The Role of Nursing in Improving Community Access to HIV Care

Lessons Learned from Mental Health and Substance Use Treatment

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Predictors of HIV risk among U.S. women in high-prevalence areas

<table>
<thead>
<tr>
<th>Predictor</th>
<th>RR (95% CI)</th>
<th>Prevalence among HIV+ women</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Education beyond high school</td>
<td>.43 (.15, 1.24)</td>
<td>13%</td>
<td>.142</td>
</tr>
<tr>
<td>Weekly substance use or binge drinking</td>
<td>2.52 (1.22, 5.21)</td>
<td>60%</td>
<td>.013</td>
</tr>
<tr>
<td>Weekly drug use (excluding cannabis)</td>
<td>2.71 (1.33, 5.52)</td>
<td>43%</td>
<td>.006</td>
</tr>
<tr>
<td>Food insecurity</td>
<td>.57 (.027, 1.21)</td>
<td>33%</td>
<td>.148</td>
</tr>
<tr>
<td>History of emotional, physical, sexual abuse</td>
<td>.43 (.18, 1.04)</td>
<td>5.65</td>
<td>.061</td>
</tr>
</tbody>
</table>

(Hodder et al., 2013)
### Predictors of HIV risk (unprotected sex) among women in South Africa

(Sikkema, Watt et al, JAIDS 2011)

<table>
<thead>
<tr>
<th>Predictor</th>
<th>RR (95% CI)</th>
<th>Wald Chi-Sq</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Race</td>
<td>0.92 (0.70, 1.20)</td>
<td>0.38</td>
<td>0.536</td>
</tr>
<tr>
<td>Age</td>
<td>0.99 (0.98, 1.00)</td>
<td>0.74</td>
<td>0.389</td>
</tr>
<tr>
<td>Alcohol frequency</td>
<td>1.18 (1.04, 1.33)</td>
<td>6.41</td>
<td>0.011</td>
</tr>
<tr>
<td>Alcohol quantity</td>
<td>1.26 (1.14, 1.39)</td>
<td>19.96</td>
<td>&lt;0.001</td>
</tr>
<tr>
<td>Any drug use</td>
<td>1.33 (0.93, 1.91)</td>
<td>2.45</td>
<td>0.118</td>
</tr>
<tr>
<td>Screen for depression</td>
<td>1.53 (1.13, 2.09)</td>
<td>7.29</td>
<td>0.007</td>
</tr>
<tr>
<td>PTSD score</td>
<td>1.07 (1.01, 1.14)</td>
<td>5.65</td>
<td>0.018</td>
</tr>
</tbody>
</table>

GLM, negative binomial regression

Model fit: Likelihood chi-sq = 77.69, df=7, p<.001

(Sikkema, Watt et al, JAIDS 2011)
Flipping the Script on Comorbidity

- Extremely high rates of overlap among HIV, mental health, and other health challenges
- Often framed in terms of comorbidity and challenge
- There is opportunity to flip the script on this and focus on care access, resilience, and co-located services
- Interdisciplinary lessons and ‘leapfrogging’

Ngocho et al., 2019
Transdiagnostic Approaches

• Shifts away from identifying the perfect treatment to “unlock” health challenges
• Focus is instead on strong, comprehensive evaluation of needs and connection to a suite of services
• Resolves challenges of transferability of treatment to diverse settings
• Improved focus on social determinants, environment, and culture
Focus on Care Access, Resilience, and Patient Choice

- Integrates principles of:
  - “Readiness for change” from substance use treatment
  - Motivational interviewing and positive psychology from the mental health field
  - Patient-centered care from nursing and medicine
  - Stigma reduction through community-based services and patient empowerment
Example of this for Other Health Conditions

- Counseling and support groups for cancer treatment
- Cardiac rehabilitation: counseling, exercise, dietary, smoking cessation
- Community health worker programs
- Integrative medicine services
Potential for ‘Leapfrogging’: Personnel, Setting, and Delivery

- Nurses historically more nimble in offering community-based care
- Transdiagnostic approaches to address multiple challenges

Opportunity for Leapfrogging:
- Specialty Care for PLWH Largely Absent
- Referral to External Specialists
- Integration of Co-Located Services
- Efficient Digital Health and Community-Based Delivery
Considerations for Intervention Development in the South

- Rural access: Example of opioid treatment
- Telehealth and co-located care
- Linking HIV and substance use treatment: for example, medication for opioid use disorder
- Ensuring patient voice drives implementation
Bringing Treatment to People  Vs.  Bringing People to Treatment

- Peer supports/navigators
- Mobile clinics and satellite clinics
- Hotline model for brief telephone-based services
  - Medication management
  - Counseling
  - Primary care or other health concerns
- Improving access to technology and transportation
- Billing and scope of practice
A Call to Action

1. Remove barriers to telehealth and community-based care models by reexamining policies and laws related to billing and nursing scope of practice

2. Use task-shifting to train peer navigators and increase the health workforce

3. Emphasize co-located, nurse-led treatment programs that connect patients to a suite of services
   • Medical, social, and mental health – a true “one stop shop” for well-being