



APPENDIX

TRAINING MANUAL
BIBLIOGRAPHY
WEB LINKS

TRAINING MANUAL

Training Manual for Practitioners
Blackburn with Darwen 2007 HIV /AIDS
information for younger and older people.

**DIFFERENCES BETWEEN HIV
AND AIDS**

HIV	AIDS
A VIRUS THAT CAN BE PASSED FORM ONE PERSON TO ANOTHER	IT IS NOT POSSIBLE TO PASS AIDS TO OTHER PEOPLE
A VIRUS THAT WEAKENS A PERSONS IMMUNE SYSTEM	A CONDITION THAT CAN ONLY OCCUR IN THOSE INFECTED WITH HIV WHO HAVE EXPERIENCED SIGNIFICANT DAMAGE TO THEIR IMMUNE SYSTEM
A PERSON CAN HAVE HIV WITHOUT HAVING AIDS	A PERSON CANNOT HAVE AIDS UNLESS THEY HAVE HIV
ONCE INFECTED, A PERSON HAS HIV FOR LIFE	THERE ARE NO SPECIFIC TREATMENTS FOR AIDS ITSELF:BUT EACH INFECTION AND/OR CONDITION WILL BE TREATED INDIVIDUALLY
TREATMENTS ARE AVAILABLE TO CONTROL HIV	FOLLOWING AN AIDS DIAGNOSIS SUCCESSFUL TREATMENT FOR INFECTIONS OR FOR HIV ITSELF CAN HELP THE PERSON REMAIN WELL. THEY CAN RETURN TO GOOD HEALTH BUT FURTHER OPPORTUNISTIC INFECTIONS CAN OCCUR AT ANY TIME A PERSON WITH AIDS WILL HAVE EXPERIENCED ONE OR MORE SERIOUS INFECTIONS OR CONDITIONS THAT REQUIRE TREATMENT

WHAT IS HIV? WHAT IS AIDS

HUMAN

Affects humans and is transmitted between humans.

IMMUNODEFICIENCY

Affects the immune system, gradually making it less effective at fighting infections.

VIRUS

An infection that invades blood cells and uses them to multiply.

ACQUIRED

An illness that can develop.

IMMUNE

Affecting the immune system.

DEFICIENCY

Weakened or damaged.

SYNDROME

A collection of symptoms.
Blackburn with Darwen 2007 HIV/AIDS Information for younger and older people

HIV: ROUTES OF ENTRY

Vein

The most direct route for HIV transmission. Contaminated needles can introduce HIV directly into the bloodstream.

Anus

Unprotected anal sex poses a high risk of HIV transmission. The lining of the rectum is a mucous membrane that the virus can cross, the anus does not self lubricate and is less elastic than the vagina. It is also fed by a system of small blood vessels that are broken during anal sex. These broken blood vessels provide an opportunity for the virus to enter the blood stream.. Blood can also be present if a person has difficulty going to the toilet.

Vagina

The lining of the vagina is a mucous membrane that the HIV virus can cross and is fairly delicate and prone to tears or abrasions. These tears or abrasions provide an opportunity for the virus to enter the blood stream.

Penis

(In particular the head of the penis) – often small abrasions, open sores or tiny cuts appear on the glands, these provide an opportunity for the virus to enter the blood stream. In addition the glands are mucous membranes that the virus can cross.

Broken Skin

Whether from injury, tattooing or piercing, broken skin provides an entry point for the virus.

Eyes

The eyes are vulnerable to splashes of body fluids. The mucous membranes that surround the eyes provide the virus with access to the blood stream.

Mouth And Nose

The mouth and nose are lined with mucous membranes through which the virus can enter. In the presence of bleeding gums, ulcers etc the mouth becomes more vulnerable. The lining of the nose is delicate and contains loads of blood vessels, all of which can provide a route through which the HIV virus can enter.

PREVENTING HIV

There are 3 main ways in which HIV can be transmitted, i.e. Passed from one person to another person.

SEXUAL TRANSMISSION

HIV can be transmitted through unprotected sex. Always use a condom or femdom for penetrative sex. It is possible for HIV to enter the body through the mucous membrane lining of the vagina or the rectum and the delicate tissue at the head of the penis. Whilst oral sex poses a low risk of transmission, flavoured condoms or dental dams are recommended, this will also protect against other sexually transmitted infections as well as HIV. Never share sex toys or lubricant.

BLOOD TO BLOOD CONTACT

The risk of HIV infection with HIV is high in people who share drug-injecting equipment. Ensure that all drug injecting equipment is new and never shared. Clean works for example can be obtained from a needle exchange or participating pharmacies. Avoid sharing any items that are involved in drug injection such as cookers, filters and spoons. Avoid sharing drug- snorting equipment such as rolled notes and straws. Never assist anyone to inject as this can pass infection from person to person.

Drug injecting can also mean injecting with steroids, which are used by people working out in gyms to increase their muscle bulk.

There is some degree of risk of contracting HIV through poorly sterilised piercing and tattooing equipment, in the UK always use a licensed shop for tattooing and piercing as the equipment is more likely to reach UK regulation standards. Try and avoid getting a piercing or tattoo done abroad as sterilisation standards of equipment may be lower than in the UK. Never try blood sports on each other.

Normal standards of hygiene are adequate in preventing blood-to-blood contact such as covering open wounds with plasters, or wearing gloves (marigolds) for cleaning larger spills.

Work surfaces can be cleaned with a 1 in 10 parts bleach solution.

TRANSMISSION FROM MOTHER TO BABY

A pregnant mother who is HIV+ can pass the virus on to her baby either during pregnancy, childbirth or when breastfeeding. In the UK mothers are informed that they will be tested for HIV during pregnancy- if a mother is found to be HIV positive, there are steps that can be taken to reduce the risk of HIV transmission to the baby such as HIV medication for the mother during the pregnancy and choosing a safer method of delivery such as a caesarean section.

HIV positive mothers in the UK should not breast-feed as the virus can be passed through their milk to the baby.

HIV AROUND THE WORLD Information on a global, national and local prevalence.

– More than 40.3 million people around the world are infected with HIV.

– In the UK in 2004 there were thought to be 58,300 people living that are HIV positive, around 34% of who were unaware of the status.

– By the end of December 2005 there were 4,195 people in the North West of England living with HIV.

– At the end of 2005 there were 7,662 new diagnoses in the UK.

– At the end of June 2006 there were 7,093 new diagnoses so far.

– There has been a 179% increase in HIV diagnoses in Lancashire since 1997.

– In October 2007 there were 60 known cases of people living with HIV/AIDS in the Blackburn with Darwen area.

– 60% of cases in Blackburn with Darwen were heterosexually acquired where as 25% were homosexually acquired.

BBC Survey 01.10.2007 IGNORANCE OF HIV REACHES SHOCKING HIGH AMONGST YOUNG PEOPLE.

– A new BBC survey suggests that there are high levels of ignorance around HIV amongst young people aged 16-24.

– Eighty-nine percent of 16-24 year olds rarely or never think about HIV when making decisions about their sex lives.

– Nearly half (41%) of 16-24 year olds consider themselves to be at no risk of contracting HIV.

The results come despite the fact that young heterosexuals (18-24s) are at increased risk of HIV and other sexually transmitted infections.

1 74% of 16-24 year olds demonstrated that they didn't know the correct facts about HIV

2 Over half (55%) of 16-24 year olds surveyed believed the myth that you can get HIV from Kissing.

3 47% believe that it can be passed on from toilet seats.

4 Over a quarter (26%) do not feel informed about HIV and the issues surrounding its transmission and prevention.

HISTORY OF HIV AIDS

1981 The first recorded HIV case in the USA- a gay air steward who later became known as patient zero.

1981 Disease named Acquired Immune deficiency Syndrome (AIDS).

1981 First UK patient diagnosed with HIV.

1982 Disease emerges in injecting drug user population and with people who have received blood products, especially haemophiliacs.

1982 Disease emerges in sexual partners of infected people, disease seen in babies born to infected mothers.

1983 Cause of the disease discovered- a virus.

1984 All blood products are heat treated.

1985 The HIV anti body test was introduced, all blood donations, organs and tissue are screened for HIV.

1986 The virus responsible for Aids is named Human Immunodeficiency virus (HIV).

1987 The first anti HIV drug is licensed (AZT).

1987–1996 Several drugs are produced; it becomes apparent that treatment with a single drug leads to resistance, so combination drugs become the norm for controlling the virus.

1991 UK introduced screening of all blood products for viral infections.

1994 AZT becomes the standard of care for HIV positive women and for their new born to prevent mother to child transmission.

1996 A new class of anti- HIV drugs are licensed. The incidence of AIDS related deaths begins to decrease drastically.

1996–2006 Various new anti -HIV drugs have been produced that work in different ways. Drug manufacturers have produced pills that combine several drugs together, making them easier to tolerate.

Blackburn with Darwen 2007 HIV/AIDS project for younger and older people

BIBLIOGRAPHY

C.H.A.S.E Training pack

+VE publications

Teaching and learning about HIV

Simon Blake and Paula Power

Making Hard Things Easier

Carol Painter

Avert Publications

Health Protection Agency

North West HIV/Aids Monitoring Unit

HIV & AIDS in the North West 2006

www.cph.org.uk/sexualhealth.asp

www.avert.co.uk.

www.bbc.co.uk/pressreleases/Stories/2007.

For further information or clarification on any of the content in this information and training pack, please contact

Allan Clinch

Jarman centre
53 James ST
Blackburn
BB1 6BE
Tel. 01254 669424
allan.clinch@bwdpct.nhs.uk

Any enquiries requiring clinical input will be referred to Blackburn with Darwen GUM service.

Or contact

Chi Ko Community HIV Specialist
Jenny Wadsworth Blood Borne Virus Nurse.
Tel. 01254 669427
chi.ko@bwdpct.nhs.uk

Thank you to the Jarman Centre Team for their individual input and expertise in the production of this training manual.

WEB LINKS

Cameras were given to people living with HIV/Aids in eight countries and, with the help of friends and relatives, these people were asked to document their lives in photos and words. These are their stories.

www.msf.org/source/annual/wad/2006/mylifewithaids/index.htm

A UK charity supporting children, teenagers and families living with, or closely affected by HIV

<http://www.bodyandsoulcharity.org/>