Public Health

# HIV Prevention

Prevention programs related to HIV are determined to stop the transmission of disease among communities. Interventions aim to provide comprehensive approaches such as behavioral and biomedical strategies. Various prevention programs are being conducted across the globe to prevent HIV however, an increase in HIV infections has been observed in the past few years. Multi-Dimensional and inter-professional strategies are required to be implemented in the healthcare facilities as well as in the communities to reduce the transmission. The transmission of HIV infection from one person to the another occurs through the contact of breast milk, fluids, blood, semen and vaginal fluids (Raj et al., 2016). HIV prevention programs introduced in the last few decades include strategies such as the use of a condom, safe medical practices and promotion of the use of sterile syringes. Specific intervention programs such as health education and health promotion regarding safe and healthy lifestyles particularly related to reproductive health and prevention guidelines through modern technology such as the use of text messages can be effective to reduce the transmission of disease among communities.

# Stakeholders and Multiple Inter-professional Members

Stakeholders required for the implementation of these interventions are healthcare providers, community workers, nurses, physicians and political leaders. To implement interventions at community levels needs volunteers to engage community workers and people to adapt and familiarize themselves with behavioral changes (Van Handel, Kann, Olsen, & Dietz, 2016). Behavioral modifications are required essentially to control the epidemic in the communities (Van Handel et al., 2016). The use of safe medical practices, use of condoms and behavior changes such as clean and safe use of syringes and needles is required to stop transmission in the communities. Political commitment is significantly required to start community-level programs such as the engagement of community workers to promote health education (Raj et al., 2016). Health education and promotion are essentially required to be conducted in the communities preferably vulnerable communities regularly to promote safe and healthy lifestyles.

# Strategies and Approaches

Stakeholders and sponsors are required to initiate community-based prevention programs for the people. Healthcare facility providers and community workers need collaboration to work for the prevention of HIV and it needs collective efforts to implement prevention programs in the communities (Eldredge et al., 2016). HIV transmission can be effectively controlled in the communities by executing strategies particularly related to development in sex and reproductive health, use of antiretroviral medicines to prevent mother to child transmission of HIV, safe healthy practices and screening and education for the betterment of reproductive health. Evidenced-based interventions specifically primary healthcare preventions are essential to be applied to stop the transmission of HIV among communities.

Strategies such as community health education and promotion by engaging primary healthcare nurses and public health professionals can significantly reduce the transmission of HIV (Eldredge et al., 2016). Detailed medical history of the patients should be noted to provide guidelines for better reproductive health. Females should be encouraged to take extra precautions to prevent HIV infection.

# Participation of Stakeholders in the Intervention Project

Effective HIV anticipation programs require stakeholders from all divisions such as economic, healthcare, socio-cultural, governmental and legal sectors to implement an effective community-based program (Van Handel et al., 2016). The complex nature of this disease demands prevention programs to be held at community and societal level and also in healthcare facilities to control the epidemic considerably. Single intervention and anticipation approach would not be helpful to halt the transmission of HIV among communities. It is essential to apply multiple intervention strategies to prevent the epidemic. These approaches include the use of male and female condoms, antiretroviral drugs as pre-exposure prophylaxis (PrEP) consumption, behavior modification interferences, the consumption of sterile syringes and needles, opiate replacement treatment such as methadone and the management of individuals having active HIV to decrease viral load to stop transmission of the virus.

# Cohesiveness and Effectiveness for Policy and Behavioral Changes

Strategies and approaches such as health education and health promotion require cohesiveness among stakeholders. It is also important to conduct effective intervention programs to successfully reduce the transmission of HIV infection among communities (Eldredge et al., 2016). It is also significant that their programs should be promoted in the communities and societies consistently to modify behavioral changes in individuals. It requires political commitment, stakeholders, sponsors, public health workers, nurses, and other healthcare providers to conduct such programs effectively and efficiently (Raj et al., 2016). Skilled workforce such as public health workers, community workers, primary healthcare nurses is specifically required to work in collaboration to get fruitful results from these programs as behavioral and policy change is not a one day process.

References

Eldredge, L. K. B., Markham, C. M., Ruiter, R. A., Fernández, M. E., Kok, G., & Parcel, G. S. (2016). *Planning health promotion programs: an intervention mapping approach*. John Wiley & Sons.

Raj, A., Amaro, H., Cranston, K., Martin, B., Cabral, H., Navarro, A., & Conron, K. (2016). Is a general women’s health promotion program as effective as an HIV-intensive prevention program in reducing HIV risk among Hispanic women? *Public Health Reports*.

Van Handel, M., Kann, L., Olsen, E. O., & Dietz, P. (2016). HIV testing among US high school students and young adults. *Pediatrics*, *137*(2), e20152700.