



HIV NURSING 2022



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IAAC
INTERNATIONAL ASSOCIATION
OF PROVIDERS OF AIDS CARE

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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

relationship, sex, telling
about the HIV or not,
protecting yourself, not
protecting yourself

being a woman,
being a man

need for peer support,
recommendation and
guidance for it

patient's whole well-
being and here he has
the opportunity to
discuss matters he
considers important

time reserved hour, also
recording in that time
(structured recording
speeds up)

doctor/colleague is
consulted with a low
threshold

guidance to another
professional (sexual
therapist, social worker,
psychological
consultation)

supporting a
partner/relative



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 HIVN_h visually
- pregnant , dropped out of treatment, low CD4 cells, high HIVN_h
- 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.

