



SAN FRANCISCO
COMMUNITY
HEALTH CENTER



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." In 2017, we changed the name to "HIV Treatment 201." Using the HIV Care Continuum 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 Care Continuum
- 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 Care Continuum

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 Care Continuum 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