

Public Health Careers in HIV Care and Prevention

February 28, 2019

Rachel Fogleman, CHES®

Programming Coordinator

Midwest AIDS Training + Education Center (MATEC) Indiana

Background

- Bachelor of Science in Health Science – Ball State University, 2010
- Certified Health Education Specialist (CHES®) – October 2016
- Delaware County Health Department – May 2010-November 2012
 - Asthma Program Coordinator – May 2010-August 2011
 - Tobacco Control Program Coordinator – August 2011-November 2012
- Hendricks County Health Department – November 2012-March 2017
 - Public Health Education Specialist/Accreditation Coordinator/Hendricks County Health Partnership Coordinator/Grant Writer/Public Information Officer

Why Do We Even Train on HIV?

True or False:

Human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) are the same thing.

Why Do We Even Train on HIV?

True or False:

Human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS) are the same thing.

Answer:

False. AIDS, also known as late stage HIV, is defined as someone with HIV infection who has a CD4 count of < 200 cells/mm³ and is diagnosed with an AIDS-defining condition (i.e. opportunistic infection)

Why Do We Even Train on HIV?

If someone acquires HIV and does not regularly take their medication, how long will it be before they develop AIDS?

- A. Never
- B. 1-5 years
- C. 5-10 years
- D. 10-15 years

Why Do We Even Train on HIV?

If someone acquires HIV and does not regularly take their medication, how long will it be before they develop AIDS?

A. Never

B. 1-5 years

C. 5-10 years

D. 10-15 years

Why Do We Even Train on HIV?

What is the life expectancy of someone with managed HIV who is diagnosed at age 25?

- A. 30-35 years old
- B. 40-45 years old
- C. 55-60 years old
- D. 70-75 years old

Why Do We Even Train on HIV?

What is the life expectancy of someone with managed HIV who is diagnosed at age 25?

- A. 30-35 years old
- B. 40-45 years old
- C. 55-60 years old
- D. 70-75 years old**

Why Do We Even Train on HIV?

Which body fluids can transmit HIV?

Why Do We Even Train on HIV?

Which body fluids can transmit HIV?

- Semen
- Blood
- Pre-seminal fluid
- Vaginal fluid
- Rectal fluid
- Breastmilk

Why Do We Even Train on HIV?

What are the ways that HIV is transmitted?

Why Do We Even Train on HIV?

What are the ways that HIV is transmitted?

- Anal sex
- Vaginal sex
- Needle sharing
- Breastfeeding
- Pregnancy
- Childbirth
- Needle stick
- Oral sex (rare)
- Blood transfusions (rare)
- Organ transplant (rare)
- Contact with HIV-infected body fluids through broken skin (bites, cuts)

Why Do We Even Train on HIV?

How can the risk of HIV transmission be prevented or reduced?

Why Do We Even Train on HIV?

How can the risk of HIV transmission be prevented or reduced?

- Condom use during sexual activities
- Post-exposure prophylaxis (PEP)
- Pre-exposure prophylaxis (PrEP)
- Vaginal birth
- Suppressed viral load (Undetectable = Untransmittable)
- Universal precautions
- Clean needle/IV drug equipment use
- Formula feeding

Why Do We Even Train on HIV?

The Good

- HIV is no longer a death sentence – normal life expectancy with medication adherence
- HIV is now a communicable **AND** chronic disease that can be managed through medication
 - Clinicians need to learn how to treat co-morbid conditions with HIV – “more likely to die from your smoking than your HIV”
- HIV transmission can be prevented through medication
 - U=U, PrEP, PEP
- Many resources to help patients living with HIV
 - Insurance, medical care, and housing assistance

Why Do We Even Train on HIV?

The Bad

- HIV takes a huge mental health toll that is difficult to address
 - Stigmatized and criminalized – Duty to Warn
 - Certain mental health conditions and substance use can increase risky behaviors, which can increase risk of acquisition and lower medication adherence
 - Can cause psychological disorders (dementia, depression)
- HIV still affects certain communities at higher rates
 - MSM, African American, Latino/Hispanic, Transgender
- HIV, STD, and Hepatitis C outbreaks are on the rise
 - Scott County, Indiana: 229 new HIV cases in 2015 outbreak
 - Nine counties declared as “high risk” for an outbreak by CDC
 - Nine counties have/had syringe exchange programs after declaring HIV and/or Hepatitis C outbreaks

What We Do at MATEC Indiana

- Funded through the Ryan White Program Part F, the Minority AIDS Initiative, and the Indiana State Department of Health
- Primary Focus: providing training to health care professionals with limited HIV care knowledge and experience
 - Build capacity of clinicians to provide HIV care
 - Expand HIV care and services across Indiana
 - Connect patients to care faster
 - Retain more patients in care for the long term

What We Do at MATEC Indiana

- Primary Projects:
 - HIV Practice Transformation Project
 - Clinician Scholars Program
 - Statewide Trainings
 - HIV/STD Update, STD Intensive, PrEP Summit, HIV 101
- Primary Services:
 - Customized training on HIV care and prevention
 - Clinical observations and consultations
 - Technical assistance on HIV care and prevention
- Additional Projects:
 - Midwest Fellowship for Primary Care Champions
 - Midwest Integration of the National HIV Curriculum
 - HIV ECHO Project

What We Do at MATEC Indiana

- Responsibilities:
 - Recruit and train expert faculty around the state to provide training and education to novice clinicians
 - Coordinate training logistics (location, food, participant recruitment and registration, faculty recruitment)
 - Develop and provide lower-level training and education opportunities
 - Facilitate relationships between health care providers, community organizations, high-risk communities, and the general public
 - Develop mechanisms for disseminating information to stakeholders

Careers in HIV Care and Prevention

Direct Patient/Client Care

- HIV Tester/Counselor
- Outreach Worker
- Linkage to Care Coordinator
- Non-Medical Case Manager/Care Coordinator
 - Medical Case Manager with additional education/experience

Careers in HIV Care and Prevention

Epidemiology/Disease Tracking

- Disease Intervention Specialist (DIS)
- Linkage to Care
- Field Epidemiologist (local and statewide)

Careers in HIV Care and Prevention

Community Health Education

- Outreach Worker
- HIV Tester/Counselor
- Linkage to Care Coordinator
- HIV Prevention/Care Educator
 - Local Health Departments
 - Indiana State Department of Health
 - Family Planning Clinics
 - AIDS Service Organizations

Questions/Comments

Contact Information

Rachel Fogleman, CHES®

Programming Coordinator
MATEC Indiana

720 Eskenazi Ave.
Fifth Third Bank Building
First Floor
Indianapolis, IN 46202

rfoglema@iu.edu
(317) 880-3517

