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AMSTERDAM
FAST-TRACK CITIES 2023

ACHIEVING VIROLOGICAL CONTROL AND ENGAGEMENT THROUGH TAILORED PEER MENTORING: SUCCESSFUL CONCLUSIONS OF A COLLABORATIVE PROJECT SUPPORTED BY THE FAST TRACK CITIES (FTC) INITIATIVE



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BACKGROUND



Adherence

Incomplete adherence to antiretroviral therapy (ART) and difficulty engaging with clinical care results in poor health outcomes



Barriers

- Stigma (incl. self)
- Mental Health
- Migration
- Housing
- Drugs & Alcohol
- Isolation
- Culture / language
- Navigating healthcare



Peer Support

Bridging communication, support navigating health system and empowering



Funding

The three-year project was funded by the Fast-Track Cities initiative

PROJECT AIM

60% of patients who engaged with the peer mentor to achieve a **VL < 200** copies /ml within **12** months of referral being made



Promotion

Promotional material, referral pathway and first contact script

Support Plans

Individually tailored and holistic support plans in collaboration with client, including signposts and referrals

Teamwork

The FTC peer mentor was embedded at both the Harrison Wing and Caldecot Centre clinics

METHODOLOGY



COVID-19

Remote work &
immunisation
Disruption of service



M-POX

Immunisation
Disruption of service



Cost of Living

Impact on access to
HIV care



CLINICS

Embedded since July
2021 (MDT & ward
rounds)



STRIKES

Disruption / adaptability
across teams

DATA

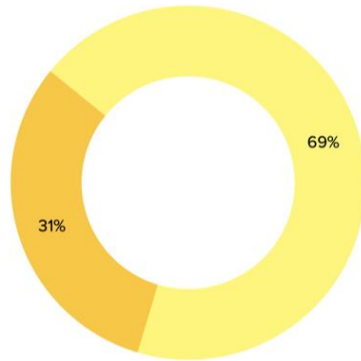


CD4/VL

The median CD4 count at referral was 187 cells/ml (range 8-1147 cells/ml) With median viral load 82,000 copies/ml

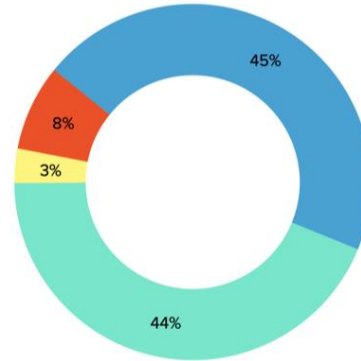


Gender



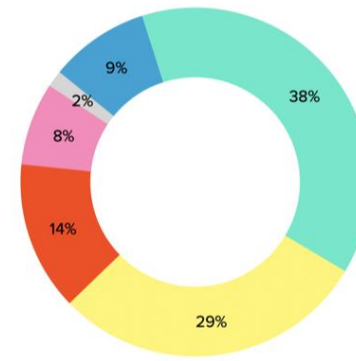
- Cis Male
- Cis Female

Sexuality



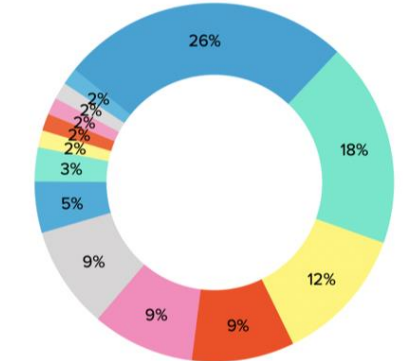
- Heterosexual
- Gay
- Bisexual
- Rather not say

Nationality



- Europe
- UK
- Africa
- Latin-America
- Caribbean
- USA

Ethnicity



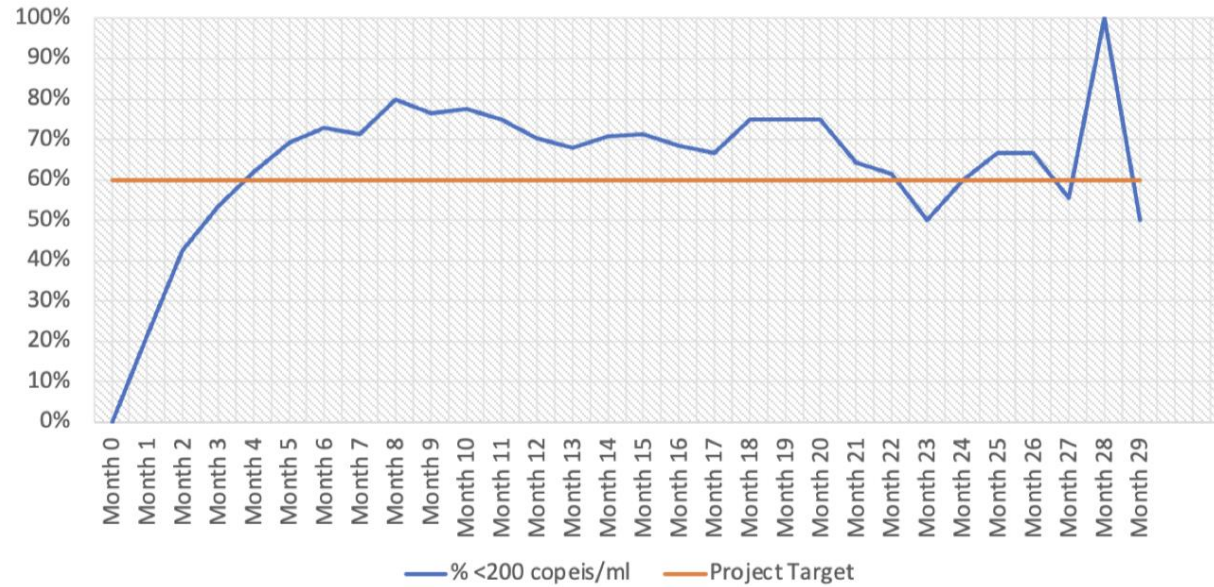
- Black African
- Black Caribbean
- Black British
- White British
- Latin American
- White European
- W&B Caribbean
- White Other
- Indian
- White Irish
- Afro-American
- Black European
- W&B African

RESULTS

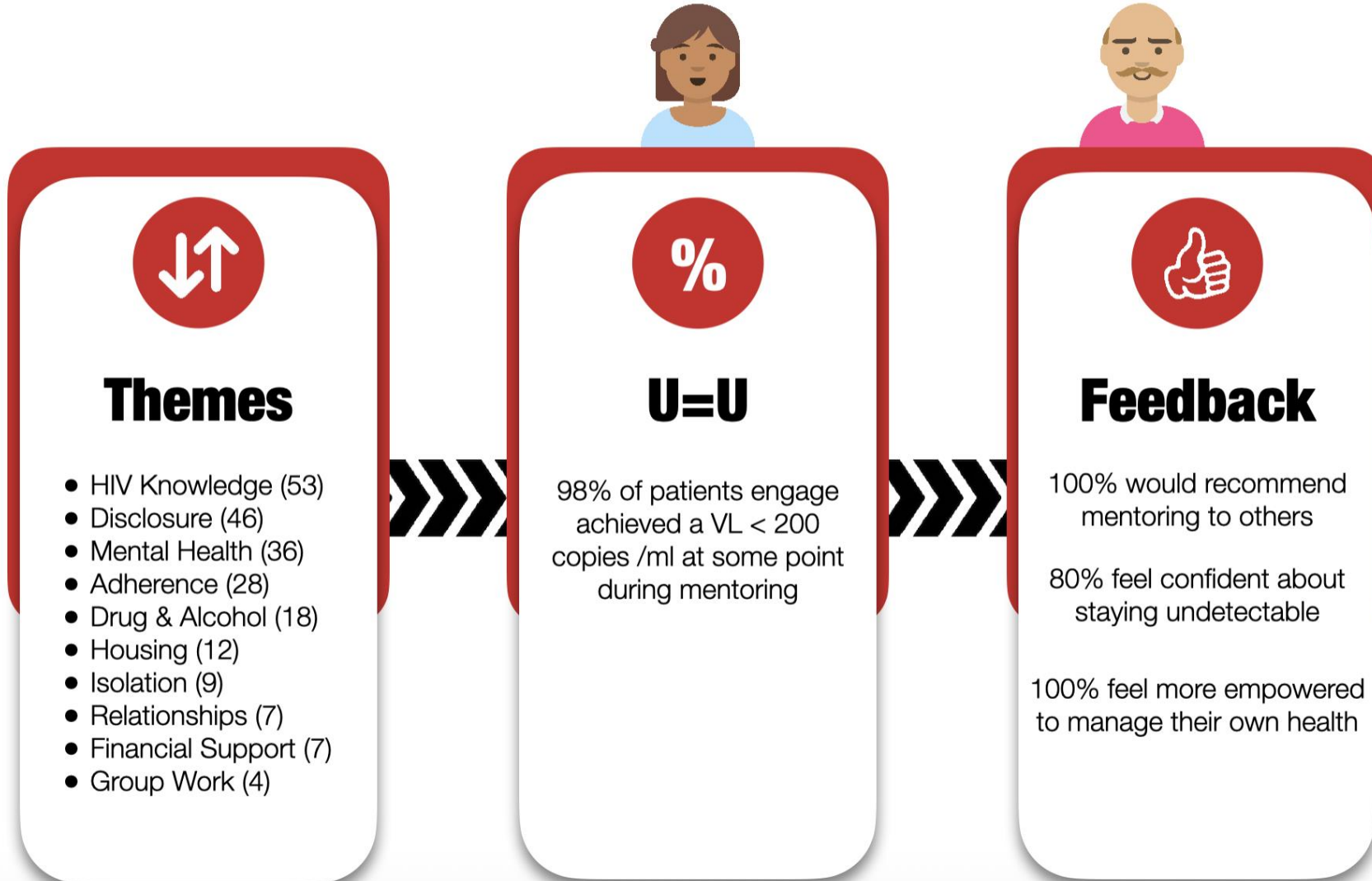


Virology

Percentage of patients engaged with the peer mentor with an undetectable viral load (<200 copies/ml) over months since referral to FTC mentor



RESULTS





Lessons Learnt

- Genuine partnership between clinicians and third sector
- Simplifying information
- Patients priorities
- Intensive and individualised approach for most complex clients
- Empowering patients
- Feedback loop

Recommendations

- Clinical supervision, pastoral support
- Peer support embedded in clinic
- One-to-one and group-work for:
 - Young people with vertically acquired HIV
 - Migrant communities
 - Older people living with HIV
 - Afro-Caribbean communities
 - MSM

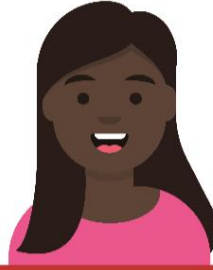
THANK YOU



TESTIMONIALS



"The service that is being offered is invaluable and I've learnt a lot that I could possibly pass on to someone in need. My mentor has even made me rethink a lot about my life as I never have before. So thank you!"



"Thanks so much for your support in this journey. You've really inspired me to really take my life back and I'll forever be grateful for that. I know what is to truly smile after being down for so long"



"I would absolutely recommend mentoring to others. I wish I had known about it long time ago as I battled mental health on my own for years. Many don't know how to ask for help, so to have someone who 'comes without asking' just to say help is at hand is quite valuable."

THANKS!