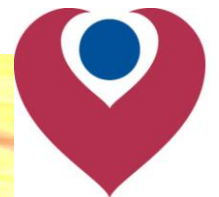


“Can you tell me how to be a HIV nurse?”

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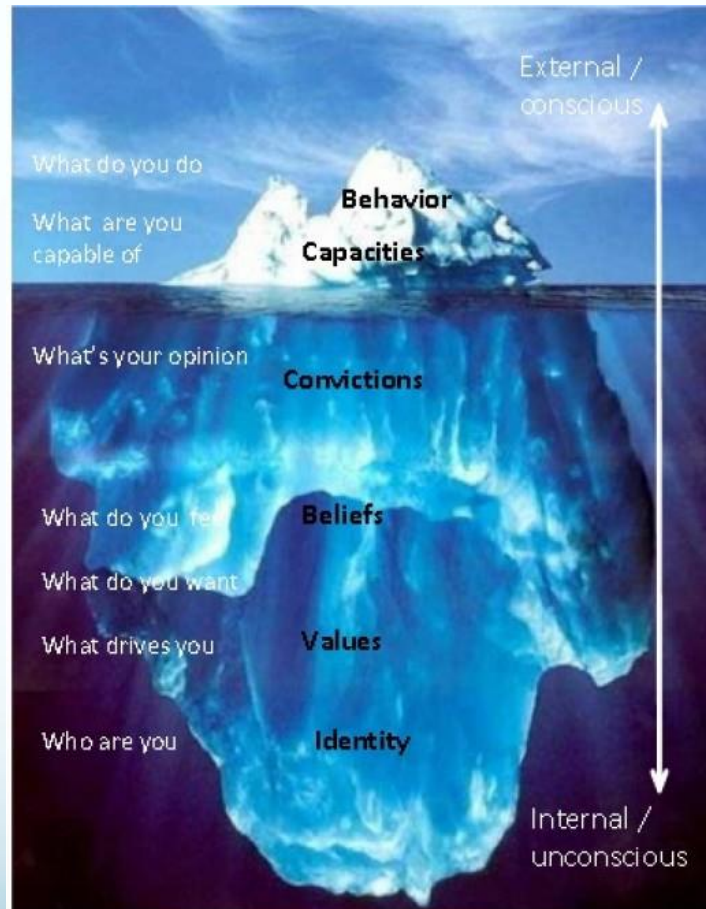


Person Centered Healthcare



- Person centered healthcare (PHC) is a philosophy in which humanistic ideals can be implemented into clinical practice along side continuing scientific advances.
- PHC includes physical, psychological, emotional, spiritual and the social components of human existence. These multiple layers of complexity collectively, not separately add to the biology of the patient and any care given should taken into consider these components.





Why is this important in HIV care?



McCormack (2003) suggests that a nurses own value system can influence the decisions made by patients at an unconscious or indeed conscious level.

McCormack B (2003) A conceptual framework for person-centered practice with older people, *International Journal of nursing practice* , 9, 202-209.

Research aims

- To explore HIV nurses' stories about clinical practice.
- To explore the therapeutic relationship that develops between the HIV nurse and patient.
- To analyse nurses' way of being when developing therapeutic relationships.
- To explore, through the use of stories, situations in which nurses have dealt with the emotions of patients with complex needs.

Practical issues

- **Ethical approval**

Full ethical approval was obtained from Manchester Metropolitan University And North Manchester General Hospital Research and Design Department

Methodology

Interpretative Phenomenological Analysis (IPA)

(Found poetry and Autoethnography)

- **Funding**

Self funding

Data collection

- Purposive sample – the aim was to recruit a homogenous group for who the research question was meaningful and who could give their own perspective on the experience of being a HIV nurse
- 10 nurses from across the North West were recruited with varying years of experience.
- A semi structured interview schedule was used to facilitate discussion
- Interviews were transcribed and then analysed using IPA
- Reflective Journal

Findings

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A Way Of Being: HIV Nurses Experience

I think it is a privilege when someone comes to you with HIV or not HIV and are comfortable around you and I think that's a skill that as HIV nurses we need to be more proud of sometimes. It's not easy and I think sometimes people think, "oh HIV nurses you just give them medicines and hold their hands and stuff," but actually the skill is in just being with somebody and accepting them.
Harry

a lot of patients have not told anybody about their HIV at all, so just to be able to talk to somebody about it is a massive relief in itself, because there is no fear there about where this information is going to go. They can talk to us openly. A lot of patients do say that we know more about them than any of their relatives or family know because to them they've got this little secret that they can't talk about, and so to be able to talk to us about it, is a massive relief for them
Zayne



*I think my own lived experience, in just knowing about difficult times in my own life enables me to have more empathy for other people. **Shauna***

*I think I've always had a caring side and even going back to Junior School (umm, laughs) I came out of school, I think I was about seven with no vest on because my friend had holes in hers so I gave her mine (laughs). So I think I've always had a caring side, but you know, I do think that (umm) I have always been able to talk to people. **Orla***

*arguing with my sisters (laughs), probably was helpful in trying to get things out of other people (laughs). I was brought up a Catholic and went to church every Sunday .To improve our communication skills, on Sunday afternoons when we were together my dad use to pick on one of us and we used to have to stand up and give a minute's talk on a subject or an experience (laughs). **Iona***



The Nurse Patient Relationship

I think that in terms of dealing with people's concerns it's about starting off with a benchmark, your bottom line that you're not judging them about HIV. You might give them advice about their lifestyle in whatever capacity, say in their drinking, using drugs or you know getting them help professionally.

Harry

What's the best or the best way to go about things. I think that comes from the experience and that's it sometimes you can't fix it at this point. That's not how you are in the beginning, I think at the beginning it's gung-ho, I'm going to help you and you're going to listen and everything will be fine, but you recognise as time goes on that isn't the way to do it and that's not what patients want and that's not what makes a success story for them.

Niamh



It was more holistic care because I could give him a cup of tea and have a chat. At first it was quite difficult to build up that relationship with him because he just used to come in, sit there and ask him questions. It was like playing the yes/no game and eventually he started to open up and I found out more about him, and then we actually got him to be undetected for the first time since he's been diagnosed quite some time ago.

Iona

You're a pal with patients ultimately aren't you and we like to see ourselves sometimes as helping people as problem solvers, but ultimately I think what we want to do is help patients solve their own problems and deal with their own concerns, not in a 'you can deal with it yourself' but in a 'let's give you some tools for you to be able to deal with it yourself.'

Harry



Factors That Impact On HIV Care

There isn't anything I don't think that nobody, there isn't anything I can think of that if you are frightened, you couldn't not tell a person, everything else you know people generally you know may not like it, but they would be quiet, OK I can talk to you about this, talk to you about that, I can disclose you know whatever, but with HIV it's the one thing that's a no-no because it's still out there. You are frightened because of the stigma around

Allannah

There's issues around disclosure and things like that and how you would feel in that situation, it's not as obviously as straight forward as asking about diabetes because there is that stigma attached to it isn't there? So you've got to be mindful of that I suppose and I guess that is one of the big issues that would have changed the way we deal with patients with this stigma attached because it's not straight forward to deal with as other situations

Zayn



I think that possibly working with positive patients with it being a very stigmatized illness...with the patients often being marginalized ...with patients who to this day still...to this day remember the adverts that portrayed and with then their ... thoughts on HIV being constantly really forced to a negative by people dying.

Louis

it's about learning to adapt to people, to different people. Do you know what I mean and sitting back and giving them time, you know by accepting people, people as they are. They might not be how you would want to lead your life, but you're not there to judge them you're there to make the best you can for that patient and anyone else involved with them

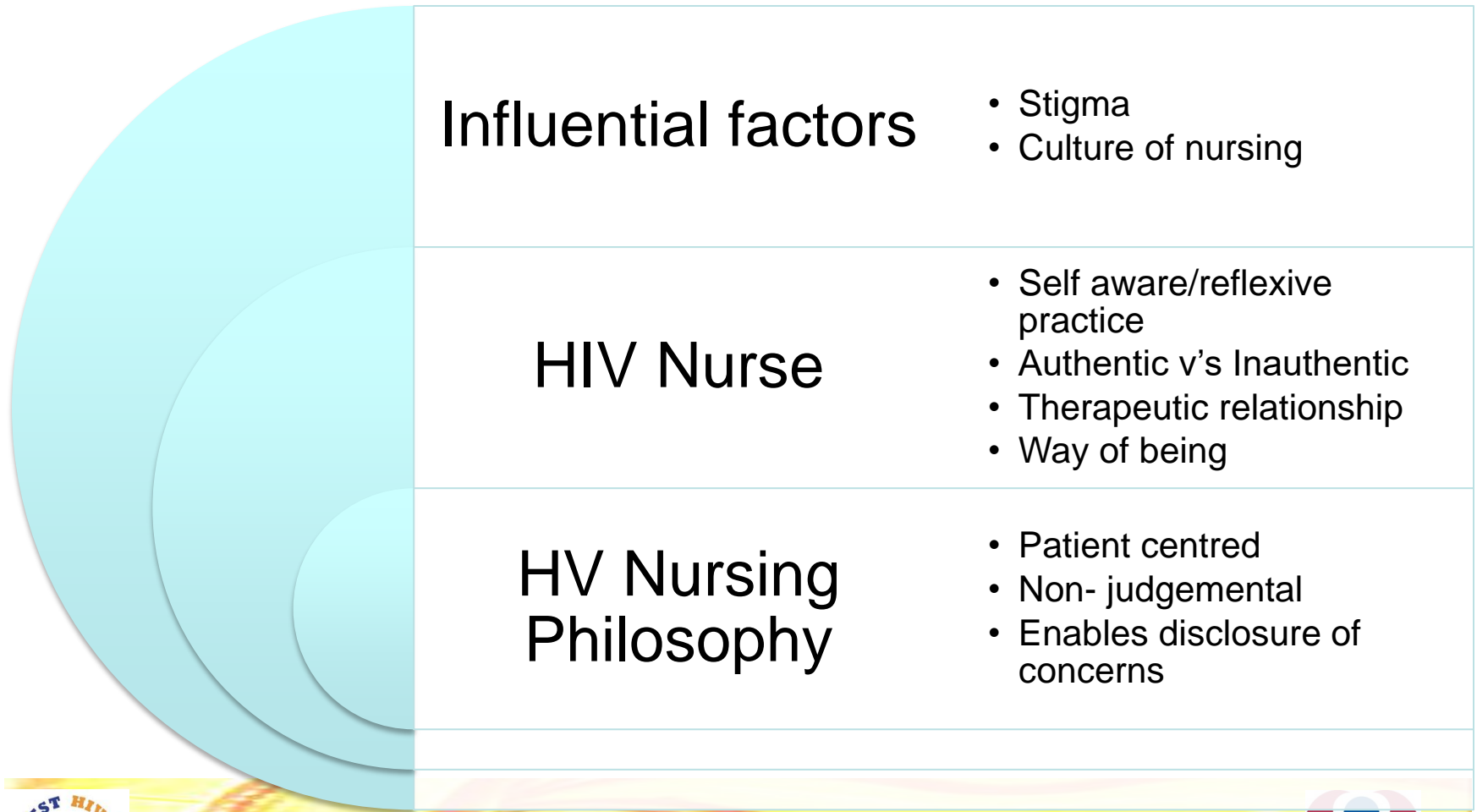
Niamh



Implications for practice

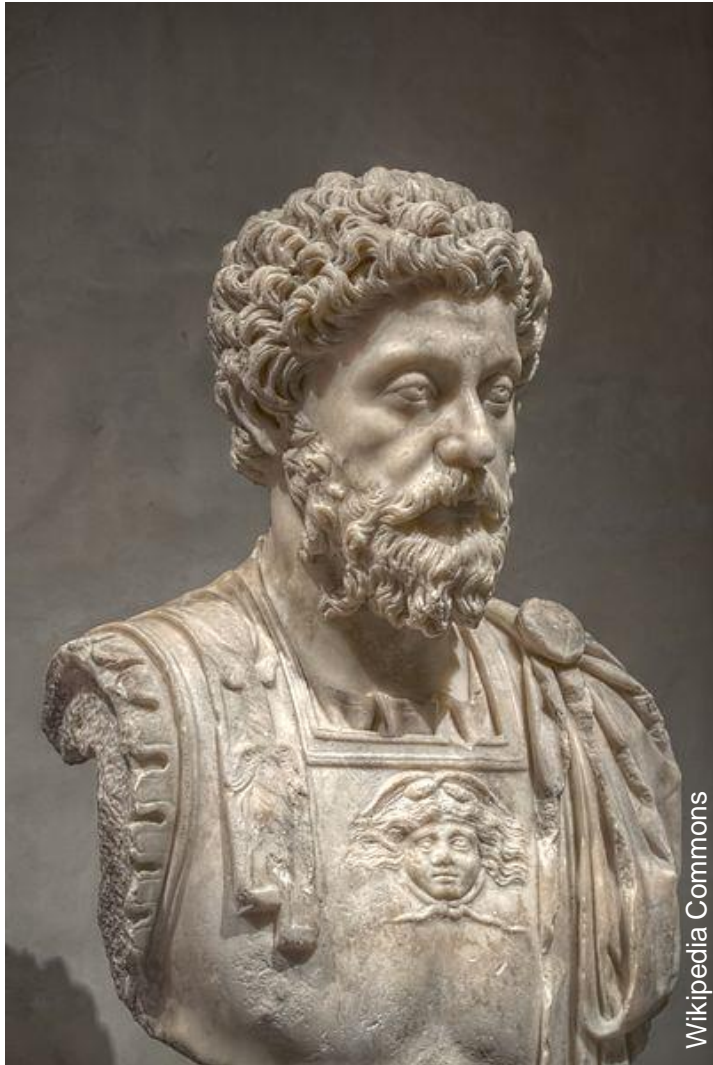
- **Self awareness** : self awareness is an essential element in the development of the therapeutic relationship. Nurse's working in HIV need insight and self awareness, this is an ongoing activity that needs constantly revisiting by the nurse.
- **Reflections within clinical practice**: this is central in the nurse's ability to develop effective therapeutic relationship. Story telling proved a useful way for nurses to reflect on the care that they gave.

The Concept Of A HIV Person Centered Nursing Framework



Concluding thoughts

- Providing nursing care for people living with HIV is different from generic nursing care due to the stigma associated with HIV
- ‘Being’ a HIV nurse is a complex process, involving both personal and professional development
- The HIV Person Centered Nursing Framework begins to articulate how care is delivered



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“We need to learn to
measure what we value,
not value what we
can easily measure”

Marcus Aurelius, Roman Emperor and
Philosopher, AD 120



Thank you

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