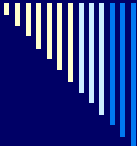


13<sup>th</sup> Annual Conference of the  
National HIV Nurses Association (NHVNA)



**Dennis Dobbin**  
South London and Maudsley  
NHS Foundation Trust

*16-17 June 2011, Arena and Convention Centre, Liverpool*



## HIV Mental Health

- Standards for Psychological Support of adults living with HIV
- Dennis Dobbin MSc
- Team Manager CASCAID Team London



## Psychological Support

- Psychological support is defined as any form of support which is aimed at helping people living with HIV to enhance their mental health and their cognitive and emotional wellbeing.



## HIV and Mental Health

- Medline 1564 results
- Psychinfo 1796 results



## HIV and Mental Health

- People with HIV may experience a wide range of mental health problems, which not only affect quality of life but also negatively affect health-seeking behaviour, adherence, retention in-care, transmission risk, and clinical health (NAM 2009).



## HIV Mental Health

- Studies have demonstrated that people with diagnosed mental health conditions have an elevated prevalence of HIV, and that people with HIV have an elevated rate of mental health problems (Bing 2001).



## HIV Mental Health

- The rates depression among HIV infected patients has been estimated to be at least twice that of the general population (Ferrando and Freyberg, 2008).



## Recently BHIVA (2010) published a report which stated:

- ). *“The hard to reach client group which presents as having major social housing or deprivation and /or drug or alcohol problems, significant mental illness and/ or denial or mistrust, also neuro-cognitive impairment. This predictably leads to erratic attendance, poor adherence, failure to achieve or maintain virological suppression and their needs cannot be met within traditional clinical settings.”*



## HIV Mental Health

- Psychological interventions leads to improved adjustment to HIV
- Improved adherence to HIV medication
- (Carrico & Antoni 2008)



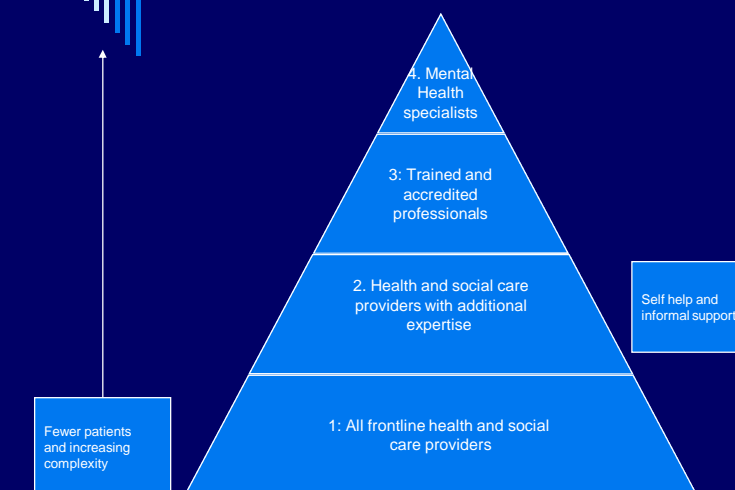
## Medfash standards BHIVA

- Standard 6
- PLWH should have access to social care services which are responsive, culturally appropriate and tailored to individual need. All people with HIV requiring multi-agency support should receive integrated health and social care

## HIV and Mental Health

- NHIVNA competencies do not reflect psychological support competencies for nurses caring for PLWH
- There is no identified NICE guideline which indicates the significance of psychological support of PLWH

## STEPP Care Model





## Stepped care

- Outlines comprehensive stepped care for psychological support provision, which makes the most of resources at all levels of expertise in order to:



## Stepped care model

- Improve health outcomes and experience of PLWH
- Improve quality of life of PLWH
- Prevent the development or exacerbation of more severe psychological and psychiatric problems
- Cost effectively utilise limited resources



## Stepped care model

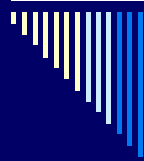
- Help in planning and provision of psychological support services based on need



## Standard1 promotion of mental health and wellbeing

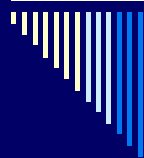
People living with HIV (PLWH) should receive care which promotes their mental emotional and cognitive wellbeing and is sensitive to the unique aspects of living with HIV





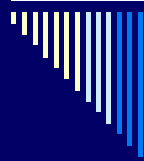
## Standard 2 support at the time of diagnosis

- PLWH should have timely access to information and appropriate emotional support following the diagnosis of HIV infection



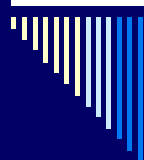
## Standard 3 Screening

- PLWH should have access to regular screening of psychological and cognitive functioning to identify difficulties and provide suitable interventions as early as possible



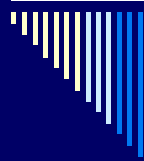
## Standard 4 competence to provide psychological support

- PLWH should have their psychological support provided by competent practitioners



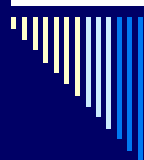
## Standard 5 comprehensive psychological support services

- PLWH should have access to a range of psychological support services appropriate to their needs



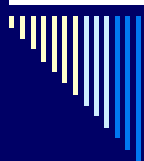
## Standard 6 co-ordination of psychological support

- PLWH should have access to appropriate psychological support services that are co-ordinated within a managed framework



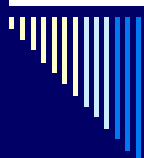
## Standard 7 evidence-based practice

- All psychological assessments and interventions for PLWH should be based on the best available evidence



## Standard 8 evaluation and audit

- The provision of psychological support to PLWH should be evaluated and audited against these standards using measurable outcomes.



## Standard 9 engagement of people living with HIV

- PLWH should be engaged in the planning delivery and evaluation of psychological support services.



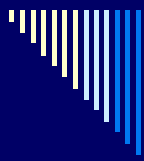
## Thought for Today

- Please take back to your areas of practice what we have discussed today and recognise and promote the importance of psychological care in the treatment of PLWH



## Acknowledgements

- Working party
- Dr Elizabeth Shaw Chair Division of Clinical Psychology British Psychological Society (BPS)
- Dr Barbara Hedge Faculty of HIV & Sexual Health (BPS)
- Dr Sharon Kelsey Faculty of HIV & Sexual Health (BPS)



## Acknowledgements

- Abbott Laboratories limited
- Ruth Lowbury medFASH