

# Peer support in HIV

BHIVA Community symposium November 2015

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# Acknowledgements

Chris Sandford

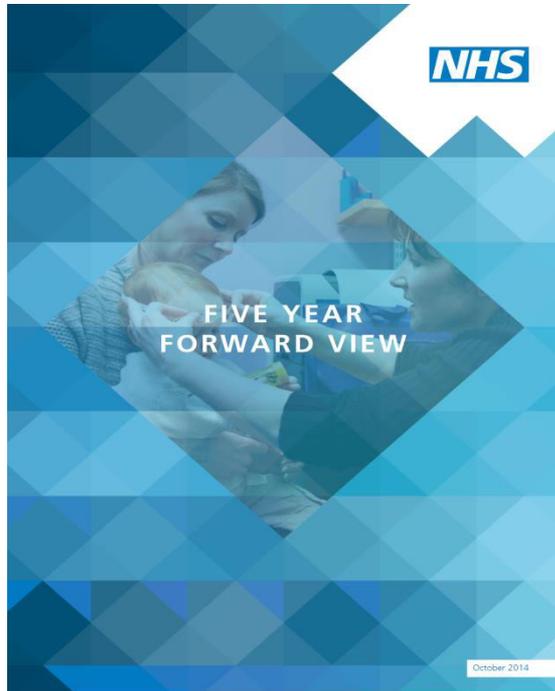
Cristian Sandulescu

Angela Byakwaga

Garry Brough

Simon Edwards

# Supported self management



‘We will do more to support people to manage their own health’



## The Mandate

A mandate from the Government to NHS England:  
April 2015 to March 2016

December 2014

‘We want to empower and support the increasing number of people living with long term conditions’

# Kings Fund Report

**The main elements of successful supported self-management include:**

- personalised care-planning
- structured education and information, including peer support
- access to health care professionals and trained specialist advice in regular structured reviews when needed
- emotional, psychological and practical support, including from peers, family, friends and carers.

‘People in Control of their own health and care’. Kings Fund in association with National voices November 2014

# Bloomsbury Clinic: Peer support services

## Background:

- 1999: patient advisory group
- Kings Fund millennium award to promote leadership
- 2003: First Bloomsbury patient network workshop
- 2004: Paid patient representative (14 hours)
- 2012: 3 part time patient representatives (1.2 WTE)

# Bloomsbury clinic: Peer support services

## Patient representative responsibilities:

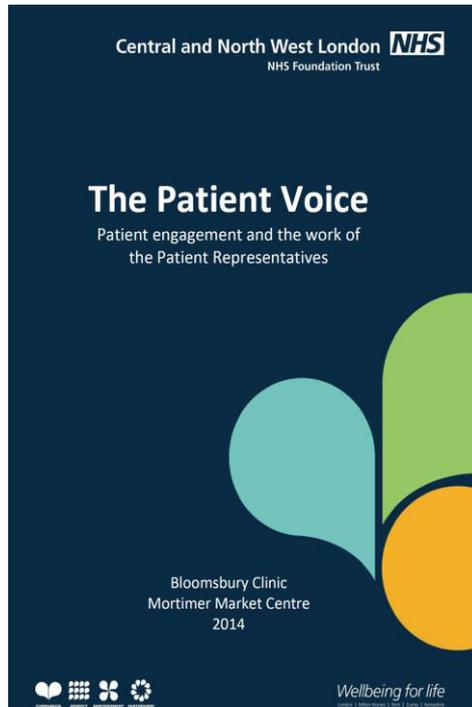
- One-to-one peer support:
  - Advice and advocacy for all psych-social issues.
  - Provide a signposting/bridging Role to external organisations
  - Meet and welcome newly diagnosed patients
  - Referral to in-house counselling and psychological services
- Representation of patients on management and external committees and advisory panels
- Improving engagement and self management - through courses, workshops and forums (Bloomsbury Network)
- Education: patients, health care professionals, students

# Bloomsbury Patient Network

**Patient representatives administer, organise and facilitate in-house:**

- Motivational workshops
- Educational forums
- Social events
- Newly Diagnosed Courses
- Hep C co-infection courses
- Web-site – [www.bloomsburynetwork.co.uk](http://www.bloomsburynetwork.co.uk)

# Outcomes



## January to December 2014:

- 1034 patients seen for peer to peer support
- Patients were signposted to over 80 external organisations
- 953 patients attended Bloomsbury Network forums, workshops, courses and events
- 500 people have completed the newly diagnosed course since it started in 2009
- Active patient representation on Bloomsbury Clinic management meetings
- Engagement of patients in service change, major research projects and national policy

## Who used the service:

- 42.1% - UK born
- 49.3 % - Gay or MSM (men who have sex with men)
- 28.1% - Heterosexual female
- 21.3% - Heterosexual male
- 1.3% - Not specified

# Peer support

## Main concerns of patients accessing patient representatives

- Social isolation 33.4%
- Fears around disclosure 27.3%
- Fears of discrimination 27.3%
- Medication issues 21.8%
- Counselling 17.6%
- Housing 15.9%
- Physical health 14.3%
- Sexual health 12.1%
- Benefits 10.6%
- Employment 10.1%

# Peer support services

"I just wanted to thank you for all your help and support. Your approachability, understanding and advice were invaluable in helping me to cope with a very traumatic period in my life. Thank you so much."