



## California Statewide Training & Education Program **CSTEP: Treatment Objectives**

### **Treatment** (Online):

In 2014, CSTEP collaborated with TechChange, Inc. in order to create an E-course entitled, "Supporting Clients in a Dynamic Era of HIV Treatment." Using the HIV Treatment Cascade as a framework, we will provide an in-depth look at how the HIV treatment paradigm has shifted over the past three decades, and how participants can best support their clients in achieving successful health outcomes.

Summary: This course offers four (4) modules that will cover the following topics:

- Module 1: An Introduction to the HIV Treatment Cascade
- Module 2: An Overview of HIV 101 and Linkage to HIV Care
- Module 3: An Introduction to Retention in HIV Care and Being on HIV Treatment
- Module 4: Virological Suppression and Beyond the Cascade

### Learning Objectives:

- Module 1:
  - Review the list of myths and misunderstandings and clarify the origin and history of HIV with a timeline
  - Discuss the 4 paradigm stages of drug regimens
  - Explain the HIV Treatment Cascade and the National HIV/AIDS Strategy
  - Describe the HIV screening tests
  - Provide an overview of the Affordable Care Act (ACA)
- Module 2:
  - Discuss HIV infections versus AIDS, focusing on the most common Opportunistic Infections (OIs).
  - Review the basics of the Immune System, the HIV Lifecycle and how HIV medications work.
  - Present the Federal Treatment Guidelines – Why all diagnosed individuals should be on treatment and when to start?
  - Discuss Testing, Linkage to Care and Treatment
- Module 3
  - Present and discuss the benefits of treatment - control of HIV, ensure immune health, improved health outcomes and reduce transmissions
  - Discuss:

- Drug/herb/food interactions
- Resistance
- Side effects and adherence strategies
- Present:
  - Metabolic conditions – What is most notable? Examples: Lipodystrophy, heart, liver and kidney disease, Diabetes, etc.
  - Infections conditions – What is most notable? Examples: Hepatitis B and C, cervical/anal HPV
  - AIDS and non-AIDS related cancers, etc.
- Module 4
  - Discuss the duration of regimens and life expectancy.
  - Present:
    - Prevention with Positives - Understanding the continuum of risk and negotiating safer harm-reduction options
    - Sero-discordant couples
    - PEP and PrEP
    - Treatment as Prevention (TasP)
    - Community viral load
    - Family planning
  - Discuss aging with HIV – What is most notable? Treatment efficacy, adherence, polypharmacy, neurocognitive issues, frailty, etc.
  - Provide updates on:
    - New drugs and dosing schedules
    - Treatment during acute phase
    - The cure – Sterilizing versus functional, areas of research