



Hepatitis C, HIV and Harm Reduction



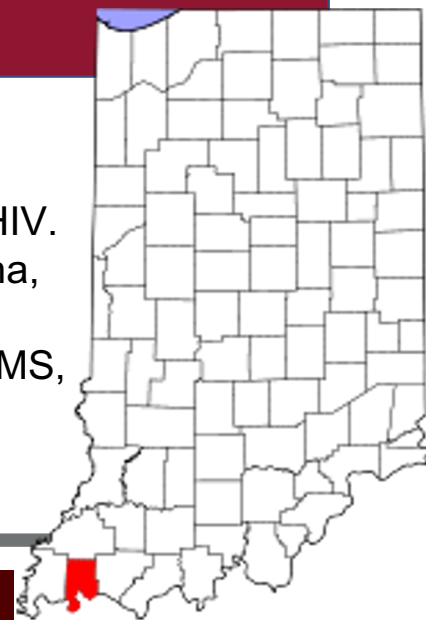
Lauren Juric, Katie Schwartz, Casey Hand, Jada Britton, Allison Donham & Paige Conroy

Project Goals:

- Goal 1: Raise awareness of HCV, HIV & stigmas
- Goal 2: Provide harm reduction techniques
- Goal 3: Provide motivational interviewing techniques
- Goal 4: Provide information on local groups that provide resources to those in need

Vanderburgh County, IN

- Population: 181,782
- In 2018, 512 people were newly diagnosed with HIV.
- In 2018, there were 266 new HCV cases in Indiana, increase of 191 the previous year.
- In 2019, in Evansville among bystanders, EFD, EMS, and EPD, Narcan was administered 185 times.
- In 2020, Narcan was administered 502 times.



Harm Reduction:

- There is no universal definition for Harm Reduction.
- Harm Reduction is a set of practical strategies and ideas aimed at reducing stigmas and negative consequences associated with drug use.
- Harm Reduction is also a movement for social justice built on a belief in, and respect for, the rights of people who use drugs.
- It focuses on positive change and on working with people without judgement, coercion, discrimination or requiring that they stop using drugs as a precondition.

Motivational Interviewing:

- Motivational Interviewing is a collaborative, patient-centered technique that guides and enhances internal motivation towards wanting to make a change.
- Motivational Interviewing Techniques:
 - Ask open-ended questions
 - Be non-judgmental/empathetic
 - Support patients to develop their own goals
 - Meet people where they are/be client-centered
 - Resist the righting reflex
 - Be prepared for relapse
 - Practice - YouTube videos are helpful
 - Get comfortable with asking the uncomfortable questions

Approach:

- The overall goal of our project was to educate future healthcare professionals regarding Hepatitis C (HCV), HIV, Harm Reduction and motivational interviewing.
- Group members met with members of local resource groups to gather information regarding HCV, HIV, Harm Reduction and motivational interviewing.
 - The local resource groups we interviewed and obtained information from included Evansville Recovery Alliance (ERA) and AIDS Resource Group (ARG). Unfortunately, because of COVID we were unable to get into Matthew 25, but we used internet resources to provide what that group can offer.
- Group members completed Narcan trainings and learned how to administer different dosage routes of Narcan. Training sponsored by ERA.
- Through AHEC modules and community resources, group members gained knowledge on motivational interviewing and how best to approach interviewing a patient with HCV, HIV or someone involved with drug or alcohol use.
- We took the information and resources that we gathered as a group and presented the information to future healthcare professionals using Zoom. Those who attended the presentation filled out a survey before and after which helped to determine what they gained from our presentation.

Data Analysis:

(Average scores displayed below 1 = Strongly disagree, 2 = Disagree, 3 = Not sure, 4 = Agree, 5 = Strongly agree)

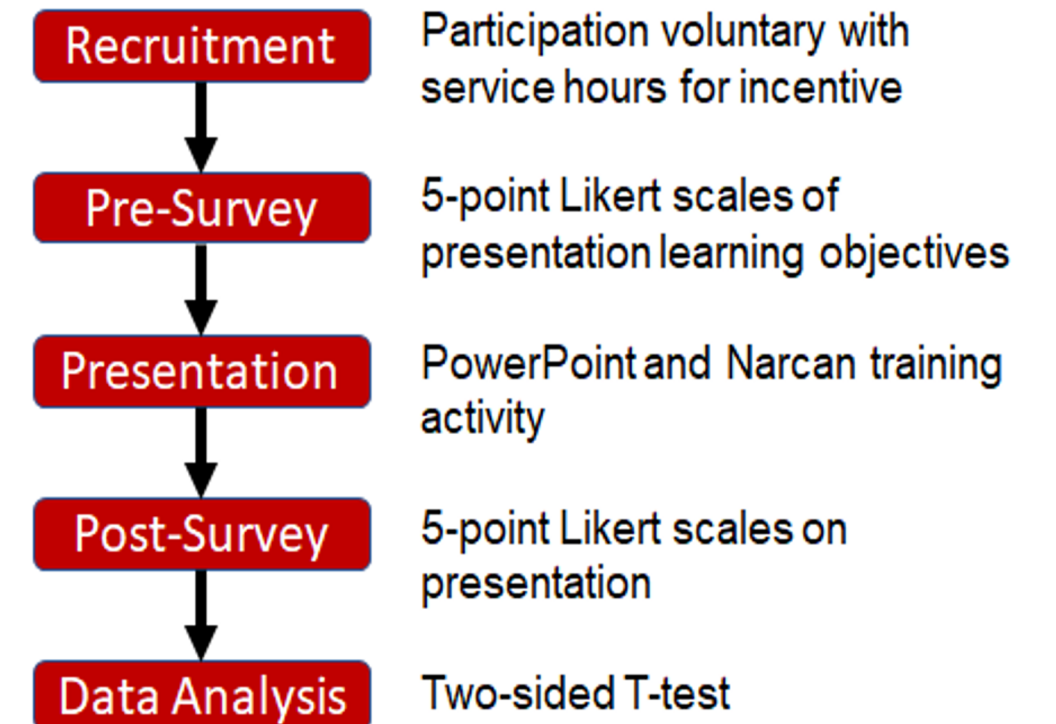
Education Survey Questions	Pre-Test	Post-Test	Overall P-value
1. This experience was helpful in exploring HIV, HCV, and Harm Reduction.	3.5	4.4	0.0002
2. I feel confident I have the skills to provide effective care to patients with HIV & HCV.	3.0	4.0	
3. I understand how working collaboratively with other health care workers (team-based care) both in a clinic and community can impact patient care.	4.2	4.5	
4. I am able to recognize how stigma and discrimination against certain diseases (HIV/AIDS/HCV) affect patient care.	4.1	4.6	
5. I understand how a person's culture and/or background (race, ethnicity, sexual orientation, religion, rural areas, etc.) may impact their willingness to access health care.	4.4	4.8	
6. I understand the basics of motivational interviewing.	3.5	4.4	
7. I understand the importance of harm reduction in rural and underserved communities.	3.9	4.3	
8. I feel confident to administer Narcan if warranted.	3.4	4.4	
9. I plan to apply this program to my future professional career.	3.7	4.3	

*Data is reported as mean

**Sample size for Education Survey Questions was 23

***P-values (p<0.05) emphasize a statistically significant difference between pre and post survey

Methods:



Discussion & Conclusion:

- Pre-test and post-test HIV, HCV & Harm Reduction survey noted **statistically significant improvement** of knowledge after PowerPoint presentation and harm reduction training.
- Sample population included AHEC Scholars, a fellowship of multi-disciplinary health profession students, recruited via email and by AHEC Scholars Leads.
- Interdisciplinary teamwork allowed us to educate the audience from multiple perspectives and sources.
- This educational lecture and demonstration could be improved by expanding upon topics discussed and hosting more sessions to reach a higher audience population; if presentation was given in person, Narcan training could be a hands-on experience for participants.
- Survey results show that participants found our HIV, HCV and Harm Reduction demonstration informational and beneficial.
- Further research is needed to determine long-term impact of this education and interventions and if the participants will implement this knowledge in their future practices.