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21st Annual Conference *of the* National HIV Nurses Association (NHIVNA)

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Occupational Complexities in HIV

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Declaration of interests relating to this presentation

- My travel costs are being reimbursed

Episodic disability

- “Any physical, cognitive, or mental-emotional symptoms and impairments, difficulties carrying out day-to-day activities, challenges to social inclusion and uncertainty or worrying about the future that may fluctuate on a daily basis or over the long-term course of living with HIV.” (O’Brien 2014)

Episodic Disability Framework



Social participation

- “Occupational justice and social inclusion emphasise the importance of equity and the utility of resources and opportunities for all to engage in diverse, healthy and meaningful activities” (Nhunzvi, 2019)
- “the empowerment and social inclusion of populations who routinely experience social exclusion” (Nilsson 2010)
- Services overlook leisure (Nilsson)

- “One question to discuss is whether the social and economic costs of health professionals not addressing leisure as an occupational right are higher than enabling very old people individually and as a population to stay healthy and active in their communities.”

Stigma and shame

- Shame is associated with poorer health care utilisation by people with HIV (Bennett et al, 2016)
- Extrinsic and intrinsic stigma
- Accessing universal services
- Links with depression (Tangney)
- HIV-related shame is associated with poor medication adherence (Konkle-Parker, Erlen, & Dubbert, 2008)
- Compassion

Physical

- Fatigue
- Ageing
- Peripheral neuropathy
- Arthropathy
- Complex disability
- Energy conservation
- Compensatory equipment
- Orthotics referral
- Falls prevention
- Kitchen work simplification
- Access to Communication & Technology (ACT)

Neurocognitive

- HAND
- Opportunistic infections
 - Managing appointments
 - Medication adherence
 - Organising finances
 - Meal planning & preparation
 - Falls prevention
 - RDAC signposting
- Processing
- Executive functions
- Concentration and memory changes
- Psychomotor slowing

The role of the Occupational Therapist

- Returning to occupations
- Increase social interactions, exercise, occupational engagement
- Relaxation education & training
- Sleep hygiene
- Mindfulness
- Teaching self compassion
- Anxiety management
- Assertiveness training
- Peer support
- Advocacy

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