

STIF NHIVNA Core Competency

E-Learning to be completed

There are two sets of e-learning to be completed as part of the STIF NHIVNA Core Competency training and assessment programme.

- NHIVNA HIV E-Learning
- E-learning for healthcare (eHIV-STI)

1. NHIVNA HIV E-Learning <http://www.nhivna.org/NHIVNA-HIV-nursing-modules.aspx>

The NHIVNA HIV Nursing Modules aim to support nurses who are working toward Levels 2 and 3 of the National HIV Nursing Competencies, whether working in a hospital or community setting. Participation in the NHIVNA HIV Nursing Modules is free of charge and access is open to all. If you do not already have a NHIVNA website account, please register <https://www.nhivna.org/NewRegistration>

Please note that NHIVNA e-learning is not administered by BASHH and we cannot assist with registration/access problems; please contact the NHIVNA Secretariat nhivna@nhivna.org

There is a time limit of 1 hour to work through each tutorial. In order to show learning and enhance your portfolio, please choose one of the Case Studies at the end of each tutorial. There is also a form for you to provide feedback at the end, which must be completed within this time.

Once you have completed the feedback form, you will be issued with a certificate of participation.

<p>Module 1 – Understanding HIV</p> <p>1A What is HIV?</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of different routes of transmission of HIV • Demonstrate knowledge of the virus and its mechanism of action • Describe how the virus establishes itself within the body • Explain the effects of the virus on the immune system and its repercussions • Explain the value of measuring CD4 and viral load levels • Describe the course of HIV infection and stages of disease
<p>Module 1 – Understanding HIV</p> <p>1B Opportunistic Infections</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Identify common opportunistic infections and their active/prophylactic management • Understand the impact of immunosuppression on developing cancers and the types of cancer that are most common amongst people living with HIV
<p>Module 1 – Understanding HIV</p> <p>1C HIV testing and diagnosis</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Explain how HIV policy has shifted to focus on early detection and effective management of HIV as a chronic condition • Demonstrate knowledge of commonly used diagnostic tests and the rationale behind them • Describe the transmission dynamics of HIV and identify the resources available to reduce transmissible risk • Develop an insight into the emotional needs of the patient at challenging times like receiving a positive diagnosis • Demonstrate an awareness of issues around the disclosure of HIV status including emergency prophylactic treatment for those that discover a sexual and/or needle sharing partner has HIV and the legal implications of non-disclosure

<p>Module 2 - Caring for people with HIV</p> <p>2A. Assessing health and well-being</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Demonstrate an understanding of the assessment needs of patients, from both a physical and psychosocial perspective • Understand the role of the nurse in the assessment of physical wellbeing and social care needs, including the accurate recording of information and the communication of findings in a timely way to relevant Health Care Professionals • Identify the different information needs of individuals • Discuss and explain treatment options relevant to the patient's level of understanding • Develop an insight into the possible psychological, emotional and spiritual needs of patients depending on the stage of disease development and their socio-economic and socio-cultural backgrounds • Help people living with HIV identify the support they need through positive nurse-patient interaction
<p>Module 2 - Caring for people with HIV</p> <p>2B. Supporting psychological and social care needs</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Understand the factors that can affect living positively with HIV • Identify key nursing interventions that can support and encourage positive living • Help to facilitate skills development that can enable people to manage their condition effectively • Encourage people to develop strategies that can help them to cope with their condition long-term • Find out about local services and social care agencies that may help people to develop themselves personally • Understand the importance of the support available within your multi-disciplinary team and know how, and to whom, people in your care should be referred to
<p>Module 3 - Antiretroviral therapy</p> <p>3A. ART</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Explain the role of antiretroviral therapy and the rationale for when ART should be initiated • Describe the principles of combination therapy - its goals, commonly used combinations and relevant policies and protocols • Demonstrate an understanding of the different classes of ART drugs - their mode of action, administration and main side effects • Explain the impact of resistance, reduced adherence and drug-drug interactions on therapy and changing treatment • Describe how ongoing drug development has the potential to improve future ART, and understand the rationale for keeping up to date with related pharmacological developments and relevant research findings

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<p>Module 3 - Antiretroviral therapy 3B ART and patient wellbeing</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Identify actual or potential problems with therapy and adherence • Signpost patients experiencing problems with therapy to the right person • Support patients in coping with short and long-term side effects of treatment • Recognise the potential psychological impact of side effects • Develop an insight into the emotional needs of the patient during challenging times such as starting or switching therapy
<p>Module 4 - Health promotion 4A. Importance of a healthy lifestyle</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Describe the importance of promoting a healthy lifestyle to those in your care • Access local and national sources of support for your patients, relating to Exercise, Smoking, Alcohol and Recreational drugs • Understand your local referral process for cardiovascular and metabolic diseases • Be aware of guidelines for immunisation in HIV • Explain the considerations around travelling with HIV and the implications for maintaining treatment whilst away from home
<p>Module 4 - Health promotion 4B. Supporting sexual and reproductive health</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Develop an insight into the sexual health needs of people living with HIV and how best to support them • Access guidelines for the management of HIV in relation to the sexual health needs of people living with HIV and understand their right to sexual fulfilment • Develop an understanding about managing STIs in people living with HIV and access guidelines for the same • Understand the reproductive needs of people living with HIV and their right to reproductive fulfilment • Describe strategies to prevent the transmission risk presented from conception right through to after delivery
<p>Module 5 - HIV testing 5A. HIV testing: background and key principles</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Understand the importance of HIV testing • Know to whom (and when) an HIV test should be offered • Recognise the different types of HIV tests and when to use them • Understand how to interpret test results
<p>Module 5 - HIV testing 5B. Risk assessment, pre and post-test discussion</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Understand the risks involved for each route of transmission • Understand the key elements of pre-test discussion, particularly the need to gain informed consent • Understand the key elements of post-test discussion, depending on the result • Demonstrate an awareness of HIV-testing issues that may be relevant to different population groups

<p>Module 5 - HIV testing 5C. Fundamentals of Point of Care Testing (POCT)</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Understand the rationale for point of care testing • Be aware of the different types of home tests available • Appreciate the key clinical and information governance systems required when establishing an HIV testing service
<p>Module 6 - Managing complexity in Antiretroviral Therapy management 6D. Adherence and drug resistance</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Understand the key steps required to maximise adherence in patients receiving ART • Understand the key principles of motivational interviewing and how it can be successfully implemented in HIV patients to help improve adherence • With further training, adopt motivational interviewing as part of your ongoing interventions with your patients
<p>Module 6 - Managing complexity in Antiretroviral Therapy management 6F. Supporting and informing patients</p>	<p>When you have completed this tutorial, you will be able to:</p> <ul style="list-style-type: none"> • Provide the best advice for your patients surrounding their treatment • Address any concerns your patients may have regarding their treatment, drug resistance and the associated potential risks • Explain what is meant by 'forgiveness' when talking about certain ART medicines, to your patients • Explain what 'blips' are and how they arise and how they can be used to indicate how well a treatment is working

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E-learning for Healthcare (e-LfH)

2. E-learning for Healthcare (e-LfH)



You may already be registered for eHIV-STI. If not, and providing you have an 'nhs' e-mail address, registering to use the resources within e-HIVSTI (part of the e-Learning for Health online training provided by Health Education England) should be free. This resource is currently available (and free) throughout the UK. For some NHS employers you may find that you have to access this via your local Learning system if you use it at work. It is often easier to bypass this by registering from your personal computer at home; the

choice is yours.

Please note that eHIV-STI is not administered by BASHH or NHVNA and we cannot assist with registration/access problems - if you still have problems after using the information and resources provided, please email: support@e-lfh.org.uk

11.03 HIV disclosure and Partner Notification

By the end of this session you will be able to:

- List and discuss the ethical principles with regards to disclosure of HIV status to sexual partners
- Explain the legal aspects surrounding disclosure of HIV status to sexual partners
- Discuss the scientific considerations pertinent to disclosure decisions
- Apply the ethical principles and the legal and scientific facts when managing individual cases

11.04 Occupational exposure to HIV

By the end of this session you will be able to:

- Identify the risks and benefits associated with PEP
- Recognise the immediate management actions following a potential occupational exposure
- Describe how to assess an exposure, a source patient and a healthcare worker prior to PEP
- List the medications that should be given and state for how long they should be administered
- Specify the follow-up procedures that should be arranged

11.05 Sexual exposure to HIV

By the end of this session you will be able to:

- Describe the processes involved in sexual transmission of HIV
- Recognise the risks of different sexual practices with regards to HIV exposure and transmission
- Identify other factors that influence sexual transmission of HIV
- Describe methods of reducing sexual exposure and transmission of HIV

07.07 Hepatitis B & C and HIV co-infection

By the end of this session you will be able to:

- Define co-infection
- Describe the natural history of HIV/HBV and HIV/HCV
- List treatments used for treating HIV/HBV and HIV/HCV
- List side effects of peginterferon and ribavirin
- Explain the treatment strategies for HIV/HBV and HIV/HCV
- Summarise prevention strategies for HBV and HCV

09b.13 Adolescent HIV

By the end of this session you will be able to:

- Describe the epidemiology of horizontal and vertically acquired HIV in the UK for adolescents
- State the principles and models of transitional care
- Define the medical issues facing adolescents with HIV
- Recognise the social and psychological difficulties that can affect adolescents with HIV
- Explain how to maximise adherence to antiretrovirals
- State the importance of sexual and reproductive health in this very specialised group of patients

09b.15 HIV in MSM

By the end of this session you will be able to:

- Describe the epidemiology of HIV and STIs in MSM in the UK
- Identify the risk factors associated with HIV transmission in MSM
- Identify the risk factors associated with STI acquisition in HIV infected MSM
- Describe the aetiology and management of Proctitis in HIV infected MSM
- Identify prevention strategies against HIV transmission and STIs in HIV infected MSM

12.01 Natural History of HIV infection

By the end of this session you will be able to:

- Categorise the different stages of HIV infection and explain the CDC Classification
- Describe the relationship between risk of clinical disease and immunological status
- Explain the concept of opportunistic infections and be able to list important examples
- List AIDS-defining and non-AIDS-defining malignancies which are increased in HIV
- Describe the role of HIV in non-AIDS-defining clinical disease such as cardiovascular, renal, hepatic and bone disease
- List factors that are associated with higher risk of rapid progression
- Compare and contrast the natural history of HIV-1 and HIV-2

12.02 Baseline assessment of HIV-positive individuals and routine monitoring

By the end of this session you will be able to:

- Describe the clinical assessment of individuals newly diagnosed with HIV
- List the investigations that should be performed after a diagnosis of HIV
- Explain the nature of follow-up of individuals not requiring antiretroviral therapy
- Describe the appropriate assessment before and immediately after starting ART
- Describe the recommended monitoring of individuals on stable ART

12.05 First line ARV

By the end of this session you will be able to:

- Explain the current recommendations for commencing ART
- Outline the regimens recommended for first-line ART
- Compare NNRTI versus PI based therapies
- Describe indications and contraindications for using Kivexa[®] versus Truvada[®] as the NRTI backbone
- Explain how different ART regimens should be used in different groups
- Explain how individuals should be initially monitored after commencement of ART

12.07 ARV side-effects and toxicities

By the end of this session you will be able to:

- List different mitochondrial toxicities related to nucleoside reverse transcriptase inhibitors (NRTIs) including anaemia, peripheral neuropathy, pancreatitis, hepatic steatosis, lactic acidosis and indicate how these should be managed
- Explain abacavir hypersensitivity syndrome and the use of HLA B*5701 testing to identify individuals at higher risk
- State the cutaneous and hepatic toxicities of non-nucleoside reverse transcriptase inhibitors (NNRTIs) and how to assess and manage these
- Describe central nervous system toxicity related to ART, particularly efavirenz, and list some management strategies
- Describe the investigation and management of ART related hepatic disorders including early-onset hepatitis and late complications including non-cirrhotic portal hypertension
- Categorise other gastro-intestinal side effects related to NRTIs and protease inhibitors (including ritonavir) and explain how these should be assessed and managed
- List the side effects and toxicities of newer classes of ARV agent including integrase inhibitors and entry inhibitors

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14.10 Nutrition in HIV care (incl. HIV wasting syndrome)

By the end of this session you will be able to:

- Explain the investigation and management of weight loss in patients with HIV
- Discuss the indications for referral to a specialist dietitian
- Identify patients at risk of malnutrition and vitamin deficiencies
- Distinguish between lipodystrophy and other types of weight gain
- Evaluate the pros and cons of different types of supplementary nutrition including the ethical aspects

When you have completed the E-lfh e-learning please print out your e-learning activity report; you will need to show it to your trainer as proof of completion of the sessions.