

20th Anniversary Conference of the
National HIV Nurses Association
28th June -29th June
Holiday Inn Brighton

THE PAST PRESENT AND FUTURE OF HIV NURSING

Evaluating the use of brief motivational interviewing
(MI) strategies and medication aids (pill boxes) in
patients with suboptimal antiretroviral adherence:
a clinical nurse specialist (CNS) led service

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“Adherence Success”:

HIV Clinical Nurse specialist + MI
(motivational interviewing strategies)
+ Pill box

Royal Free HIV Cohort

- Where are we: Hampstead North London:
- Ian Charleson Day Centre (ICDC)
- Numbers of patients 3324
- On HIV treatment 96%
- HIV viral load undetectable 91%

Royal Free HIV Cohort

ICDC Cohort – 2441 (73%) Male/ 883 (27%) Female

Black African – 785 (24%)

White British – 1196 (36%)

HIV CNS supported – 68 (57%) Male/ 52 (43%)

Female

Black African – 45 (36%)

White British – 28 (23%)

HIV CNS service-provides

- Hospital based: in/outpatient and community
- Brief intervention
- Multi-agency engagement
- Case management
- Onward referral

HIV CNS led service goals

- Support patients achieve better health
- Improve patients ARV adherence
- Proactive patient management- hospital admission avoidance
- Promote patient engagement and retention

HIV CNS -supports patients

- Complex
- Late presenters
- Hard to reach
- Comorbidities
- Mental health challenges
- Drug and alcohol dependency
- Housing/immigration/ social
- Ageing (over 50)

HIV CNS approach to care

- Patient centred, bespoke, holistic engagement
- MDT based (ward, clinic, doctor, pharmacist, psychologist)
- Team of two HIV specialist nurses
- Autonomous
- Flexible
- Creative

HIV CNS supported patients

- Where are our patients, North London: Camden, Barnet, Enfield, Haringey, London wide
- 120 patients from the Royal Free cohort
- Numbers on treatment 99%
- Numbers undetectable 74%

Factors affecting treatment Adherence

- Cognitive impairment
- Physical challenges
- Polypharmacy
- Health beliefs and attitudes
- Many strategies
- Medication aids
- Brief motivational interviewing approach

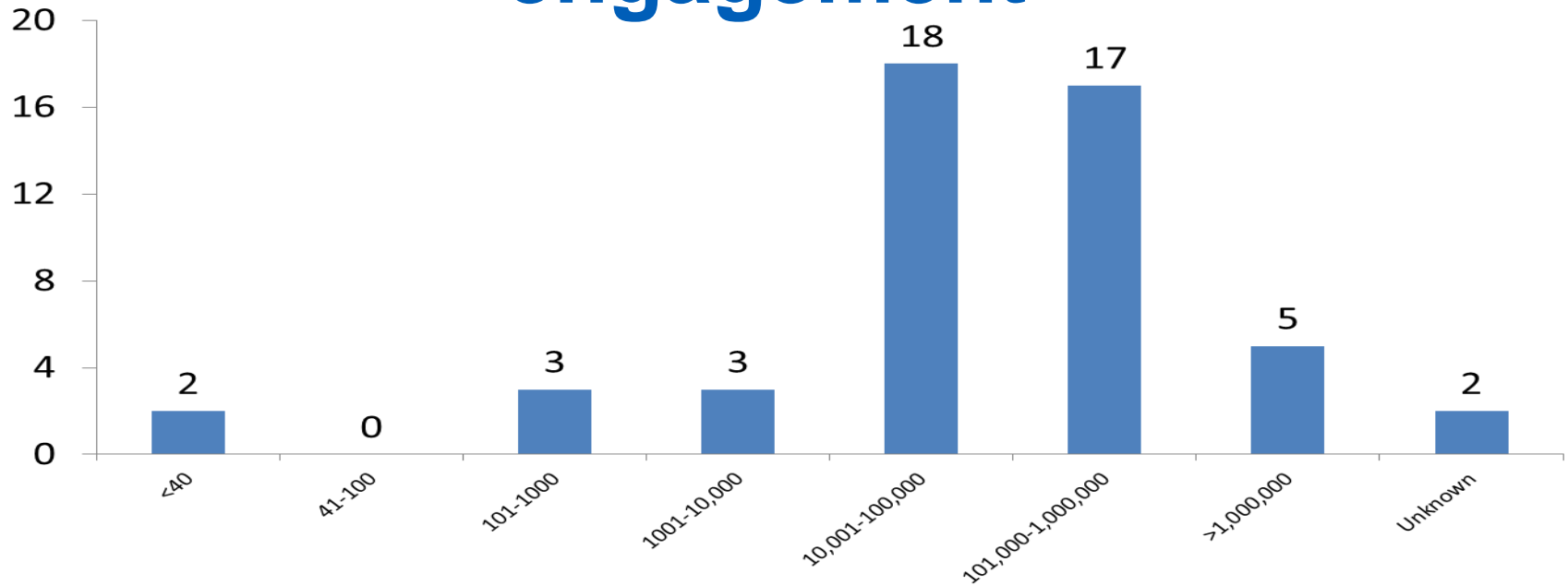
Evaluation 2017

- Evaluate HIV CNS service/ ongoing audit
- Measure one outcome, used HIV viral load
- 40 patients were managed with use of medication aid
- What is the medication aid (dossett box)

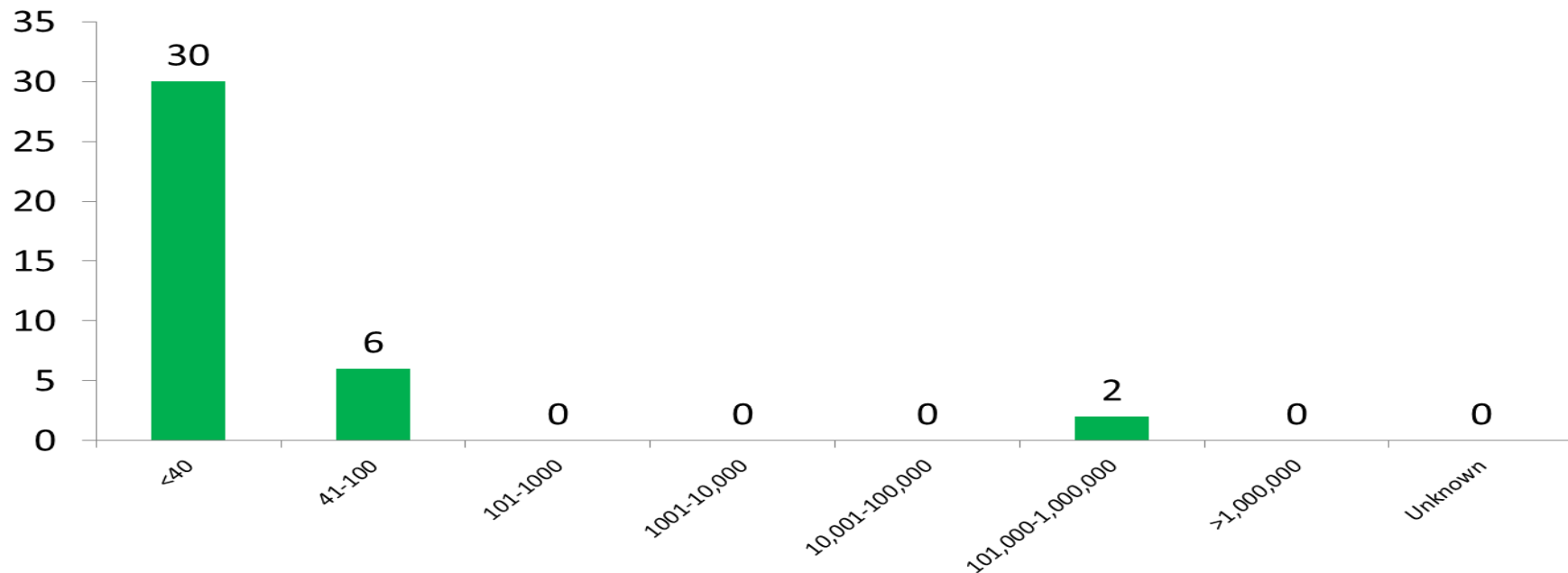


Medication aid/ dossett box

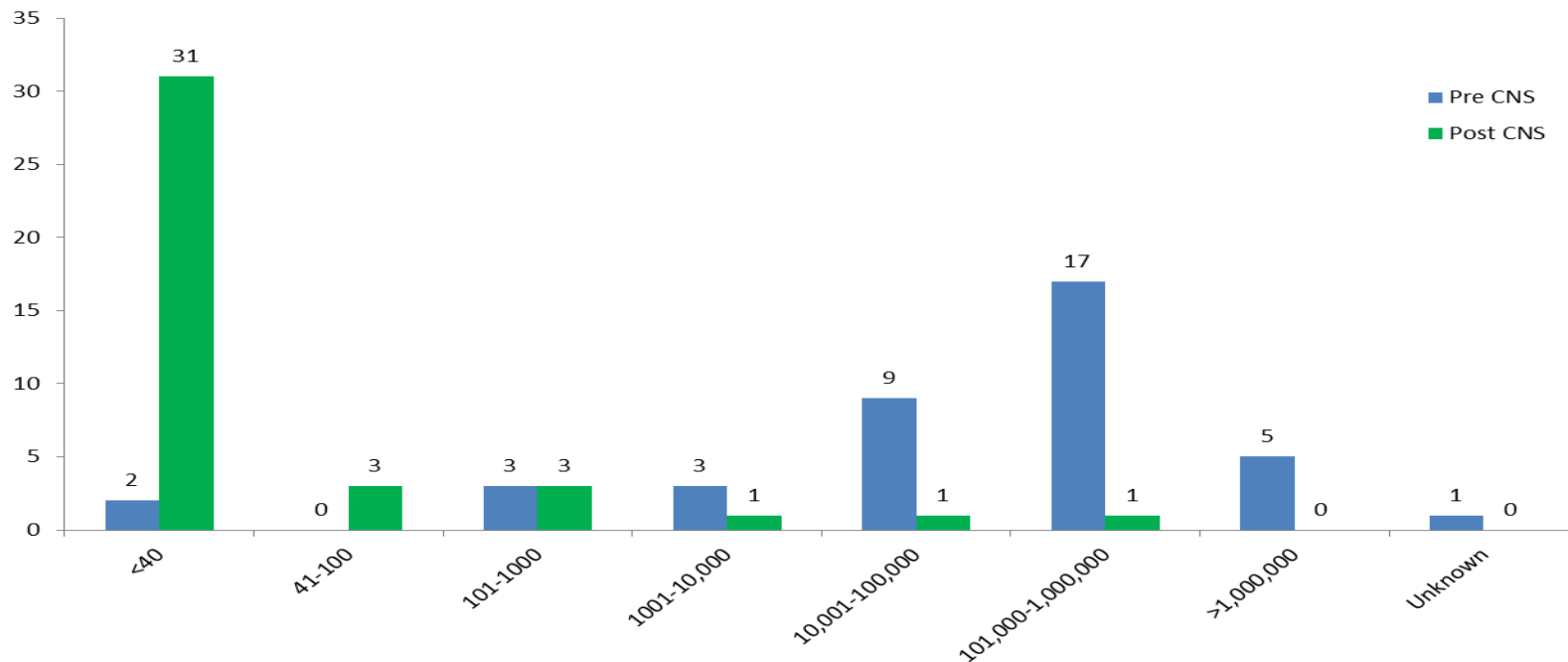
HIV Viral load pre HIV CNS engagement



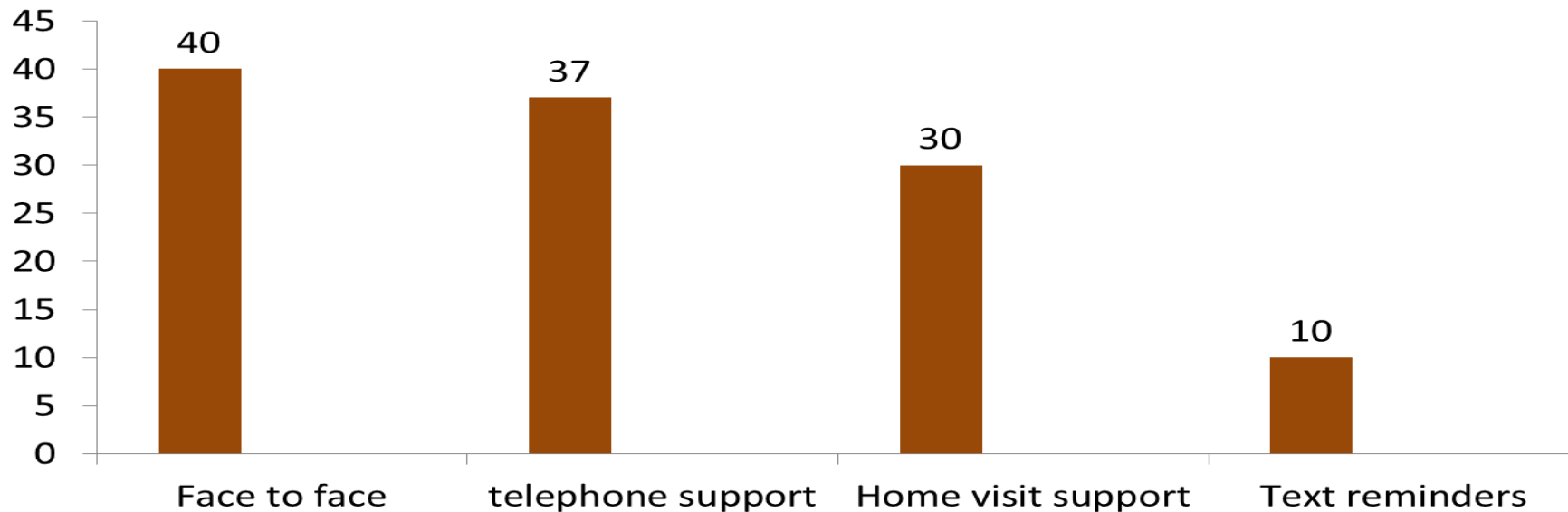
HIV Viral load post HIV CNS engagement



Pre and post HIV CNS engagement comparison



Strategies used by HIV CNS



Strategies used by HIV CNS

- Face to Face monthly pill box provision
- Phone support
- Home visit
- Text reminders
- Clinic engagement
- Case management
- Using brief motivational interviewing strategies

Motivational interviewing strategies

Motivational interviewing is a collaborative person centred conversation style to elicit and strengthen motivation for change

Nurse Approach to support

- Collaborative person centred-autonomous
- Open ended questions
- Unconditional positive regard
- Non-judgemental empathetic- motivation to change
- Understanding patients values and goals
- Advice/ information- patient focused

Questions to patients

- What do you want?
- What are your reasons to change- take meds?
- How could you do this?
- What could help you take the tablets?
- How has your week been?
- How do you think its going? (adherence)
- If missed/ why do you think you missed?

Outcomes

- Improved Adherence
- Improved Engagement
- Avoidance of Hospital admission
- Reduced HIV transmission
- Improved cost effectiveness

Case A

- Diagnosed HIV positive 2010, HIV VL 137,572 copies
- Mental health disorder-alcohol and gambling addiction, angry, self stigma, chaotic lifestyle and poor engagement
- HIV CNS intervention
- Engagement with regular contact: clinic, phone, home visits, GP, psychiatrists, psychologists
- Weekly phone contact, MDT, medication aid
- **Engaged 100% undetectable viral load,**
- Patient centred, trust with HIV CNS, still some chaos.

Key to success

- Individually tailored-patient focussed
- HIV CNS interaction and skilled support
- Creative and flexible
- Persistence long-term engagement
- Use of medication aid
- Promoting independence

Way forward

- Research: explore other components effecting behaviour change
- Further audit and evaluation of HIV CNS service

Thank you

- Acknowledgment to the patients
- Royal Free HIV team
- Dr Fiona Burns
- Pharmacy team
- Professor Margaret Johnson
- Joel Paparello