

Briefing Note: HIV/AIDS

Your Name

University

Introduction

HIV (Human Immunodeficiency Virus) and AIDS (Acquired Immune Deficiency Syndrome) began to expand in the 1980s. In the mid-1990s, the number of people with HIV/AIDS tripled in low-income countries (Schneider, Birger, Haakenstad, Singh, Hamavid, Chapin, Dieleman, 2016).

Following the upward trend, the disease continued to spread until it became a global pandemic. Currently, according to data from the World Health Organization (2018), there are 36.9 million people in the world living with HI /AIDS, a number that is on the rise despite the multiple health efforts that are being carried out to reduce the spread of this disease.

The HIV pandemic is considered as a consequence of globalization; its transmission has been associated with the ease with people move between different countries (Coovadia & Hadingham, 2005), the migratory phenomena, the digitization, (Tufte, 2006), the current economic order that prevents the most vulnerable or needy people financial access to health (Torres-Ruiz, 2006), war conflicts and the lack of promotion of adequate public and social policies (Levin Institute, 2008).

The implications of this epidemic for health are innumerable. Still, from the point of view of global health, in the long term, health systems could collapse as more people are infected, and technical resources can be drastically reduced. , financial and human in the sector, which would mainly affect the vulnerable social classes that need these systems to manage their disease. On the other hand, it could affect the quality of life of the people who suffer it, HIV promotes discrimination due to the social stigma that exists around the disease. It would also affect economically by decreasing regional and national production due to the increase in absenteeism that would cause the epidemic (Bhatta, Aryal & Khanal, 2013).

It is essential to highlight that the HIV/AIDS epidemic is different in developed and undeveloped countries. Mainly, because the underdeveloped countries have more precarious

sanitary conditions, lower economic capacity, and public policies that are not enough to combat the epidemic, in general, the most impoverished countries have a high incidence and prevalence of the disease. In contrast, developed countries have managed to control transmission more, but measures have not yet been enough since prevention must be coordinated at the global level (Tuftte, 2006).

Finally, nursing plays a vital role in the fight against the HIV/AIDS epidemic, especially since nurses must promote health and educate patients. In this way, it will be possible to reduce the spread of the disease. The implication that this has for nursing is that they should aim to fight against the problems that exist in the current system, promote social equality, and participate actively in scientific research. For this reason, this research investigated the social, economic, and scientific context to propose policies that help combat the HIV/AIDS epidemic.

Discussion of policies/actions to address the global HIV / AIDS pandemic

It is necessary to propose prevention strategies and strict treatment regimens that allow addressing this health problem from an individual and global perspective, establishing policies that facilitate access to the health system for all those people who have HIV or who are part of the population who are more likely to contract it (Eisinger & Fauci, 2018). To reduce the incidence and prevalence of this disease, the following recommendations must be implemented:

1.- Promote education for the prevention of HIV/AIDS in young people and adolescents

Training for the prevention of HIV / AIDS in children, youth, and adolescents is one of the most effective strategies to reduce the incidence of this pathology. In this sense, it is of great importance that educational campaigns, talks, and materials are delivered with relevant information on the

disease, to create awareness in the population. These educational measures must be carried out at all educational levels and at the community level, especially in the most vulnerable people.

In this sense, according to research carried out by the Global Campaign for Education, education, and awareness about HIV / AIDS and its transmission in the population could help prevent the transmission of approximately 700,000 cases worldwide (Bhatta, Aryal & Khanal, 2013).

2.- Offer diagnostic tests at a low price or for free

23% of new HIV cases are transmitted by people who were unaware that they were carriers of the virus (Fauci, Redfield, Sigounas, Weahkee & Giroir, 2019). It makes early detection of the virus an essential pillar in the prevention and reduction of the number of HIV cases.

Campaigns should be promoted that allow the population to carry out diagnostic tests for free or at a low price, especially in the most vulnerable or low-income people. By being able to detect the infection early, this will help the treatment to be instituted faster and could dramatically reduce the transmission of the disease.

3.- Guarantee the treatment of the population with HIV as a preventive measure of the transmission of the disease.

That people infected with HIV receive the appropriate antiretroviral treatment, which helps to significantly reduce the transmission of HIV/AIDS, because this can suppress the replication of the virus in the human body and prevent contagion, making it undetectable and non-transferable.

Furthermore, it is estimated that 69% of new HIV cases are transmitted by people who have been diagnosed but are not receiving adequate treatment (Fauci, Redfield, Sigounas, Weahkee &

Giroir, 2019). Therefore, guaranteeing treatment to all infected people becomes one of the most necessary preventive actions.

The effectiveness of these measures was demonstrated in a study carried out by The HIV Prevention Trials Network, in which 1,763 HIV-discordant couples participated, where the infected person received optimal retroviral treatment. In this study, it was shown that early antiretroviral treatment could reduce the transmission of the disease between serodiscordant people by up to 96% (Cohen, Chen, McCauley, Gamble, Hosseinipour, Kumarasamy, et al. 2011).

The role of national, provincial and government agencies

All these organizations must involve and coordinate actions to fight HIV at the national, regional, and local levels. For the policies above to be successful, there needs to be active collaboration at the intermediate level with city public health departments, counties, the state, local clinics, regional health systems, treatment providers, physicians, and for-profit and non-profit organizations seeking to eradicate the disease (Fauci, Redfield, Sigounas, Weahkee & Giroir, 2019).

In this sense, the role of government organizations is to create plans and coordinate actions, taking into account the knowledge and experience of all the actors involved in the fight against the HIV pandemic, the body of scientific knowledge that has been built throughout the last decades and the promotion of strategies, and actions that allow avoiding the transmission of HIV/AIDS.

Policy plan for CNA to achieve the expected objectives

Carry out educational campaigns in rural areas and in vulnerable areas of urban areas: As mentioned previously, prevention education is one of the most powerful weapons to fight the

transmission of HIV/AIDS. It is important that people who are part of the most vulnerable and at-risk group are made aware of the dangers of the disease and what measures they must take to avoid contagion. These campaigns can be carried out with the support of the medical and nursing personnel of the city or county.

Facilitate access to antiretroviral therapy for all those diagnosed with HIV, treatment with antiretrovirals is essential to prevent transmission of all those affected. You could make a plan that allows people in rural areas to access antiretroviral treatment for free and that also includes people in urban areas who do not have health insurance.

Create a monitoring program that allows evaluating the serological status of the patient, In education, the population should be promoted or encouraged to carry out the HIV test at least twice a year, in order to carry out early detection virus and avoid transmission due to ignorance.

Collaborate with international coverage programs, to combat the HIV pandemic, it is necessary to coordinate efforts with the rest of the countries, because, due to globalization, no country will be able to eradicate the disease on its own.

Free counselling services, these services should be aimed at guiding and following up on patients diagnosed and on treatment in order to ensure that protocols are being followed.

In order to end the HIV/AIDS pandemic, it is necessary for the CNA to achieve adequate coordination with the provincial associations, in this sense, resources must be provided in a sustained manner at the local, regional, national and even global level (Eisinger & Fauci, 2018). Failure to coordinate properly could result in the efforts being made being ineffective and the epidemic could continue to spread.

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