



Things that make it harder or easier to improve how HIV care works in Ontario

Mbuagbaw L, Fernando S, Lee C, Owino M, Youssef C, Snow ME: Barriers and facilitators to improving the cascade of HIV care in Ontario: a mixed method study. BMC Health Services Research 2024, 24:48.

FACT SHEET BY HIBAH SYED

About the study

This study used both surveys and interviews to explore how HIV care strategies are put into practice in Ontario, Canada.

Twenty healthcare workers from eight different clinics in Ontario completed a survey, and in-depth interviews were conducted with nine individuals living with HIV (PLH) and ten healthcare workers.

The goal was to understand what makes it easier or harder to carry out interventions that help people start treatment, stick to their antiretroviral therapy (ART), and stay engaged in care.

Why do we need to know what makes it easier or harder to put effective HIV care programs into action?

It's important to know what makes it easier or harder to put effective HIV care programs into action in Ontario, Canada. HIV has a big impact on healthcare costs and people's lives.

Even though there are efforts worldwide to address HIV, there are still problems with starting treatment quickly, sticking to antiretroviral therapy (ART), and staying in care, especially for marginalized groups.

While there are programs to help, there are still gaps in how well they work and how often they're used. We need to look closely at what factors affect how well these programs are used.



Mobile Health Interventions



Incentives for PLH



Counselling + Psychotherapy

The main reasons for not putting the plan into action were because people didn't have enough knowledge or resources. This shows that we need to provide specific help and resources to fill in the gaps and get things moving.

Factors that make it harder or easier to stay involved in HIV care: Perspectives of Healthcare Workers & People living with HIV

People living with HIV

Barriers

Transportation

Privacy & stigma

Mental health

Facilitators

Peer support

Information & Education

Patient-centred care

Healthcare Workers

Barriers

Insufficient resources

Limited time with patients

Lack of expertise

Facilitators

Education and Training

Collaborative Care

Tailored care

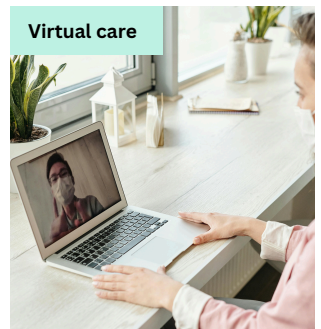
Medication side effects



Supportive healthcare workers



Patient compliance



Virtual care

Why are these findings important?

It's important to know what makes it easier or harder to give effective care to people living with HIV (PLH).

Even though there are challenges, virtual care has been a big help for both healthcare workers and patients. It lets people get care without having to go anywhere, and it can give them privacy, which was especially helpful during the pandemic.

However not all clinics have the same resources or know-how, so we need to come up with different ways to give HIV care that fit each clinic's situation.

Limitations of the study

A problem with the study was that not many people filled out the online survey, which might have been because it started during the COVID-19 pandemic.

Also, when we talked to people living with HIV (PLH) on the phone, it was hard to build trust and there were technical problems, which might have affected how good the information we got was. However the study did look at 9 big cities in Ontario, and 42% of clinics took part, which is about normal for surveys done online.

This work was supported by an award from The Ontario HIV Treatment Network (OHTN) and a grant from the CIHR Canadian HIV Trial Network (CTN 325)