



Western  
Health

# PHAC HIV and Testing Guide

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January 14 2014



# Objective of this presentation;

-to inform CHICA group  
of the latest PHAC evidence based recommendations  
around  
HIV screening and testing.

[http://www.catie.ca/sites/default/files/EN\\_HIV-Screening-Guide-2013.pdf](http://www.catie.ca/sites/default/files/EN_HIV-Screening-Guide-2013.pdf)

# Background

- In 2012, PHAC published **estimates** of incidents and prevalence for 2011.
- 71,300 people living with HIV
- 25 % of whom were unaware of their infection
- 3,175 new infections in 2011

# Undiagnosed HIV Infections- Public Health Concern

**Public Health** is the programs,  
services and policies that protect and  
promote the health of the population

# HIV Surveillance in Canada

- tells us the number of persons tested and/or diagnosed yearly. In 2012 ~2,000 positive tests; < than past 10 years.
- data do not represent the total # of people infected with HIV ( prevalence) or the # of new cases yearly (incidence).
- data tends to understate the HIV epidemic. Therefore estimations are done.

- 2 surveys indicate 29%-37% reported being tested for HIV
- vulnerable high risk pop have a high rate of testing but could benefit from more testing
- Undiagnosed cases of HIV are the single greatest contributor to the ongoing spread of HIV infection

# Reducing the number of undiagnosed HIV infections;

requires a balance approach

targeting those most at risk

with

a populations at moderate risk

# Barriers to HIV testing

- Inability to accurately assess risk of exposure by clients & HCP
- Cumbersome consent procedure
- Lack of comfort/knowledge discussing testing
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- Time constraints for risk assessment & pre & post test counseling
- Fair of stigma, discrimination associated with risk behaviors



# Recommendations

- Normalize HIV testing.
- Establish a positive and supportive social norm toward HIV testing.
- Make it a component of routine medical care.

- Decrease emphasis on risk assessment (sexual or drug use)
- Use print and on-line resources for pre and post counseling
- Obtain informed **verbal consent**
- Tell the advantages and disadvantages of testing

# HIV infection

- Is considered a chronic illness
- We need to focus on a positive message by highlighting advances in HIV care, treatment and support.
- With the right treatment and support, people are living long active lives.

# Routine Yearly Check-ups

Tell client/patient , HIV is transmitted by;

- unprotected sex
- mother to child
- sharing drug use equipment

then Ask

if he/she would like an HIV test ordered as part of their routine blood work

# Key Messages

1 in 4 people living with HIV in Canada is unaware of their positive status

People who are aware of their negative status can take measures to remain negative

People who are aware they are positive can access support and treatment and prevent other infections

Earlier the dx the greater the benefit associated with treatment

