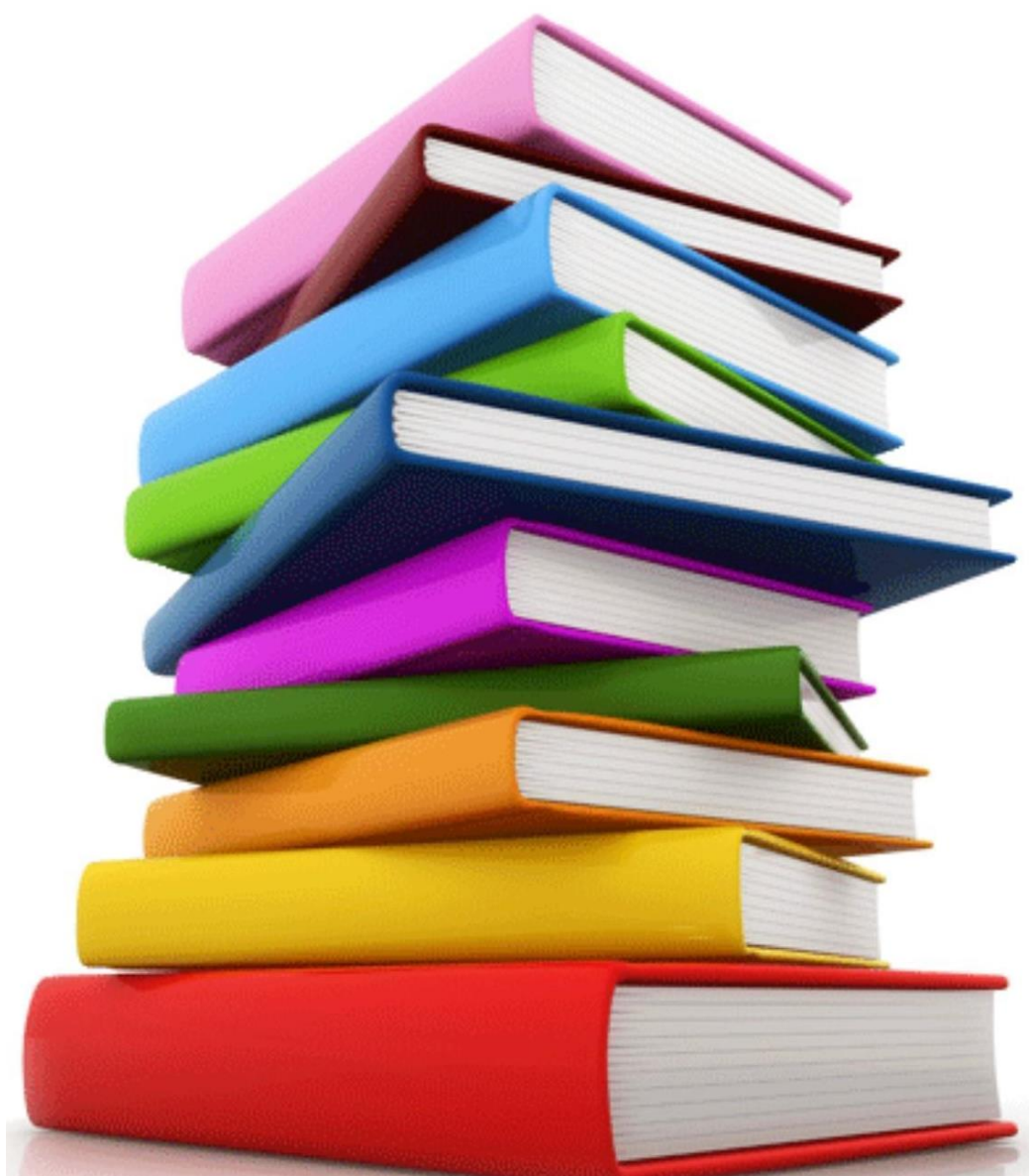




Pozitif-iz Association

Online Peer Counselor Trainings For People Living With HIV



Index

1.Introduction and Background	
2.Aims and Goals	4
3. Training Module and Instructor Staff	4
4.Project Outcomes	7
5. Evaluation and Conclusion	8
6.Thank you	8



'Online Peer Counselor Trainings For People Living With HIV Supported by the US Mission Turkey Grants Program.

1. Introduction and Background

Although Turkey is among the countries with low HIV spread, the increase in new infections in recent years has reached alarming proportions. According to WHO (World Health Organization) data in 2016, Turkey is the only country where HIV infection has increased by 450% in the last 10 years.¹

Being diagnosed with HIV is often perceived as the beginning of a difficult process for the diagnosed person. HIV-positive people who are trying to cope with this difficult process called diagnostic trauma can get help from their doctors or from their families and friends, although it is not easy. However, the only person who can provide unique support to the diagnosed person is their peer who has been diagnosed with HIV and continues to lead a healthy and high-quality life. Because peers are the only concrete proof that the person is not alone and that they can live with it.

There is a noticeable improvement in the quality of life of HIV-positive people who receive peer counseling, their adherence to treatment increases, and people can more easily cope with the problems they will encounter in the society regarding their diagnosis.

In addition to this positive effect of peer counseling on personal health, it also has a significant contribution to public health. The importance of peer counseling in reducing risky behaviors has also been proven by research findings.

Peer counseling is a very difficult counseling that requires a certain professionalism. Because people go through similar but different medical, psychological and social processes. The person who will be a consultant should not put himself in the place of a doctor, psychologist, lawyer, nutritionist or social worker, but should have basic counseling information about each area of expertise to lead him to specialists according to the needs of the person and provide the management of the case.

Due to the new type of Corona virus (Covid-19), which has taken the whole world under its influence, all health institutions and employees have focused on Covid-19 and entered a very intense process. Like many other non-governmental organizations, we, as Pozitif-iz Association, have stopped all our activities involving physical contact due to Covid-19.

We observe that all people living with HIV, especially those who have just received their diagnose and have just started or are about to start treatment, access the information and support they need in a very limited context, due to the restrictions and intensity brought about during this process. For this reason, it has become inevitable for us to take immediate steps to maintain our services on online platforms.

Since HIV is defined as a chronic health condition for both newly diagnosed people and those who have been living with HIV for a while, the degree of risk this new virus poses has also been a matter of great curiosity and concern.

Experts working on Covid-19 predict that this global problem will last until the end of 2021 at the earliest. For these reasons, it was necessary to meet the very important needs of those living with HIV in this process, to increase the number of peer counselors, and to strengthen the solidarity among HIV-positive people.

¹ <https://www.medimagazin.com.tr/guncel/genel/tr-hlv-enfeksiyonunda-yuzde-450-artis-olan-tek-ulke-biziz-11-681-72037.html>

The trainings were given over the Zoom Conferencing application. The participants were informed that the nicknames/names they will use when applying for the trainings via Google forms will be seen by the training participants. It has been stated that the preferences of turning on the microphone and/or camera are optional both before and during the training. Participants conveyed their questions to the expert who carried out the training, by asking them on the chat screen or using the microphone, according to their preferences.

2. Aims and Goals

Online Peer Counselor Trainings For People Living With HIV Project, aims to increase the quality of life of HIV-positive people in our country by meeting their need for peer counseling.

With the project, it is aimed to first meet the needs of people living with HIV, and as a result of the training they will receive, it is aimed to raise people who are at peace with their HIV status, who can set a role model for their peers, who can provide peer counseling and case follow-up.

It was also aimed for the participants to obtain information about the medical, psychological, legal and social dimensions of HIV, thereby increasing their quality of life, and reducing stigma and discrimination against people living with HIV by becoming people who know and seek their rights.

In line with this purpose, it is aimed to train people who can be role models for their peers who have been newly diagnosed or who have been living with HIV for a while but are still developing the skills to live with HIV, who are at peace with their HIV status, who can do peer counseling and case follow-up.

The trainings planned as 2 rounds (12 sessions). It is aimed to reach 50 people living with HIV in Turkey, especially in Diyarbakır, Antalya, Eskişehir, Samsun and Kayseri, and the 20 of them to become peer counselors.

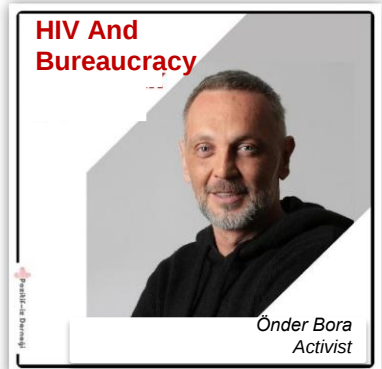
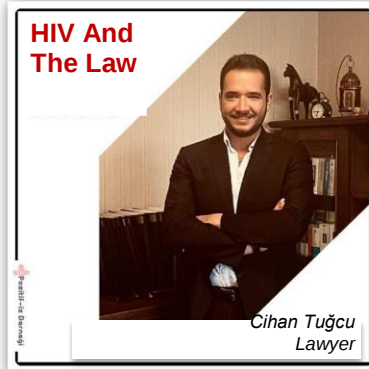
3. Training Module and Instructor Staff

The trainings are designed as 2 rounds and 6 sessions each. Sessions organized via Zoom are planned to be 40 minutes of presentation + 20 minutes of Q/A, and with a maximum of 25 participants in each session for efficiency.

The staff of consultants and trainers in the project consists of experienced activists who have been carrying out various activities in the field of HIV for years, and experts from fields such as medicine, law, psychology and social work, who have studies on HIV.

In the trainings, the history of HIV, its medical and clinical dimensions, its psychological effects, legal and bureaucratic procedures and terminology were discussed in a comprehensive manner.

Project Experts



Calendar and Contents of First and Second Round Trainings

***The first round of trainings was held on 23-24-25 September 2021,
The second tour was held on 25-26-27 November 2021.***

History and Medical Dimension of HIV / Prof. Dr. Deniz Gökengin
23 September 2021 Thursday ve 25 November 2021 Thursday

In this session, the medical aspects and epidemiology of HIV were discussed, and participants' questions about test results and CD4 counts were answered.

HIV and Drug Use / Clinical Pharmacist Sinan Elmalıoğlu
23 September 2021 Thursday ve 25 November 2021 Thursday

In this session, the effects of drugs used in HIV treatment with other drugs and some foods were discussed. Reliable sources are also recommended so that HIV-positive people can research drug interactions.

HIV and Psychology / Dr. Öğr. Gör. Meral Akbıyık
24 September 2021 Friday ve 26 November 2021 Cuma

This session focused on the experiences of HIV-positive people. Psychiatrist Meral Akbıyık made the session interactive and focused on stages such as guilt, denial, and acceptance after diagnosis.

Counseling Principles and Communication Techniques / Activist Çiğdem Şimşek
24 September 2021 Friday ve 26 November 2021 Friday

The points to be considered when communicating with people living with HIV were mentioned, the prominent features of the peer counselor were explained. Activist Çiğdem Şimşek emphasized that while talking about HIV, attention should be paid to terminology and it should be explained without exaggeration.

HIV and the Law / Lawyer İsmail Cihan Tuğcu
25 September 2021 Saturday ve 27 November 2021 Saturday

In the training, in which the legal mechanisms that people living with HIV can apply against discrimination and rights violations, the relevant decisions of the Constitutional Court (AYM) and the ECHR (European Court of Human Rights) were mentioned. Relevant articles referring to the Turkish Constitution were mentioned.

HIV and Bureaucracy / Activist Önder Bora
25 September 2021 Saturday ve 27 November 2021 Saturday

Activist Önder Bora talked about the problems that can be experienced in accessing treatment, the process of accessing treatment for non-Turkish citizens, HIV and relation to attending to military service.

4. Project Outcomes

In the first round of the project, 46 people living with HIV were reached. 57 people living with HIV participated in the trainings in the second round. **At the end of 12 sessions, where each session lasted an average of 1.5 hours, a total of 103 connection points were attended and an average of 16 hours of training was provided.**

Each session is designed as 60 minutes (12 sessions x 60 minutes = 720 minutes / 12 hours). However, some sessions lasted 90 minutes due to intense questions. The total average duration of the trainings is 16 hours.

According to the feedback we received from many people, the participants stated that they watched the sessions with their spouse or partner. In this context, there were often two participants connected via a Zoom account. Therefore, **the total number of participants is more than 103 people.**

Since the trainings were online and it was not compulsory to turn on the camera and the microphone, it has been an attractive alternative for people who could not attend face-to-face trainings due to privacy concerns in previous years. In addition, online trainings provided equal opportunities for people who could not attend the face-to-face trainings we held in previous years because they live in distant locations, especially in eastern provinces.

The people who benefited from the trainings immediately began to provide counseling and role modeling to people who had just been diagnosed with HIV through their social media accounts. A WhatsApp group has been established so that they can consult their peers and share their experiences.

Evaluation results

The opinions of 50 people who participated in the general evaluation survey after the sessions are as follows:

The event was informative.	YES	50	NO	0	Undecided	0
The experts were knowledgeable in the subject and answered the questions in an easy to comprehend manner.	YES	49	NO	0	Undecided	1
It was an event for those who want to live with HIV and their question marks.	YES	49	NO	0	Undecided	1
I got the answers to the questions I asked and I can share the information I gained in this activity with the people in my social circle.	YES	49	NO	0	Undecided	1

‘Would you like to give feedback about the event?’ Some samples of answers.

- Please make these trainings more frequent. Thanks for your effort
- Thank you
- Very informative
- Very good thank you

- I am getting used to the idea
- I want to become an activist
- Q/A Chatting sessions could be longer
- It was a very nice evening and conversation, thank you everyone
- it was a very explanatory for such a sensitive topic. I sincerely thank you. You didn't leave me alone since the first day.
- Ms. Meral's mood was a little low, I was afraid that she would groan soon :)). I think it is a personal thing unique to today. Otherwise, his information and interpretation of the topic was very effective. Ms. Cigdem and Mr. Onder really boosted my energy. 😊
- Time has flown away
- Thank you very much
- Thank you for a very nice event..
- I feel stronger by comprehending my rights
- Thank you Pozitifiz
- I would like to attend again
- I am very well informed. I learned things that I didn't know about
- As always, it was a very nice presentation and explanation.
- I look forward to participating in the next one at an absolutely beautiful and informative event.
- It's good to know we're not alone. I'll look forward to the other training
- Please don't let the trainings end

Social Media Advertisements

Before the training cycles, we reached 33,760 people and received 118 link clicks with the advertisements we placed on our social media (Facebook and Instagram) accounts. While 40.5% of this data is female, 59.5% is male.

Information Leaflet

Within the scope of the project, it is planned to print 100 brochures and send them to HIV-positive people living in 5 cities, namely Antalya, Diyarbakır, Kayseri, Eskişehir and Samsun, and benefiting from the trainings.

Due to the demand, the brochure was printed in 150 copies and sent to 6 cities. Ship to cities; Antalya - Eskişehir - Samsun - Diyarbakır, Nevşehir (receiving treatment in Kayseri) and Hatay (receiving treatment in Adana).

Our counselee, who lives in Diyarbakır, said: "No one at home or around me knows that I live with HIV. Please make the submission with the name of an individual, not the association". On the other hand, there were also counselees who did not accept due to the association's name in the sender section.

Our counselee, who lives in Nevşehir, is monitored in Kayseri. A brochure was also sent to our counselee, who lives in Hatay but has HIV monitoring in Adana, upon his request.

When people go to the infection physicians they are monitored during their routine control, they will leave it to be delivered to their peers.

yaşadığı tahmin edilmektedir. Her yıl 5000 dolayında insanımız HIV tanısı almaktadır.

HIV ve AIDS'in doğru terminolojisi

'HIV Virüsü' demek terminolojik olarak uygun değildir. Çünkü HIV'in sonundaki V harfi virüsün kısaltmasıdır. Birlikte kullanınca virüsün virüsü denmiş oluyor. Bunun yerine: Sadece 'HIV' veya 'HIV enfeksiyonu' demek yeterlidir.

AIDS Sendromu: AIDS'in sonundaki S harfi sendromun kısaltmasıdır. Bunun yerine: Sadece AIDS veya AIDS evresi / tablosu söylemi yeterlidir.

AIDS Mikrobu / Hastası / Hastalığı: AIDS bir mikrop - virüs - hastalık değil, bir evredir. Bunlar için de bir yukarıdaki tanımlamalar kullanılabılır.

HIV'li - AIDS'li kişi: Bu tür ekler ayrımcılığı destekleyen ifadelerdir. Bunun yerine: HIV pozitif, HIV pozitif kişi / birey, HIV ile enfekte kişi/birey demek çok daha doğru ve olumlayan bir ifadedir.

HIV, AIDS veya Hastalık Kapmak: 'Kapmak' kelimesi HIV pozitif kişinin bir 'suç' ile enfekte olduğunu vurgulamakta ve önyargı oluşturmaktadır. Bunun yerine: HIV ile enfekte olmak tercih edilmelidir.



HIV POZİTİFLER İÇİN VARIZ

Pozitif-iz Derneği, HIV pozitif kişiler ve yakınlarının ihtiyaç duyabilecekleri destek ve danışmanlık hizmetlerini üreten bir sivil toplum kuruluşudur.

HIV ve AIDS'e yönelik önyargıların azaltılmasına, konuyla ilgili güncel ve doğru bilgilerin toplumda yayılmasına katkıda bulunur. Pozitif-iz'in kurucuları 15 yılı aşkın süredir alanda çalışmalar yürütmüş ve bunu kendisine misyon edinmiş aktivistlerdir.

HIV pozitif kişilerle sevgili, komşu, iş veya sıra arkadaşı olabilir, evlenebilir ve çocuk sahibi olabilirsiniz.



Bilgi, danışmanlık ve randevu almak için
hafta içi 12:00 - 20:00 saatleri arasında
bizi arayabilir veya e-posta ve sosyal medya
hesaplarımızdan ulaşabilirsiniz.

0535 519 54 95

info@pozitifiz.org - www.pozitifiz.org

Detaylı bilgi için:

www.pozitifiz.org



/pozitifizorg

/pozitifizdernegi



Pozitif-iz Derneği

HIV Pozitif veya HIV Negatif ne demek?

HIV pozitif, HIV ile enfekte olmuş kişiler için kullanılan ifadedir. HIV negatif ise HIV almamış kişiler için kullanılır. Kişilerin HIV pozitif ya da negatif olmaları arasında neredeyse hiçbir fark yoktur. HIV pozitifleri ötekileştiren, damgalayan ve ayrımcılığa uğramalarına neden olan bilgisizlik ve toplumlar arasında yayılmış olan mitlerden kaynaklıdır.

HIV, ayırm yapmaksızın her kesinden, her yaştan ve cinsiyetten insanı etkileyebilir.

HIV ve AIDS farklı kavramlardır

HIV (Human Immunodeficiency Virus - İnsan Bağışık Yetmezlik Virüsü) tedavi alınmadığı durumda bağışıklık sistemini etkileyerek enfeksiyona neden olan bir virüsdür.

AIDS (Acquired Immune Deficiency Syndrome - Edinilmiş Bağışık Yetmezlik Sendromu) ise tedavi alınmadığı durumda HIV'in neden olduğu hastalıklar bütünüdür.

HIV pozitif kişiler tedavi alarak hiçbir zaman AIDS evresine gelmeden herkes kadar sağlıklı ve uzun bir yaşam sürdürebilirler. AIDS evresinde durumlarını öğrenmiş HIV pozitif kişiler de etkin tedaviler ile tıpkı diğer HIV pozitifler gibi sağlıklı bir yaşama geri dönebilirler.

HIV kronik bir sağlık durumudur

HIV pozitif olmak tıpkı diyabet ya da tansiyon gibi kronik bir durumdur ve yaşam boyu tedaviyi gerektirir. 1996'dan bu yana gelişmiş Antiretroviral (HIV'i baskılayan) ilaçlarla kontrol altında tutulabilen HIV, Dünya Sağlık Örgütü'nün kronik hastalıklar listesindedir.

HIV'den korunmak çok basit

Gözyaşı, ter, tükürük ve idrarla HIV bulaşmaz. Dolayısıyla öpüşmekle, kucaklaşmakla, aynı çatal - kaşığı, aynı tuvalet ve havuzu kullanmakla, sıvrisinek ısırmasıyla, özetle yaşamı paylaşmakla HIV bulaşmaz.

HIV sadece kan ve cinsel salgılarda bulaştırıcı düzeylerde bulunabilir.

Kan yoluyla bulaşı önlemek için içerisinde HIV bulunan kan ürünleri, doku ve organların kullanılmaması önerilmektedir.

Güneş ve hava ile temas eden HIV, dış ortamda varlığını sürdüremez. Kanın miktarına göre saniyeler / dakikalar içerisinde bulaştırıcılığı kalmaz.

Hastanelerde standart enfeksiyon kurallarını uygulayarak HIV bulaşını önlemek mümkündür. Buna karşın pek çok HIV pozitif kişinin ameliyatı tıp etiğine ve bilime aykırı bir şekilde reddedilmektedir. Sağlık kurumlarındaki tedbirsizlikten kaynaklı meslek kazaları durumunda PEP (Temas Sonrası Profilaksi) olarak adlandırılan ilaçlara maksimum 72 saat içerisinde başlayarak 4 hafta süreyle kullanılmasıyla HIV bulaşını önlemek mümkündür.

Cinsel yolla bulaşı önlemek için cinsel salgıların geçebileceği (anal, vajinal ve oral) ilişkilerde kondom kullanması önerilir. Ayrıca gerekli durumlarda PREP (Temas Öncesi Profilaksi) ve PEP (Temas Sonrası Profilaksi) olarak adlandırılan ilaçların kullanılmasıyla da cinsel ilişkilerde HIV bulaşını önlemek mümkündür.



Anneden bebeğe bulaşı önlemek için Bebe kadının hamilelik öncesinden başlayarak HIV tedavisi alması, doğumun uzman bir hekim tarafından gerçekleşmesi ve bebeğin doğum sonrası 4 hafta süreyle antiretroviral şurup kullanması gerekmektedir.

B=B (Belirlenemeyen = Bulaşmayan)

Antiretroviral tedavi ile viral baskılanmanın gerçekleşmesi ve günlük ilaç dozlarının aksatmadan alınarak viral baskılanmanın devam etmesi, cinsel yolla bulaşma riskini ortadan kaldırmaktadır. Dünya sağlık otoritelerinin kabul ettiği bu bilimsel gerçeklik İngilizcede U=U (Undetectable equals Untransmittable) Türkçede ise B=B (Belirlenemeyen eşittir Bulaşmayan) olarak tanımlanmıştır.



Birinin tedavi altında viral yükü baskılanmış HIV pozitif, diğerinin HIV negatif olduğu binlerce çift üzerinde yıllar süren araştırmalar yapılmış ve bu çiftler toplamda 100.000'den fazla kez korunmasız ilişkiye girmişlerdir. Bu ilişkilerde HIV pozitiften HIV negatif eşe/partnere hiçbir bulaş gerçekleşmemiştir.

HIV testi yaptırmaktan çekinmeyin

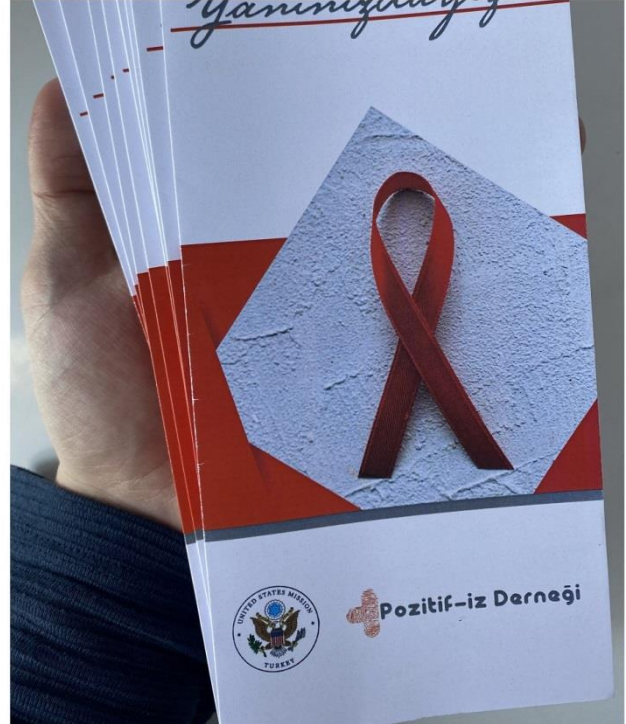
HIV vücuda girdikten sonra uzun yıllar herhangi bir belirti göstermeden varlığını sürdürür. Bu nedenle HIV pozitif olup olmadığınızı öğrenmenin tek yolu doğru sürelerde test yaptırmaktır.

Tüm devlet ve üniversite hastanelerinde, özel laboratuvarlarda danışman hekim yardımı alınarak HIV testi yaptırabilirsiniz. Ayrıca bazı belediyeler bünyesinde kimlik bilgilerinizi vermeden ve ücretsiz olarak HIV testi yaptırmanız ve danışmanlık hizmeti almanız mümkündür.

HIV tanısı aldıktan çekinerek test yaptırmamak hem sağlığınıza kaybetmenize, hem de tedavi almadığınız (HIV baskılanmadığı) için cinsel yolla başkalarına da bulaşmasına neden olabilir.

Türkiye, yeni HIV enfeksiyonlarındaki artışın en yüksek olduğu ülkelerden biridir. Ülkemizde HIV pozitif olduğunu bilmeyen binlerce insan

Submissions of brochures printed with the support of
US Mission Turkey Grants Program

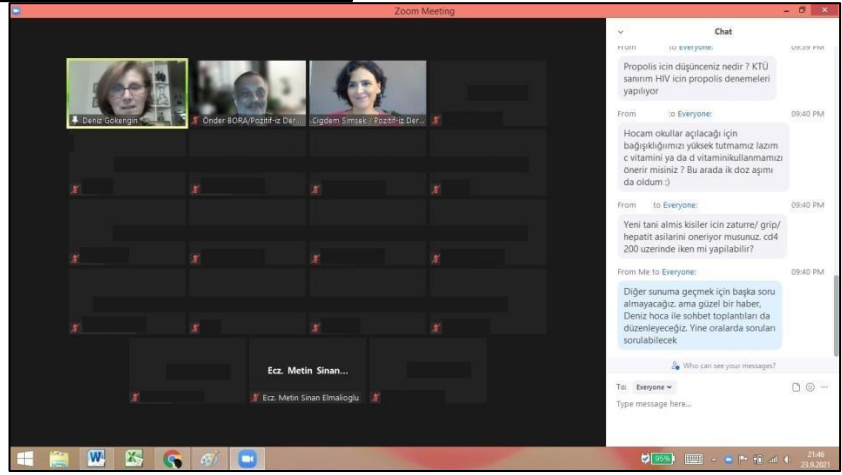


Training

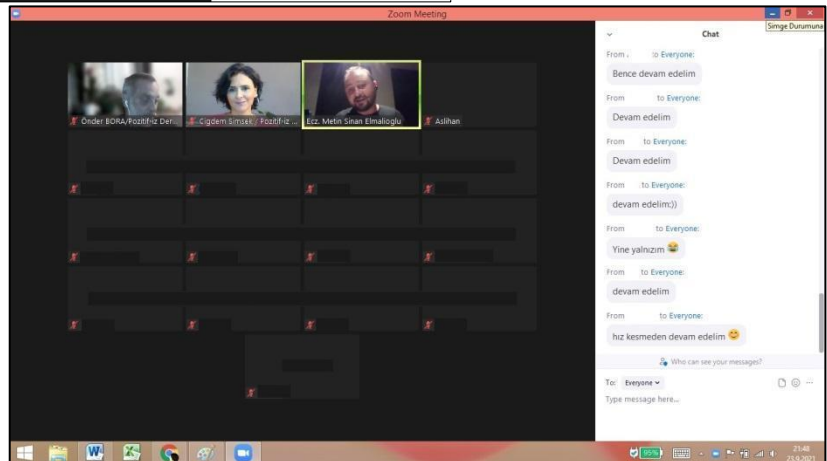
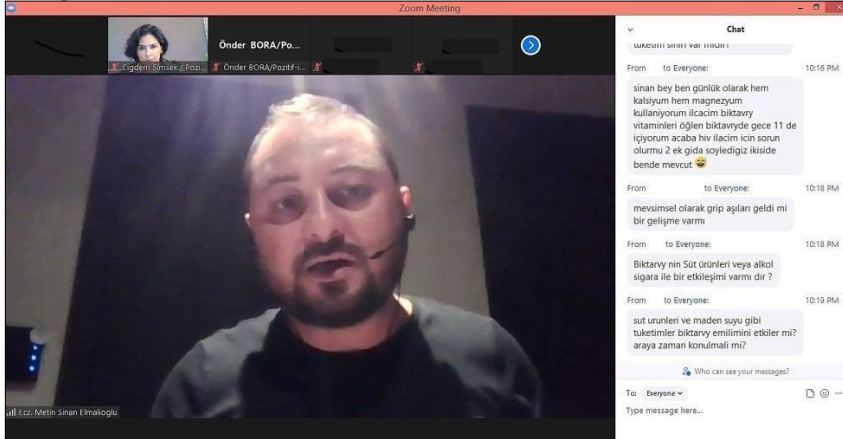
First Cycle Trainings

23 September 2021 Thursday

The Medical Aspect of HIV / Prof. Dr. Deniz Gökengin



Drug Use and Interactions / Clinical Pharmacist Sinan Elmalıçoğlu



24 September 2021 Friday

Psychological Dimension of HIV / Dr. Öğr. Gör. Meral Akbıyık



Zoom Meeting

Participants (19)

Yasın 5 evresi

1. Şok ve inkar
 - Bu gerçek olamaz
2. Öfke/isyen
 - Neden ben?
3. Uzlaşma/pazarlık
 - Gerçekçi olmayan tedavi girişimleri
4. Depresyon
 - Hayat bu mu?
5. Kabullenme
 - Sindirme ve hayata yeniden başlama

Participants list (19): AA, AM, C, KL, K, M, MU, M, O, O, S, YD, Z, OA

Peer Counseling / Çiğdem Şimşek

Zoom Meeting

POZİTİF-İZ DERNEĞİ

Danışmanlık İlkeleri ve İletişim Teknikleri

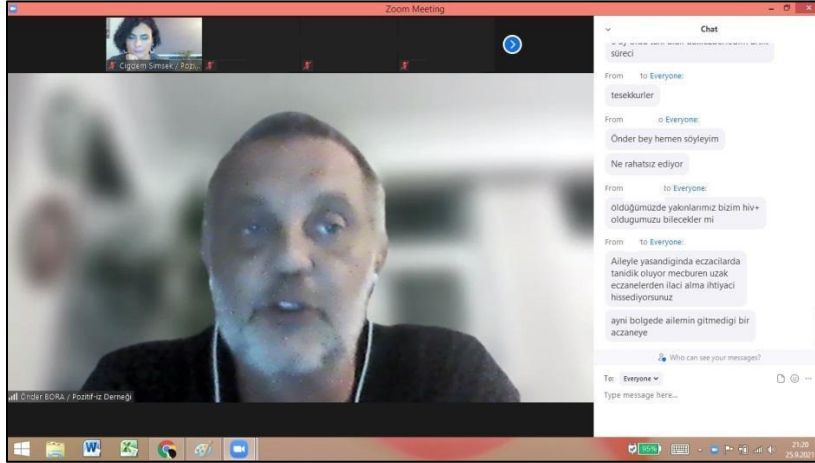
Çiğdem Şimşek

f @ /pozitifizorg

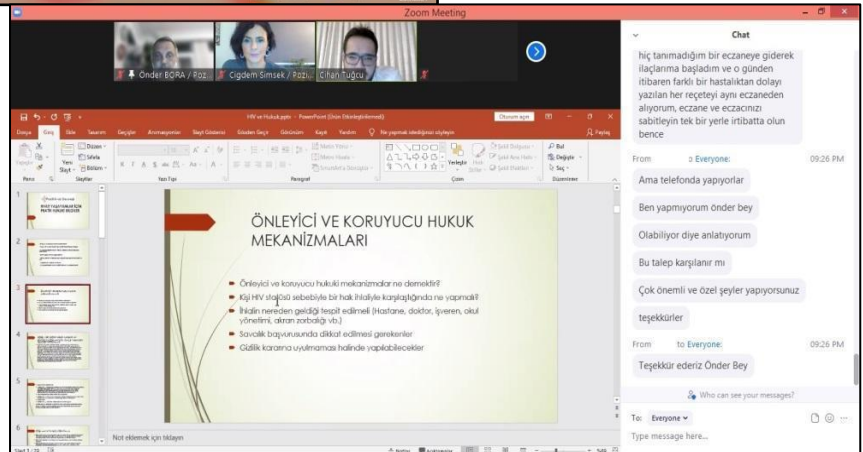
Participants (19): AA, AM, C, KL, K, M, MU, M, O, O, S, YD, Z, OA

25 September 2021 Saturday

HIV and Bureaucratic Procedures / Önder Bora



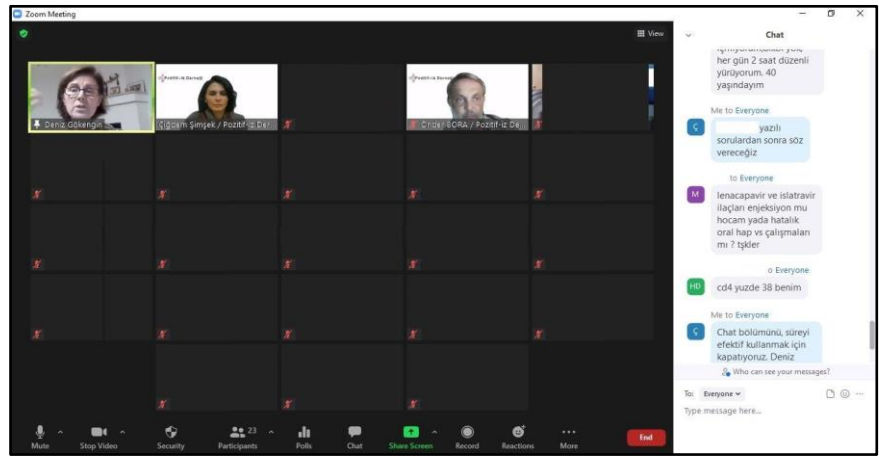
Legal Aspect of HIV / Lawyer İsmail Cihan Tuğcu



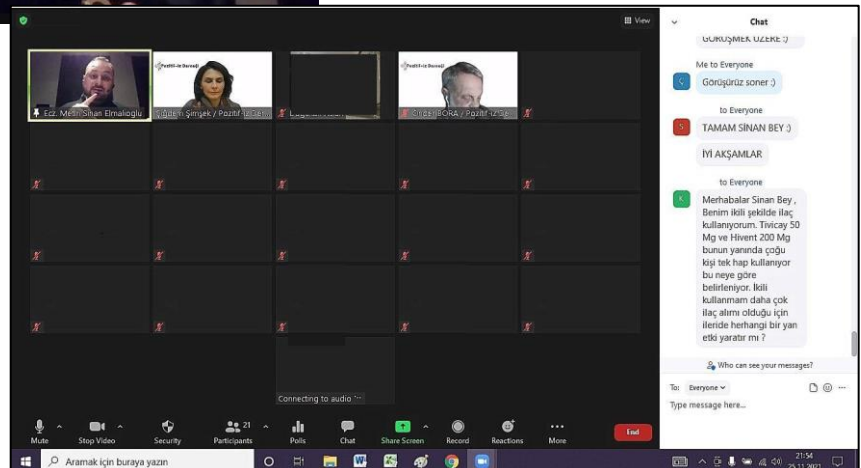
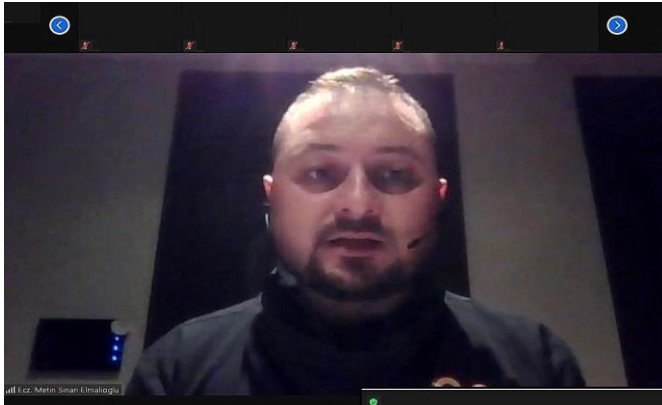
Second Cycle Trainings

25 November 2021 Thursday

The Medical Aspect of HIV / Prof. Dr. Deniz Gökengin

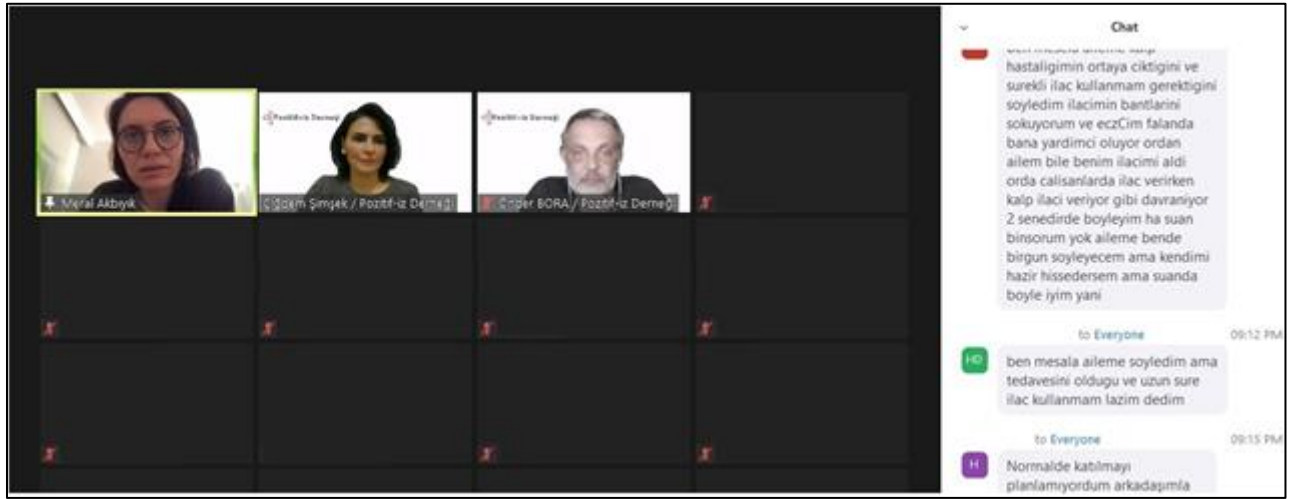


Drug Use and Interactions / Clinical Pharmacist Sinan Elmalıoğlu



26 November 2021 Friday

Psychological Dimension of HIV / Dr. Öğr. Gör. Meral Akbıyık



You are screen sharing

Stop Share

AKRAN NE DEMEK?

Akran; aynı sosyal gruba dahil insanlar için kullanılan bir kelimedir. Bahsi geçen sosyal grup yaş, cinsiyet, cinsel kimlik / yönelim, meslek, sosyo - ekonomik ve/ya sağlık durumu gibi ortak özellikleri temel alabilir.

Pozitif-iz Derneği

f @ /pozitifizorg

27 November 2021 Saturday

HIV and Bureaucratic Procedures / Önder Bora

Setup professional audio in "Audio Settings"

YABANCILAR İÇİN TEDAVİYE ERİŞİM

- Geçici Koruma Belgesi (Suriyeli Mülteciler)
- Yabancılar İçin GSS
- Çalışma İzni ve SGK4
- Bir T.C Vatandaşı ile Evlilik



Unmute Stop Video Security Participants Polls Chat Share Screen Record Support Reactions

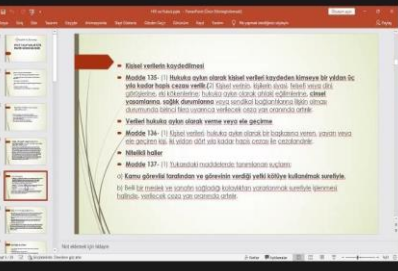
Aramak için buraya yazın

20:45 27.11.2021

Legal Aspect of HIV / Av. İsmail Cihan Tuğcu

Zoom Meeting

Setup professional audio in "Audio Settings"



Aramak için buraya yazın

20:39 27.11.2021

Zoom Meeting

You are viewing Cihan Tuğcu's screen

View Options



Unmute Stop Video Security Participants Polls Chat Share Screen Record Support Reactions

Aramak için buraya yazın

21:39 27.11.2021

4. Evaluation and Conclusion

12 sessions planned within the scope of the project were successfully completed. Participants expressed their satisfaction with the training both verbally and in the evaluation forms, and demanded that this and similar trainings that bring HIV-positive people together and strengthen them continue. They even made a request for the start of face-to-face training.

The trainings paved the way for having more self acceptance with HIV status and more solidarity with other HIV-positive people. The fact that some people who receive education start to give support and counseling to their peers in meaningful terms of reaching the goal of education.

At first, none of the participants turned on their cameras or microphones in the sessions. However, over time, some participants conveyed their questions with a microphone in the Q/A section. Later, the participants who turned on their cameras got inspired. Some participants turned on their cameras, which encouraged other participants. Especially in the last session, it was very impressive for us that many people turned on their cameras and microphones to ask questions and voice their opinions.

At the end of the sessions, the positive atmosphere created by the trainings was clearly seen, and the importance of solidarity and peer counseling among HIV-positive people was once again understood. Most of the people who attended the trainings, especially those who were diagnosed towards the end of the project, requested that these trainings to continue, both via Zoom and Google forms.

1. Thank you

We would like to thank the US Embassy for bringing this project to life with its valuable financial support and enabling us to come together with people living with HIV in this period when the whole world is affected by Covid-19 and many organizations are economically damaged.

To our experts, who were busy in the hospital due to the pandemic and who agreed to take part in this project despite their different online meetings agenda and who answered the questions of all participants despite exceeding the time limit in the trainings, our consultants who were facilitators in the trainings and conveyed their experiences, and our project coordinator who moderated the sessions. Finally, we thank our volunteer Okan Diköz (#askOkan) for translating the report.

Thank you very much.

