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Feedback from the Cost of Caring in HIV (COCHIV) Study

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The Cost of Caring in HIV (COCHIV)

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Conflict of Interest

In relation to this presentation, I declare that I have no conflict of interest

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Overview of the session

- Explore why we undertook the research.
- Provide a contextual overview of the research design.
- Quick summary of the first phase of the research study.
- Feedback from the second phase of the research study.
- Quick tease of what comes next.

Why did NHIVNA commission this research?

To establish how caring during the COVID 19 pandemic has impacted on the professional quality of life of HIV Nurses in the UK and develop evidence –based recommendations for addressing adverse impact and safeguarding psychological wellbeing.



Research design

Sequential mixed methods study with two stages.

Stage one comprised of a national online survey which ran for 3 weeks in May 2021, It incorporated the ProQol 5 to measure compassion satisfaction and compassion fatigue. Stata v15.1 was used to generate basic descriptive statistics and variables

Stage two was a qualitative phase which involved semi –structured interviews with 28 survey respondents to gain insight into their experiences of working during the pandemic (Oct-Nov 2021)

Phase 1: Online survey

- National online survey to establish how COVID 19 had impacted on the professional quality of life of nurses working in HIV Care.
- ProQOL was used 99 of the 132 who answered the survey completed the ProQOL.
- 1-3 were redeployed in the first wave , 1-6 in the second wave . Re-deployment increased burnout and decreased compassion satisfaction.
- Conclusion – a supportive working environment and personal factors is key to support recovery.

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Psychological impact of caring during the COVID-19 pandemic on HIV nurses

Hilary Piercy , Shona Kelly, Matthew Wills, Michelle Croston

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Abstract

The COVID-19 pandemic has created a set of unprecedented challenges for healthcare services and staff. The authors conducted a national online survey of nurses employed to work in HIV services in England, Wales, Scotland, Northern Ireland and the Republic of Ireland to establish how the COVID-19 pandemic has impacted on the professional quality of life of HIV nurses. Professional quality of life was assessed using the ProQOL scale; 132 nurses completed the survey, 99 of whom completed the ProQOL scale. Just over 1 in 3 were redeployed in the first pandemic wave, dropping to 1 in 6 in subsequent waves. In multivariate analysis, redeployment in both waves increased burnout scores by nearly 10 points and decreased compassion satisfaction scores by nearly 5 points, with no effect on secondary traumatic stress scores. A supportive workplace environment will have a key role in supporting the path to recovery.

Phase 2: Qualitative Interviews.

28 participants , 23 females and 5 males.

Identified 4 overarching themes which provide detailed insight into the complexity of challenges generated by working during the pandemic and their immediate and longer-term impact on participants.

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The psychological impact of caring during the covid-19 pandemic on HIV nurses

NHIVNA is delighted to publish this report, which establishes how caring during the covid-19 pandemic has impacted on the professional quality of life of HIV nurses in the UK and develop evidence-based recommendations for addressing adverse impact and safeguarding psychological wellbeing.

The objectives of the report are:

- To determine the levels of compassion satisfaction and compassion fatigue within the HIV nursing workforce as determined by completion of the ProQOL 5 questionnaire
- To identify how compassion satisfaction and compassion fatigue are distributed across the HIV nursing workforce in relation to demographic and professional characteristics and covid-19 related factors
- To provide detailed insights into the experiences of those reporting compassion satisfaction and compassion fatigue, and those factors which have contributed positively or negatively to their professional quality of life
- To develop evidence-based recommendations that can contribute to supporting and improving psychological wellbeing of HIV nurses and other healthcare professionals.

Thank you to everyone who took part in the survey.

[Click here](#) to download the report.



Figure 1: Overview of themes

Themes	Subthemes
Working through the pandemic	Closing the clinic doors Working behind closed doors Redeploying the workforce Working at the frontline Restoring the HIV service
Emotional and physical demands	Infection anxieties Caring for covid patients Caring for HIV patients Preparing for the storm Physical exhaustion
Sources of help and support	Daily routines Support networks Trust-wide initiatives Supporting recovery
New directions	Career decisions Changes to HIV services

Research conclusions

HIV Nurses had a key role to play during the COVID-19 pandemic which involved both contributing to the redeployed workforce and maintaining essential HIV services.

The substantial challenges associated with working through the pandemic and emotional and physical demands of both being redeployed and maintaining the HIV service were reflected in the ProQol scores.

Temporary ways of working have brought new opportunities for nurses in long term service improvement within which nurses play a central role.

Ensuring that all nurses have access to workplace support and supervision will be important for emotional recovery and ongoing mental wellbeing .

Next steps

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Self- Compassion- online course



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Week 1: Self-Compassion, theory, research and practice

Learning outcomes

This session will cover the following:

- What we mean by self-compassion?
- Self-compassion vs Empathy.
- Self-compassion in Health Care.
- Common myths about self-compassion.

Key take home messages

Self-compassion is a practice in which we learn to be a good friend to ourselves when we need it the most. Through self-compassion we learn to become an inner ally rather than an inner enemy.

The core elements involved in the definition of self-compassion are that we recall when we are in pain: self-kindness (loving), common humanity (connected) and mindfulness (presence).

Week 1 Self-compassion Break audio's

Audio 1: Soothing rhythmic breath

▶ 0:00 / 6:25

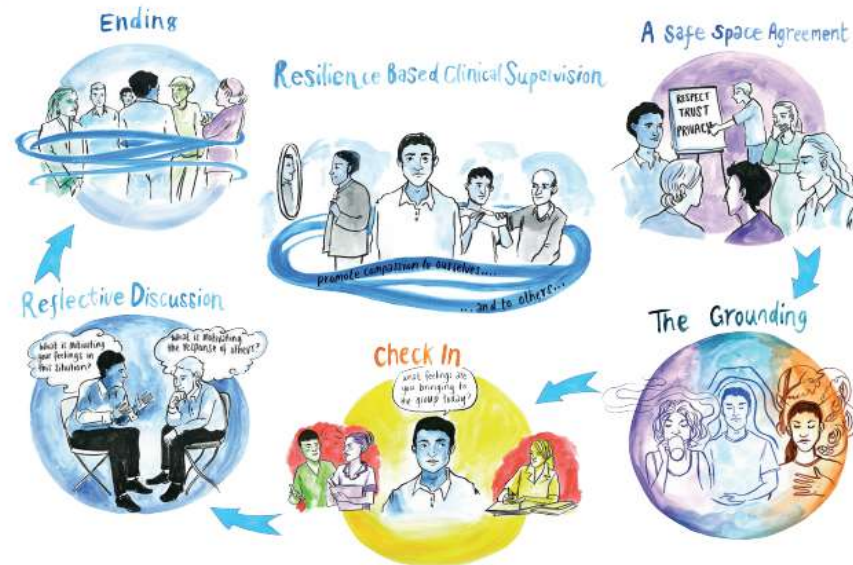
Audio 2: Noticing the breath

▶ 0:00 / 4:41

Becoming an inner ally: the compassionate minds approach to self-compassion – an online programme

Michelle Croston and Sarah Rutter

Clinical supervision – NHIVNA@NHIVNA.org



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