2024 Midwest Stream Forum

Uniting Communities to Cultivate Change for Health Equity

#MIDWESTSF24
Viviendo Valiente: A Training of the Trainers Curriculum for Community Health Workers

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Valley AIDS Council
Conflict of Interest Disclosure

Statement

▪ Pedro Coronado has the following to disclose:
  ▪ Has been a paid presenter for Gilead Sciences

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Your input will help us refine and improve our presentations, ensuring they remain inclusive and respectful to participants.
Learning Objectives

1. Identify positive and negative health behaviors, ways that HIV and STIs are transmitted, and approaches to reduce the risk of transmission.
2. Describe the need for screening based on personal health risk and explore available health resources.
3. Identify access barriers and strengths to promote engagement and retention in medical care and steps to manage care.
The Viviendo Valiente Training Modules

- Module 1: Defining Health and Wellness
- Module 2: HIV/STI Transmission and Risk Reduction
- Module 3: HIV/STI Testing & Treatment as a Key Component of Healthcare
- Module 4: Engagement & Retention in Care
Model Activity Module 1

Stop Light Activity
Stop Light Activity

**Negative behaviors harm our health.**

**STOP** negative behaviors by placing them on the red circle.

**Neutral behaviors have no known meaningful impact on our health OR more information is needed to determine their impact.**

**SLOW DOWN** neutral behaviors by placing them on the yellow circle.

**Positive behaviors are beneficial to our health.**

**CONTINUE** with positive behaviors by placing them on the green circle.
Sin Verguenza: Episode 1

- https://www.altamed.org/es/svseries
Model Activity Module 2

True or False
1 True  2 False  3 I don’t know

- Coughing and sneezing transmit HIV
2 False

- Coughing and sneezing transmit HIV
1 True  
2 False  
3 I don’t know

- HIV transmission can occur by sharing a glass of water with a person living with HIV.
False

- HIV transmission can occur by sharing a glass of water with a person living with HIV.
1 True  2 False  3 I don’t know

- Pulling out the penis before a person climaxes/cums prevents a partner from acquiring HIV during sex without a condom.
Pulling out the penis before a person climaxes/cums prevents a partner from acquiring HIV during sex without a condom.
A woman can acquire HIV if she has anal sex with a man without a condom.
1 True

- A woman can acquire HIV if she has anal sex with a man without a condom.
1 True
2 False
3 I don’t know

- Showering or washing one’s genitals/private parts after sex prevents a person from acquiring HIV.
2 False

- Showering or washing one’s genitals/private parts after sex prevents a person from acquiring HIV.
1 True  2 False  3 I don’t know

- Pregnant women living with HIV will always transmit HIV to their babies.
2 False

- Pregnant women living with HIV will always transmit HIV to their babies.
People living with HIV show symptoms very soon after acquiring HIV.
People living with HIV show symptoms very soon after acquiring HIV.
There is a vaccine that can stop a person from acquiring HIV.
2 False

- There is a vaccine that can stop a person from acquiring HIV.
People are likely to acquire HIV by deep kissing or putting their tongue in the mouth of someone who is living with HIV.
People are likely to acquire HIV by deep kissing or putting their tongue in the mouth of someone who is living with HIV.
A woman can acquire HIV if she has sex during her “period.”
1 True

- A woman can acquire HIV if she has sex during her “period.”
There is a female condom that can decrease a woman’s risk of acquiring HIV.
1 True

- There is a female condom that can decrease a woman’s risk of acquiring HIV.
1 True  
2 False  
3 I don’t know

- A natural skin condom works better to prevent HIV transmission than a latex condom.
2 False

- A natural skin condom works better to prevent HIV transmission than a latex condom.
1 True  2 False  3 I don’t know

- A person will NOT acquire HIV if they are taking antibiotics.
2 False

- A person will NOT acquire HIV if they are taking antibiotics.
Having sex with more than one partner can increase a person’s risk of acquiring HIV.
1 True

- Having sex with more than one partner can increase a person’s risk of acquiring HIV.
1 True

2 False

3 I don’t know

- People need to take the HIV test only one time after becoming sexually active.
2 False

- People need to take the HIV test only one time after becoming sexually active.
1 True  2 False  3 I don’t know

- A person can acquire HIV by sitting in a hot tub or a swimming pool with a person living with HIV.
2 False

- A person can acquire HIV by sitting in a hot tub or a swimming pool with a person living with HIV.
1 True 2 False 3 I don’t know

- HIV transmission can occur during oral sex.
1 True

- HIV transmission can occur during oral sex.
1 True  
2 False  
3 I don’t know

- Using Vaseline or baby oil with latex condoms lowers the risk of acquiring HIV.
Using Vaseline or baby oil with latex condoms lowers the risk of acquiring HIV.
Sin Verguenza: Episode 2

- https://www.altamed.org/es/svseries
Model Activity Module 3

Condom Demonstration
Model Activity: Module 3

Insertive Condom
Model Activity: Module 3

Receptive Condom
Sin Verguenza: Episode 3

- https://www.altamed.org/es/svseries
Model Activity: Module 4

True or False
1 True  2 False  3 I don’t know

- If my doctor does not bring up a concern, I should not bring it up either.
2 False

- If my doctor does not bring up a concern, I should not bring it up either.
1 True 2 False 3 I don’t know

- When a doctor uses a medical term I should always ask them to explain it.
1 True

- When a doctor uses a medical term I should always ask them to explain it.
1 True  

2 False  

3 I don’t know

- It is less expensive to only visit the emergency room once I am very sick.
2 False

- It is less expensive to only visit the emergency room once I am very sick.
1 True
2 False
3 I don’t know

- When a doctor checks my blood, they screen for all health risks.
2 False

- When a doctor checks my blood, they screen for all health risks.
1 True
2 False
3 I don’t know

- If a doctor prescribes treatment, I do not need finish the treatment once I feel better
2 False

- If a doctor prescribes treatment, I do not need finish the treatment once I feel better
We are all going to die of something, so treatment is not important.
2 False

- We are all going to die of something, so treatment is not important.
1 True  2 False  3 I don’t know

- I do not need to tell my doctor what home remedies I am using outside of their treatment. One has nothing to do with the other.
2 False

- I do not need to tell my doctor what home remedies I am using outside of their treatment. One has nothing to do with the other.
1 True

- My personal health directly affects my family’s health.
1 True
2 False
3 I don’t know

- If I take care of myself, it will encourage my loved one to take care of their health.
1 True

- If I take care of myself, it will encourage my loved one to take care of their health.
Overcoming Barriers & Retention in Care

Let’s play Lotería!
Viviendo Valiente: Episode 4

- https://www.altamed.org/es/svseries
My Personal Action Plan

- Develop your own health and well-being plan.
  - Utilize the Personal Health Plan worksheet.
“Moving allyship to activism is about looking for ways that you, as a person in a privileged position, can truly uplift the voices of those who are often out on the frontlines of change”

-Dr. Jonathan Paul Higgins
References

- https://www.altamed.org/es/svseries
- https://www.cdc.gov/hiv/default.html
- https://targethiv.org/ihip/viviendovaliente
Resources

- National Clinician Consultation Center
  [http://nccc.ucsf.edu/](http://nccc.ucsf.edu/)
  - HIV Management
  - Perinatal HIV
  - HIV PrEP
  - HIV PEP line
  - HCV Management
  - Substance Use Management

- Present on ECHO
  - [https://hsc.unm.edu/scaetc/programs-services/echo.html](https://hsc.unm.edu/scaetc/programs-services/echo.html)

- AETC National HIV Curriculum
  [https://aidsetc.org/nhc](https://aidsetc.org/nhc)

- AETC National Coordinating Resource Center

- HIVMA Resource Directory

- Additional trainings
  - [scaetcecho@salud.unm.edu](mailto:scaetcecho@salud.unm.edu)
  - [www.scaetc.org](http://www.scaetc.org)
Thank you!

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