

# HIV - Human Immunodeficiency Virus

## **HIV-ADV      ADVANCE DIRECTIVE**

**OUTCOME:** The patient/family/caregiver will understand the process of developing an advance directive and its role in maintaining a sense of control in the patient's medical care and decisions.

### **STANDARDS:**

1. Explain that patients may lose the ability to make their own decisions and an advance directive will be able to express the patient's desires prior to the loss of decision-making abilities.
2. Review the option of Advanced Directives/Living Will with the patient and the patient's family. Explain treatment options and answer questions in a manner the patient/family will understand.
3. Refer to appropriate services to assist the patient in making a living will, e.g., Social Services, Clergy, Lawyer.
4. **Refer to ADV.**

## **HIV-C      COMPLICATIONS**

**OUTCOME:** The patient/family will understand the effects and consequences possible as a result of HIV/AIDS, failure to manage this disease state/condition, or as a result of treatment.

### **STANDARDS:**

1. Discuss the common or significant complications associated with HIV/AIDS:
  - a. Bacterial infections
  - b. Viral infections
  - c. Fungal infections
  - d. Parasitic infections
  - e. Cancers
  - f. Depression, anxiety, or other mental health issues
2. Discuss common or significant complications that may be prevented by full participation with the treatment regimen.
3. Discuss common or significant complications that may result from treatment(s).

## **HIV-CM      CASE MANAGEMENT**

**OUTCOME:** The patient/family/caregiver will understand the importance of integrated case management in achieving physical and behavioral health.

### **STANDARDS:**

1. Discuss roles and responsibilities of each member of the care team including the patient, family/caregiver, and providers in the case management plan.
2. Explain the coordination and integration of resources and services in developing and implementing the case management plan.
3. Explain the need to obtain the appropriate releases of information necessary to support integrated case management and to maintain patient privacy and confidentiality. **Refer to AF-CON.**

## **HIV-CUL      CULTURAL/SPIRITUAL ASPECTS OF HEALTH**

**OUTCOME:** The patient/family will understand the impact and influences that cultural and spiritual traditions, practices, and beliefs have on health and wellness.

### **STANDARDS:**

1. Discuss the potential role of cultural/spiritual traditions, practices and beliefs in achieving and maintaining health and wellness. Refer to clergy services, traditional healers, or other culturally appropriate resources.
2. Explain that traditional medicines/treatments should be reviewed with the healthcare provider to determine if there are positive or detrimental interactions with prescribed treatment. Explain that the medical treatment plan must be followed as prescribed to be effective.
3. Discuss role and importance of familial support in addressing the many potential psychosocial effects of diagnosis including:
  - a. Family identity overriding individual identity and needs
  - b. Social isolation
  - c. Guilt
  - d. Stigma and discrimination
  - e. Normalization of the disease (treat like other chronic disease, e.g., hypertension.)
  - f. Follow-up, support, and access to medical care

## **HIV-DP      DISEASE PROCESS**

**OUTCOME:** The patient/family will understand the risk factors, methods of transmission and prevention of HIV (Human Immunodeficiency Virus), and the progression from HIV positive status to AIDS (acquired immunodeficiency syndrome).

### **STANDARDS:**

1. Explain the methods of HIV transmissions, e.g., semen, blood and blood product transfusions, needle sharing, accidental needle sticks, vaginal fluids, mother to infant, and in rare cases, organ or tissue transplants, and unsterilized dental or surgical equipment.
2. Discuss that sexual preference does not affect acquisition or transmission of the virus. The virus is non-selective and a risk to all.
3. Explain that HIV is a virus and there is no current vaccine to prevent its occurrence.
4. Explain that the human immunodeficiency virus attacks the immune system resulting in increased susceptibility to infections and cancers.
5. Explain the difference between HIV infection and AIDS. Explain that it is currently believed that all HIV infections will progress to AIDS. Early treatment and strict participation may slow the progression from HIV infection to AIDS.
6. Some symptoms of AIDS may be unusual or more frequent infections that are especially difficult to treat.

## **HIV-EQ      EQUIPMENT**

**OUTCOME:** The patient/family will understand and demonstrate (when appropriate) the proper use and care of equipment.

### **STANDARDS:**

1. Discuss the indications for and benefits of the prescribed medical equipment. Emphasize the importance of not tampering with any medical device.
2. Discuss types and features of the medical equipment as appropriate.
3. Discuss and/or demonstrate the proper use, care, and cleaning of medical equipment. Discuss proper disposal of associated medical supplies.
4. Participate in a return demonstration by the patient/family.
5. Discuss signs of equipment malfunction and proper action in case of malfunction as appropriate.
6. For inpatients, explain that the various alarms are to alert the medical personnel of the patient's status and/or the function of the equipment.

## **HIV-FU FOLLOW-UP**

**OUTCOME:** The patient/family/caregiver will understand the importance of follow-up in the treatment of HIV.

### **STANDARDS:**

1. Discuss the importance of follow-up care with referral resources and assistance from HIV case managers.
2. Discuss the procedure for obtaining follow-up appointments and that follow-up appointments should be kept.
3. Emphasize that full participation in the treatment plan is the responsibility of the patient/family.
4. Discuss signs/symptoms that should prompt immediate follow-up.
5. Discuss the availability of community resources and support services and refer as appropriate.

## **HIV-HM HOME MANAGEMENT**

**OUTCOME:** The patient/family will understand how to manage HIV/AIDS at home.

### **STANDARDS:**

1. Discuss the risks and benefits of the use of over the counter medications for symptom relief.
2. Discuss the use of alternative therapies or complementary medicinals that may be useful in symptom relief.
3. Help the patient/family to identify appropriate resources for managing HIV/AIDS at home.
4. Discuss the identification and confirmation of continuous familial (or other) support structure.

## **HIV-HPDP HEALTH PROMOTION, DISEASE PREVENTION**

**OUTCOME:** The patient will understand lifestyle changes necessary to promote and sustain healthy living.

### **STANDARDS:**

1. Explain that health and wellness refers to whole person (mind, body, and spirit) and is a positive state which results from healthy choices.
2. Explain healthy lifestyle choices (e.g., spirituality, social connections, exercise, nutrition) and avoidance of high-risk behaviors (e.g., smoking, alcohol and substance abuse, sex with multiple partners). Discuss the benefits of a healthy lifestyle.

3. Discuss wellness as an individual responsibility to:
  - a. Learn how to be healthy.
  - b. Be willing to change.
  - c. Practice new knowledge.
  - d. Get help when necessary.
4. Review the community resources available for help in achieving behavior changes.

## **HIV-HY      HYGIENE**

**OUTCOME:** The patient will recognize good personal hygiene as an important component of preventing complications.

### **STANDARDS:**

1. Discuss hygiene as part of a positive self image.
2. Review bathing and daily dental hygiene habits, e.g., don't share razors and toothbrushes.
3. Discuss the importance of hand washing in infection control.
4. If using IV drugs, discuss the importance and implications of not sharing needles and discuss the proper disposal of used needles.
5. Discuss the importance and implications of preventing unprotected sexual activity:
  - a. Use a new latex or polyurethane condom every time you have vaginal or anal sex. Condoms other than latex or polyurethane are not effective in the prevention of HIV.
  - b. During oral sex use a condom, dental dam, or plastic wrap.
  - c. If you use sexual devices, don't share them.
6. Discuss any hygiene habits that are specifically pertinent to this disease state or condition.

## **HIV-L      LITERATURE**

**OUTCOME:** The patient/family/caregiver will receive literature about HIV and other sexually transmitted infections (STIs).

### **STANDARDS:**

1. Provide the patient/family with literature on HIV and/or other sexually transmitted infections.
2. Discuss the content of literature.

3. Caution the patient that information found on the Internet is not necessarily screened for accuracy and may not be correct. Emphasize the importance of using reliable sources of information.

## **HIV-LA      LIFESTYLE ADAPTATIONS**

**OUTCOME:** The patient will strive to make the lifestyle adaptations necessary to prevent complications of the disease state or condition or to improve mental or physical health.

### **STANDARDS:**

1. Review lifestyle aspects/changes that the patient has control over - diet, exercise, safety and injury prevention, avoidance of high-risk behaviors, and full participation with treatment plan:
  - a. Follow safer sex practices
  - b. Tell your sexual partner(s) that you have HIV
  - c. If your partner is pregnant, tell her you have HIV
  - d. Tell others who need to know, e.g., family, friends, health providers
  - e. Don't share needles or syringes
  - f. Don't donate blood or organs
  - g. If you are pregnant, get medical care right away
2. Emphasize that an important component in the prevention or treatment of disease is the patient's adaptation to a healthier, lower risk lifestyle.
3. Emphasize the importance of not smoking, using illegal drugs, or alcohol as these further weaken your body.
4. Review the community resources available to assist the patient in making lifestyle changes. Refer as appropriate.
5. Discuss availability or access to involvement /support from another person living with HIV/AIDS of similar demographics/culture/location, etc.

## **HIV-M      MEDICATIONS**

**OUTCOME:** The patient/family will understand the purpose, proper use, and expected outcomes of prescribed drug therapy.

### **STANDARDS:**

1. Describe the name, strength, purpose, dosing directions, and storage of the medication.
2. Discuss the risks, benefits, and common or important side effects of the medication and follow up as appropriate.

3. Discuss any significant drug/drug, drug/food, and alcohol interactions, as appropriate.
4. Discuss the importance of keeping a list of all current prescriptions and over-the-counter medicines, vitamins, herbs, traditional remedies, and supplements. Encourage the patient to bring this list and pill bottles to appointments for medication reconciliation.

## **HIV-MNT    MEDICAL NUTRITION THERAPY**

**OUTCOME:** The patient/family will understand the specific nutritional intervention(s) needed for treatment or management of this condition, illness, or injury.

### **STANDARDS:**

1. Explain that Medical Nutrition Therapy (MNT) is a systematic nutrition care process provided by a Registered Dietitian (RD) that consists of the following:
  - a. Assessment of the nutrition related condition.
  - b. Identification of the patient's nutritional problem.
  - c. Identification of a specific nutrition intervention therapy plan.
  - d. Evaluation of the patient's nutritional care outcomes.
  - e. Reassessment as needed.
2. Review the basic nutrition recommendations for the treatment plan.
3. Discuss the benefits of nutrition and exercise to health and well-being.
4. Assist the patient/family in developing an appropriate nutrition care plan.
5. Refer to other providers or community resources as needed.

## **HIV-N        NUTRITION**

**OUTCOME:** The patient will understand the importance of maintaining optimal nutrition status.

### **STANDARDS:**

1. Explain the role of immunocompetence and the need for hand washing and safe food handling techniques to reduce exposure to infections.
2. Explain the importance of maintaining a balanced nutritious diet. High fat diets can contribute to suppression of immune function.
3. Discuss the benefit of oral supplements in patients with appetite changes, anorexia, or weight loss. Rest periods before and after meals are suggested.
4. Explain the importance of hydration, 9-12 cups/day recommended.
5. Emphasize that herbs and botanical supplements should not be used without discussing with a physician, RD, or pharmacist.

6. Refer to a registered dietitian for MNT as appropriate.

## **HIV-P      PREVENTION**

**OUTCOME:** The patient will develop a healthy behavior plan, which will prevent/reduce exposure to HIV infections.

### **STANDARDS:**

1. List circumstances/behaviors that increase the risk of HIV infection:
  - a. IV drug use and sharing needles.
  - b. Multiple sexual partners.
  - c. Unprotected sex, e.g., sex without latex or polyurethane condoms or other protective agents, dental dams, plastic wrap.
  - d. Anal intercourse.
  - e. Breastfeeding by an HIV infected mother.
  - f. Being born to an HIV infected mother.
  - g. Presence or history of another sexually transmitted infections.
  - h. Victims of rape.
  - i. Involvement in a abusive relationship.
2. Describe behavior changes that prevent/reduce transmission of HIV virus.
3. Discuss/demonstrate proper application of condom with model if available. Discuss proper lubricant type. (No oil-based lubricants.)
4. Describe how alcohol/substance use can impair judgment and reduce the ability to use protective measures.
5. Explain ways to reduce exposure to infected persons.
6. Explain that the best way to prevent exposure to HIV is to abstain from risky sexual behavior and from recreational drug use.

## **HIV-PN      PRENATAL**

**OUTCOME:** The patient/family will understand risk factors for HIV (mother and child) and offer referral for testing.

### **STANDARDS:**

1. Discuss the risk factors for HIV (mother and child).
2. Offer referral for HIV testing.
3. Explain that early detection, early treatment and full participation with the medication regimen, as well as, maintaining a healthy lifestyle will often result in

a better quality of life and will slow the progression of the disease and may have beneficial effects upon the delivery and longevity of the child.

## **HIV-S SAFETY**

**OUTCOME:** The patient/family/caregiver will understand principles of planning and living within a safe environment.

### **STANDARDS:**

1. Explain that opportunistic infections are a major cause of death.
2. Discuss the need to prevent opportunistic infections through creating and living within a safe environment.
3. Assist the patient/family/caregiver in identifying ways to adapt the home to improve safety and prevent injury, illness and disease transmission appropriate to the patient's age, disease state and condition.
4. Identify which community resources promote a safe living environment.

## **HIV-SM STRESS MANAGEMENT**

**OUTCOME:** The patient will understand the role of stress management in HIV/AIDS.

### **STANDARDS:**

1. Explain that uncontrolled stress can contribute to a suppressed immune response and can increase the complications from HIV/AIDS.
2. Explain that effective stress management may help to reduce the adverse consequences of HIV/AIDS, as well as, improve the patient's health and well-being.
3. Discuss that stress may exacerbate adverse health behaviors, such as increased tobacco, alcohol, or other substance abuse, all which can increase the risk of morbidity and mortality from HIV/AIDS.
4. Discuss various stress management strategies which may help maintain a healthy lifestyle. Examples may include:
  - a. Becoming aware of your own reactions to stress
  - b. Recognizing and accepting your limits
  - c. Talking with people you trust about your worries or problems
  - d. Setting realistic goals
  - e. Getting enough sleep
  - f. Maintaining a healthy diet
  - g. Exercising regularly
  - h. Taking vacations

- i. Practicing meditation, self-hypnosis, and positive imagery
  - j. Practicing physical relaxation methods such as deep breathing or progressive muscular relaxation
  - k. Participating in spiritual or cultural activities
5. Discuss suggestions for dealing with the emotional toll of living with HIV/AIDS:
    - a. Learn all you can about HIV/AIDS.
    - b. Be proactive, take an active role in your treatment.
    - c. Maintain a strong support system.
    - d. Take time to make important decisions concerning your future.
    - e. Come to terms with your illness.
  6. Provide referrals as appropriate.

## **HIV-TE TESTS**

**OUTCOME:** The patient/family will understand the reason for testing, the expected outcome, and whether the test will be confidential or anonymous.

### **STANDARDS:**

1. Explain test(s) that have been ordered (explain as appropriate):
  - a. method of testing (emphasize the importance of using only approved test kits for HIV)
  - b. necessity, benefits, and risks of test(s) to be performed
  - c. any potential risk of refusal of recommended test(s)
  - d. any advance preparation and instructions required for the test(s)
  - e. how the results will be used for future medical decision-making
  - f. how to obtain the results of the test
2. Explain that identification of all partners is necessary to facilitate the testing of those persons and limit further spread of the infection.
3. Explain test results:
  - a. meaning of the test results
  - b. follow-up tests may be ordered based on the results
  - c. how results will impact or effect the treatment plan
  - d. recommendations based on the test results

## **HIV-TX      TREATMENT**

**OUTCOME:** The patient/family will understand the importance of a chronic treatment plan.

### **STANDARDS:**

1. Discuss importance and primary causes of treatment failure including continuous access to medical care and adherence to treatment plans.
2. Discuss or identify other barriers to treatment failure:
  - a.      Familial support
  - b.      Geography
  - c.      Migratory nature
  - d.      Sociocultural influence
  - e.      Stigma and/or discrimination
3. Explain that according to current guidelines, treatment should focus on achieving the maximum suppression of symptoms for as long as possible. This aggressive approach is known as high active antiretroviral therapy (HAART). The aim of HAART is to reduce the amount of virus in your blood to very low levels, although this doesn't mean the virus is gone.
4. Discuss the process for developing a comprehensive treatment plan that includes identifying the appropriate resources to support a comprehensive treatment plan, e.g., health and risk assessment, referral to mental health for associated depression or mental illness, common lab tests, disease staging, prophylaxis therapy, immunizations, social and insurance needs, plus follow up.
5. Explain that identification of all partners is necessary to facilitate the treatment of those persons and limit further spread of the infection.