



UMC Utrecht

Workshop 2:

**La stigmatisation du VIH en santé publique –
Stratégies de résilience**

**HIV Stigma im Gesundheitswesen – Strategien
zur Resilienz**

**«Stigma remains – Interventions in health care
systems»**

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Content

- Stigma
- Hiv stigma and healthcare
- Problem definition
- Needs assessment
- Possible strategies



Stigma

Brand/mark -> avoidance

Social characteristic -> objectionable/inferior



Definition

'the situation of the individual who is disqualified from full social acceptance' and any 'attribute that is deeply discrediting'

Goffman, 1963



Determinants of hiv stigma

Infectivity

Severity of the disease

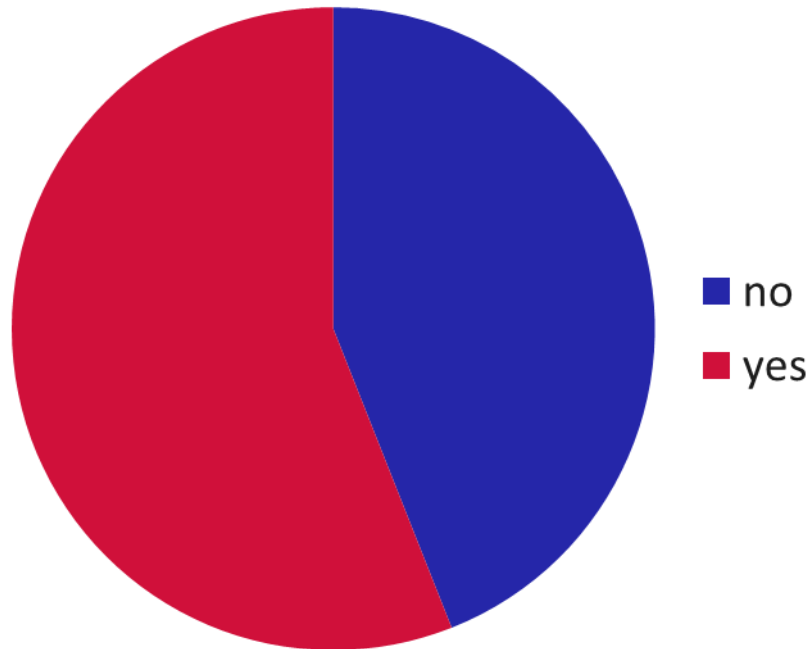
Own responsibility

Norm trespassing behavior

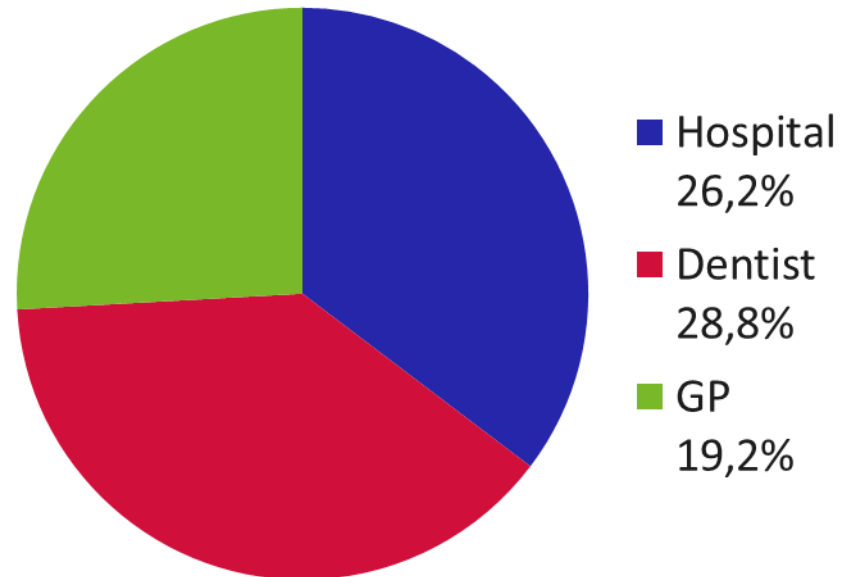


HIV stigma in the Netherlands

Stigma?



HC setting



Hiv stigma experiences in health care (in the Netherlands)



Exaggerated precautions	21%
Physical distance	20%
Unequal treatment precautions	17%
Awkward social interaction	17%
Blaming about hiv	10%
Rude or overly nice	10%
Rejecting care	7%



HIV stigma in HCP Problematic

Dependency of healthcare -> treatment/care

Feeling the requirement of disclosing hiv

HCP are seen as sensible persons



Consequences

- Postponing hiv test and treatment
- Avoiding health care settings
- Negative effect on wellbeing
 - Dissatisfaction
 - Psychological problems
 - Low self esteem
 - Having the idea not needing care
 - Less motivation staying healthy



What to do about it?

Why now?



Problem definition

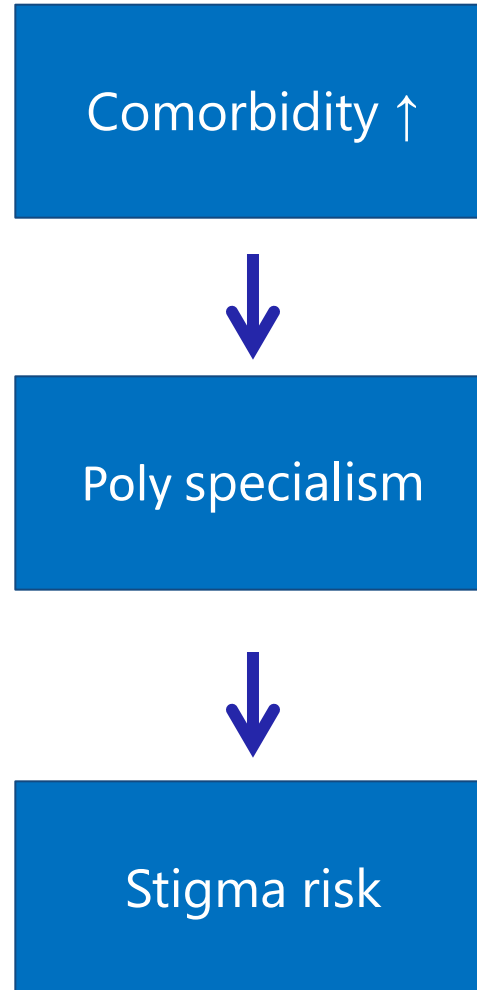
- Stress/ unwell being
 - Quality of life↓
 - Adherence
 - Avoidance of care
- Quality of care↓

Nyblade L, Stangl A, Weiss E, Ashburn K. Combating HIV stigma in health care settings: what works? *J Int AIDS Soc* 2009 Aug 6;12:15-2652-12-15.

Stutterheim SE, Pryor JB, Bos AE, Hoogendijk R, Muris P, Schaalma HP. HIV-related stigma and psychological distress: the harmful effects of specific stigma manifestations in various social settings. *AIDS* 2009 Nov 13;23(17):2353-2357



Problem definition



Intervention

Health care providers

People living with hiv/aids



Being prepared on stigma experience in Health care settings



What is needed?

Targeted strategies/interventions to limit stigma experiences in health care settings



Literature review

Not on health care settings.

3 reviews and 2 pilot studies-> hiv stigma

- Counseling en psycho-education (coping strategies)
- Telephone support
- Support group
- Emotional writing
- Workshops offered by peers



Problem analysis

What are the experiences of people living with hiv with hospitalization on a non-hiv ward within the UMC Utrecht?

Method

Qualitative study

Interviews on experiences with hospitalizaion



Results

'Being avoided'

'Awkward social interaction'

'hygiene measures (redundant and non redundant) "

'Unnecessary warnings'

&

Role of acceptance / coping with being hiv positive



Needs assessment

What is required from the patient's perspective to be resilient to stigmatizing experiences?

Method

Qualitative study

Individual interviews (3)

Focusgroup interview (6)



Results Needs assessment

Influences on resilience

Time after diagnosis

Rf2: no, than I was not resilient. After a year you become resilient and than you dare to ask questions back. I've had done about a over a year, before I became more assertive. After a year, then you feel yourself stronger.

Rf1: I think, how more relaxed you deal with it, the less you have to relate it to yourself: Am I such a leper or am I surely not



Results Needs assessment

Influences on resilience

Being sensitive

I think it has to do with how you feel.

Maybe, you also have a certain sensitivity, to which you interpret things differently.

Eh, interpret negatively, however they not all are not really meant to be (that) negative.



Results Needs assessment

Influences on resilience

Assumptions on the relation with hiv

I needed to fill in a health questionnaire. She has not said it (that all clients have to). Not that I've actually asked... now you say so.



Results Needs assessment

Influences on resilience

Ongoing vulnerability

That's hard on.

Rf4: If someone push you with it into a corner, that you're bad, dirty or contagious, all scary things, whatsoever, that hurts, of course it hurts. It remains hurting

Rf5 Sometimes just the overwrought reaction of another. You're shocked by the reaction of the other. And than you realize yourself, I'm so dirty? That remains



Results Needs assessment

Influences on resilience

Unexpected situations/being perplexed

It is mainly an unexpected confrontation. By saying that you have hiv, and then you get a kind of weird response. You really do not know what to say than.

It just happens at such a moment. And in retrospect you think ()*



Results Needs assessment

What can increase resilience to stigma experiences



Results Needs assessment

What can increase resilience to stigma experiences

Assertiveness/being empowered

Maybe you should go in there with it. You shouldn't be angry with someone, but to confront someone with it. And saying: are you afraid you also get hiv? That kind of things.

Just ask them.



Results Needs assessment

What can increase resilience to stigma experiences

Taking perspective

RF 1: I am thinking, as I myself had a nursing job, I would appreciate it if someone said it to me. So that's also a reason for me to say, hey, I try to replace my self in the situation or perspective of the other and for me that is also a reason to say it.

RF3: I myself was very long ... Have been terrified for hiv. So I can also understand the other.



Results Needs assessment

What can increase resilience to stigma experiences

Being understandable

Oh yes, I would understand. I have no ongoing problems with it. It could only be at an awkward moment, for me than

Sure. We are all human.



Results Needs assessment

What can increase resilience to stigma experiences

Stigma-experiences

If it has happened to you you're more armed.



Results Needs assessment

What can increase resilience to stigma experiences

Peers

because you can exchange experiences with each other, what should you do in my situation. I have, what would you say. Oh, I have not had that. You know then. And it is also very nice.



Results Needs assessment

What can increase resilience to stigma experiences

Being prepared

If you don't have experienced it, and you want to arm yourself, you can exercise with a role play.



What do you?



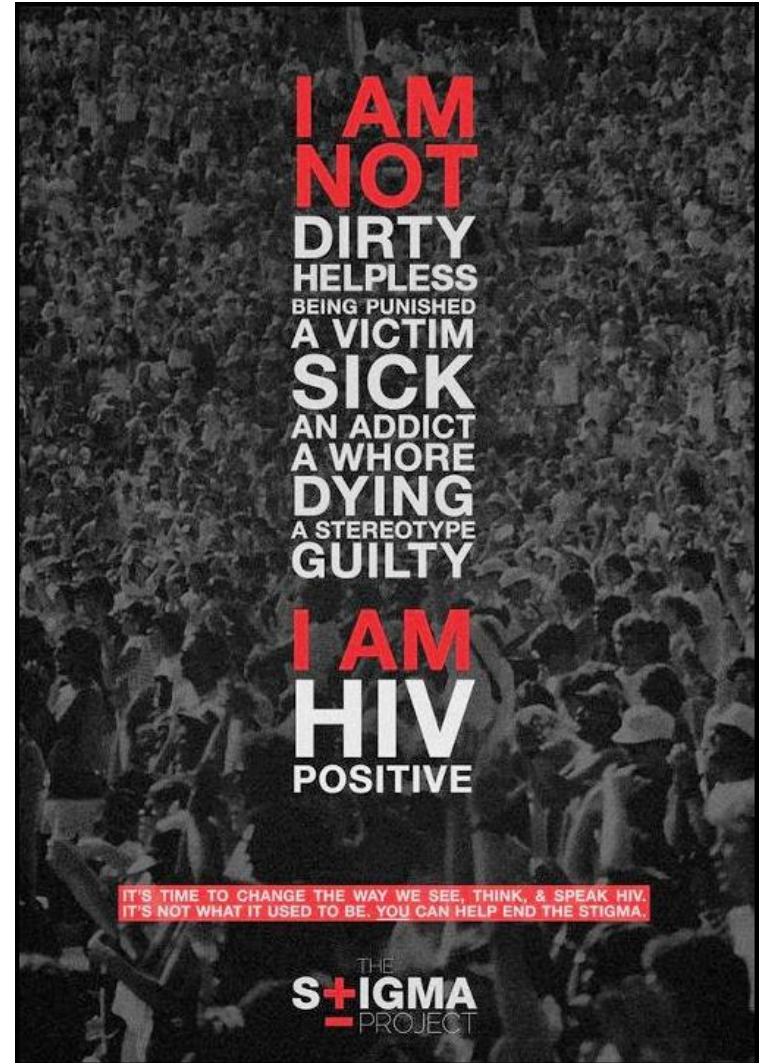
Clinical implications

Theoretical framework

Empowerment (Miller)

Social Cognitive Theory (Bandura)

Pro-active coping (Gollwitzer)



Tools and interventions

<i>A brochure/website:</i>	preparation/insight
<i>Counseling</i>	information on stigma in healthcare settings ' if-then ' situations
<i>Peer learning(modelling)</i>	Experiences of peers Video recording Learning from each other
<i>Workshop/role playing</i>	Learning skills



Website

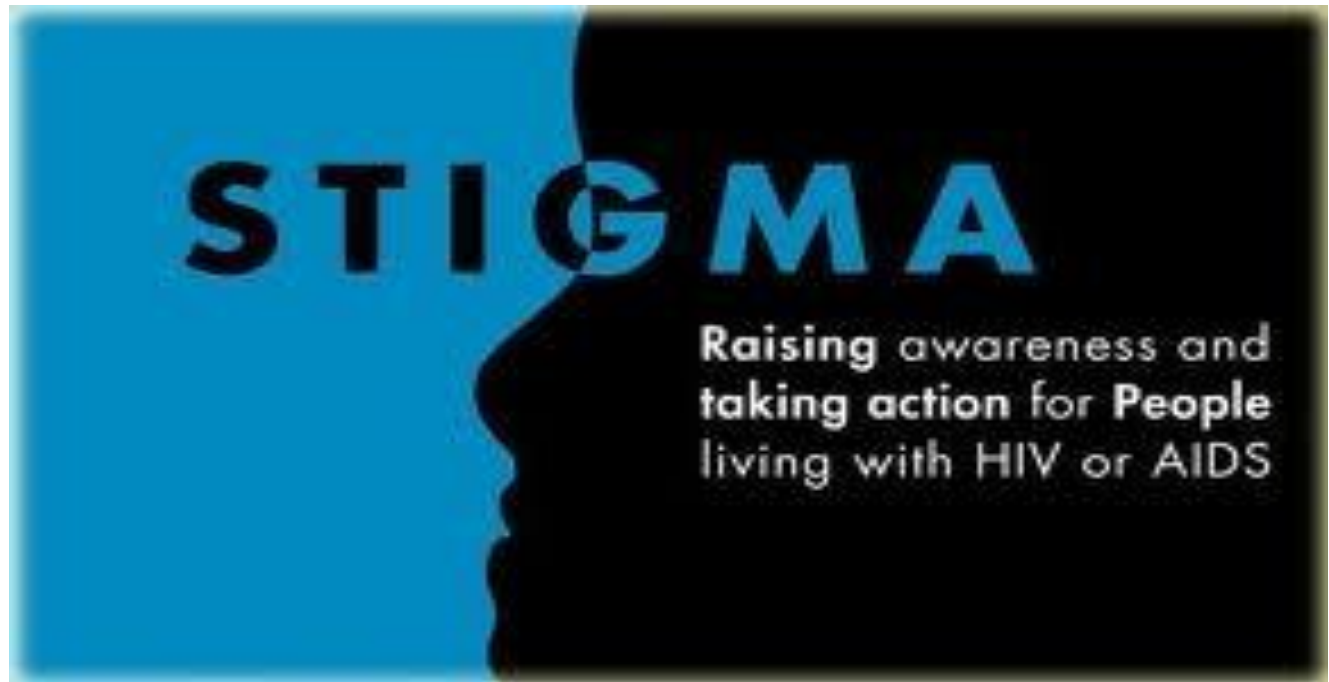
Patient union

- [Start](#)



Merci

Thank you!



Danke

Dank je wel

