

## SITUATION 1: TREATMENT OPTIONS

### PATIENT BACKGROUND

Benjamin is a 34 years old British guy living in Madrid. He was living in Rome until the beginning of 2015 when he decided to move.

After the first three months in Madrid, he was HIV diagnosed.

He had a CD4 count over 500 and low VL <1.000 copies/ml.

Doctor and Ben decided to postpone ART until his next visit.

6 months after he had a CD4 count <300 and VL has increased over 1.000.000 copies/ml.

He has a legal barrier with the health system because of the country law.

He feels that “has been always a strong guy and suddenly, starting treatment option makes him feel sick”.

At that point he’s getting in touch with Community Based Organization.

Describe in a role-play the first meeting between one of the CBO peer counsellors and Benjamin, to discuss his options and treatment decision before start ART. You may consider some topics as:

- When to start
- Side effects
- Dos and Don’ts
- Emotional aspects
- Adherence...

Reflect on this sentence from Benjamin

Adherence is not only with medication; also with ourselves.

## SITUATION 2: SWITCHING TREATMENT

### PATIENT BACKGROUND

Anna lives in Kiev. She was HIV diagnosed in 2010 and she is 36 years old.

In 2015 she starts with ART (three pills) but suddenly she refers some alterations as diarrhea and nauseas.

Doctor recommends switching treatment for a new combination. Doctor tells her that the new combination exists as a single pill but it is not available in Ukraine, that's why she needs to take now 4 pills.

She rejects it because she believes that she will feel sicker if she changes combination and takes more pills.

Also she is afraid of the viral load, because she is starting a new relationship with a guy and he doesn't like to use condoms.

In her daily life, she is afraid of the stigma and how to manage with big number of pills for treatment, because she didn't disclosure her HIV status.

Describe in a role-play a meeting between Anna and her CBO peer counsellors because of switching treatment options. You may consider some topics as:

- Switching treatments
- Dos and Don'ts
- Side effects
- Local treatment access
- Sexual health (condom use / PrEP)...

Reflect on this concept:

HIV prevention package.