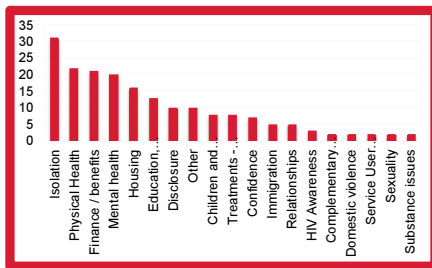


Peer Navigators: can patient-led support contribute to clinical and well-being outcomes?

- HIV high prevalence area (8.11/1000 v London average 5.8/1000)
- Approximately 1,100 adults receive HIV care at HUH;
- 75% women and 75% from ethnic minority communities
- Immigration, poverty, housing and food security are common problems, exacerbated by welfare reforms
- 3 patients were appointed through a competitive selection process.
- Trained and accredited, receiving an NVQ Level 2 in Peer Mentoring
- Supervision with Homerton's Social Care Co-ordinator and Positively UK's Peer Case Worker Manager
- Peer support provision at all HIV clinics



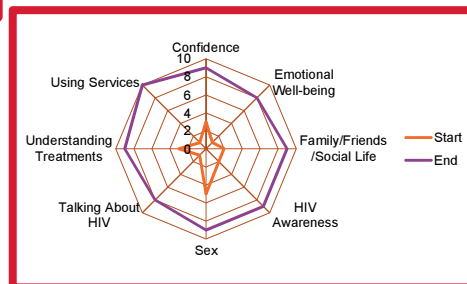
Key Issues

Isolation
Physical and Mental Health
Benefits and Housing

Evaluation

Outcome star

Exit interviews with patients assessed to what extent needs had been met



Results:

40 patients with high level needs were supported through 200 hours of one-to-one support

70% increased uptake of services

76% increase in disclosure and talking to others about HIV

53% better financial position

Adherence high overall

50% better understanding

23% significant improvement in adherence

One Peer Navigator gained employment as health advisor



Lucella

37 years old

EU Citizenship

Married with 4 year old child

Part-time employment and breadwinner for family

Minimal state benefits, poor housing and hardship

Diagnosed in 2003 in Portugal

Good CD4 and undetectable VL

History of mental health issues

Feels isolated

Concerns re intimacy and sex

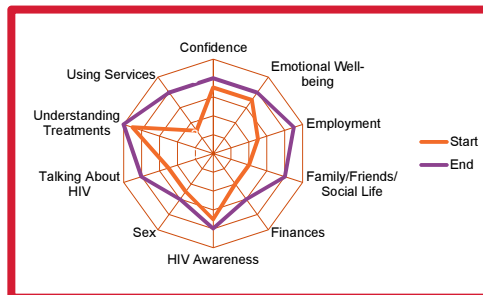
Work with Social Care Co-ordinator

Referral to Food Chain

Accessing support groups at Positively UK

Work with health advisor re partner testing

Peer Navigator as guide



Yvonne

Ghanaian, UK National

Mid 40s

Four children; two aged under 16

Full-time employment

Diagnosed 15 years ago during ante-natal screening

Concerns re starting treatment

Underlying stressors

- Combative divorced husband
- Son in prison

One-to-one support

Peer navigator mirrored Yvette's treatment history

Personal experience of treatments

Stressed importance of relationship with clinic and staff

Role of treatments in managing stressors, alongside prayer, faith and determination

Peer Navigator as role model



Conclusion:

- Embedding peer support within the clinic is an effective way of skilling up patients and providing essential peer support, information and advocacy.
- Collaboration between NHS and Voluntary Sector crucial to the success of the project.
- The Peer Navigator model replicable and could be rolled out to other centres

Future of Peer Navigators:

- Funding secured to March 2016
- Increased cover; service user forum ; newsletter
- Ongoing and qualitative evaluation
- Funding beyond 2016 being sought

Project 100:

- Training 1,000 people living with HIV as peer mentors
- Working with HIV clinics, patient groups, voluntary sector agencies



Thank you:

Peer Navigators: Aisha, Janine, Mary and Carlos

Co-Authors: Prof Jane Anderson, Margaret Fadojutimi; Dr Iain Reeves, Mat Wills

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