

# STBBIs NEWSLETTER

Sexually Transmitted and Blood-borne  
Infections (STTBIs) and Reproductive Health

SUMMER 2020 ISSUE



Welcome to the Saskatchewan Prevention Institute's Sexually Transmitted and Blood-borne Infections (STBBIs) and Reproductive Health Newsletter. The Prevention Institute is a provincial, non-profit organization that strives to reduce the occurrence of disabling conditions in children.

This edition of the newsletter highlights the importance of person-centred, sex and gender informed, and trauma- and violence-aware care for people living with STBBIs. Holistic and sensitive approaches to care can help increase patient trust, improve experiences of health care, and reduce the occurrence of stigma and discrimination to improve overall health. These approaches are especially important for the care of pregnant people who use substances or have an increased risk of STBBIs, in order to help them remain engaged in care and manage the potential negative impacts.

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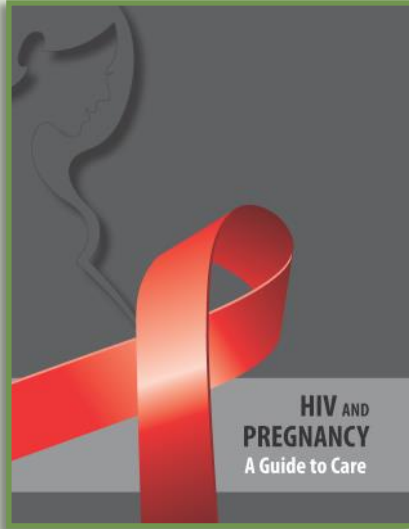
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## Prevention Institute Resource Highlight



### **HIV and Pregnancy: A Guide to Care** (Revised 2020)

Preliminary numbers from the Saskatchewan Health Authority suggest that new cases of HIV infection in Saskatchewan have increased by 18% in 2019. With the growing rates of transmission, it is important to ensure that services and programs are delivered to people living with HIV in a non-judgemental and unbiased fashion to counteract any fears, distrust, and misinformation they may have received. The Saskatchewan Prevention Institute recently updated the *HIV and Pregnancy: A Guide to Care* resource, along with the complementary interactive e-learning project. These resources were created for Saskatchewan healthcare providers and community-based professionals to reflect current best evidence and to provide updated service provider information, references, and the updated Saskatchewan HIV Prevention Perinatal Protocols. The importance of inclusive and harm reductive care is emphasized. The Guide covers topics such as:

- HIV/AIDS in Saskatchewan
- Modes of transmission of HIV
- HIV testing during pregnancy
- Prenatal algorithm and perinatal protocols
- HIV treatment and drug management
- After-care for babies of HIV positive women
- Barriers to HIV transmission prevention and prenatal care
- Motivational approaches

To view, download, or order *HIV and Pregnancy: A Guide to Care*, visit: <https://skprevention.ca/resource-catalogue/pregnancy/hiv-and-pregnancy-a-guide-care/>.

To access the *HIV and Pregnancy: A Guide to Care* E-Learning project, visit: <https://saskatchewanpreventioninstitute.github.io/HIV-and-Pregnancy/>.

## Noteworthy Provincial Resource



### **Saskatchewan HIV Prevention Perinatal Protocols**

Saskatchewan HIV Collaborative  
(Revised 2020)

The Saskatchewan HIV Prevention Perinatal Protocols were developed to assist healthcare providers with appropriate treatment and care of pregnant women presenting in labour whose HIV status is positive, unknown, or negative with a continued risk of HIV exposure. The protocols were updated in 2020 to reflect current best practices and policy in other locations and on a national level. The updated protocol documents include:

Overview of Maternal/Newborn Assessment and Care

Maternal/Newborn Care Pathways

- Prenatally, women known to be HIV-positive
- HIV status unknown or at risk and STAT HIV or Point of Care Test is available
- HIV status unknown or at risk and STAT HIV or Point of Care Test is not available

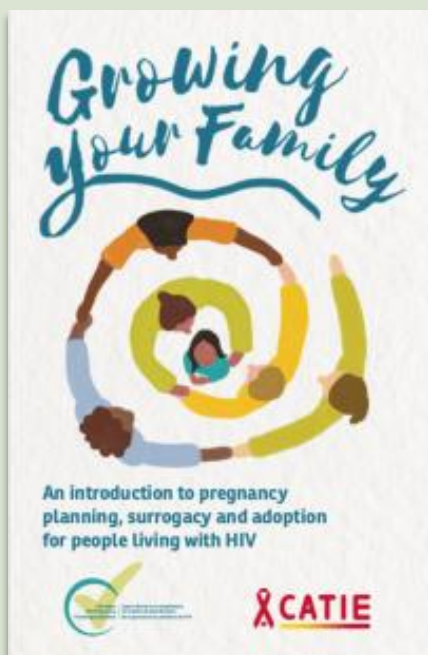
Physicians Pre-Printed Orders

- Maternal
- Infant

Discharge Instructions for Infant Information Sheet: FAQs about HIV, Pregnancy, & Babies

To view or download the Saskatchewan Perinatal HIV Prevention Protocols, visit: <https://skhiv.ca/pregnancy-and-newborn-care/#hiv-prevention-perinatal-protocols>

## Noteworthy National Resources



### **Growing Your Family: An Introduction to Pregnancy Planning, Surrogacy, and Adoption for People Living with HIV**

*CATIE (2020)*

This resource from CATIE introduces and explores options available for people living with HIV who want to have children, including pregnancy, surrogacy, and adoption. The resource is relevant to people of any gender or sexual orientation and explains how to prevent passing HIV to a baby for those planning to be biological parents of their children. It also includes tips and information about preparing to become a parent.

To view, download, or order, visit:

<https://orders.catie.ca/book/growing-your-family-an-introduction-to-pregnancy-planning-surrogacy-and-adoption-for-people-living-with-hiv/>.

### **Caring for Women Living with HIV: Women-Centred HIV Care and Women-Centred HIV Care: Information for Women**

*Centre for Effective Practice (2020)*

All clinicians who interact with woman-identifying people living with HIV need to practice from a women-centred lens. Women-centred HIV care acknowledges that each woman is a unique individual and engages them in a participatory model of decision-making to provide holistic care. The clinician's toolkit is designed to support clinicians and community-based organizations in providing women-centred HIV care. The complementary women's toolkit provides women with the information they need to help advocate for and make informed decisions about their health care. The toolkits provide guidance for clinicians and women on various components of women-centred HIV care, including:

- Person-centred care
- Trauma- and violence-aware care
- HIV care
- Women's health care
- Mental and emotional health care
- Peer support, leadership, and capacity building

To view or download the toolkits, visit:

<https://cep.health/clinical-products/hiv/>.

### **Integrating Sex and Gender Informed Evidence Into Your Practices: Ten Key Questions on Sex, Gender & Substance Use**

*Centre of Excellence for Women's Health (2020)*

Sex and gender are biological and social determinants of health that affect everyone's health. Substance use is a complex and widespread issue, with many causes and manifestations, that impacts individuals, families, communities, and governments across Canada. Incorporating understandings of sex and gender into the response to substance use will lead to better practice and is now expected by funders and the public. The handbook addresses 10 key questions that illustrate how sex and gender intersect and impact substance use, and how this knowledge can inform tailored responses by service providers and policy makers.

To view or download, visit:

<https://bccewh.bc.ca/wp-content/uploads/2020/05/CEWH-02-IGH-Handbook-Web.pdf>.

## Noteworthy National Resources

(Continued)

### Trauma- and Violence-Informed Care Toolkit for Reducing Stigma Related to Sexually Transmitted and Blood-Borne Infections (STBBIs)

Canadian Public Health Association (2020)

Trauma- and violence-informed care (TVIC) is a framework that can reduce barriers to accessing health and social services through the promotion of caring, compassionate, person-centered, and non-judgemental care. TVIC is especially important for the prevention and treatment of sexually transmitted and blood-borne infections (STBBIs) because of the many different ways that stigma, trauma, sexual health, and substance use are connected.

This toolkit is designed to help individuals and organizations apply the principles of TVIC while monitoring and evaluating their progress. The toolkit consists of three separate tools:

**Provider Self-Reflection Tool:** Questions to examine personal attitudes, values, and practices that support TVIC during client interactions.

**Organizational Assessment Tool:** Questions to help implement TVIC principles through organizational culture, policies, and procedures.

**Monitoring and Evaluation Tool:** Guidance to help evaluate and monitor TVIC within an organization, focusing on approaches that apply to a broad range of organizations and services.

To view or download, visit:

<https://www.cpha.ca/trauma-and-violence-informed-care-toolkit-reducing-stigma-related-sexually-transmitted-and-blood>.

## Upcoming Saskatchewan Prevention Institute Webinar



### Sex Today: What Kids Need to Know and How Adults Can Teach Them

Presented by Saleema Noon

October 13th, 2020 from 2:00pm to 3:00pm

Parenthood never arrives with a rulebook, and when it comes to explaining the world of sexual health to your child, it can be hard not to end up a bright shade of red. Using humor and straight talk in an open, interactive, online environment, Saleema Noon will show you how easy it is to convey healthy, positive messages about sexual health to kids. This webinar is relevant to parents and educators working with children and youth.

This webinar will provide information on:

- Why we need to talk to children about sexual health at a young age
- How to reduce the risk of child sexual abuse
- How to become your child's preferred source of sexual health information
- How to normalize open, honest sexual health conversations in your family
- How to effectively answer even the toughest questions kids ask

Register here: [bit.ly/TalkSexToday](https://bit.ly/TalkSexToday)

Please feel free to distribute this newsletter to others. If someone you know is interested in receiving future editions of the newsletter, please contact Savannah Holt at [sholt@skprevention.ca](mailto:sholt@skprevention.ca).

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our goal is **healthy** children

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