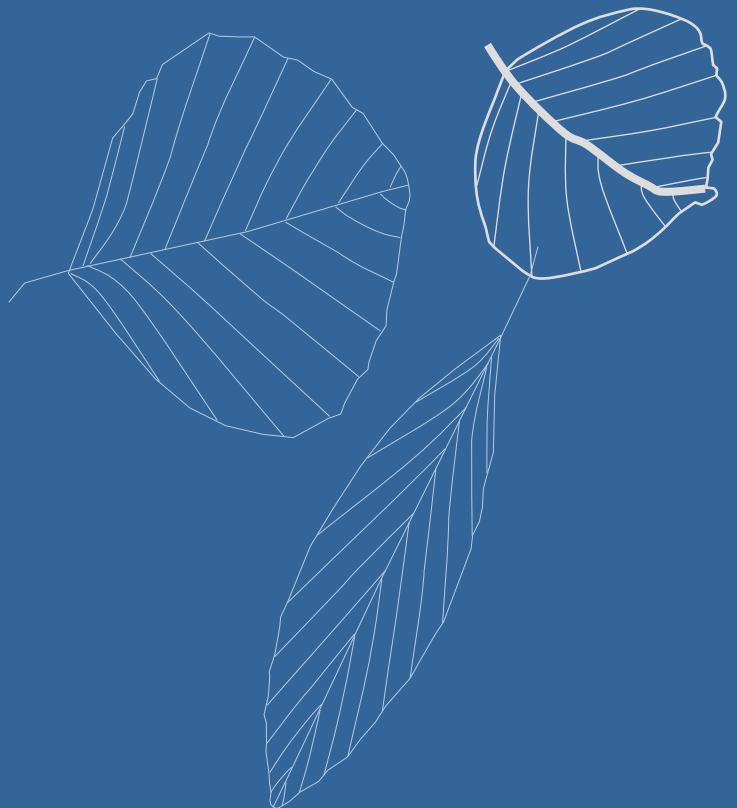
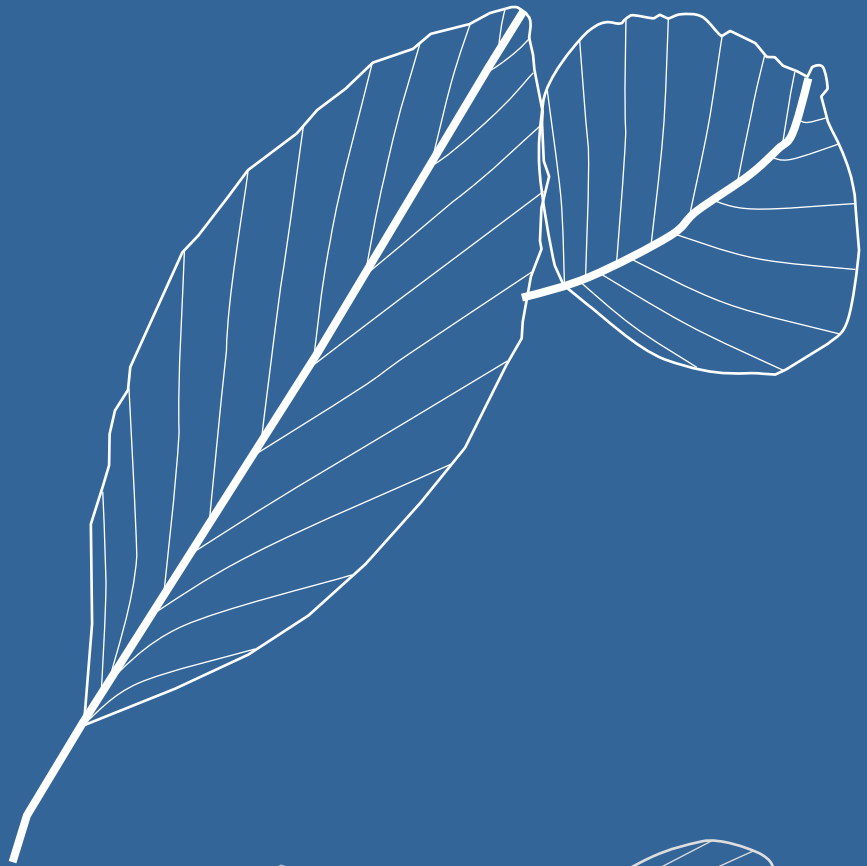


# A Best Practice:

Tla'amin Health Services, Powell River  
September 2014

*Implementing a wellness screening approach at a First Nations community fair – including HIV testing, diabetes, BMI, depression and other screening approaches*

**OUTCOME:** *70+ HIV tests + TB tests and wellness passports for community members to follow up on*



# Preparing for the Wellness Screening Fair

## KEY ACTIVITIES DONE BEFORE THE SCREENING DAY THAT MADE IT A SUCCESS

### BY THE COMMUNITY

1. PLANNING, PLANNING, PLANNING!!!
  - Communications between key staff in the organization
  - Meeting regularly internally to make sure the details were worked out (management and operational meetings and preparation / rehearsal meeting)
  - Gaining consensus on the goal for the screening fair; how to reach the goals; how to maintain client confidentiality; how to make the event “fun” and interactive
  - Contingency planning: incorporating 2 – 3 staff to float between stations and a plan for any ‘red flag’ or emergency findings that may occur during the Screening Day
2. SELECTING A FUN THEME
  - Developing the “theme”. The theme for the Screening Fair was “Fall Maintenance” which struck a chord with community members
  - Adapting the ‘Pitstop’ men’s health screening tool to create a ‘vehicle maintenance’ model
3. INCENTIVES FOR PARTICIPATION
  - Great prizes to draw in participants
4. EXTERNAL MARKETING
  - Advertising with multiple flyers; posters and advertisements going out in advance
  - Using facebook and social media

### BY THE VANCOUVER COASTAL HEALTH HIV TEAM & BCCDC

Communications with:

- Health Director on what the community’s goals were for the Wellness Screening Fair
- Community Health Nurse on what the flow of the day would be, what supplies would be needed and workflow for seeing clients.



# Preparing for the Wellness Screening Fair

## HOW THE REGIONAL HEALTH AUTHORITY (VCH) WAS ENGAGED IN THE PLANNING AND HOW RESPONSIVE THEY WERE – BEFORE THE DAY AND ON THE DAY

### COMMUNITY PERSPECTIVE

VCH & BCCDC HIV team were:

- very supportive and helped with education
- very helpful, courteous, and responsive to any of the participants needs as well as event requirements.
- were very engaged and supportive before, during , and after the event. *'We truly appreciate their ongoing support in their clinical expertise as well as insight into other support services, supplies , and other linkages'*.
- involved in HIV and TB prevention and they agreed to come out and help. Three of them came and they were great fun and very engaging.

### VCH / BCCDC PERSPECTIVE

- VCH and BCCDC were on-site several hours before the Screening Fair started to help set up clinic rooms and supplies; There were also several email communications between the HIV Hope to Health team and the Tla'Amin Health Centre staff
- Staff were very clear on their needs and requirements and interested in suggestions that were offered



# Preparing for the Wellness Screening Fair

## WHY THE 'PITSTOP ' MODEL WAS CHOSEN AND ADAPTED

- Health Directors got a chance to workshop the Pit Stop model at a Health Directors meeting with the VCH Hope to Health Team held in August. This helped inspire them and provided practical ways they could bring the model to their community and adapt it for their needs
- Pitstop model seemed like a wonderful idea. It seemed so fitting and the Community Health Nurse worked hard to figure out the themes and variables with regards to the service stations and passports
- It looked like a FUN and non-threatening approach to health screening. Adaption and modification of the model was done to meet our specific health screening stations.
- It looked like fun. It was initially a men's tool, but one of our staff said '*hey women like cars too*' so we decided to extend it to the ladies



# Day of the Wellness Screening Fair

## HOW THE WELLNESS SCREENING FAIR WAS STAGED

- **Theme:** Fall Maintenance – come get your body checked (just like you would do for your car)
- **Location:** Tla’Amin Community Health Services building;
- **Screening Stations:** Included a number of ‘screening stations’ set up in clinic rooms in a circular fashion to conduct screening:
  - HIV and TB
  - PHQ-9 to identify those with depression / mood assessment
  - BMI
  - Blood Pressure (Oil Pressure)
  - Smoking status
  - Spot capillary glucose checks (Fuel check)

Stations visited in no particular order

- **Educational Videos:** Videos playing in the main room including ‘23.5 hours physical activity’ video and some diabetes education.
- **Participant Passports:** Participants were provided a passport (little paper booklet) that had the different stations (pit stops) to encourage participants to engage with all the stations/stops. Staff complete them. Once all stations were visited, participants could enter a prize draw. Once all passports done, prize draws occurred
- **Tour Guide:** A tour guide on hand to direct traffic through the service stations



# Day of the Wellness Screening Fair

## QUESTIONS ASKED BY COMMUNITY MEMBERS WHEN THEY CAME FOR THEIR TESTING / SCREENING

What order do I go to the stations?

What type of screenings are there?

When is the prize draw?

There were some fears especially concerning the needles involved in the TB, HIV, and blood glucose screenings

Despite the fear - participants went through all the stations and were coming in to ensure that their health was in fine order.

Many were very open and had a lot of fun. The prizes were great.

*'Everyone came mostly for the prizes I think but then became curious about their health status'.*



# HIV testing at the Wellness Screening Fair

## QUESTIONS FROM COMMUNITY MEMBERS ON HIV TESTING

- *Will it hurt and how long it will take?*
- Some were relieved to get a POC test done due to risks to HIV in their past and some had the test before (2 years ago) so were coming for follow up
- Some stated they had recently been tested by Tla'amin Health and one other that was tested as part of the Powell River Acute Care Testing program;
- Majority of the people were generally interested in finding out their status, even if they didn't think they were at risk
- Genuine interest in knowing more about HIV. There still remains a stigma of fear surrounding the disease.
- Quite a few people did not know exactly how HIV was transmitted and also, that they did not know it was no longer a death sentence.
- Most people were surprised when I told them about the effectiveness of Antiretroviral medicines in regards to life expectancy and reducing transmission of HIV to others
- One community member asked if we had counselling available for HIV tests. I said we had counselling available for all the tests.





# HIV testing at the Wellness Screening Fair

## THOUGHTS ON WHY OVER 70 PEOPLE GOT AN HIV TEST

*'The test was included within the setting of the greater screening fair and in order for people to be entered into a draw they had to at least attend each station (though did not need to be tested)'*

*'I wasn't sure if there was enough "readiness" or if people would be accepting of getting an instant HIV test in a health fair setting'*

*'I think people did it as it was simply a part of the larger process'*

*'I was a little surprised as we weren't sure how many people were going to participate in the event; The event had strong attendance and the number of HIV screenings demonstrated this'.*

*'I believe many people were motivated to be tested so that they could enter the draw. Of note, if participants did not want to be tested we allowed an alternative of HIV health education / quiz in lieu of POC screening..... This also would allow them to have their passport signed'.*

*'We brought 3 boxes with us (24 tests in each box) and we went through almost all of them. I originally thought bringing 2 boxes was going to be overkill; I was surprised because it was very busy and there were at times, 3 testers going at once; I have been to other health fairs in other setting were the interest wasn't as high over a similar time period' [HIV testing Nurse]*





# HIV TESTING STATION



No – it doesn't even hurt!



# Screening at the Wellness Screening Fair

## WORK DONE BETWEEN THE HIV TESTING TEAM AND THE NATION'S NURSES AND STAFF

- **Knowledge Exchange:**
  - Hope to Health HIV Team made their knowledge and expertise available if Tla'amin Health staff had questions
  - VCH/BCCDC Hope to Health staff provided stability to the station and when Tla'amin nursing staff came in they were there to provide “hands on” education and expertise for these nurses as well.
- **Communication:**
  - Discussions between VCH and on-site staff on goals for the event, roles and staffing for the event as well as supplies and workflows
  - Strong communication between all parties involved
- **Staff Enjoying the Event:**
  - All staff (Tla'amin and VCH/BCCDC) genuinely enjoyed the event and this attitude translating to enjoyment in the participants



# Qualitative Outcomes of the Wellness Screening Fair

*Not sure of the long term results yet. I am awaiting to see how my patients respond regarding HIV stigma, TB and the more important risks of smoking, and obesity within the community'*

*I personally saw people that were genuinely concerned about their HIV status in particular; We also saw a number of young people (about a dozen in the late teens to early 20's age). One client told me that the health fair was very well promoted and organized by the Tla'Amin health care and support staff'*

*'I believe the event was very successful. The fair had strong attendance and almost everyone came back two days later for their TB results. This shows that people were excited to participate and they wanted to ensure they returned to complete all of the stations'*

*'There was good advertising in various forms - social media (facebook), emails, flyers and posters in the community, personal reminders and community newsletter. Great door prizes ! Support of all those involved : VCH, BCCDC staff and our health staff and executive'*

*'Totally successful! Because we have really managed to identify key health issues to target for health promotion/prevention (obesity)'*



# Screening Outcomes of the Wellness Screening Fair

- Diabetes:
  - Self-Reported diabetics 9 (13%) (National average is 6.5% as per Statscan, 2012)
  - Average blood glucose sugar levels was 9
  - Body Mass Index for diabetics was 38.5 (Goal as per CDA is 20-25) Systolic BP is 139 (Goal from CHEP is 130)
- Tobacco use: Self-reported smokers 13 (19%), Of these 53% (7) wanted to quit and 38% (5) wanted help quitting
- Blood Pressure: People with blood pressures over 140/90 32% (cutoff for hypertension but not diagnostic)
- Body Mass Index (BMI): Severe Obesity 20% Moderate Obesity 40% Overweight 28% only about 10% are at a healthy body weight. This is the biggest concern. (25 to 30 is overweight 30 to 40 obese, 35- 40 is very obese, 40 and above is severely obese)
- Depression screening: 7% rate severely depressed, 9% rate moderately depressed (rates are subjective - the usual ones suggested are 5, 10 and 15 meaning mild moderate and severe depression respectively)



# Key Learning from the Wellness Screening Fair

- ✓ **Multi-screening approaches work to reduce HIV stigma and fear of testing:** Include HIV screening among other health screening items. Allow people the option of not having to have the HIV test but having to at least talk to the nurse about HIV testing to receive education. Having the option for HIV education instead of the test was good.
- ✓ **Staff Roster:** Have 1 or 2 flexible staff that are able to help out in any of the screening stations when they get backed up. Scheduling in breaks for testers can be very useful too if there are many tests being performed
- ✓ **Pre-training First Nations Health Staff to do HIV testing:** It helped that the Tla'amin Health Nurses had received previous training on POC testing and were able to help staff the event. Previous education and support can help things go more smoothly. The health fair can act as a way for newly trained testers to solidify their testing skills.
- ✓ **Great prizes to create incentives for attending** – in this case ferry vouchers and Ipad
- ✓ **Strong planning and communication leading up to the event:** Strong communication, effective planning, strong advertisement, and good prizes can encourage participation in large events like this. Setting goals / purpose for the event. Create a team (internal & external experts)
- ✓ **Think about layout:** The depression screening was isolated from the other stations and some people would forget about it. Having stations located closer to each other would benefit next years event.
- ✓ **Using the results:** What is in place to follow up? What is the safety plan for follow-up? How will screening results influence future planning and services?
- ✓ **HAVING FUN!**



# WHO TO CONTACT ABOUT THIS BEST PRACTICE

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