NSW HIV SUPPORT PROGRAM

[TEST MORE] + [TREAT EARLY] + [PREVENT] = ENDING HIV
EVERY PERSON DIAGNOSED WITH HIV HAS THE RIGHT TO:
1. APPROPRIATE CLINICAL MANAGEMENT
2. PSYCHOSOCIAL SUPPORT
3. COUNSELING ABOUT HIV TREATMENT AND PREVENTION OF TRANSMISSION TO OTHERS
4. CONTACT TRACING ASSISTANCE
5. LINKAGE TO RELEVANT SPECIALIST, COMMUNITY AND PEER SUPPORT SERVICES

KEY DISCUSSION POINTS FOR PEOPLE WITH HIV ABOUT ANTI-RETROVIRAL TREATMENT (ART)
1. Treatment is generally safe and effective provided it’s done properly. Recent scientific advances suggest commencing ART earlier not only has significant individual benefits but can assist in preventing transmission to others.
2. ART has significant individual health benefits by reducing viral load.
3. High and consistent adherence to ART is required to maximise health benefits and minimise the risk of HIV transmission.
4. ART used in combination with correct and consistent condom use and safe injecting practices will greatly reduce the likelihood of transmission of HIV to others.
5. ART is considered life-long and treatment breaks are not recommended.
6. Close immune function monitoring while on ART allows for early identification of changes in health.
7. ART is subsidised by the Australian Government with co-payments similar to other treatments.

NSW HIV SUPPORT PROGRAM INFORMATION FOR CLINICIANS

Information for clinicians prescribing Highly Specialised Drugs ($100)

The NSW HIV Support Program initiative provides advice and support for doctors when they diagnose someone with HIV. By supporting doctors, people diagnosed with HIV can receive access to 5 Key Support Services.

1. 5 Key Support Services
2. Access assistance is tailored to the needs of the doctor and their patient
3. The HIV Support Program can assist doctors to provide these Key Support Services
4. The NSW HIV Support Program initiative provides advice and support for doctors when they diagnose someone with HIV.
5. All patients diagnosed with HIV should receive appropriate clinical management including baseline, immune and virological assessment and a discussion about treatment. See HIV Decision making tool for HIV clinical care guidance – www.ashm.org.au

APPROPRIATE CLINICAL MANAGEMENT INCLUDING TREATMENT

STARTING SOMEONE ON ART

Overarching principles of ART initiation include:

- Routinely discuss current information on when to start ART.
- Commencing ART takes into account personal health benefits and risks, and reduction in transmission risk.
- All decisions regarding commencing ART should be made by the individual in consultation with their health care providers.

CHECKLIST

- Undertake relevant baseline and ongoing assessment
- Review clinical indicators and discuss initiation of ART
- Note the outcome of your ART discussion
- Access HIV transmission risk behaviours
- Provide referral to other support services and explore shared care arrangement
The previous list reflects the fact that CD4 count is not the only determining factor to commence someone on ART. There are other indicators which also need to be taken into account including age, rapid CD4 decline, and other co-infections.

Separate to the benefits that accrue to those with HIV who are treated with ART, the reduction in HIV levels helps prevent further HIV transmission. (3-5) so if you have concerns about your patient’s behavioural risks it is strongly recommended that these patients be offered ART on public health grounds. (1)

Appropriate patient centred treatment adherence education, counselling and support needs to accompany ART initiation, see Adherence Tool for initiating ART www.stips.nsw.gov.au

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Contact tracing contributes to interrupting community HIV transmission by allowing people recently exposed to or at risk of HIV to test and, if diagnosed with HIV, receive appropriate clinical management (see Key Support Service 1) in a timely manner. Contact tracing can be undertaken over several visits and delayed until visit 2 or 3 according to the patient’s psychosocial state.

The STI/HIV Contact Tracing Tool for General Practice can assist you and your patients with how to undertake contact tracing.

SOME KEY POINTS:

1. How far back to contact trace?
   Start with recent *sexual or needle-sharing* partners and continue backwards until the onset of risk behaviour or last known negative HIV test of the person diagnosed with HIV.

2. Follow-up
   Contact the patient one week after discussing contact tracing to assess success and offer support. Document outcomes of any contact tracing discussions, including confirmation of contacts tested.

3. Support
   NSW Sexual Health Info Line (SHIL) – 1800 451 624, Monday – Friday, 0800-1700.
   SHIL provides sexual health telephone support to community and health professionals including STI/HIV information, referrals for care, contact tracing assistance and results interpretation.
There is a range of specialist and community support services in NSW to support you and your patient with HIV. These services can assist with HIV management decisions, psychosocial assistance and prevention counselling.

### SPECIALIST SERVICES

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<tr>
<th>Service</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>NSW HIV Support Program</td>
<td>02 9391 9195 <a href="mailto:hivsupportprogram@doh.health.nsw.gov.au">hivsupportprogram@doh.health.nsw.gov.au</a></td>
</tr>
<tr>
<td>NSW Sexual Health Clinics</td>
<td>The Sexual Health Infoline Line can assist in a clinic or service in your area that will provide counselling support. Note: not all sexual health clinics offer counselling services. <a href="http://www.health.nsw.gov.au/sexualhealth/Pages/sexual-health-clinics.aspx">www.health.nsw.gov.au/sexualhealth/Pages/sexual-health-clinics.aspx</a></td>
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<tr>
<td>NSW Sexual Health Info line</td>
<td>1800 451 624</td>
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### COMMUNITY SERVICES

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<tr>
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</thead>
<tbody>
<tr>
<td>AIDS Council of NSW</td>
<td><a href="http://www.acon.org.au">www.acon.org.au</a> 1800 063 060</td>
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<tr>
<td>Multicultural HIV and Hepatitis Service</td>
<td><a href="http://www.mhahs.org.au">www.mhahs.org.au</a></td>
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<tr>
<td>Positive Life</td>
<td><a href="http://www.positivelife.org.au">www.positivelife.org.au</a></td>
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<tr>
<td>Positive Heterosexuals</td>
<td><a href="http://www.pozhet.org.au">www.pozhet.org.au</a></td>
</tr>
<tr>
<td>Sexual Health Information Line</td>
<td>1800 451 624</td>
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<tr>
<td>SWOP (Sex Workers Outreach Project)</td>
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