14th Annual Conference of the
National HIV Nurses Association (NHIVNA)

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Psychological Support Study
‘My brave face is false’
Caroline Lovett
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Two parts

• Are clients on the IPU having their psychological needs meet with the appropriate level of service input
• Are referrals appropriate, duplication/multi referrals avoided

Psychological Support

Defined as –
‘any form of support which is aimed at helping people living with HIV to enhance their mental and their cognitive emotional well-being’

Standards for psychological support for adults living with HIV (MedFASH) November 2011
Background

- Self filled in questionnaire
- Semi structured interview
- 29 clients on the IPU over 6 months
- (23 filled in questionnaire)

Results

- I have excepted my illness:
  - not at all: 14%
  - a little bit: 23%
  - somewhat: 23%
  - quite a bit: 18%
  - very much: 18%

- I am satisfied with how I am coping with my illness:
  - not at all: 14%
  - a little bit: 23%
  - somewhat: 23%
  - quite a bit: 23%
  - very much: 13%
I feel sad
- not at all: 33%
- a little bit: 17%
- somewhat: 26%
- quite a bit: 5%
- very much: 5%

I am satisfied with my sex life
- not at all: 17%
- a little bit: 0%
- somewhat: 14%
- quite a bit: 14%
- very much: 72%

Results

- Having psychological support at present: 16
- Has had psychological support in the past: 26
- Support helped: 25
- Support didn’t help: 5
- Service user requests a referral: 14
- Referral made: 14
- Referral appropriate: 14
- Service user feels psychological needs already being met: 11
Conclusions

• Duplication of referrals avoided – more economical use of time and resources
• Avoids clients having to ‘tell their story’ again and again
Reference

Standards for psychological support for adults living with HIV
(MedFASH) November 2011

www.sussexbeacon.org.uk