

Breaking Stigma

Improving access to HIV testing & care

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Conflict of Interest

- No conflicts of interest

Conflict of Perspective

- **Academic vs Activist**
- **Cisgender vs Transgender**
- **Intersectionality**
Dutch, White, academic, born in the early 80's,
from a small biblebelt village in the countryside,
living in Amsterdam's historically black neighbourhood





She told her husband she was HIV+. He took it badly.

She told her best friends. They took off.

She told us. We listened.
And listened. And listened. She told us she'd spent her life caring for others and that now, when she really needed help, there was no-one.
That's why London Lighthouse provides information, care and support for anyone affected by HIV and AIDS. By the way, she left her husband and is now rebuilding her life again.
Her or him. Young or old. Gay or straight. Black or white. AIDS doesn't care. We do. We need you to as well.

 London Lighthouse
A LIGHT FOR PEOPLE DARK TO DARKNESS BY DAY

Contents

- **An intersectional perspective on Stigma**
 - types of stigma
 - causes of stigma
 - effects of stigma
- **Addressing Stigma**
 - examples of perpetuating stigma
 - strategies and interventions
- **Summary**

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Causes of Stigma:

1. Lack of Education and Awareness:

Misinformation or ignorance about health conditions or social identities. People may not understand the causes, treatments, or lived realities.

2. Cultural and Societal Norms:

Dominant cultural beliefs, especially when groups or behaviors are marginalized.

3. Media Representation:

Can reinforce stereotypes, i.e. portraying people as dangerous or incapable

4. Fear and Misunderstanding:

Stigma is frequently linked to fear of the unknown or what is perceived as different. This can lead to avoidance or discriminatory behavior





Some people think you can catch AIDS from a glass.



You can't.

The CDC, the Medical Association and public health officials agree: AIDS is not spread through food. AIDS is not spread by touching someone. AIDS is not spread by sex with someone who has AIDS. AIDS is not spread through the preparation or serving of food or beverages to individuals or between them. The virus that causes AIDS is spread by contact with the blood of someone who has AIDS. It is not spread through contact with the blood of someone who has AIDS.

Fight the fear with the facts:
800-367-AIDS/800-922-AIDS
(Call one or the other.)

AMA
MEDICAL ASSOCIATION

Public Health Service
U.S. Department of Health

Don't listen to rumors about AIDS. Get the facts!



Patricia Richardson

KNOW FOR SURE HOW YOU CAN GET IT & HOW YOU CAN'T

CALL 1-800-342-AIDS

You Won't Get AIDS From A Public Pool.





AIDS is a virus that is not spread through day-to-day contact. For more information about AIDS, call 1-800-342-AIDS. CDC

MY FRIEND WITH AIDS IS STILL MY FRIEND

SAY NO TO IGNORANCE AND DISCRIMINATION

AIDS HELPLINE • 0800-012-322



A NEW STRUGGLE

DEPARTMENT OF HEALTH



Out of the silos: identifying cross-cutting features of health-related stigma to advance measurement and intervention

Wim H. van Brakel^{1*}, Janine Cataldo², Sandeep Grover³, Brandon A. Kohrt⁴, Laura Nyblade⁵, Melissa Stockton⁶, Edwin Wouters^{7,8} and Lawrence H. Yang^{9,10}

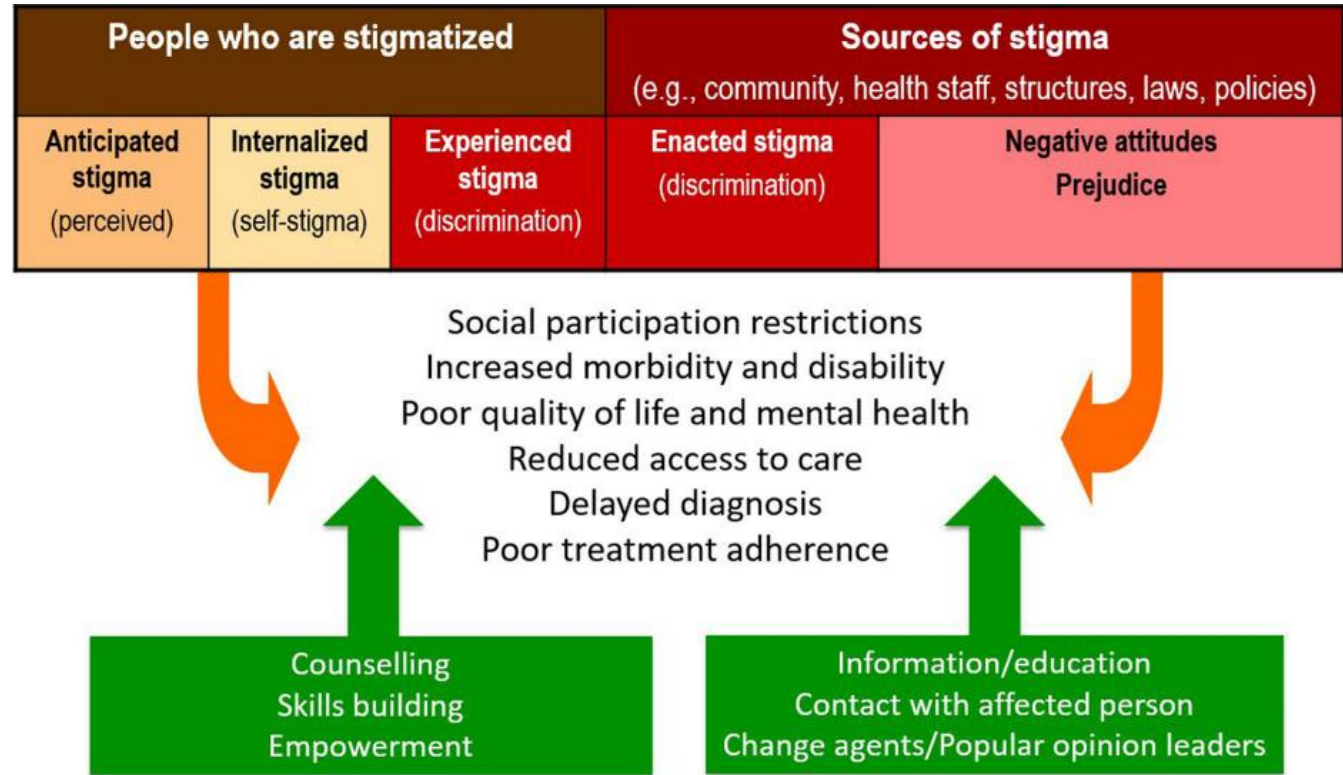
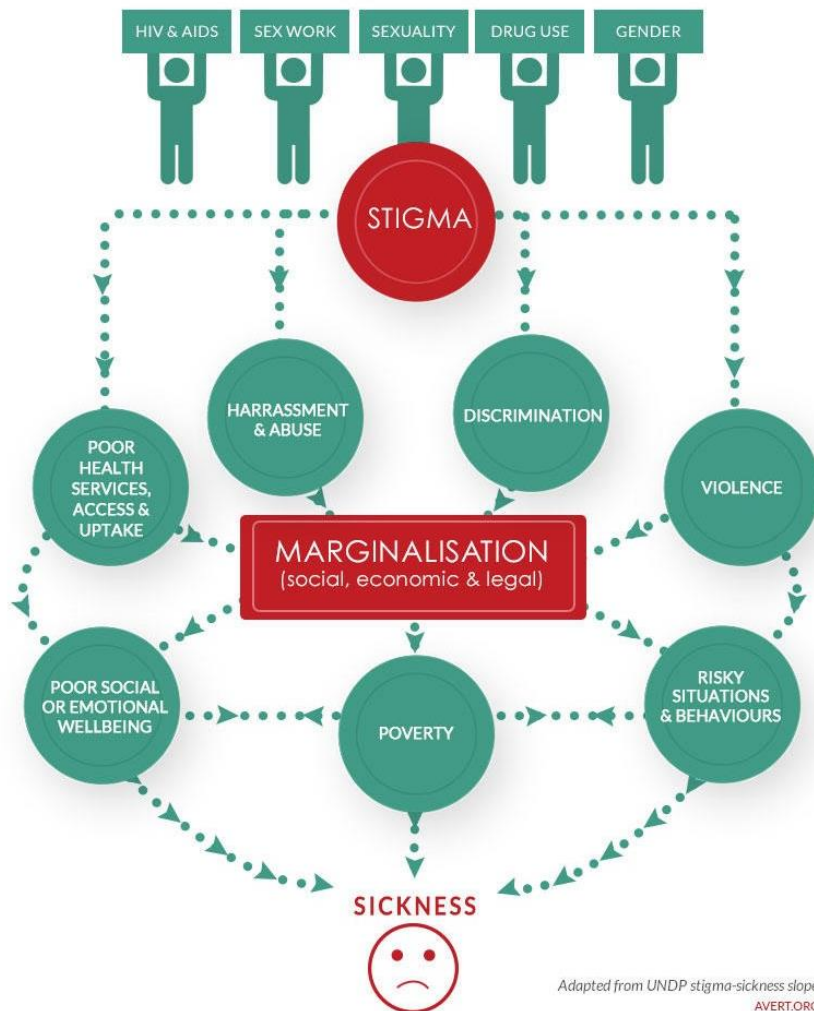


Fig. 1 An assessment and intervention model of health-related stigma (model modified from Weiss [5])



HOW STIGMA LEADS TO SICKNESS

Many of the people most vulnerable to HIV face stigma, prejudice and discrimination in their daily lives. This pushes them to the margins of society, where poverty and fear make accessing healthcare and HIV services difficult.





She told her husband she was HIV+. He took it badly.

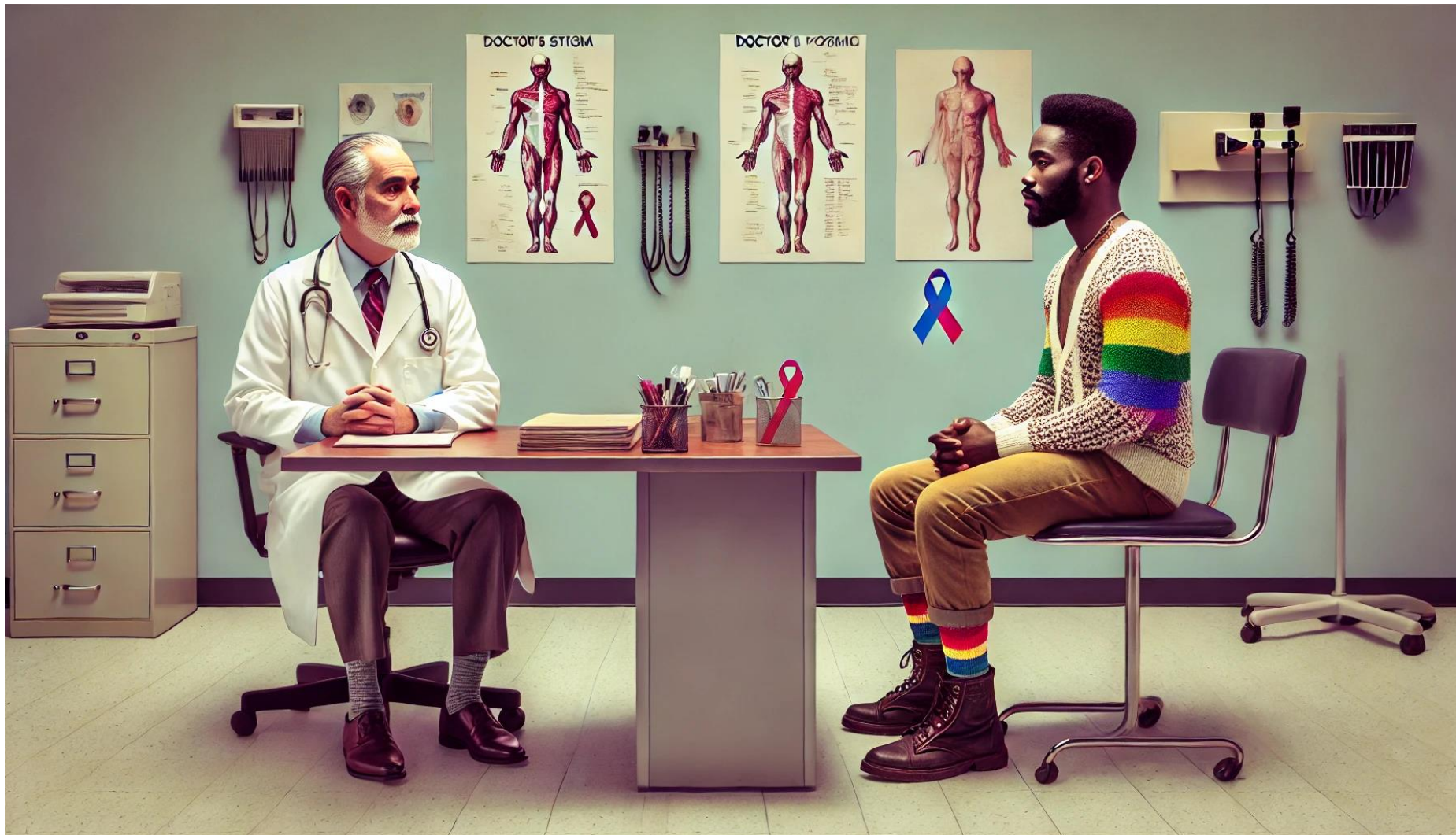
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MASLOW'S HIERARCHY OF NEEDS

SELF-ACTUALIZATION

creation, beauty, unity, aesthetics, exploration

ESTEEM

dignity, respect, achievement, purpose, recognition

SOCIAL

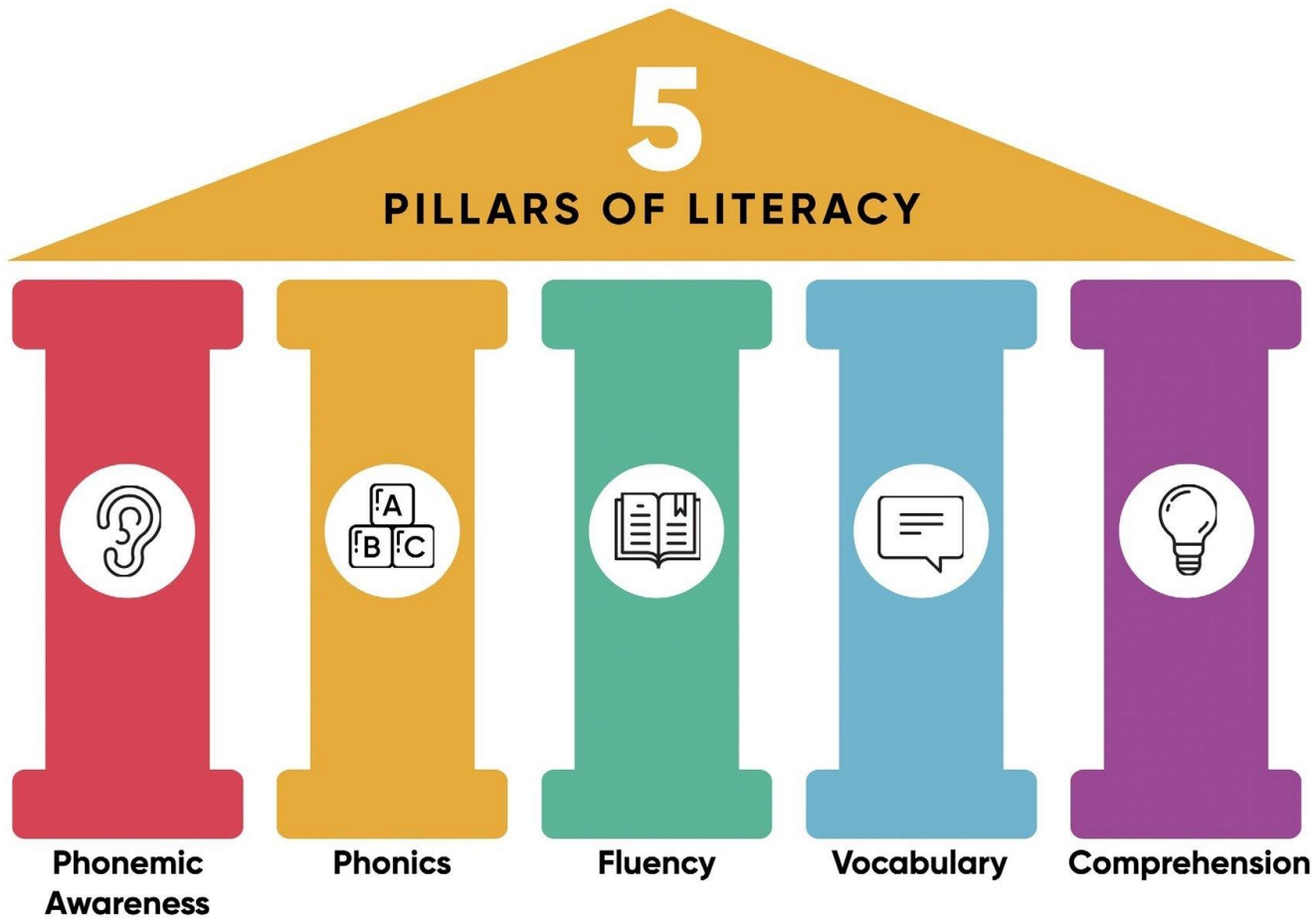
friendship, intimacy, community, sense of belonging

SAFETY

personal security, resources, source of income, structure, order

PHYSIOLOGICAL

water, food, shelter, bare necessities for human survival





Amsterdam Trans Clinic

Healthcare access for:

Trans people with a migrant background

- Refugees in asylum center
- Shelters for victims human trafficking
- Undocumented people
- Status holders

IG [transunitedclinic](https://www.instagram.com/transunitedclinic)





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Stigma Breaking Strategies:

1. Lack of Education and Awareness:

Pay attention to the lived realities of those who come for care or testing;
Don't educate your patients; educate your team

2. Cultural and Societal Norms:

Shift **work culture** to allow conversations about diverse backgrounds in privilege

3. Media Representation:

Do role models give feedback on your way of working? Let outsiders give feedback on your information, accessibility and explanations. **Who is represented?**

4. Fear and Misunderstanding:

Accept that **you have blind spots** and will make mistakes.

If you find topics difficult; say you will get back to it the next time



[Review](#) > [J Assoc Nurses AIDS Care](#). 2021 May-Jun;32(3):392-407.

doi: 10.1097/JNC.0000000000000237.

A Review of the State of the Science of HIV and Stigma: Context, Conceptualization, Measurement, Interventions, Gaps, and Future Priorities

Michael V Relf ¹, William L Holzemer, Lauren Holt, Laura Nyblade, Courtney Ellis Caiola

Affiliations [+ expand](#)

PMID: 33654005 PMCID: [PMC9208366](#) DOI: [10.1097/JNC.0000000000000237](#)

FULL TEXT LINKS



ACTIONS

 [Cite](#)

 [Collections](#)



In Summary:

1. Stigma results in people who

- avoid testing
- avoid care
- are inconsistent with their care

2. Stigma has a broad intersectional base

- not solely related to hiv but also other marginalized parts of their life

3. By addressing multiple stigmatized barriers, more people can be reached

- think of literacy, time flexibility, normalizing diverse representation and normalizing diverse topics

4. Listen to community leaders to improve inaccessible testing and care

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Thank you for your time

<https://zerohivstigmaday.org/>

