global population are able to access antiretroviral drugs.



In New Zealand

- There is low prevalence of HIV with around 4000 people living with the virus. Gay, bisexual, and men who have sex with men (MSM) are the most affected.
- HIV diagnoses have declined in the last 2 years due to a number of prevention strategies such as: improved access to treatments for all people living with HIV; access to Pre-Exposure Prophylaxis (PrEP) for those at risk of HIV; and ongoing campaigns to promote testing.
- The biggest barrier to ending HIV is stigma and discrimination.
- Research shows that due to stigma people are less likely to test for HIV and people living with HIV are less likely to access treatment.
- Undiagnosed and untreated HIV are the biggest reasons HIV continues to be transmitted.

positivespeakers.org.nz

3 HIV, Pregnancy and Breastfeeding

Pregnancy, childbirth and HIV



Without HIV treatment, mother-to-child transmission mostly happens during **childbirth and through breastfeeding**.



Transmission can happen during pregnancy, but this is less common.



HIV treatment minimises the risk of HIV passing from mother to child during pregnancy and childbirth by reducing the viral load in the body. It also helps the mother stay healthy.

Breastfeeding and HIV

- If a mother has an undetectable viral load and breastfeeds exclusively for the first 6 months, the possible risk of transmission through breastfeeding from mother-to-child is 1.1%.
- The risk of HIV transmission increases to 2.9% when breastfeeding for more than 6 months.
- The risk is 10-20% if the mother is not on HIV treatment or does not have an undetectable viral load.
- Women living with HIV have the right to make an **informed choice** if they wish to breastfeed or not, and to be fully supported in whatever decision they make.
- New Zealand Ministry of Health recommends that women living with HIV do not breastfeed their babies because: HIV can be transmitted via breast milk, although the risk is reduced through HIV treatment, there is not enough research showing the risk can be eliminated, there are **safe and effective alternatives** in New Zealand to breastfeeding, which provide enough nutrients for the baby.



positivespeakers.org.nz

4 Understanding U = U

Undetectable equals Untransmittable (U=U)



A person living with HIV, who is on HIV treatment and has an undetectable viral load cannot transmit HIV to their sexual partners. This is called **Undetectable equals Untransmittable** or "U=U".



In New Zealand, a person is considered "undetectable" when the amount of active HIV in their blood can't be detected (<20 copies of HIV per ml of blood).



Being "undetectable" does not mean a person is cured of HIV, but it does mean the amount of virus is at such a low level it can no longer be passed on.



It is important that people continue taking HIV medication or their viral load will increase, impacting their health and making HIV transmittable again.



Benefits of U=U for people living with HIV

- Enjoy an active and healthy sex life without worrying about passing HIV on to partners.
- Conceive a baby without using alternative insemination such as IVF.
- Greatly reduce the risk of transmission from mother to child during pregnancy or breastfeeding.
- With continuous HIV treatment and monitoring, have the same life expectancy as people living without HIV.

positivespeakers.org.nz



HIV Quiz

* 3. Who can get HIV?

Select all the options you think are correct.

- People who inject drugs.
- Sex workers.
- Men who have sex with men (MSM).
- People from countries with high rates of HIV.
- Anyone.



GO BACK

NEXT

Results

387

COMPLETED

3

PROFESSIONAL ENDORSEMENTS

1. ROYAL NZ COLLEGE OF GPs
2. MIDWIFERY ASSOCIATION
3. NZ DENTAL ASSOCIATION

100%

AGREE OR STRONGLY AGREE
HIV ESSENTIALS IS A
VALUABLE AND EFFECTIVE
LEARNING TOOL

Loved this course. I gained a wider understanding and feel more educated to advocate and stand beside those living with HIV or AIDS

6/16/2021 4:56 PM

[View respondent's answers](#)

[Add tags](#) ▼

Really well designed course - quite inspiring!

6/16/2021 3:58 PM

[View respondent's answers](#)

[Add tags](#) ▼

Learnt heaps. This course invaluable and should be made available to every New Zealander

6/11/2021 11:38 AM

[View respondent's answers](#)

[Add tags](#) ▼

Fantastic course, thank you very much. Challenged my own thinking and helped me to realise how to mitigate HIV related stigma and discrimination in my future practice and in life in general.



**DO THE
COURSE**



**BOOK A
SPEAKER**



**PLHV ARE
EXPERTS**