

The Role of the Nurse in Working with HIV Patients

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Abstract: HIV infection is a social phenomenon with pronounced social and behavioral characteristics. The role of the nurse in this process is great and very important. Nurses educate the population, prevent the spread of infection, participate in treatment, help adhere to the necessary regimen and alleviate the suffering of patients by providing them with psychological or other support depending on the specific needs of each patient, as well as social support for families with HIV-positive people.

Keywords: HIV infection, nurse, prevent, population, PLHIV, ART.

MATERIAL AND METHODS

This work is a complex organizational, socio-hygienic and medical-statistical research. It provided for the solution of a number of tasks that would allow developing recommendations for nurses on the implementation of an innovative direction for the prevention of HIV infection among the population. In accordance with the tasks, a research program was drawn up, which includes 5 stages. The choice of research objects was determined in accordance with the tasks and stages of work. **The search for literary sources** was carried out using the bibliographic databases Web of Science, Scopus, DBLP, Medline. When selecting sources, they paid attention to experimental articles, literary reviews, the number of their citations over the past year.

Despite the successes achieved, HIV infection remains a national threat for many countries of the world and the entire world community at the global level, and the fight against the virus that causes this disease is one of the most urgent tasks facing modern scientists. The catastrophic spread of the Human Immunodeficiency Virus (HIV) at the end of the 20th century caused the disease to become a pandemic [1]. Since the outbreak, more than 70 million people have been infected with the virus and nearly 35 million have died from the disease. According to WHO and UNAIDS, the number of PLHIV in the world at the end of 2020 amounted to 38 [31.6-44.5] million. As of January 1, 2021, about 43 thousand cases of infection were registered in Uzbekistan. In terms of its socio-economic and medical significance, HIV infection is one of the leading infectious diseases in the world and in the Republic of Uzbekistan and is characterized by a very high level of psychological stress. The prevalence of HIV infection remains relatively high in the Republic of Uzbekistan, the leading region is, first of all, the city of Tashkent. The incidence of AIDS among the population of the country is increasing, the number of patients who have died is increasing, and the negative economic and social consequences of the epidemic are becoming increasingly evident. The development of the epidemic is accompanied by the activation of the sexual transmission route and the release of HIV-1 from risk groups into the general population [2].

At the same time, the WHO / UNAIDS 'test and treat' (or 'therapy as prevention') approach proposed by WHO / UNAIDS, which consists in the earliest possible detection and effective antiviral treatment of all HIV-infected patients, has now been proven to be highly effective in countering the HIV / AIDS epidemic. ...

Implementation of the UNAIDS 90-90-90 program announced within this approach (90% of HIV patients should know their HIV status by 2020, 90% of them should receive antiretroviral therapy (ART), 90% of them should reach

complete suppression of virus replication), in combination with other preventive measures, led to a decrease in the number of new HIV infections worldwide in 2013 to 2.1 million (38% less than in 2001), as well as to a decrease in the number of deaths, caused by AIDS, to 1.5 million in 2013 (35% less than the 2005 peak) [4].

Building on the results achieved, UNAIDS has announced a new, even more ambitious goal: to end the HIV / AIDS epidemic globally by 2030 (95% of HIV patients by 2030 should know their HIV status, 95% of them should be on ART. 95% of them should achieve complete suppression of viral replication; the number of new HIV infections should be reduced to 200,000 among adults; discrimination against people living with HIV / AIDS should be completely eliminated) [2].

In Uzbekistan, over the past years, there has been an intensification of efforts to combat the HIV / AIDS epidemic, which is reflected in political support for ongoing activities at the highest level, a manifold increase in government funding, improved coordination of interagency cooperation and the implementation of various large prevention projects.

In the context of the expansion of the scale of antiviral therapy, the role of nursing personnel in ensuring the high efficiency of ART, as a key component of complex therapy, is significantly increasing, since it is nurses who have the necessary potential to introduce the most modern and effective technologies for supporting patients receiving ART. This is due to the fact that the training of nurses is the most versatile in content, short-term and cost-effective, in comparison with other members of the medical community who provide ART [5].

To ensure the maximum effect of antiviral treatment, to achieve a decrease in morbidity and mortality from HIV infection, as well as to improve the quality of life of HIV-infected patients, it is necessary to actively involve nurses in the process of caring for such patients.

If at the stage of HIV detection and ART prescription the patient, for the most part, actively communicates with the doctor, then in the process of antiviral treatment the main role can and should belong to the nurse. Moreover, it should be emphasized that the continuation of unfavorable trends in the epidemic indicators of HIV infection in our country will inevitably lead to an increase in the burden on the doctor. In such conditions, it will be practically impossible for a doctor alone to effectively monitor the course of treatment for HIV-infected patients, especially if they take medications for life. One of the measures to reduce the burden on the doctor is the involvement of mid-level medical workers in broad preventive and anti-epidemic work with the population, including as volunteers [1].

Since nurses, by virtue of their activities, are the closest to patients and their family members, it is they who are able to create the most favorable psychological atmosphere, which is very important for the success of treatment and control. In real life, it is the nurse who is in the position to create a unique relationship with the patient, allowing a glimpse into the world of the patient's needs. Only she can adapt the standards for the provision of quality medical care to local conditions.

A nurse participating in ART should have a certain set of knowledge about HIV infection, professional competencies and psychological skills, since regularly communicating with the patient and his family, the nurse should be able to communicate basic epidemic data on HIV -infections, explain how the disease spreads, describe a specific clinical situation, discuss the principles of control, know the signs and symptoms of the disease, the structure of examination and treatment of HIV-infected patients, the main indicators of the effectiveness of treatment. She should be able to discuss the course of treatment with the patient, interpret the dynamics of laboratory parameters, know the spectrum and characteristics of strong and weak side effects of ART, and be able to recognize and report on adverse reactions, signs of drug resistance of the virus, etc.

People living with HIV / AIDS can significantly benefit from the correct and adequate activity of a nurse as a coordinator of the entire long-term process of patient treatment and care, since in a lifelong ART strategy, it is the nurse who can become the most effective coordinator. By implementing this strategy, unnecessary communication "filters" of interaction between the nurse and patients are eliminated. Removing additional barriers allows the nurse to determine what is of greatest value to the patient, what are his desires and anxieties. In turn, the patient has the right to expect from the nurse sufficient erudition and solid skills in patient management, which will be used to solve his problems [3].

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CONCLUSION

Thus, one of the important reserves for increasing the effectiveness of ART as a leading component of modern technologies to combat the HIV / AIDS epidemic is improving the training of nursing staff on the treatment and tertiary prevention of HIV infection, the formation of professional competencies of students in the field of psychology, epidemiology, and infectious diseases. If a nurse is properly informed and has mastered the skills of developing a high adherence to the observation and treatment of HIV infection, safe behavioral practices in the patient and his microsocial environment, then she can prevent the spread of the disease and improve the quality of control over it.

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