

NURSETRI

Constanta, Romania

28th & 29th September 2019



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“ Each speaker had his or her own style and I learned a lot from all of them. I especially appreciated the parts of each presentation, which had **real life examples.**

“ I am new in this field so I appreciated the information. But, most of all, I liked that the meeting was **practical and interactive.**

“ All the presentations were useful, but I was **amazed** by the ones presented by Janey, Mike, Thembi and Jane.

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“ I appreciated and admired Jane’s empathetic approach to her HIV+ patients. She reminded me that, despite the firmness that is sometimes necessary, we should not forget to be understanding, respectful, and create a long-term partnership with our patients.

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Day 1 – Saturday 28th September 2019

9.00 – 9.30	Registration	
9.00 – 9.05	Welcome and brief aims of the workshop	
9.05 – 09.45	Introductions and attendees' expectations of the workshop	<i>Jane Bruton</i>
09.45 – 10.15	Immunology and Virology	<i>Zoe Shepard</i>
10.15 – 10.45	Break	
10.45 – 11.25	Transmission, infection control at work and PEP.	<i>Janey Burr</i>
11.25 -11.45	PREP the latest	<i>Jane Bruton</i>
11.45 – 12.00	Stages of HIV, Late presenters and brief overview of Opportunistic Infections	<i>Janey Burr</i>
12.00 – 13.00	Lunch	
13.00 – 13.30	Treatment cascade the local situation and international ambitions	<i>Cristina Bagaiof Janey Burr</i>
13.30- 14.00	Testing: • Update on rapid testing • Giving a diagnosis the nurses role	<i>Zoe Shepard</i>
14.00- 15.00	Managing the newly diagnosed patient: the nurses' role and skills. Treatment: • Local case presentation • HIV treatment and resistance • Impact of SE on body image and self-esteem.	<i>Elida Simona Thembi Ndiweni-Moyo Zoe Sheppard</i>
15.00 – 15.30	Break	
15.30 – 16.30	Managing continuing care: the nurses' role and skills. Support: • U=U how to discuss this with patients • Annual health review- (cardio vascular system, renal and bone health) • Psycho-social support and stigma • How to manage mental health issues • Needs of key populations	<i>Thembi Ndiweni-Moyo Jane Bruton</i>

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Day 2 – Sunday 29th September 2019

08.30 – 10.00	MSM, HIV and sexual health workshop	<i>Louie Pong Janey Burr</i>
10.00 – 10.30	Break	
10.30 – 11.30	Opportunistic and co-infection	<i>Jane Bruton</i>
11.30 – 12.30	Open session for questions and discussion	<i>Thembi Ndiweni-moyo and team</i>
12.30 – 13.00	Partnership working and the multidisciplinary team	<i>Zoe Sheppard</i>
13.00	Finish and Lunch	



NURSETRI in Constanta

REPORT FROM NURSES, 28TH—29TH SEPTEMBER 2019



We had a lively interactive meeting in Constanta. This was the first time `NURSETRI' has been to this city which is situated on the Black Sea about 250 kilometres east from Bucharest. The NURSETRI team was Janey Burr, Louie Pong, Thembi Moyo and Jane Bruton.

There were 46 attendees altogether, including two psychologists, one social worker, one medical consultant and the rest were nurses. All were working with people living with HIV

in Research or the clinical service in a variety of settings. Seven of the attendees were from Tulcea which is about 150 kilometres north of Constanta near the Moldovan border and the rest from Constanta.

The meeting was conducted with continuous translation, which worked very well.

The programme:

We had good contact with the nursing teams prior to the meeting through our link with the Medical Consultant, Dr Roxana Cernat. This enabled us to shape the final programme to the expressed needs of the attendees. In view of the local situation, where they have seen a rise in HIV amongst the MSM community, they wanted to discuss, in the particular, the sexual health needs of MSM and more generally, the key aspects of the lives of MSM to be address in the clinical situation.

In addition, they wanted to learn more about:

- How to discuss U = U with different target groups
- Side effects of ARVs that impact on self-image
- Updates on testing, counselling and rapid testing
- Giving an HIV diagnosis
- Prep and PEP and nurses' role



“ This meeting offered me the opportunity to find out how the professional care system works in your country.”



Plus, the basics requested were:

- basic knowledge about virology and immunology
- stages of infection
- opportunistic infections (TB...but not only)
- treatment and resistance to treatment
- transmission and infection control in the hospital
- how to work in a multidisciplinary team
- HIV cascade of care
- managing mental health issues

The final programme is attached as an appendix.

We were delighted that two local nurses agreed to present to the meeting. Cristina Bagaiof presented a very comprehensive overview of the local situation with HIV and Elida Simona presented on managing the needs of a newly diagnosed patient followed by a case presentation.

These presentations raised a number of issues around testing such as fear, worries regarding confidentiality, lack of access to treatment and around treatment issues of treatment fatigue, stock outs, polypharmacy, lack of transportation and lack of knowledge about the therapies. They highlighted the problem of motivation to take medication and the fears of side effects. Also, they talked about the lack of trust and fear of authority that impacted on delivering care. They emphasised the importance of the nursing skills such as listening and empathy and the importance of the nursing process in shaping the patient assessment through to evaluation of the care.

“ In ER, I meet HIV+ patients every day. Now I can inform them about the quality of life of HIV+ patients and show them that it is possible to lead a normal life.”



The meeting:

To start everyone introduced themselves and shared where they worked and what they hoped to get out of the meeting.

NURSETRI always have a flexible approach to the meetings to ensure time is given to discussions that become important and adjust the programme accordingly.

“ This meeting will help me know how to ask the patient many more questions than what the usual questionnaire entails and encourage him or her to talk freely about his or her private problems.”

For the first time at a NURSETRI meeting we had two consultants Dr Youle, from the UK, and Dr Cernat, from Romania, conducting an open discussion about managing patients on ARVs including adherence, side effects and resistance. This worked very well and generated lots of discussion.

This meant the session on managing continuing care and the nurses' role was re-scheduled for the following day including a discussion of managing mental health problems and challenging behaviours. It was agreed that we

would drop opportunistic infections, including hepatitis, from the programme.

All the sessions were well received as there was a lot of discussion with people sharing their experiences. The feedback from the Dr Cernat was that the workshop was good and what they had expected.

Attendees completed evaluation forms and the results of those will be added to this report.

Positives:

- We had a team with a good range of skills, including sexual health, and from different clinical and academic backgrounds.
- All the presentations were well crafted and translated into Romanian.
- It was good to have representatives from the MDT in the meeting including the consultant it increased the breadth and depth of discussions.
- The venue was very good and the translation and AV worked exceptionally well
- We identified nurses who would be interested in attending the Network meetings

To be improved:

- Reviewing the timing of sessions - perhaps some shorter sessions to be able to include the sessions not covered.
- The free session got squeezed out.
- They were long day/halfday which could be broken up more with some more interactive workshop style work and discussion.

Evaluation Summary

1. What were your expectations of the meeting?

5 Very effective/Excellent — 1 Not effective/Poor

AVERAGE

4.6

2. How well did the meeting meet your expectations?

5 Well exceeded expectations — 1 Did not meet expectations

AVERAGE

4.5

3. How would you rate the effectiveness of the following sessions?

5 Very effective — 1 Not effective

Please let us know which speakers you found helpful, which less so, and any additional subjects we should have covered

LECTURES:

AVERAGE

4.6

- “ Janey Burr x 2
- “ Each one of the lectors touched on subjects from which I learned a great deal.
- “ All the presentations were useful, but I was amazed by the ones presented by Janey Burr, Mike, Thembi Moyo and Jane Bruton. Other subjects I would have liked to hear about: treatment adherence, more arguments I should present to the patients about testing the partners when they don't want to be tested.
- “ I liked Mike's session and the attitude he has towards the patients' care (“the bad cop”).
- “ Each speaker had his or her own style and I learned a lot from all of them. I appreciated more the parts of each presentation, which had actual examples. It was important for me to have a better idea of how the conversations with the patient sound like in your clinic (this expectation was 60% fulfilled).
- “ All the lectors had useful presentations. Louie Pong, Jane Bruton, Thembi Moyo, Janey Burr
- “ All the lectors had very good presentations, so I cannot choose just one of them. What I truly appreciated was the fact that they encouraged the discussions and the questions from the audience.
- “ Useful lectures: Jane Bruton, Janey Burr, Cristina Bagaiof, Elida Pasare, Thembi Moyo
- “ The best – Louie Pong x 2
- “ All the lectors had very useful presentations. I would like to mention that the lecture of Thembi Moyo was extremely useful.
- “ Thembi Moyo – the most useful lecture x 2
- “ Janey Burr, Jane Bruton, Thembi Moyo
- “ Jane Bruton, Janey Burr, Thembi Moyo, Elida Simona, Cristina Bagaiof, Louie Pong x 6
- “ All the lecturers x 3
- “ All the lectures were interesting, as well as the topics that were covered in our discussions.
- “ The lecture with the most useful presentation: Jane Bruton

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- “ Mike Youle – THE BEST! All of them had very good presentations.
- “ Louie Pong & Janey Burr
- “ The most useful lecture: “MSM, HIV and STDs” by Louie Pong and Janey Burr.
- “ Jane Bruton & Thembi Mayo
- “ Louie Pong, Janey Burr, Jane Bruton, Thembi Moyo
- “ The most useful lecture – Mike Youle

WORKSHOPS:

- “ Elida Simona
- “ Jane Bruton – the empathy she has towards the HIV + patients and the way she explained about how their needs should be addressed touched me.
- “ The lecturer with the most useful presentation: Jane Bruton
- “ Louie Pong x 3
- “ Jane Bruton, Janey Burr, Thembi Moyo
- “ All the lecturers had useful presentations x 9
- “ Jane Bruton, Janey Burr, Louie Pong, Thembi Moyo x 2
- “ I appreciated and admired Jane’s empathetic approach to the HIV+ patient. She reminded me that, despite the firmness that is sometimes necessary, we should not forget to be understanding, respectful, and create a long-term partnership with our patients.
- “ Janey Burr x 2
- “ Janey Burr, Jane Bruton, Elida Simona, Cristina Bagaiof, Louie Pong
- “ Jane Bruton
- “ Useful: Janey Burr – MSM and STIs
- “ Louie Pong & Janey Burr
- “ I would have liked a more detailed approach of the “DOs and DON’Ts” in a discussion with the patient about sexual behaviour, because in Romania this topic is kind of taboo. I liked the teamwork.

AVERAGE
4.8

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CASE PRESENTATIONS:

AVERAGE

4.8

- “ Janey Burr and Louie Pong x 2
- “ Janey Burr, Elida Simona, Louie Pong x 3
- “ Louie Pong
- “ The lecturer with the most useful presentation: Louie Pong, Janey Burr, Elida Simona, Thembi Moyo
- “ Thembi Moyo, Elida Simona, Louie Pong
- “ Janey Burr – interactive session, Louie Pong – impressive personal experience, Jane Burton – significant information about managing the patient
- “ I enjoyed the case studies and I wished we had at least one for each presentation. I liked Louie’s workshop on STIs and the personal experiences he presented.
- “ Janey Burr and Louie Pong had very interesting and interactive case presentations.
- “ All were useful. Jane Bruton, Thembi Moyo, Louie Pong, Janey Burr x 4
- “ Efficient and easy to assimilate. Jane Bruton, Thembi Moyo, Louie Pong, Janey Burr
- “ I liked the teamwork.
- “ The best – Louie Pong x 3
- “ Janey Burr, Elida Simona, Louie Pong
- “ Post-exposure, how to communicate with the HIV + and non-adherent patient, drug abuse
- “ Jane Bruton
- “ The most useful lecture – Cristina Bagaiof, Elida Pasare
- “ Janey Burr

4. How will this meeting help you in your day-to-day work? (comments only)

- “ I am currently working in the ER and I daily meet patient HIV infected. Now I can meet these patients and inform them about the quality of life of a HIV + patient and show them that it is possible to lead a normal life.
- “ I have worked for several years with a GP and after that at the admitting department in the ER of the hospital. We daily see new and chronic cases of patients’ HIV infected, so the new information I received here will help me manage those cases.
- “ I will keep in mind the new things I learned at this meeting for my daily professional activity and I will try to apply them.
- “ First of all, this meeting will help me in better managing the communication with the patient, and the information I received here will prove useful in my work with both HIV infected patients and patients with opportunistic infections, and I hope that I will be able to talk to them about PREP in the future.
- “ I understood with the help of the presentations and of the specific explanations that I have to fight AIDS and not people with HIV; we need to understand their needs from a psychological perspective and communicate more often with the nurses.

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- “ I consider I have changed my attitude a little and I should put more emphasis on aspects such as U=U.
- “ I understood that we should investigate the sexual history of the patient by asking the right questions and then send the patient to the right doctor.
- “ I am glad to say that my professional activity at the patient's bed follows the same pattern as yours.
- “ The meeting improved my knowledge about HIV and STIs.
- “ I will try to follow your example in my daily professional activity.
- “ The information I have received from you will help me improve my professional activity efficiently and qualitatively.
- “ Quite a lot. An excellent professional experience.
- “ I received new information, which will allow me to develop professionally and will determine me to perform a high quality medical service.
- “ New methods of approaching the patient
- “ I am more determined to approach in detail the subject of sexual behaviour with the patients that come to our testing program.
- “ To better understand the HIV + patient, to help him or her with all that is required by the law, to better guide him so that he would better manage the situation.
- “ I have worked for 10 years in the HIV Adult Department and now I am working in the ICU where we also have patients which are HIV+.
- “ I work as a nurse in the HIV Adult Compartment, I am 24/24 hours at the patient's bed and we deal with HIV patients with other associated acute illnesses.
- “ Any extra piece of information matters to my professional development; some things were already familiar to me but were better structured in your presentations and clarified. The conclusions are the ones that will define my professional formation.
- “ I will use this information in my daily professional activity in counselling my patients.
- “ I found out new information and I brushed up on my old set of information about this subject. The discussions were stimulating and will be of great help to my professional activity.
- “ This meeting will help me know how to ask the patient many more questions than what the usual questionnaire entails and encourage him or her to talk freely about his or her private problems.
- “ This meeting will help me identify the diagnosis more easily and make a medical decision more quickly.
- “ This meeting offered me the opportunity of finding out how the professional care system looks like in your country.
- “ The things I have learned here will help me gain a greater trust from my patients.
- “ I already use the methods you presented in my work with the patients. I wish that PREP would be a possibility for our patients as pertained by a national guide or a law.
- “ I think that this meeting will help me in my daily professional activity, because I have learned a lot of tricks regarding how to better communicate with the patient.

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5. What is your overall assessment of the meeting?

5 Very effective/Excellent — 1 Not effective/Poor

AVERAGE
4.8

- “ This meeting expanded my knowledge on this subject and helped me consolidate some prior knowledge I had about HIV.
- “ This meeting helped me expand my knowledge regarding the way to approach the HIV infected patient, the newly diagnosed cases or the ones about to be diagnosed.
- “ Thank you for the information and the suggestions you shared with us!
- “ Significant information based on real cases. Great attitude.
- “ I think you have covered most of the issues concerning HIV+ patients and how we can better help them.
- “ Excellent x 3
- “ I am new in this field so I appreciated the information, too. But, most of all, I liked that the meeting was practical and interactive.
- “ Very constructive, interesting, welcome
- “ This meeting helps me expand my knowledge about how to approach the HIV+ patient.
- “ This was a meeting in which I took part with great pleasure, as it was organized by Dr. Cernat for the nurses. I don't know of many such meetings, organized especially for nurses!
- “ A small part of the presentations was new for me.
- “ The highest grade possible

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6. Please give suggestions for how future meetings might meet your training needs (comments only)

- “ How to protect the medical personnel against infection, as well as against verbal and physical abuse from the patient.
- “ I would like to learn more about how I should communicate with patients with suspected HIV infection, newly diagnosed, or about to be diagnosed
- “ How do we address patients who come to us with different symptoms and could also be HIV positive, without them knowing?
- “ I would like to find out more about the practical methods used in caring for HIV + patients. News about NEUROAIDS.
- “ More information about new research done in this field, more information about a possible vaccine and whether it will be available in Romania, more information about vertical transmission
- “ Psychological care is a challenge and I will definitely learn how to maintain the patients' quality of life, how to communicate with them and how to address their needs.
- “ I think I would like to see a clinical psychologist from your team, who could give more information about their work
- “ Excellent!
- “ More about PREP and STIs.
- “ Methods from your daily professional activity of approaching who are drug users (who take ethnobotanicals, in particular)
- “ I would like to find out more suggestions and methods on how to communicate and collaborate more efficiently with patients who are on palliative care or with patients with mental issues or with drug abuse problems (ethnobotanical drugs, in particular).
- “ How to collaborate with patients who are drug users
- “ Programs about preventing STDs among young people, sex education, as well as how to approach these subjects without prejudice
- “ Keep the interactive parts. Keep including examples and details. Please give more examples of conversations with actual patients. Thank you!
- “ This meeting was very good; it has already helped us.
- “ Communication with the HIV patient, how to make them more responsible about their therapeutic conduct
- “ HPV vaccination, routine check-ups, communication with the HIV + patients, overcoming moments when the patient displays behaviour disorders or becomes aggressive because he is dissatisfied with his situation, his medication etc.
- “ PREP, PEP, case presentations, a comparison between what happens in our department as opposed to what happens in your department, how do you manage critical situations?
- “ I would have liked to hear a discussion about hepatitis B and hepatitis C.
- “ In my opinion, a future meeting would be beneficial if it covered the perspective of the medical professional who works with patients who suffer from chronic illnesses, detailing the coping methods used by the medical professional so he or she wouldn't be affected emotionally.