**HIV and Hepatitis B & C Reduction Questionnaire – Answers and Guidance**

# **Birmingham Public Health Measurement Toolbox**

| **Risk Assessment Tool** | **Response**  |
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| Were you born outside of Northern/Western Europe, USA or Australasia? | *Guidance – individuals born outside of this area may be at increased risk of HIV or Hepatitis B &C* |
| How many people have you had sex with in the past 12 months? | *Guidance - HIV and Hepatitis B &C are sexually transmitted, with this risk being increased with the number of sexual partners*.  |
| Have you ever paid, or been paid, for sex? |  *Guidance – Individuals who have paid or have been paid for sex face disproportionality higher rates of HIV and Hepatitis B and C* |
| Have you ever injected drugs, or had sex with someone who injects drugs? | *Guidance – HIV and Hepatitis B & C can be spread through sharing needles*.  |
| Are you a man who has sex with other men, or have you had sex with a man who has sex with other men? |  *Guidance – HIV and Hepatitis B & C is more likely to be transmitted sexually through anal intercourse among men who have sex with men, particularly from the receptive partner*.  |

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| **Personal beliefs** |  |
| Are you worried about HIV, Hepatitis B or C? |  *Guidance – Concerns may need to be addressed in intervention*. |
| Do you know how you can acquire HIV or hepatitis B or C? |  *Answer: HIV be transmitted by bodily fluids infected with HIV such as:* * *Semen*
* *Vaginal fluids including menstrual blood*
* *Breast milk*
* *Blood*
* *Lining inside the anus*

*Hepatitis B is transmitted from infected blood which may be spread though unprotected sex and injecting drugs.* *Hepatitis C is spread through blood-to-blood contact with an infected person. It is most commonly spready through sharing needles used to inject drugs.* *Guidance: individuals should aim to increase knowledge of how the viruses are spread.*  |
| Do you know how to prevent yourself from contracting HIV or Hepatitis B or C? |  *Answer: HIV contraction can be prevented through:* * *Condom use for vaginal, anal and oral sex.*
* *Lubricant to add moisture to either the vagina or anus during sex to reduce the risk of tears cause by dryness or friction*
* *Not sharing needles, syringes or injecting equipment such as spoons or swabs or actual drugs or liquids to dilute them.*
* *HIV prevention medicine, such as pre-exposure prophylaxis (PrEP) to reduce the rusk of getting the virus.*
* *Screening for HIV in pregnancy*

*Hepatitis B contraction can be prevented through:* * *Hepatitis B vaccination*
* *Use a condom or dam when having vaginal, anal or oral sex*
* *Avoid sharing razors, toothbrushes, and needles with others*

*Hepatitis C contraction can be prevented through:* * *Not sharing any drug injecting equipment with other people*
* *Not sharing razors or toothbrushes that may be contaminated with blood*
* *Condoms should be used when having anal sex or sex with a new partner*

*Guidance: individuals should aim to increase their knowledge of prevention methods*  |
| Do you think you are personally at risk of acquiring HIV or Hepatitis B or C? |  *Guidance: Response from question should help with intervention. User’s should aim to increase their understanding of their own risk.*  |
| Would you like to know more about your risk and how to reduce this? |  *Guidance: Intervention should help with this.*  |

| **Knowledge Test** |  |
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| There is a difference between HIV and AIDS |  *Answer: HIV (human immunodeficiency virus) is a virus that damages the cells in your immune system and weakens your ability to fight everyday infections and disease.**AIDS (acquired immune deficiency syndrome) is the name used to describe several potentially life-threatening infections and illnesses that happen when your immune system has been severely damaged by the HIV virus.**While AIDS cannot be transmitted from 1 person to another, the HIV virus can.* |
| Only people who have sex with many people can contract HIV |  *Answer: False, HIV can be contracted by anyone, regardless of the number of sexual partners they have*.  |
| There are vaccinations and medications to prevent against HIV/Hepatitis |  *Answer: True, for HIV there is post-exposure prophylaxis (PEP) and pre-exposure prophylaxis (PrEP) can prevent/reduce the risk of contracting HIV.* *For hepatitis B, there is a vaccine available. It is usually given to babies as part of the 6-in-1 vaccine.* *For hepatitis C, there is no vaccine or medication to prevent against.*  |
| Use of alcohol/drugs can affect consistency of condom use |  *Inconsistent condom use can increase when under the influence of substances. This can increase risk of acquiring infections* |
| Condom use can protect against HIV and Hepatitis |  *Yes – Condom use can help as a preventative measure for HIV and Hepatitis.* *For hepatitis C, Condoms are not usually necessary to prevent hepatitis C for long-term heterosexual couples, but it's a good idea to use them when having anal sex or sex with a new partner.* |
| Knowing HIV/Hepatitis status can lead to a better quality of life |  *True, this can help with quality of life.* *HIV: treatment can prevent the person from transmitting HIV to sexual partners and stop negative health consequences,**Hepatitis: treatment can reduce risk of chronic disease, cirrhosis, and cancer.* |
| Having sex with someone whose status you do not know will not put you at risk of HIV |  *False – this can put you at risk if an individual does have HIV and no protection is not used. It is best practice to know the status of sexual partners.* |
| People living with HIV need to use condoms to protect their loved ones | *Those on effective treatment cannot transmit HIV to sexual partners, so do not need to use condoms if HIV is their only concern. They would need contraception if relevant and negative testing for other STIs.* |
| People living with HIV can take treatment to prevent them from infecting others |  *True – medication know as anti-retroviral therapy (ART) can decrease the viral load of HIV to the point it is undetectable.**If a person has an undetectable viral load, they will not transmit HIV.* |

| **Assessment Results** |  |
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| Is this person at risk? |  *Guidance: NICE advises that the following individuals are at risk –* * *Have a current or former partner who is infected with HIV.*
* *Are from an area with high HIV prevalence.*
* *Are men who have sex with men (MSM).*
* *Are female sexual contacts of MSM.*
* *Are transwomen.*
* *Have had multiple sexual partners, engage in high-risk sexual practices such as ‘chemsex’, or have a history of other sexually transmitted infection (such as syphilis, chlamydia, and gonorrhoea).*
* *Have a history of injecting drug use.*
* *Are current or previous sex workers.*
* *Have been raped.*
* *Have had blood transfusions, transplants, or other risk-prone procedures in countries without rigorous procedures for HIV screening.*
* *Have had an occupational exposure such as a needle stick injury.*
 |
| Does this person want to change? | *Guidance: May be a lot to take in, maybe risk assessment is enough for today.**If person does not wish to engage/discuss potential health promotion they should not feel ready to.* |
| Does this person feel ready to make a change? | *Guidance: As above, behaviour change strategies only work if patient is ready and motivated to make a change.* *Informed consent before using tools* |

| **Risk Reduction Plan** |  |
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| Current Behaviour  |  |
| Goal Behaviour |  |
| Steps to reach goal | *Guidance: HIV preventative measures should be taken such as the following –* * *using a condom for sex*
* *post-exposure prophylaxis (PEP)*
* *pre-exposure prophylaxis (PrEP)*
* *treatment for HIV to reduce the viral load to undetectable.*
* *if using drugs, never sharing needles or other injecting equipment, including syringes, spoons and swabs*

*Preventative measures for Hepatitis B include:* * *Hepatitis B vaccination*

*Preventative measures for Hepatitis C include:* * *not sharing any drug-injecting equipment with other people – including needles and other equipment, such as syringes, spoons and filters*
* *not sharing razors or toothbrushes that might be contaminated with blood*
* *Condom use with new sexual partners or during anal sex.*
 |
| Challenges to behaviour change | *Guidance: should be discussed with user to highlight challenges before starting intervention* |
| Support for behaviour change | *Guidance: support will depend on the service or intervention.* |
| Referral made? | *Guidance: support will depend on service or intervention.*  |
| Follow up/timeline for plan | *Guidance: timeline/follow up should be discussed with user and will be dependent on service or intervention.* |

| **Behaviour Change Review** |  |
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| Success/improvement?Review Behaviour, Goal and Steps |  |
| Review Behaviour, Goal and Steps |  |
| Any further progress required |  |
| Challenges faced |  |
| Extra support needed/offered |   |
| New timeframe |  |