HIV NURSING 2022

September 15-16, 2022 • Virtual
Nurse-Led Clinics-Do they Work?

Hospital District of Helsinki ja Uusimaa (HUS)
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Background

- 2010 -> independent nurse’s appointments
- nurse's career and salary development
- willingness to use and show our skills
- more patients
- the needs of patients can be met better

- every other control for a patient with stable HIV infection
Criteria for a nurse 1/3

- RN
- lower/upper university of applied sciences degree
- extensive professional qualifications
- masters his/her own specialty and theoretical knowledge
- work experience
- good knowledge of the clinical care of patients with HIV infection
- participated in trainings included comprehensive teaching related to HIV infection (National HIV training, Finnish HIV/aids Nurses Association’s Nursing Days, Women's Clinic HIV day, HIV Meetings abroad)
Criteria for a nurse 2/3

• advantage of studying e.g infectious diseases, sexual counselor/therapist, crisis work
• held “first” discussions when patient into the clinic
• followed the colleagues and doctor’s appointments
• participates in the work of a multiprofessional team
• English language skills
• ability to work with patients from different cultural backgrounds
Criteria for a nurse 3/3

- creative and intuitive work
- maintain skills with additional and supplementary training
- evidence of independent HIV nursing development, e.g. on preparing instructions, lectures, supervision of colleagues
- work is evidence-based
Expanded tasks of the Nurse

- 2021
- nurse’s appointments
- **PEP** patient’s treatment
  needs assessment and implementation
- implementation of treatment
  with **injectable medication**
- network nurse’s work
- train and develop
Appointment

- How are you?
- Vitals (RR, p) weight, height
- Substance abuse/stop smoking
- Check together the laboratory results
- How did it go with the medication, possible forgetting, side effects
- Check the whole medication, compatibility/interactions
- Vaccinations
- Gynecological follow-ups done?
- Dentist, if needed
- Guidance and advice on booking an appointment
- Guidance and encouragement, weight management and lifestyle
### Appointment

<table>
<thead>
<tr>
<th>Relationship, sex, telling about the HIV or not, protecting yourself, not protecting yourself</th>
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<tbody>
<tr>
<td>being a woman, being a man</td>
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<td>need for peer support, recommendation and guidance for it</td>
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<td>patient’s whole well-being and here he has the opportunity to discuss matters he considers important</td>
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<td>time reserved hour, also recording in that time (structured recording speeds up)</td>
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<tr>
<td>doctor/colleague is consulted with a low threshold</td>
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<td>guidance to another professional (sexual therapist, social worker, psychological consultation)</td>
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<td>supporting a partner/relative</td>
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Digital appointments

the visit can also be arranged in HealthVillage-> MyPaths digital way (https://www.terveyskyla.fi/en/mypath)

patient visits the laboratory and responds to inquiries (medication, lifestyle, new diseases, RR, p, weight)

we review the lab test results + the answers and write an "analysis" in positive and encouraging way

easy, cost effective
HIV register (Inf care)

- national quality register
- collects information, e.g. about the effectiveness of the treatment
- medication, CD4 cells and HIVNh visually
- pregnant, dropped out of treatment, low CD4 cells, high HIVNh
- helps create the future HIV strategy
My specializations and recognition (competence)

- Infectious Diseases- Nursing 2009
- Case Management in Social Services and health Care 2020
- The Clinical Practice Nursing Certification- HIV Nursing 2018 (Finnish Nurses Association)
Does this work?

Minus:
Lack of Nurses

Plus:
We all; patients and team like!
We focus on the patient’s HIV infection but we can influence to his/her whole well-being.