

National Ambulance
LGBT Network



Supporting Lesbian, Gay,
Bisexual, Trans staff,
patients and communities

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Strictly... Our November Update

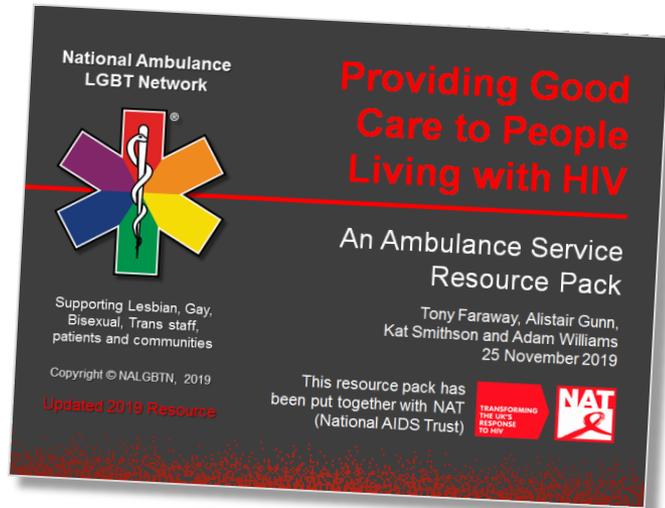


Let's update our knowledge
on HIV treatments and talk
about 'that' dance!

Alistair Gunn
28 November 2019



Introduction



Find this updated resource at:

www.ambulancelgbt.org

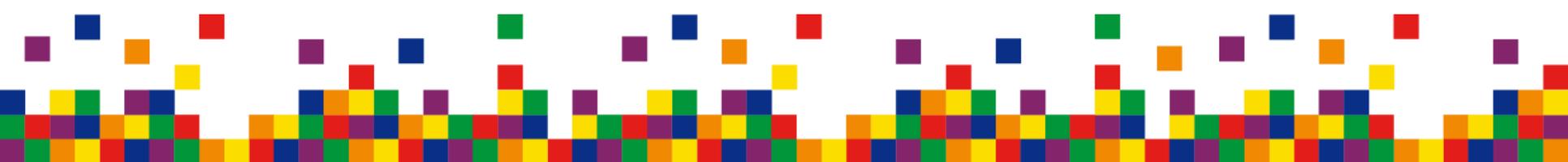
The Good Care to People Living with HIV section is located in the Making a Difference to Patients resource area.

On 1 December it is World AIDS Day and the National Ambulance LGBT Network will be releasing an updated version of its Providing Good Care to People Living with HIV resource pack.

The 2019 version contains a new section which considers the actual experience of people who have used the ambulance service and also explores whether clinical staff feel their knowledge is current and can confidently deal with patients living with HIV.

We strongly recommend that all clinical staff have a read of this resource which provides a comprehensive overview of current treatments and outlines best practice guidance.

#InformedCare is great care.



Introduction



1 PEOPLE ON EFFECTIVE HIV TREATMENT CAN'T PASS IT ON
Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

2 HIV CAN'T BE PASSED ON THROUGH DAY-TO-DAY CONTACT
HIV can't be passed on through things like touching, kissing, sharing cutlery or glasses.
HIV can be passed on through sex without a condom but only if a person is not on effective treatment. It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

3 HIV CAN AFFECT ANYONE
Some groups of people are affected by HIV more than others, but it can be passed on to anyone.

4 PEOPLE LIVING WITH HIV CAN LIVE LONG AND HEALTHY LIVES
There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

5 THERE ARE MANY WAYS TO PREVENT HIV

- Getting regularly tested for HIV if you are sexually active
- Taking PrEP or PEP (tablets which prevent HIV either before or just after you've been exposed to it)
- Using condoms
- Never sharing needles
- Taking your medication if you are living with HIV

NAT
TRANSFORMING THE UK'S RESPONSE TO HIV
www.nat.org.uk

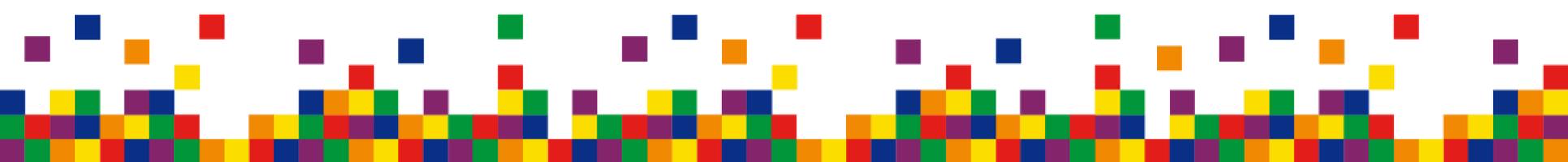
The National AIDS Trust produce a number of resources to help people keep their knowledge about HIV current and appropriate.

On the following slides we have reproduced some key facts and also thoughts about things ambulance staff can do to make a real difference.

We are very grateful to the National AIDS Trust for allowing us to reproduce information in this information pack.

For more information visit:

www.nat.org.uk





People on effective HIV treatment can't pass it on.

Effective treatment for HIV suppresses the virus to such low levels that it can't harm you and you can't pass it on.

What can you do?

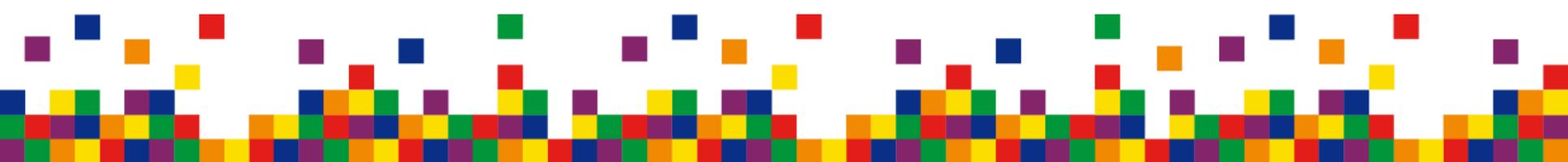
Keep Informed

Many people only receive training about HIV and other conditions in their initial training programmes. This means mean people's knowledge is not up-to-date. Take responsibility for empowering yourself and your colleagues.

There are resources available at:

www.ambulanceLGBT.org

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HIV can't be passed on through day-to-day contact.

HIV can't be passed on through things like touching, kissing or sharing cutlery.

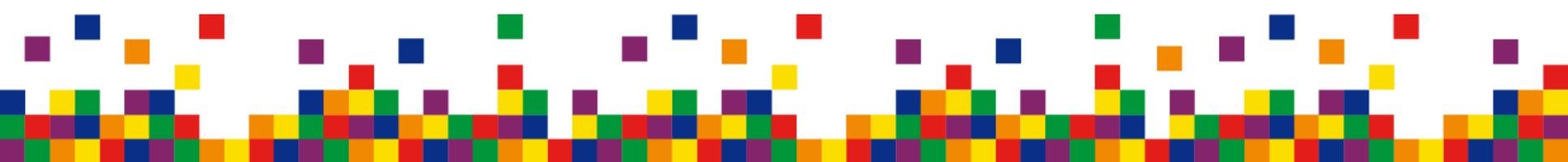
HIV can be passed on through sex without a condom but only if a person is not on effective treatment. It can also be passed on through sharing needles and during pregnancy (but in the UK this is extremely rare because we have great treatment).

What can you do?

Challenge Your Own Practice

Do you double-glove? Do you ask people questions that are not relevant to the presenting condition?
Why?

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HIV can affect anyone.

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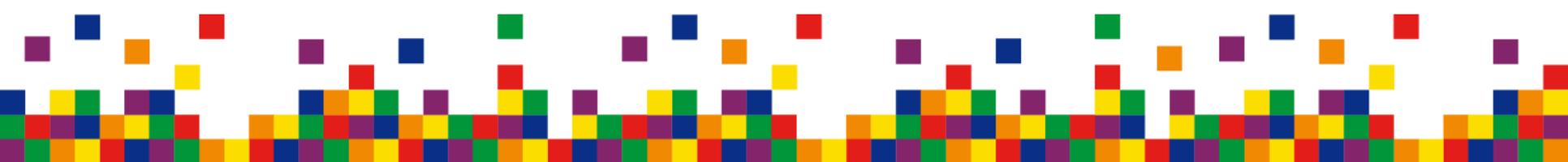
What can you do?

Understand Health Inequalities

'One size fits all' care is not the best care. Being knowledgeable about health inequalities means you will make different considerations depending on the person you are treating.

#InformedCare is great care.

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TO HIV



Fact Four



People living with HIV can live long and healthy lives.

There isn't a cure for HIV, but there is excellent treatment. If you are diagnosed in good time and take your medication, you can have as long and healthy a life as everyone else.

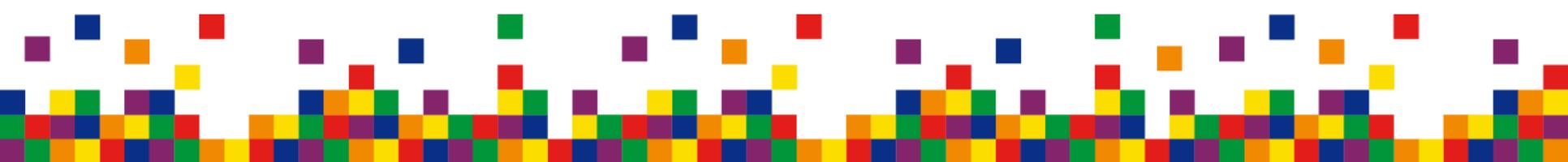
What can you do?



PEP needs to commence within 72 hours of the exposure

The success of some treatments is time limited. You might be able to help a person who is at risk and make a real difference to them.

TRANSFORMING
THE UK'S
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TO HIV





There are many ways to prevent HIV.

- Getting regularly tested for HIV if you are sexually active.
- Taking **PrEP** or **PEP** (tablets which prevent HIV either before or just after you've been exposed to it).
- Using condoms.
- Never sharing needles.
- Taking your medication if you are living with HIV.

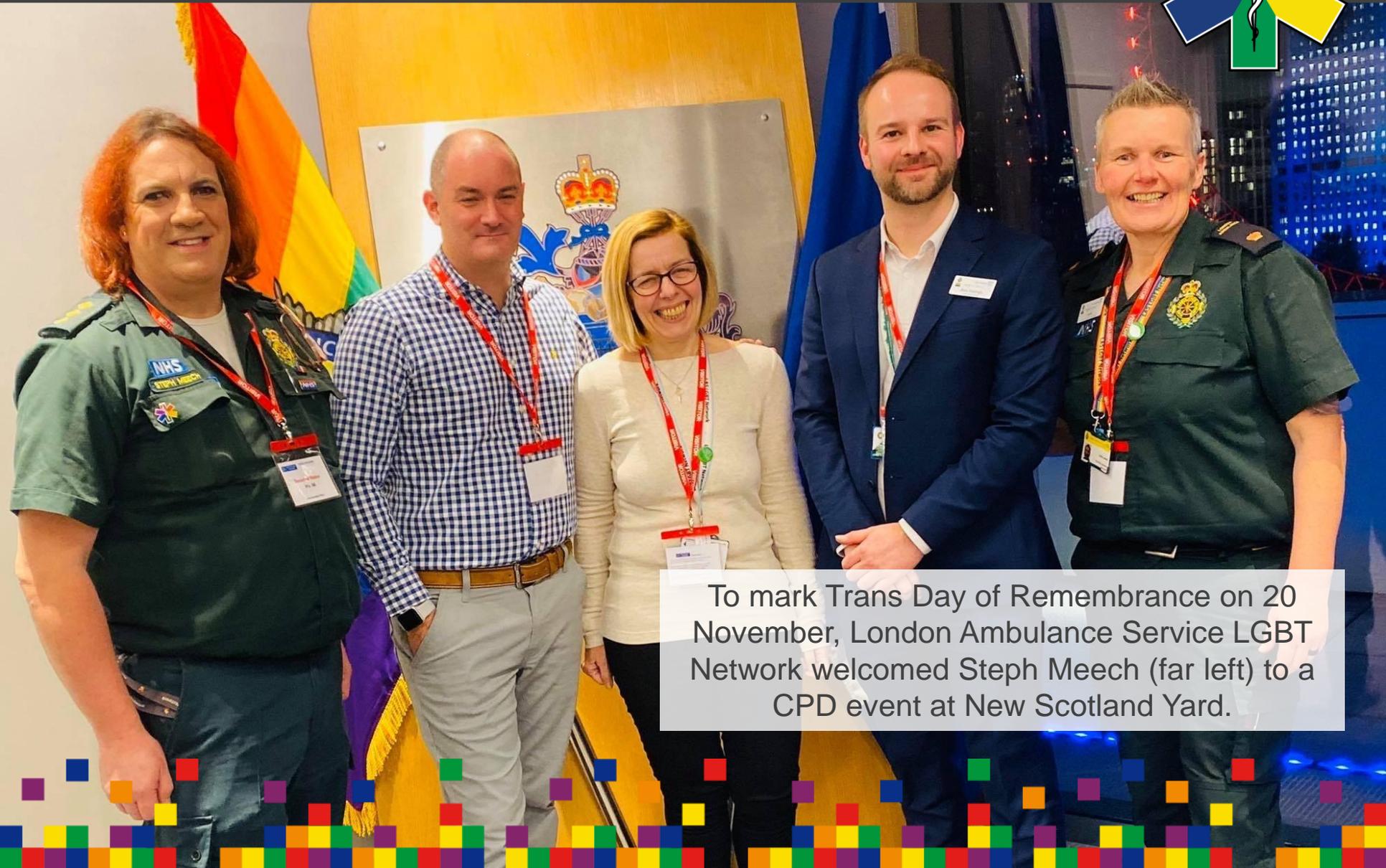


What can you do?

**Wear a red ribbon on
World Aids Day
(1 December) to show
your support.**



Photo View



To mark Trans Day of Remembrance on 20 November, London Ambulance Service LGBT Network welcomed Steph Meech (far left) to a CPD event at New Scotland Yard.



Strictly Makes History



This November the BBC television programme Strictly Come Dancing made history by including the first same-sex dance on the results show.

Now in its seventeenth series the dance featured openly gay Johannes Radebe partnering with Graziano Di Prima in a contemporary number that completely broke the normal ballroom format.

Just after the dance professional dancer Graziano posted on Twitter how it had been a privilege to dance with his friend. He wrote 'REPRESENTATION always matters!' Johannes also spoke of his pride at performing in a country where 'these things are accepted', referring to the difficulties he experienced being accepted in his birth land of South Africa.

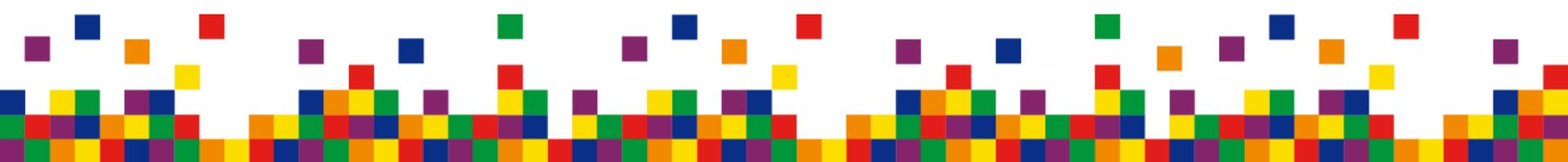
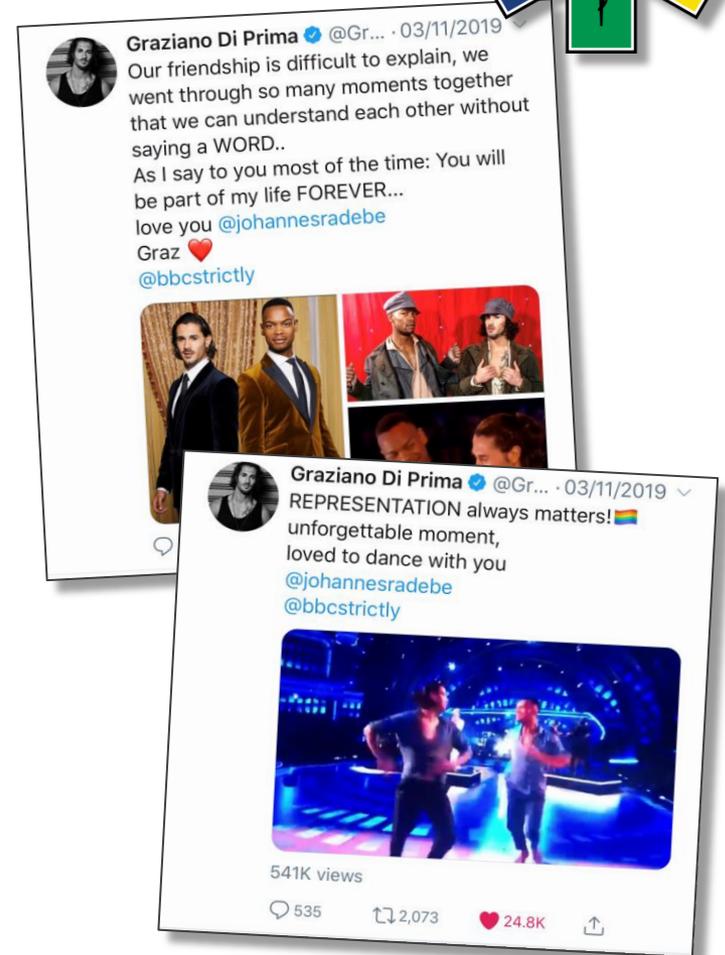


Special Friendship



Sadly not everyone welcomed the dance so positively and several news sites have been quick to state that the BBC has received 200 complaints about the dance. Considering the primetime slot on Saturday evening, this must surely be a drop in the ocean.

Reading more about this dance you realise there is much more sentiment to consider. Johannes and Graziano have enjoyed a 'special friendship' since joining the show. Both were part of the wider team of dancers in the background until eventually being paired with a celebrity dance partner. Graziano made his debut as a main dancer in 2018 and Johannes in 2019. Although Graziano is not gay himself he has posted about their friendship several times. 'Our friendship is difficult to explain, we went through so many moments together that we can understand each other without saying a WORD. You will be part of my life FOREVER'.



Chair's Comment



BBC

I was watching Strictly Come Dancing live when this dance came on. There was no introduction or warning, Johannes and Graziano danced together and it was beautiful. It is the first time I have seen anything quite like this on television and I felt completely uplifted and more accepted as a result.

To hear reports of the BBC receiving 200 complaints actually leaves me feeling quite insulted. Of the millions who watched, it seems strange that the fraction of people who decided to complain rather than hit the off button, are more newsworthy.

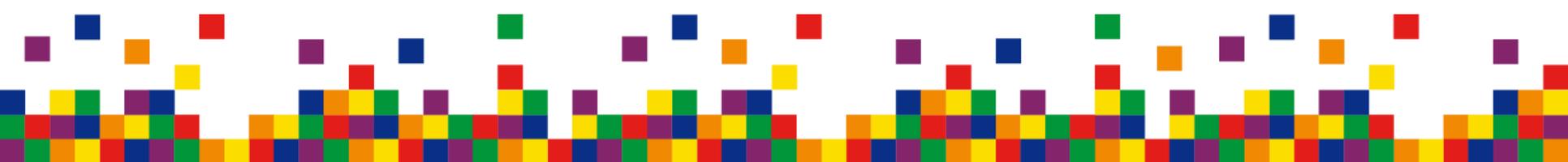
I can't help wonder what our network membership have to say about this and if we can single-handedly counter-act the 200 complaints with 200 compliments and positive comments. I am going to leave you with the thought and provide the mechanism to do just that. I agree with Graziano; 'REPRESENTATION always matters!'

You can register a complaint or a compliment with the BBC using various mechanisms. You can find full information at:

www.bbc.co.uk/contact/complaints

Alternatively, write to the Network Chair and we will be delighted to compile and pass on your comments.

alistair.gunn@nhs.net



Next Stop... Bristol!



National Ambulance LGBT Network Conference 2020

We are delighted to announce the date of our 2020 conference. This will take place on Friday 10 July at the University of the West of England in Bristol. Returning to our previous formula, this conference will take place the day before Bristol Pride, enabling delegates to extend their stay and join ambulance colleagues in this social element.

This conference will see the continuing exploration of the subject of intersectionality; the issues and complications raised which LGBT is combined with other protected characteristics.

Registration for the 2020 conference is likely to begin in February and keep an eye on our website for more information: www.ambulanceLGBT.org/conference.



Making a Difference to Patients



Seeing the Service making a concerted effort to improve services for our community gives me hope that our world can improve, and trust that our lives are in god hands.

LG x

Stalls like this are so important
Trans care is so easily
bipolar woman