

PRESENTED BY / PRÉSENTÉ PAR CATIE

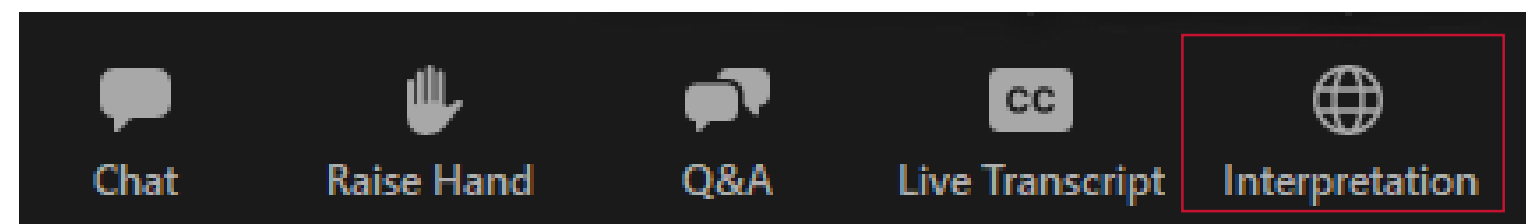
HIV peer health navigation: Moving programs forward / Pairs navigateurs de la santé auprès des personnes vivant avec le VIH : pour faire avancer les programmes

———— Promoting Promising Programs / Promotion de programmes prometteurs

Interpretation / Interprétation

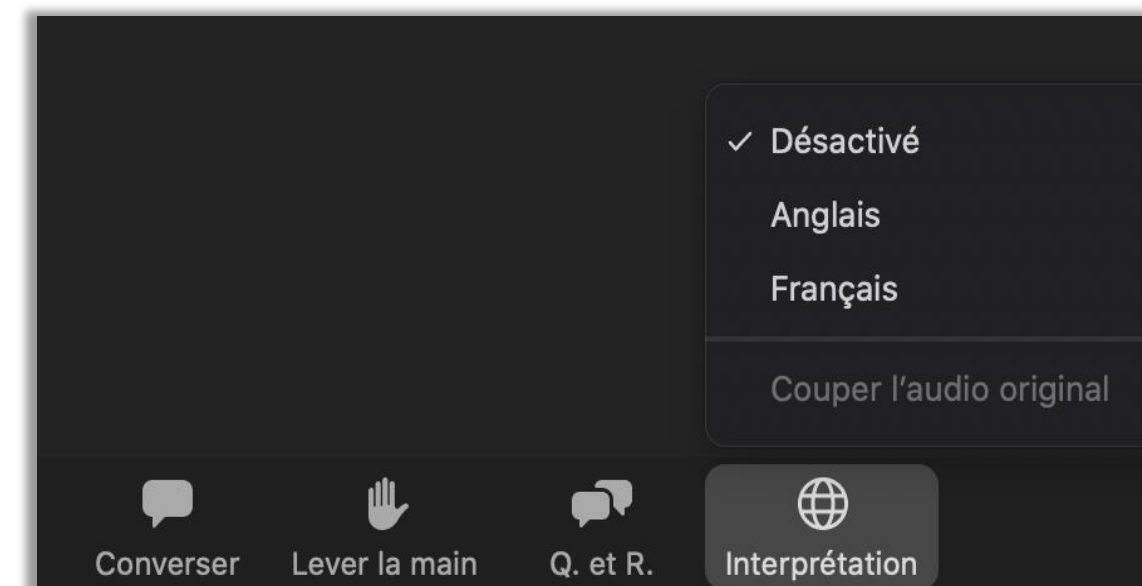
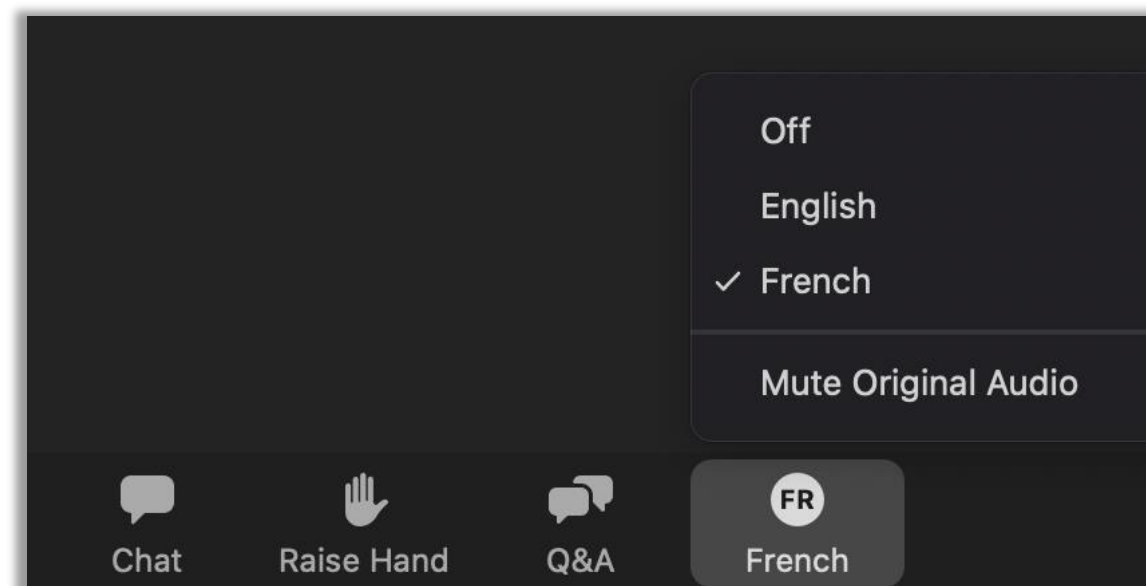
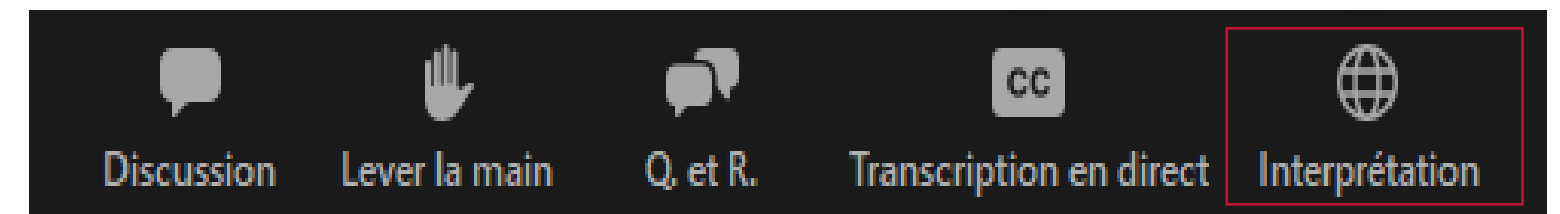
English-French simultaneous interpretation is available during the webinar.

Attendees should choose their preferred language from the **Interpretation** tab at the bottom of the screen.



Durant le webinaire, des services d'interprétation simultanée anglais-français sont offerts.

Les participant·e·s au webinaire n'ont qu'à sélectionner la langue de leur choix à partir de l'onglet **Interprétation** au bas de l'écran.



Agenda

- i. Introduction & background (7 minutes)**
 - i. The evidence- and practice-base for peer health navigation programs for people with HIV
 - ii. Peer health navigation guidelines
- ii. Sharing peer navigation programs (23 minutes)**
 - i. AIDS Vancouver
 - ii. Saskatchewan Health Authority
 - iii. Saskatchewan Health Authority and Wellness Wheel
- iii. Discussion with speakers on specific topics (40 minutes)**
 - iii. Working in clinical settings
 - iv. Providing supports to peer health navigators
 - v. Challenges, lessons learned and what's next?
- iv. Audience questions and answers (20 minutes)**

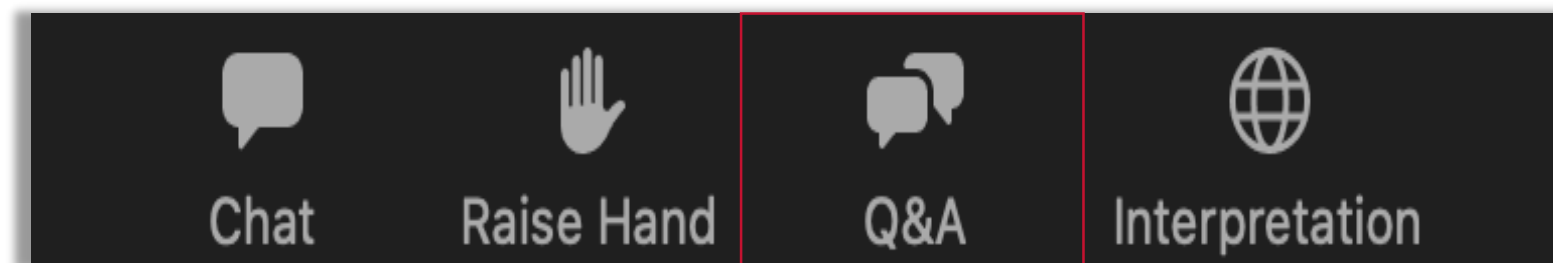
Ordre du jour

- i. Introduction et mise en contexte (7 minutes)**
 - i. Fondement factuel et empirique des programmes de pairs navigateurs de la santé pour personnes vivant avec le VIH
 - ii. Lignes directrices pour pairs navigateurs de la santé
- ii. Exemples de programmes de pairs navigateurs de la santé (23 minutes)**
 - i. AIDS Vancouver
 - ii. Autorité sanitaire de la Saskatchewan
 - iii. Autorité sanitaire de la Saskatchewan et Wellness Wheel
- iii. Discussion avec les conférencier·ère·s sur divers thèmes (40 minutes)**
 - iii. Travailler en milieu clinique
 - iv. Offrir du soutien aux pairs navigateurs de la santé
 - v. Obstacles, acquis, et ce qui nous attend
- iv. Questions et réponses de l'auditoire (20 minutes)**

Q&A / Q. et R.

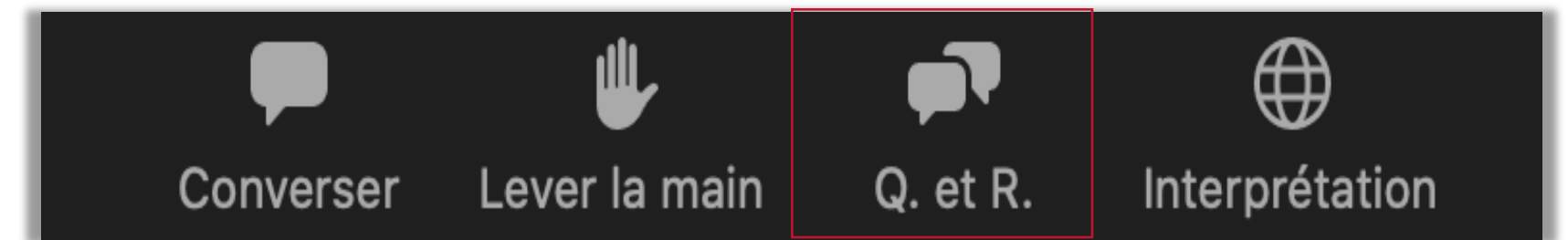
All attendees will be muted during the webinar.

Submit your questions in English or French through the **Q&A** tab at the bottom of the screen (not the Chat tab).



Tou·te·s les participant·e·s resteront en sourdine durant le webinaire.

Posez vos questions en français ou en anglais par l'intermédiaire de l'onglet **Q. et R.** au bas de l'écran (et non l'onglet Converser).



Background: Peer health navigation for people with HIV

Issue

- Some people with HIV have difficulty navigating the health care system.
- As of 2018, an estimated 30% of people living with HIV have not attained an undetectable viral load.
- Approaches are needed to facilitate linkage to care and to address barriers.

Mise en contexte : Pairs navigateurs de la santé auprès de personnes vivant avec le VIH

Problème

- Certaines personnes vivant avec le VIH ont de la difficulté à s'y retrouver dans le système de santé.
- En 2018, on estimait que 30 % des personnes vivant avec le VIH n'avaient toujours pas obtenu une charge virale indétectable.
- De nouvelles approches sont requises pour favoriser l'arrimage aux soins et pour éliminer les obstacles.



Background: Peer health navigation for people with HIV

Solution

- A person-centred approach to guide, connect, refer, educate and accompany people with HIV through systems of care in order to:
 - support people in their self-determined goals
 - build the capacity of clients to self-manage their HIV care and navigate systems themselves
 - improve their HIV health and overall wellness.

Mise en contexte : Pairs navigateurs de la santé auprès de personnes vivant avec le VIH

Solution

- Approche centrée sur la personne pour guider, arrimer, orienter, informer et accompagner les personnes vivant avec le VIH dans le système de santé afin d'assurer ce qui suit :
 - appuyer les personnes vivant avec le VIH dans l'atteinte des objectifs qu'elles se fixent elles-mêmes;
 - renforcer les capacités de la clientèle de manière à ce qu'elle puisse par elle-même prendre en charge son VIH et s'y retrouver dans le système;
 - améliorer la santé et le bien-être général des personnes vivant avec le VIH.



Evidence: Peer health navigation for people with HIV

What does the evidence say about navigation programs for people with HIV?

- Improves access to care
- Improves clinical outcomes
- Has positive satisfaction and acceptability outcomes
- The Centers for Disease Control and Prevention recommends HIV navigation services as an effective intervention.

Mise en contexte : Pairs navigateurs de la santé auprès de personnes vivant avec le VIH Programmes de prévention

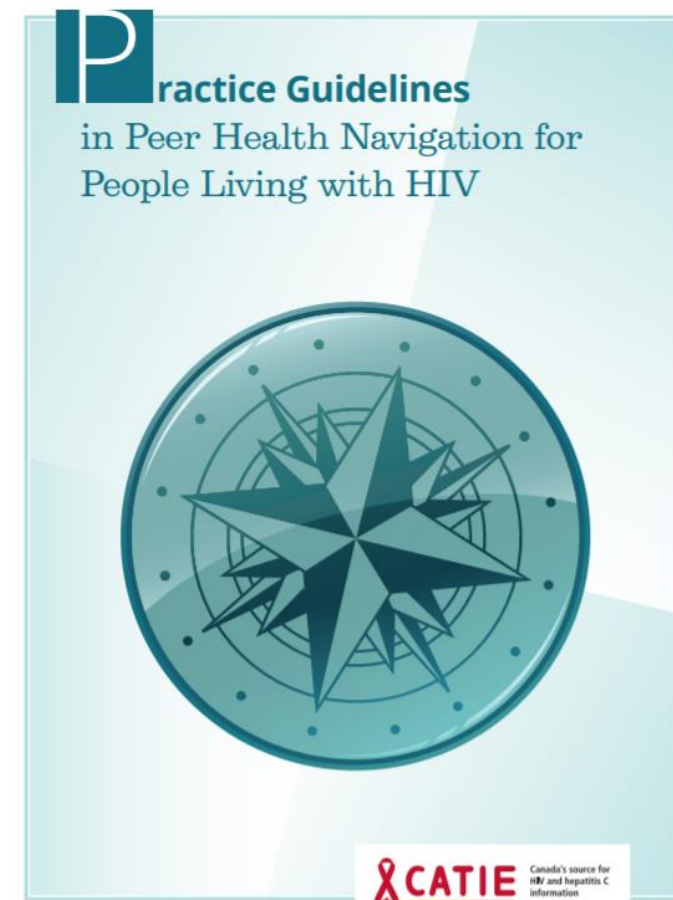
Que disent les données sur les programmes de pairs navigateurs pour les personnes vivant avec le VIH?

- Améliorent l'accès aux soins
- Améliorent les issues cliniques
- Produisent des résultats positifs en matière de satisfaction et d'acceptabilité
- Les Centers for Disease Control and Prevention recommandent les services de pairs navigateurs à titre d'intervention efficace.



Examples of resources to support work in peer health navigation for people with HIV

Exemples de ressources pour soutenir le travail des pairs navigateurs de la santé auprès de personnes vivant avec le VIH



La navigation de la santé dans les services en VIH : Un examen des données probantes

par [Amanda Giacomazzo et Laurel Challacombe](#)



[Peer Navigation Services](#)
Case study

A clinic and outreach service that trains people living with HIV to help HIV-positive clients develop the ability to better manage their own health and care.

Practice Guidelines in Peer Health Navigation for People Living with HIV

Print

CATIE and a national working group have developed national evidence-based guidelines on peer health navigation in HIV. The guidelines provide agencies with research- and practice-based information and recommendations to develop, implement and strengthen peer health navigation programs. Peer health navigation programs have been shown to [improve health and wellbeing outcomes](#) for people living with HIV.

[Practice guidelines](#)

[General programming resources and tools](#)

[Programming resources and tools by chapter](#)



[Programme d'entraide par les pairs](#)
Étude de cas

Le programme de pairs forme des mentors pairs séropositifs à offrir du soutien personnalisé à d'autres personnes vivant avec le VIH.

Lignes directrices de pratique pour les pairs navigateurs de la santé auprès des personnes vivant avec le VIH

Imprimer

CATIE et un groupe de travail national ont créé des lignes directrices nationales fondées sur des données probantes pour orienter la navigation de la santé par les pairs en matière de VIH. Les lignes directrices fournissent aux organismes des informations fondées sur la recherche et la pratique ainsi que des recommandations sur le développement, la mise sur pied et le renforcement des programmes de navigation de la santé par les pairs. Les programmes de ce genre se sont révélés efficaces pour [améliorer les résultats pour la santé et le bien-être](#) des personnes vivant avec le VIH.

[Lignes directrices de pratique](#)

[Ressources et outils généraux sur la création des programmes](#)

[Ressources et outils sur la création des programmes selon le chapitre](#)



PEER NAVIGATION

IN CLINICAL SETTING

HESHAM ALI PEER NAVIGATOR JRC/PHS



FORMAT OF PROGRAM

- **PEER OUTREACH WORKERS (2 FULL TIME, 6 PART TIME)**
- **PEER IN CLINIC WORKERS (1 FULL TIME, 5 PART TIME)**
 - **POSITIVE HEALTH SERVICES IN SURREY BC (JIM PATTISON OUTPATIENT HOSPITAL)**
 - **JOHN RUDY CLINIC IN VANCOUVER BC (ST. PAUL'S HOSPITAL) (FOCUS OF THIS PRESENTATION)**
 - **RAPID ACCESS ADDICTIONS CLINIC (SUBSTANCE USE DISORDERS TREATMENT CLINIC (NOT HIV RELATED))**

MY ROLE

- SUPPORT, EDUCATION, AND COMMUNITY CONNECTIONS**
- BRIDGING THE GAP BETWEEN THE MEDICAL SYSTEM AND COMMUNITY**
- ASSISTING PATIENTS “NAVIGATING” A COMPLEX SYSTEM**
- HELP PATIENTS STAY ENGAGED IN CARE AND TREATMENT**
- PART OF AN INTERDISCIPLINARY CARE TEAM, PROVIDING BOTH LIVED AND PATIENT INSIGHTS**
- ENSURE THAT IN-PATIENTS ARE DISCHARGED WITH A SAFE/EFFECTIVE PLAN AND REDUCE THE INCIDENCES OF READMISSION**
- WORK CLOSELY WITH TEAM MEMBERS TO ADDRESS THE PATIENT’S SOCIAL DETERMINANTS OF HEALTH CHALLENGES AND CONNECT THEM TO APPROPRIATE SERVICES AND PROGRAMS**
- SPECIALIZED SERVICES:**
 - TRANSLATION**
 - REFUGEE/IMMIGRATION CLAIMS**

THE OFFICE



IN PRACTICE

- ASSIST PATIENTS WITH PAPERWORK, APPLICATIONS, APPOINTMENTS**
- COORDINATING CARE AND FOLLOW UPS WITH VARIOUS SERVICES RELATED TO HEALTHCARE**
- PROVIDE SAFE AND CULTURALLY APPROPRIATE SERVICES, INCLUDING LANGUAGE INTERPRETATION, AND SIMPLIFYING MEDICAL LANGUAGE/TERMS**
- ASSIST WITH IMMIGRATION, ENROLLMENT IN MEDICAL PLAN, APPLYING FOR GOVERNMENT PROGRAMS AND SERVICES**
- LINK NEWLY DIAGNOSED PATIENTS TO COMMUNITY AND OTHER OUTSIDE SERVICES**
- PROVIDE HIV EDUCATION WITH GOAL OF BUILDING RESILIENCY**
- OVERALL SUPPORT AND ENSURE CHALLENGES PREVENTING PATIENTS FROM ACCESSING CARE ARE ADDRESSED**

BENEFITS

- COMMUNITY AGENCY HAS ACCESS TO HEALTHCARE PROFESSIONALS**
- WORKING FROM WITHIN THE SYSTEM RATHER THAN AGAINST IT**
- NETWORKING WITH OTHER DEPARTMENTS WITHIN A HOSPITAL/HEALTH AUTHORITY**
- A BETTER UNDERSTANDING OF POLICIES AND PROCEDURES WITHIN A HEALTH CARE SETTING**

REWARD

- UNDERSTANDING THE INNER WORKINGS OF THE SYSTEM, GIVES OUR CLIENTS AN INVALUABLE ADVANTAGE**
- BUILDING TRUST AND MUTUAL RESPECT BETWEEN THE MEDICAL SYSTEM AND COMMUNITY**
- PROVIDE A HOLISTIC APPROACH TO CARE THAT LEADS TO BETTER HEALTH OUTCOMES**
- REDUCING CONFLICTS AND SOLVING THE ACCESS TO CARE CHALLENGES**
- EMPOWER PATIENTS TO BE INVOLVED IN THEIR HEALTHCARE**
- GIVES HEALTHCARE PROFESSIONALS A VALUABLE INSIGHT INTO THEIR PATIENTS' MOTIVATIONS, POINTS OF VIEW AND DAILY LIVED EXPERIENCES**

PEER SUPPORTS

- ON-GOING FACE TO FACE/ZOOM CHECK-INS BY MANAGER**
- TWICE A MONTH PEER SUPPORT GROUP FOR PEERS FACILITATED BY COUNSELLOR FAMILIAR WITH THE PROGRAM**
- ON-GOING MENTORSHIP FROM SOCIAL WORKERS, PHYSICIANS AND NURSES**
- MONTHLY TRAINING MODULES:**
 - KEEPING A WORK/LIFE BALANCE**
 - DEVELOPING BOUNDARY SKILLS THAT PREVENT CLIENT ENMESHMENT BY LEARNING TO SAY NO AND SETTING TIME LIMITS**
 - SELF CARE/WELLNESS**
 - VICARIOUS TRAUMA AWARENESS**
 - BURNOUT AWARENESS AND PREVENTION**

Peer-to-Peer Program

Scope of practice, roles, &
responsibilities

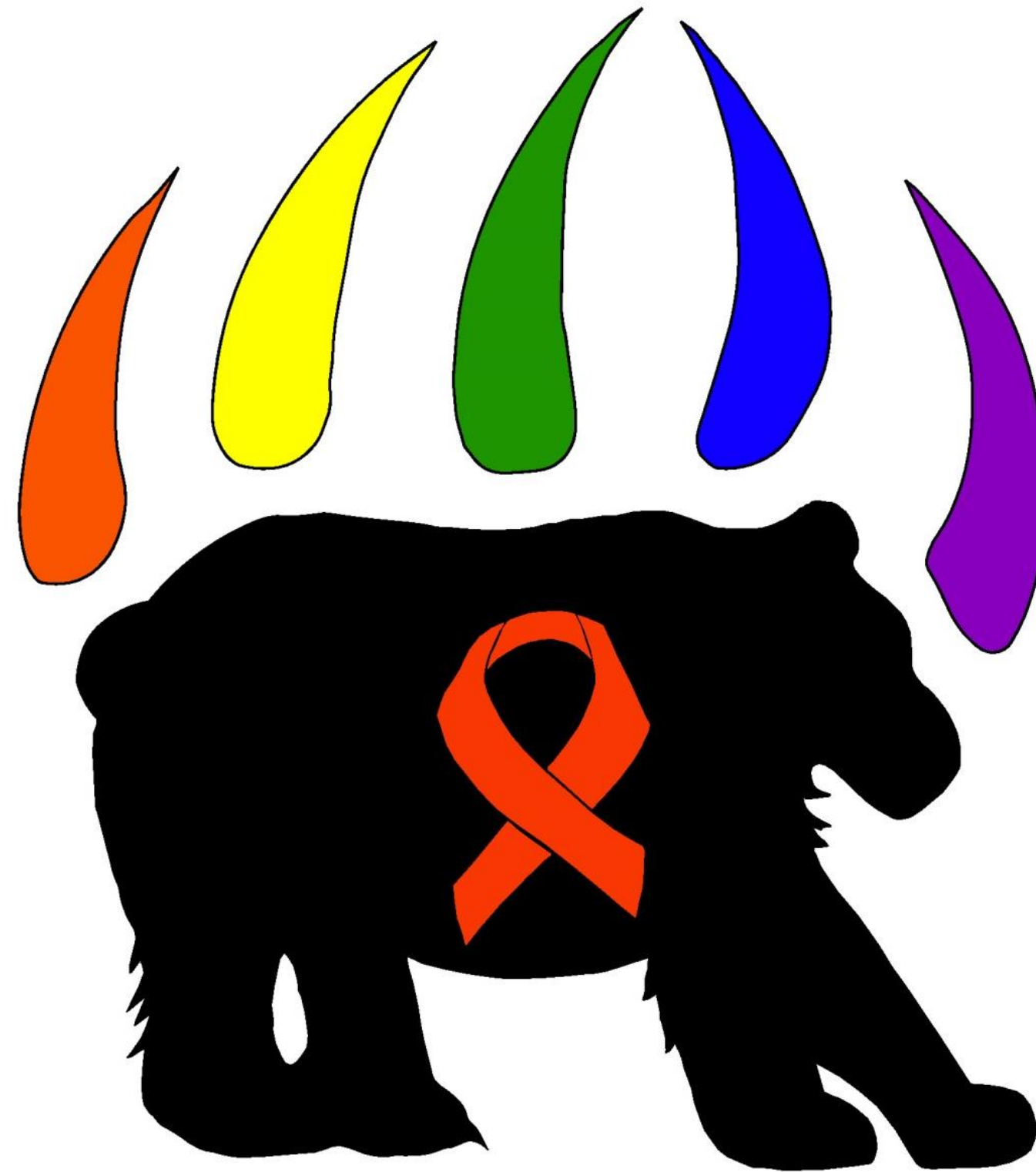
November 10, 2021



Saskatchewan
Health Authority

Peer-to-Peer Program

- Overview of Program
- Define - Peer Mentor & Mentee



Recruitment & Location

Peer Mentors/Health Navigators

- Referral
- Application
- Interview
- Intent to participate
- Commitment and reliability
- Training

Peer Mentors are present

- In community (Outreach support)
- At Drop In Locations (Community Based Organizations)
- ID Clinic

Referrals for program participants (Mentee's)

- Public Health
- ID Clinic
- Community Based Organizations
- Self Referral

Peer Mentor Roles & Responsibilities

Intake & Assessment Process

Advocacy

- Advocate with service providers at mentees request
- Empower mentees to advocate on their own behalf
- Advocating through all methods of communication (phone, email, in-person)

Practical Assistance

- Address barriers such as transportation, child care, food security, and housing
- Appointment reminders or coordination, Assist to access harm reduction supplies
- Adherence check-ins

Health Care Support

- Provide support before, during, and after the appointment, provide reminders
- Peer health navigators work in collaboration with ID Clinic and Public Health team within their role
- Uphold participant and staff confidentiality

Emotional and Social Support

Education

- Basic HIV education, information about holistic health and wellbeing

Peer Mentor Roles & Support

Referral Support

- Housing referrals, referrals to mental health services or counsellors; cultural support & referrals to other Community Based Organizations.

Program Planning

- Peer mentors provide input to program policies, forms, advertising, planning, and evaluation
- Input into ongoing training; taking the lead in coordinating peer support meeting topics and presenters.

Support for mentors in their role....

Ongoing Training – Monthly training to build skills and competencies.

Mental Health Support – Coordinator support/guidance, self care planning, ongoing emotional support or referrals for ongoing mental health support.

Group Support and monthly check in's

Questions?

Please enter any questions for our guest speakers into the question box.

Des questions?

Si vous avez des questions pour nos conférencier·ère·s, veuillez les entrer dans la boîte réservée à cette fin.



Thank you! / Merci!

Please complete the webinar evaluation that will be provided following this webinar.

Veillez nous faire part de vos commentaires en répondant à l'évaluation qui vous sera envoyée après le webinaire.



Health Navigation for people with HIV

Danita Wahpoosewyan

November 10, 2021

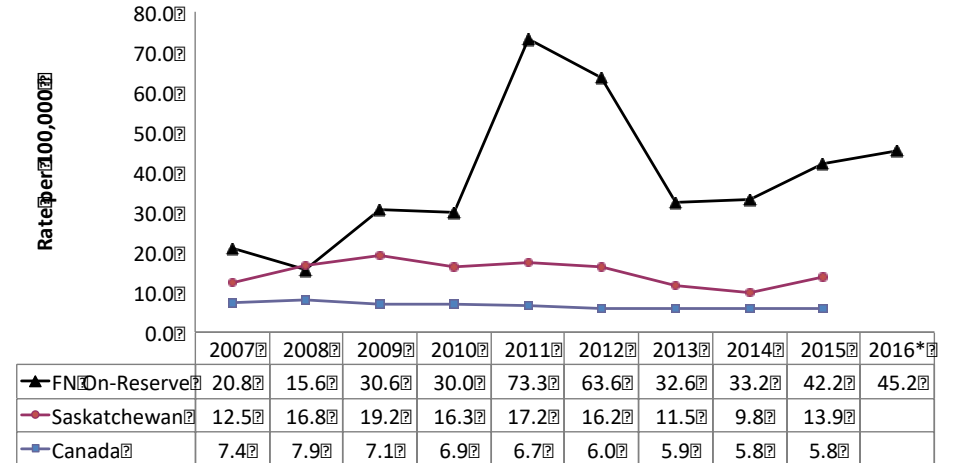
Indigenous Health

Indigenous people are over-represented in chronic disease, yet have the least access to care

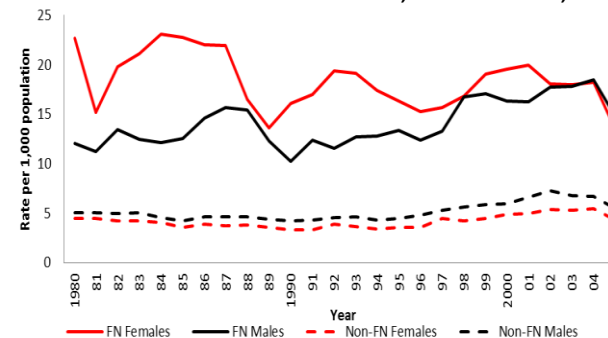
Unique access to care challenges for First Nation Communities

- Primary care services
- Testing/laboratory
- Medication availability and coverage
- Communication
- Transportation
- Jurisdiction
- Stigma/discrimination/racism

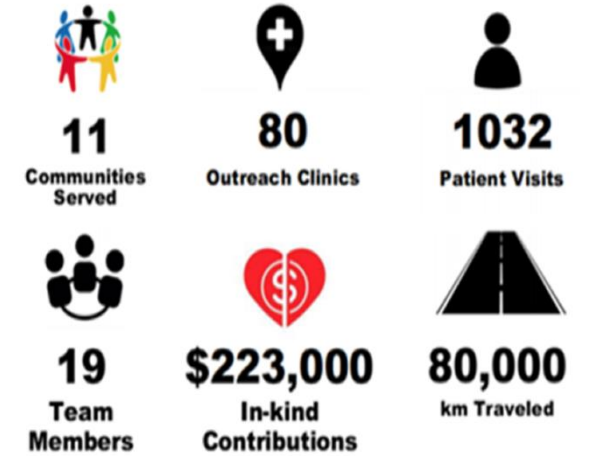
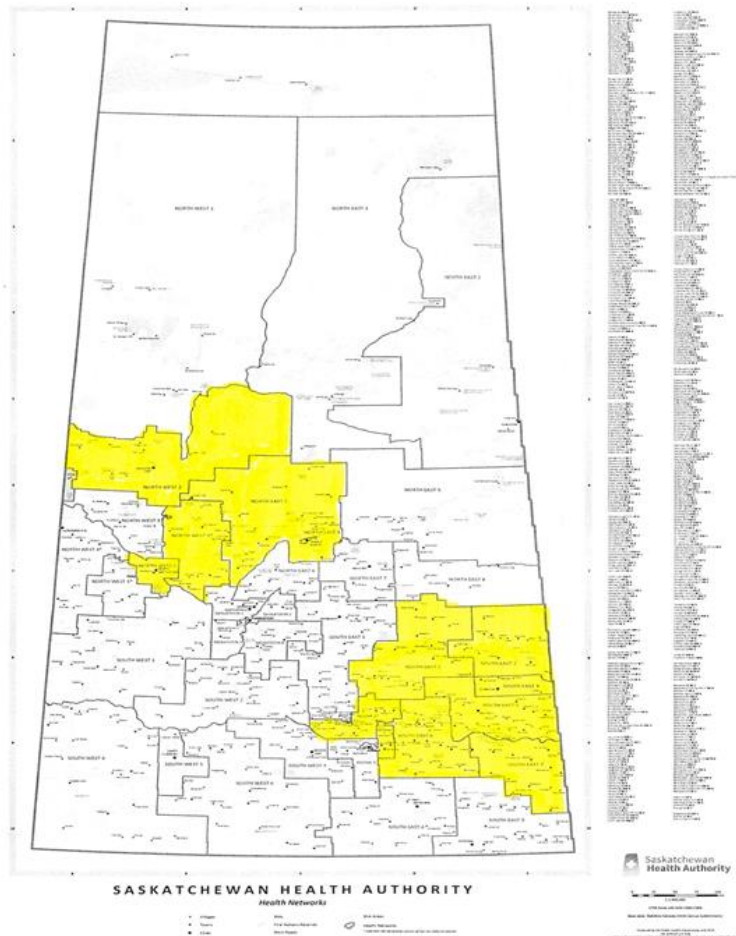
HIV diagnosis rates for Saskatchewan First Nations living on-reserve, overall Saskatchewan population and Canadian population, 2007 to 2016



Rates of diabetes cases, 1980-2005, SK



Wellness Wheel Medical Outreach Clinic



HIV in Saskatchewan today

Figure 7: HIV diagnosis rates by former health region, 2018

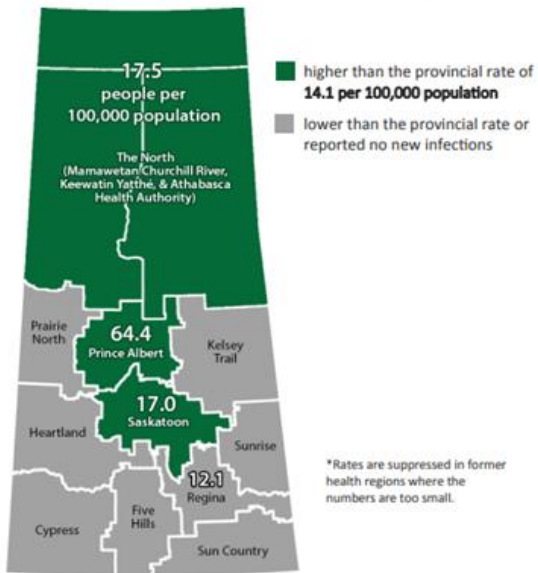
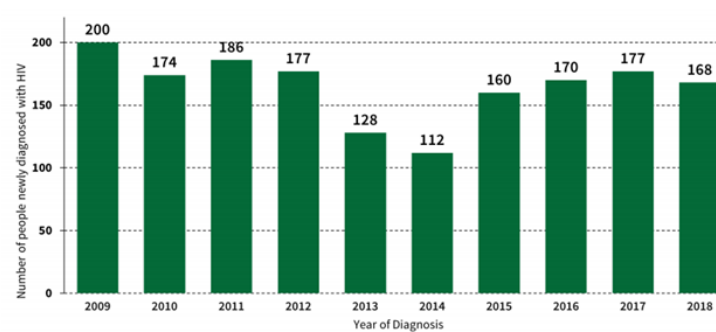


Figure 1: People newly diagnosed with HIV by year of diagnosis, 2009-2018



The peak of 200 HIV cases in 2009 related, in part, to enhanced efforts to find people who may have been infected for a number of years but had not been tested. The increase again from 2015 through 2017 may also be related to case finding through point-of-care testing. Public education activity results in people who had contact with identified HIV cases coming forward for testing.

Figure 2: HIV diagnosis rates, SK versus Canada, 2009-2018



*Source: Public Health Agency of Canada



Peer Health Advocacy Wellness Network (PHAWN)

Developed as a division of Wellness Wheel to foster peer support in Indigenous communities.

- Canadian Institutes of Health Research (CIHR) Grant. “Enhancing and Expanding the ‘Know Your Status’ Initiative in On-reserve Indigenous Communities in Saskatchewan: A community-engaged intervention to increase diagnosis, linkage to care and prevention of HIV, HCV, and STBBIs
- Establish a peer network – supporting existing peers and recruitment of new peers

Within the urban community of Regina, various peer groups have been identified and refer to themselves as “Wellness Warriors.”



How can we better support people living with chronic illnesses? How do we support traditional ways of healing?

Harmonized Indigenous and Western ways of healing within the peer network – this includes:

- ✓ Harm reduction
- ✓ Cultural protocols
- ✓ Advocacy from people with lived experience



What is a Wellness Warrior?

A Wellness Warrior is a Peer Health Advocate that may have lived-experience with chronic illness (HIV, HCV, diabetes), substance use, or other experiences such as cultural knowledge and they focus on supporting the individual client's needs. Wellness Warriors are front line community engaged advocates.



Wellness Warrior's Roles & Responsibilities

Roles:

- Develop relationships (build trust)
- Provide emotional and social support
- Facilitate wellness plans
- Share knowledge and information
- Raise awareness of chronic illnesses, substance use

Responsibilities:

- Assist with program goals
- Work with other peer support service providers
- Attend training sessions
- Plan self-care/personal wellness



Acute Hospital Care Support

- Opioid Stewardship Program to focus efforts on working with people with addictions (opioids or other agents) who are in hospital for infections (endocarditis, septic arthritis, osteomyelitis)
- To develop a peer support network for patients' ongoing support in and out of hospital
- Hoping to work with patients otherwise not engaged by the healthcare system





Thank you

danita@wellnesswheel.ca

www.wellnesswheel.ca

