



17TH ANNUAL CONFERENCE OF THE
BRITISH HIV ASSOCIATION (BHIVA)

British HIV Association
BHIVA

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 Elton John AIDS Foundation

 Terrence
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**Rigorous outcomes evaluation can
show impact of Health Trainers and
usefulness of service to clinicians**

BHIVA April 2011

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LifePlus programme

- UK-wide partnership programme
- Aims to integrate health and social care
- Expected to reduce clinical time spent on non-clinical issues
- Face to face and online interventions
- Rigorous evaluation component

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Health Trainer service

- Support clinical teams
- Enable people to self-manage HIV
- Peer support, motivational interviewing, treatment information (training by NAM)
- 5 strategic regions/countries

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Lifecheck

- Questionnaire used as part of motivational interview
- Developed with management consultants, academic researchers and people living with HIV
- 19 outcome measures to show behaviour and knowledge changes
- Data collected at first session, review and service exit

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Early outcomes

- 726 initial Lifechecks and 137 follow-up Lifechecks
- 61% (84) show improved score, of whom:
- 90% (76) demonstrated increased knowledge (e.g. 42% reduction in those missing doses; 28% rise in uptake of ARVs)
- 77% (105) showed wellbeing improvements (e.g. 50% reduction in those not registered with GP)
- Less improvement shown in use of drugs, alcohol and condoms

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Conclusions

- Initial LifePlus outcomes demonstrate improvements
- Areas where further support may be needed were identified
- Outcomes evaluation CAN be done in community programmes with support and collaboration
- It takes time and needs funding and commitment from all sides

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