



NPO 093-243

Workshop HIV & AIDS - Let's 'THINK' are you a JUMP ahead?

Day 1

HIV Trends

2015

1. **Introduction/Testimony of Cindy Pivacic (PPP)** **45min**
2. **Six things learnt from AIDS Conference 2014 - Melbourne**
 - a. HIV rates are at a 20-year high
 - b. Waking up hidden HIV
 - c. Promising bone marrow transplants
 - d. TB breakthrough: radically reducing treatment times
 - e. AIDS-free generation 'within reach': Bill Clinton
 - f. More funding needed for the home stretch
3. **Is HIV Less Virulent Today, or More So?**
 - a. Measuring HIV Virulence in Botswana and South Africa
 - b. Measuring HIV Virulence in the European CASCADE Cohort
 - c. Key Differences in the Research
4. **GLOBAL STATISTICS**
 - a. People living with HIV
 - b. AIDS-related deaths
 - c. Antiretroviral therapy
5. **HIV / TB**

Investments

 - 5.1 **Regional Statistics**

Sub Saharan Africa
 - 5.2 **HIV Testing**
 - 5.3 **ARV news**
 - 5.4 **Sex Workers**
 - 5.5 **Correctional Institutions**
6. **Newly Discovered HIV Strain Progresses to AIDS in Only 5 Years**

7. Different strains of HIV

- a. New, more aggressive HIV strain found in West Africa
- b. HIV Prevention
- c. SA Government Stats

8. The Impact of HIV on Women

- a. Why Are Women Vulnerable to HIV?
- b. What Challenges Do Women Face?
- c. Is Anything Being Done?

9. Lifestyle

- a. Top 10 Steps to Healing for People Newly Diagnosed With HIV
 - 1. Begin to heal...take ownership.
 - 2. Live in the present.
 - 3. Make your own future.
 - 4. Stop and take a deep breath.
 - 5. Educate yourself...but take your time.
 - 6. Take control of your medical care.
 - 7. Assemble a support network and use it.
 - 8. Build a strong foundation for the future.
 - 9. With a strong foundation, you can manage your HIV.
 - 10. Achieve a balance in your life.

10. Positive Living with HIV

- a. Moving Forward
- b. HIV Positive Day 1 - Now What?
 - 1. Safer Sex
 - 2. Lifestyle Changes to Manage AIDS

11. Top 10 HIV Symptoms

- 1. Depression
- 2. Diarrhea
- 3. Thrush
- 4. Weight Loss
- 5. Lipodystrophy
- 6. Lactic Acidosis
- 7. Sinus Infections
- 8. Fatigue
- 9. Nausea / Vomiting
- 10. Burning and Tingling of the Feet and Hands

12. Neuropathy and what can be done to ease the symptoms

13. When will we have an HIV Vaccine?

- a. Early Missteps Provide Valuable Insights
- b. What these setbacks quickly taught us
- c. The Rise of Therapeutic Vaccines
- d. So Where Are We Today?

14. What is the future of HIV Vaccine Research?

15. Is Vaccine Research worth the billions being spent?

16. Can Taking PrEP 'On Demand' prevent HIV?

- a. Health Questions
- b. IPERGAY Provides Further Evidence of PrEP's "Real World" Efficacy
- c. So What Do the Results Mean at This Stage?

17. The facts about HIV and Male Circumcision - Separating Fact from Fallacy

18. HIV Vaccine

19. 'Circumcision as Prevention' A One-Way Street?

- a. Weighing the Evidence
- b. Possible Biological Mechanisms for Reduced Transmission
- c. Program Effectiveness in Africa
- d. Is "Circumcision as Prevention" viable

20. Drugs available to fight HIV – Growing!

Day 2

HIV & AIDS in the Workplace

1. Stigma & Discrimination (PPP)

- a. Discrimination
- b. Stigma

2. Problems that a worker with HIV and AIDS could encounter at work.

3. Why is it important for employers to play a proactive role in addressing the AID pandemic and how can they create a caring environment?

4. Why is it important to have a HIV and AID prevention and well programme?

5. What are the rights of workers when dealing with the AIDS pandemic?

6. In terms of the Universal Precautions, what are the responsibilities of the employees?

7. Counselling in the Workplace (PPP)

30min

8. Workplace Policy

9. Denialism

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**SSETA Accredited HIV Skills Training (US 13915) ♦ IEC Facilitator ♦ Speaker ♦ Author ♦
Counselling ♦ Trauma Debriefing ♦ HIV Activist ♦ HIV Skills Project Management ♦ Workshop
Facilitation ♦**

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