



RN James Rice-Davies

HIV Clinical Nurse Specialist

CCDHB

Wellington

Saturday, June 10, 2017

(Room 9)

11:00 - 11:55 WS #120: Undiagnosed HIV in Your Practice

12:05 - 13:00 WS #132: Undiagnosed HIV in Your Practice (Repeated)

HIV

Just 'Tick the Box'

600 People in NZ -Yet to be Found

Patients will end up with a normal life expectancy

HIV- Undiagnosed & in Your Care



James Rice-Davies 027 444 1967

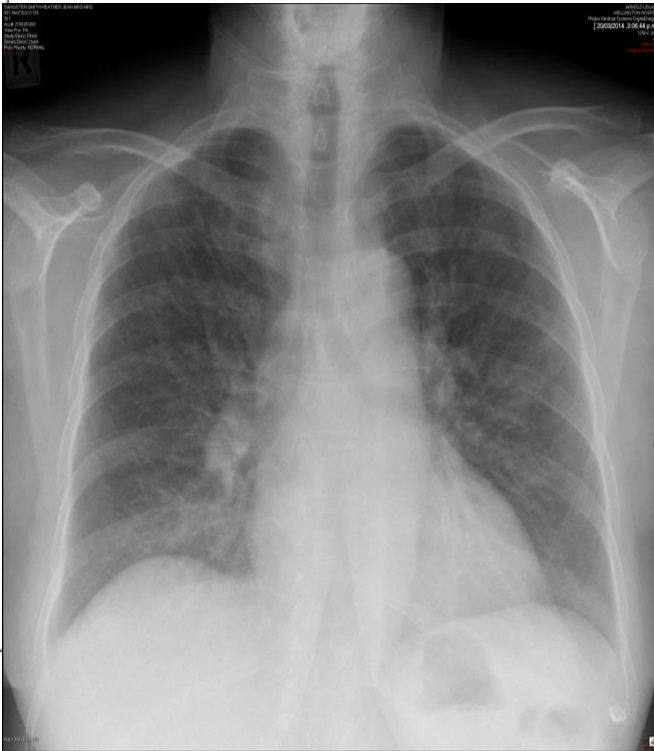
HIV Clinical Nurse Specialist – CCDHB

Kaposi's Sarcoma, PCP & Oral Thrush

First descriptions in 1981



THE LANCET, SEPTEMBER 19, 1981



Seen in young otherwise healthy young men

PRINCE JOINS AIDS BATTLE

OMG! HRH HIV TEST

It's OK... he passed

Smiling... Harry
checks test, inset

Just a
little
prick, sir

DIAGNOSIS ON THE DOT

THE "Insti" HIV test
mixes a tiny amount
of blood with solution
for a dot test.

It is a rough indi-
cator as to whether a
patient has HIV anti-
bodies present.

Similar to a preg-
nancy test, the ass-

PRINCE Harry had
an HIV test yester-
day and joked that
he was nervous.

Harry had the finger-
prick check at a clinic

By EMILY ANDREWS

Palmer carried out an
Insti test and told him:
"You are HIV negative."
Harry sighed with relief
and stuck out his tongue.

ple through a microscope.
The centre's Dr Anatole
Menon-Johansson said:
"HIV is now a chronic
treatable illness. No one
should go on to get Aids."
Harry said: "Things have





WOMEN CAN GET HIV TOO

TONYA 1965-2014
DIED AS A RESULT OF
UNDIAGNOSED HIV



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HIV



TAKE CHARGE
TAKE THE TEST

For a rapid HIV Test (results in 20 minutes) call the
New Zealand AIDS Foundation on 0800 802 437 or
contact your nearest Sexual Health or Family Planning
clinic or your GP to make an appointment.

For more information contact
Positive Women Inc.
0800 P02TIV (769 848)
jane@positivewomen.nz
www.positivewomen.org.nz



Positive Women

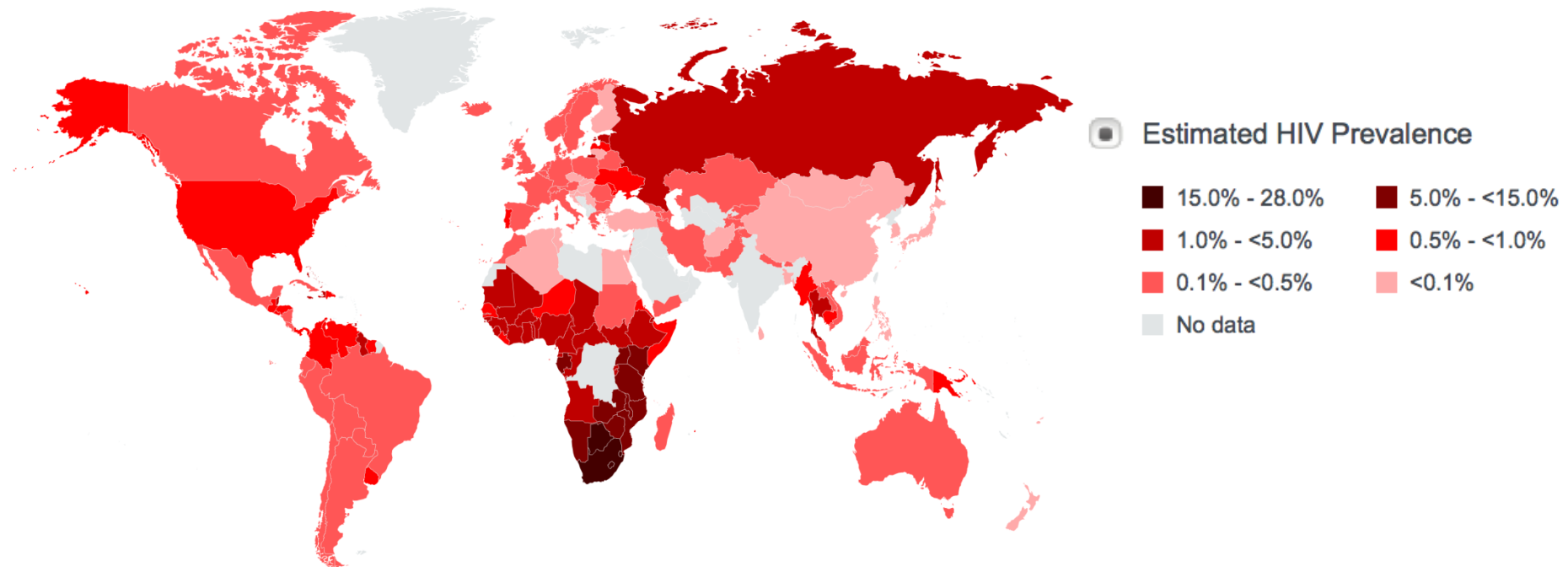
Differential Diagnosis for HIV

- Weight loss/ Altered bowel habits/ fatigue on going vague
- Shingles (<50yrs)
- Persistent Skin-fungal/Eczema
- Glandular Like Fever (male)
- Enlarged Lymph Nodes
- Abnormal – Platelets
Neutrophils
- Oral Thrush
- Difficult to Tx oral herpes



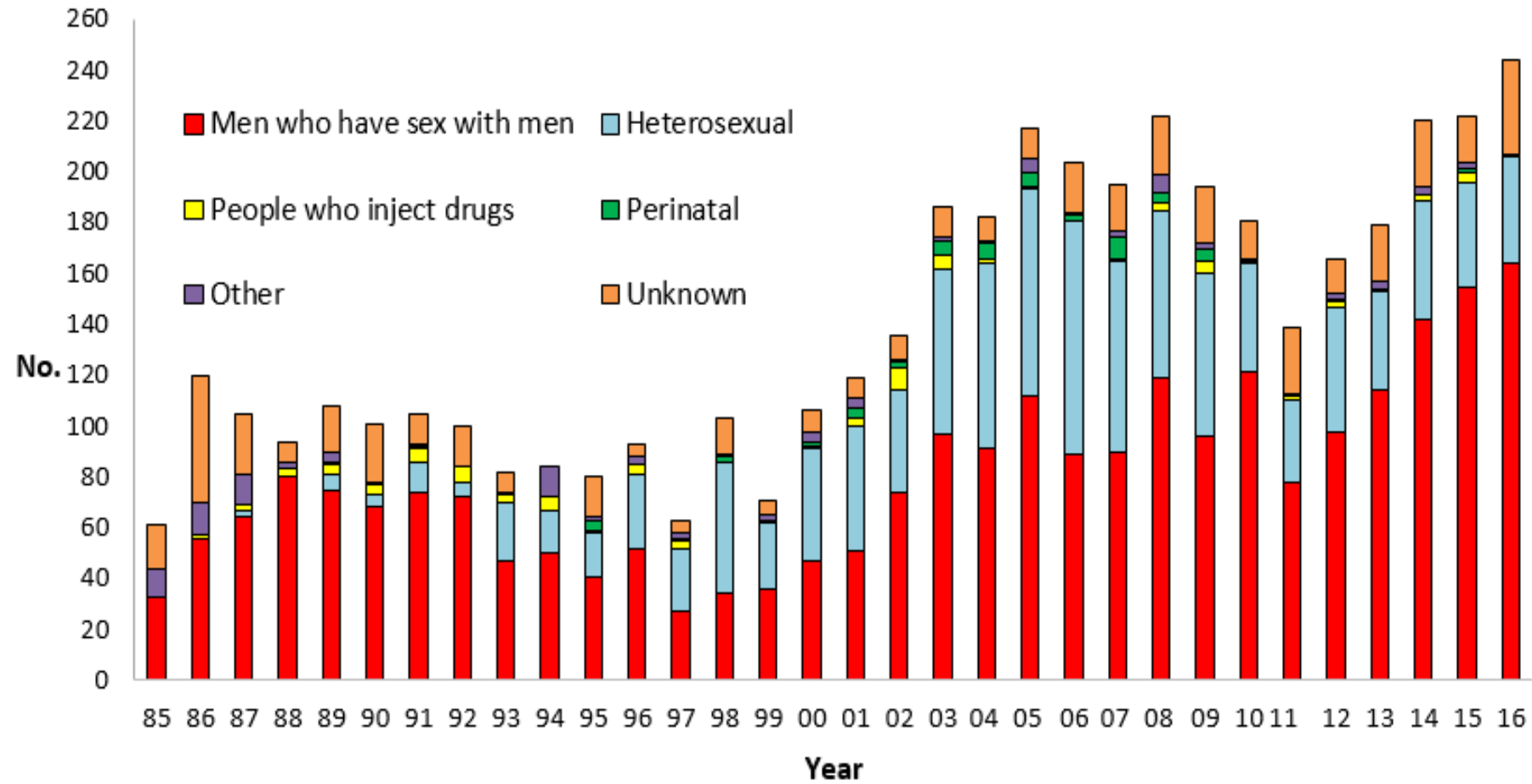
Just 'tick the box'

HIV global pandemic

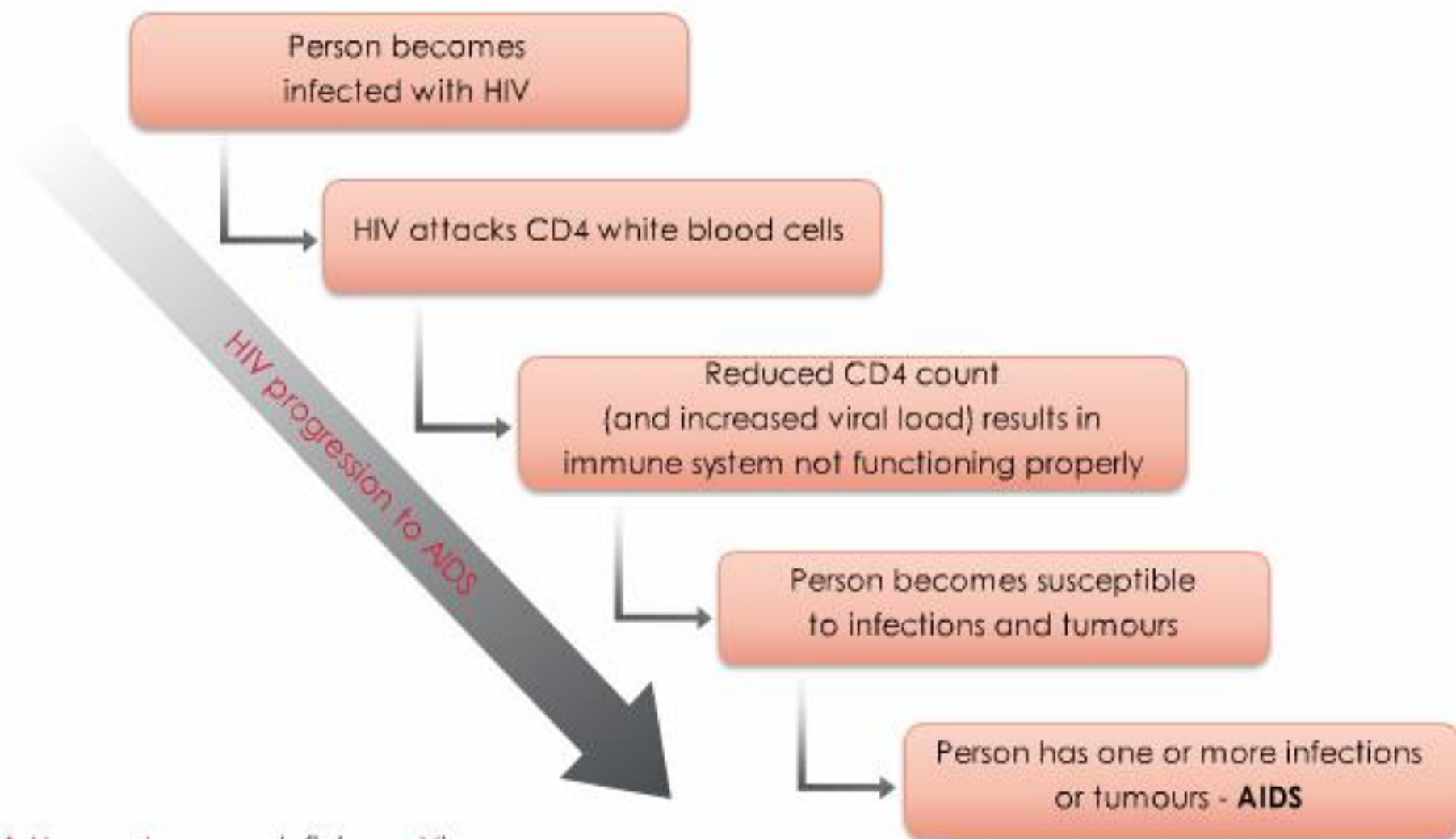


- **Global HIV epidemic**
 - 78 million infected globally, 40 million deaths
 - 38 million people living with HIV
 - 2.1 million new infections
 - 1.1 million deaths

HIV Diagnoses in NZ are increasing

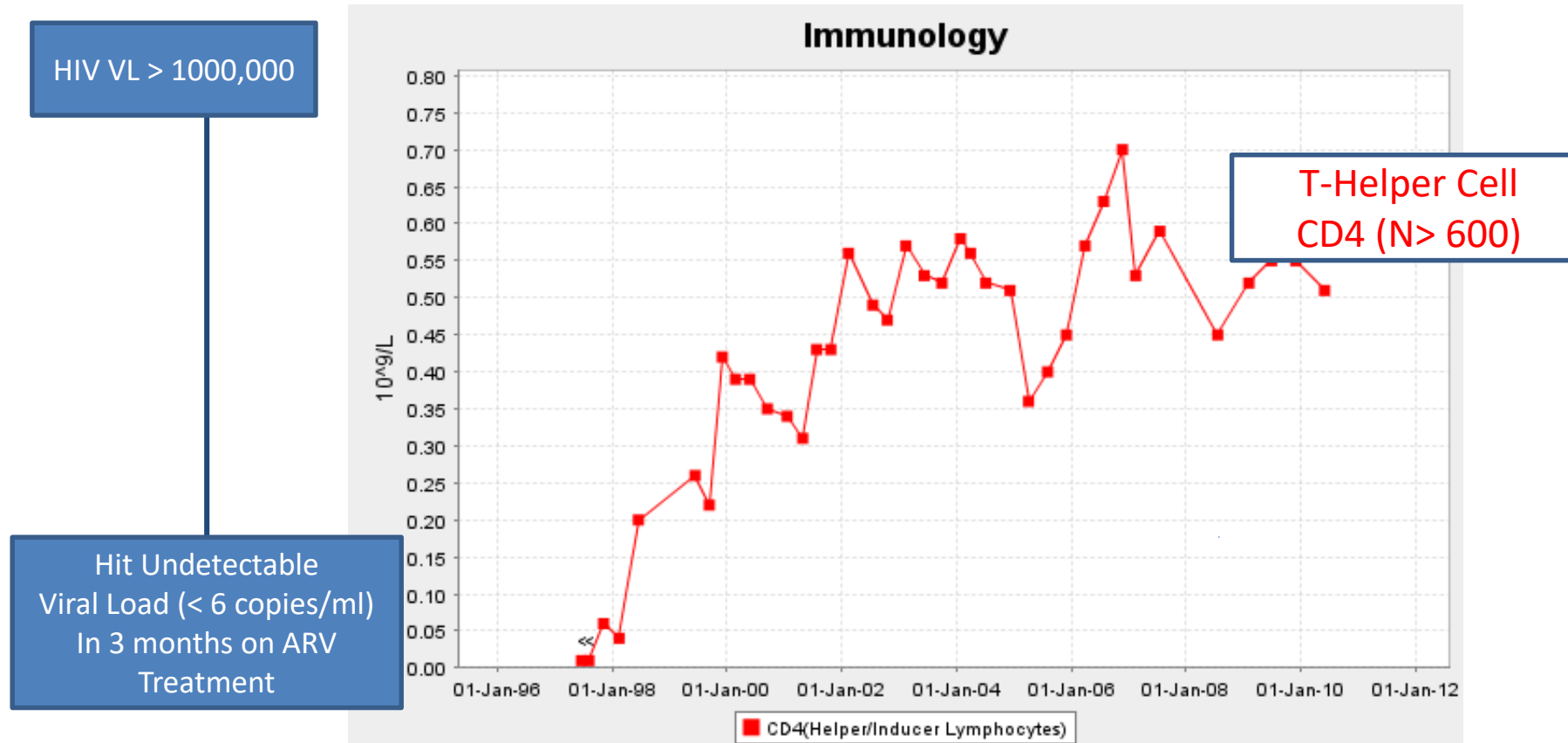


What is HIV/AIDS?



HIV, Human Immunodeficiency Virus
AIDS, Acquired Immune Deficiency Syndrome

HIV Management – viral suppression & immune recovery



Antiretroviral therapy (ART): combination of usually 3 anti-viral agents



What's the Decade here?

The Concept of “Key Populations” in Prevention

- 1) Men who have sex with men
- 2) People who inject drugs
- 3) People in prison and closed settings
- 4) Sex workers
- 5) Transgender people
- 6) Needlestick injuries

Let's Stop Thinking 1980s

- No Pre & Post test Counseling required
- No Life Insurance Problems
- No Consent Issues
- If you're thinking Hep A/B/C testing inc. HIV
- If you're doing an STI screen lets inc. swabs Anal & Oral
- Let's do bloods for Syphilis and HIV
- Let's think Differential Diagnosis not 'Risk factors'
- **Lets just 'Tick the Box' and rule HIV out**

Who's doing HIV testing ?

- GP's - Diagnose 40% of HIV cases in New Zealand;
Late into infection, Patients are unwell with a low CD4 counts, & had several sexual partners before being diagnosed
- New Zealand AIDS Foundation
- Sexual Health Clinics
- Family Planning Associates
- Prison Service

A Few Recent Cases

- Dr's Wife become breathless
- Husband becomes more and more forgetful
- Wife after years and years with oral sores- becomes SOB
- Gay Man about to have half his bowel taken out
- Auckland carried out an audit showing

UNAIDS Goal 90/90/90 for 2020

World Wide Goal

- 90% Diagnosed
- 90% On ARV Treatment
- 90% Undetectable HIV Viral Load

New Zealand

- 80% Estimated
- 89% On ARV Tx

• 93% Undetectable VL

20% remain undiagnosed in NZ

START / Partner Study



**LETS TALK
ABOUT
HIV**

OR
**Perhaps lets not talk
about it!**
‘Lets just rule it out’

HIV / Sexual Health

Risk Factors

- Disclosure of information ?
- To your GP ?
- MSM /GBM

Sexual History

- Male Female Both
- Right tests from the right place
- Oral Anal Vaginal Urethral
- Swabs/ urine / bloods

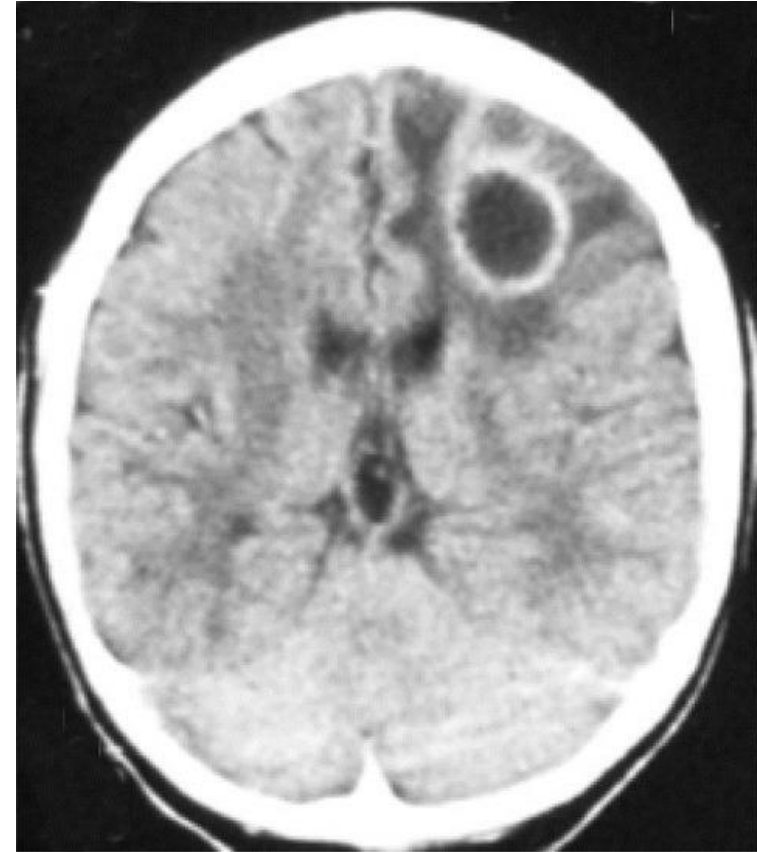
Diagnosing & Treating STI's will reduce the risk of picking up HIV

The HIV Test



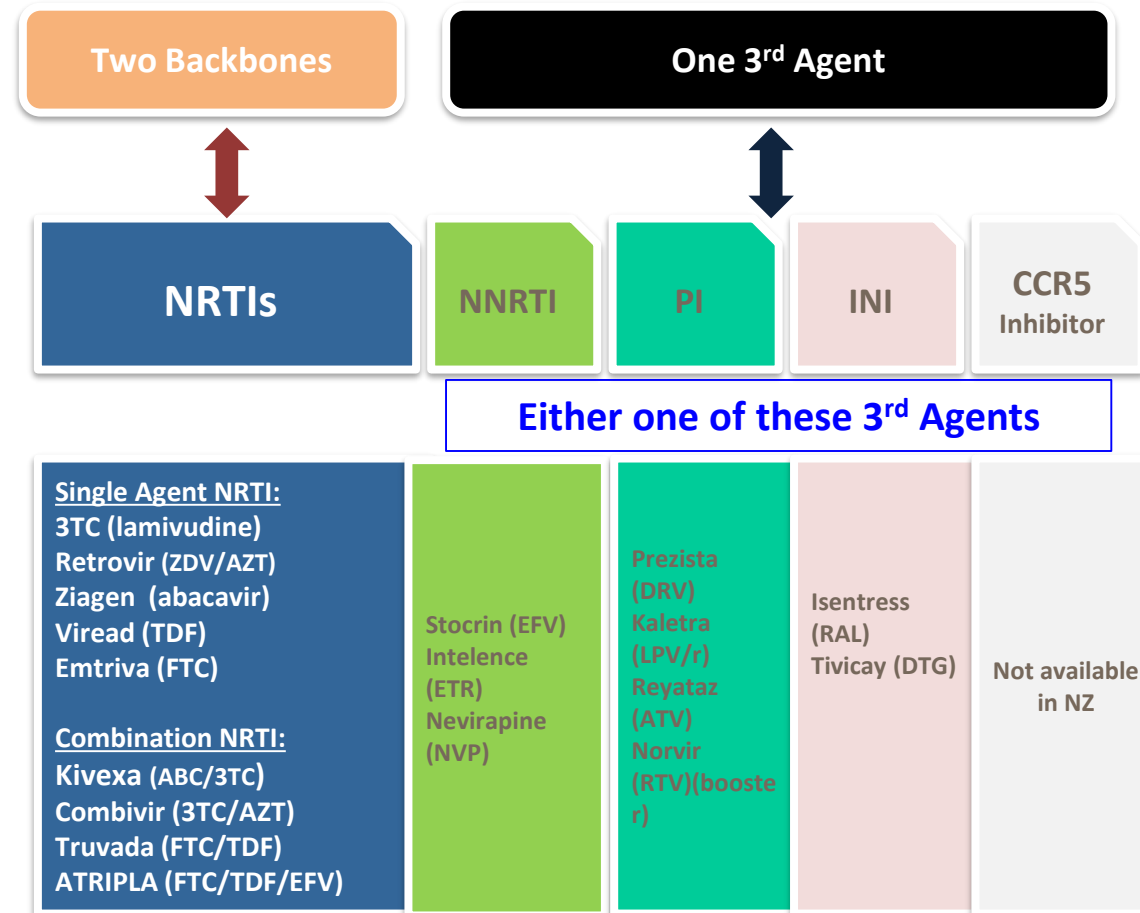
Differential Diagnosis including HIV (not risk groups)

- Weight loss/ Altered bowel habits/ fatigue on going vague
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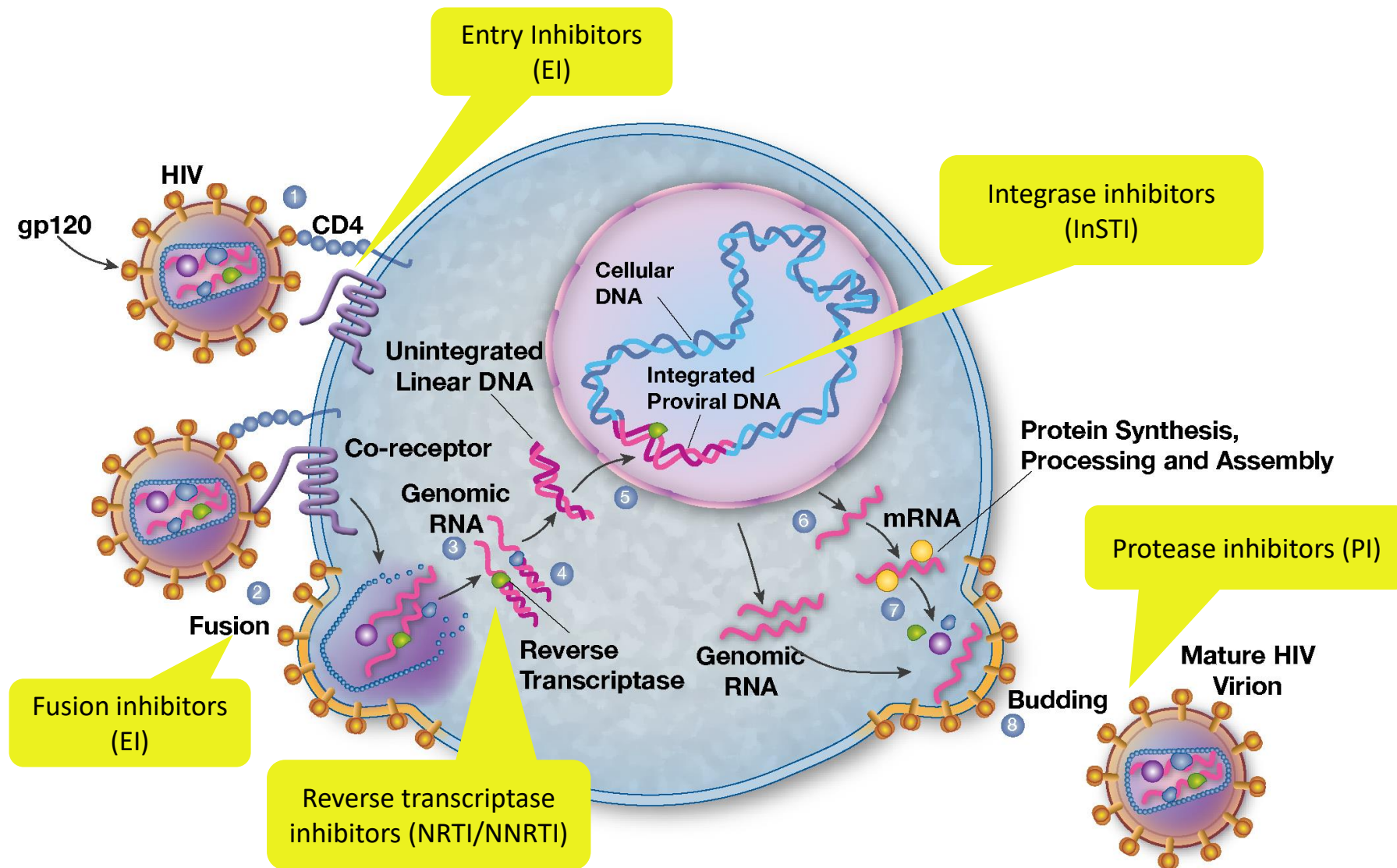
Anti-Retroviral Therapy (ART) in New Zealand

ART therapy is a cocktail of 3 medications from 2 drug classes 2 backbones + 1 third agent



Less problematic than Diabetes –PrEP / (PEP)

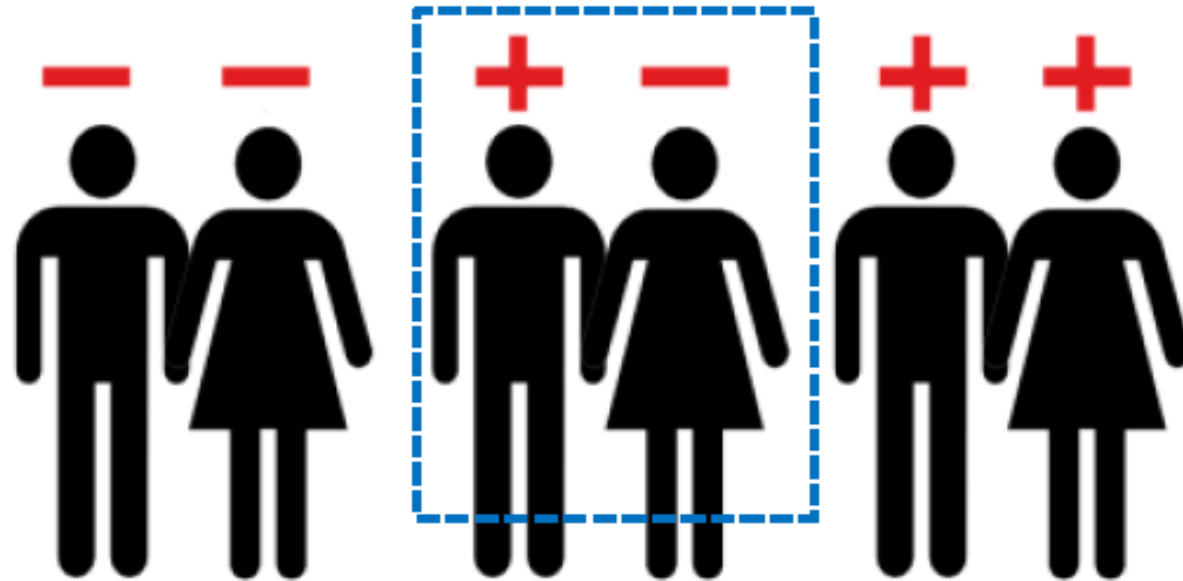
HIV lifecycle: targets for antiretroviral therapy



A Simple Prevention Idea

Reduce HIV in genital secretions with ART!

HIV prevention in discordant couples?



HIV Viral Load; Undetectable = Untransmittable Cohen M.

Testing the Right people at the Right Time!



NEW ZEALAND AIDS FOUNDATION
Te Tūāpapa Mate Āraikore O Aotearoa



+BODY POSITIVE→

NEW ZEALAND
Tinana Ora Aotearoa



Positive Women

Supporting Women and Families
living in New Zealand with HIV and AIDS

WAHINE
KAHA



Nō tātou te mate - Nō tātou hoki te rongoa"

Tumanako i roto i te moemoeā

Why Test?

- Testing is the first step in maintaining a healthy life and reducing the spread of HIV
- CDC recommends that everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine health care.
- Sexually active gay and bisexual men may benefit from getting an HIV test more often, perhaps every 3 to 6 months

Still in 2016

30-40% of cases present with late advanced HIV disease



**Before being offered a
HIV test!
1981 - 2017**



If YOU 'Tick the Box'
600 People with HIV
In New Zealand
Will be Found !

Patients will end up with a normal life expectancy
And we'll reduce the rates of HIV infection