

EXECUTIVE SUMMARY

PPE 686"Translating recommendations and findings into effective actions - maintaining Hong Kong's low HIV prevalence"

Project 1: "Man-d Project – HIV Prevention and Sexual Health Programme for Men who have Sex with Men (MSM)

Aims and objectives:

This project aims to curb the spread of HIV among the MSM community by implementing a series of sexual health programmes on HIV prevention education. The HIV education, specifically for some subgroups of the community, such as Young MSM (YMSM), Mature MSM (MMSM). The project also promote safer sex practice, early and regular HIV test, and mobilise the community through volunteering to participate in HIV prevention education.

1. To implement sexual health education inclusive of knowledge and skill to prevent HIV infection among the MSM community including specific subgroups with high risk behaviours such as Young MSM (YMSM);
2. To promote early and regular HIV and STI testing with counselling among the target group;
3. To promote and sustain safer sex practice among the MSM community;
4. To mobilise MSM community including peer educators and others like MSM organisations and events, venues, businesses and websites etc. to take part in the programmes on HIV/AIDS prevention.

Project design

To achieve the above objectives, this project consisted of a number of components included:

- Peer Educator Training;
- Educational Programmes for YMSM in Higher Education Institutions;
- Health-related Programmes for MMSM;
- Helpline and Apps Counselling;
- Internet Intervention;

- Outreach Services;
- HIV/STI VCT Services;
- LGBT-related Events;
- Distribution of Sexual Health Educational Materials; and
- Supporting Newly Diagnosed HIV cases Linked to Medical Care System.

Target population

Men who have Sex with Men

Main achievements

1. Trained 21 peer volunteers.
2. Through conducting different activities with colleges and universities, and promotion made on social media (i.e. internet and smartphone apps), 6,345 young men who have sex with men have been reached.
3. Through conducting helpline, social apps and outreach 11,587 men who have sex with men have been reached.
4. 347 mature men who have sex with men joined the activities.
5. A total of 33,003 condom packs were distributed to MSM.
6. 848 HIV antibody tests were provided to service users.
7. All of newly diagnosed HIV cases linked to medical care system.

Conclusions

Although, the number of new HIV/AIDS infections has declined since 2017. But the rate of infection among men who have sex with men in Hong Kong is higher than other communities. It is necessary to systematically target different target groups to understand their needs and encourage the community to conduct early tests and change their risk behaviors. Foundation was found effective to adopt a comprehensive approach using ecological model and working through multi-levels such as individual; interpersonal; organizational; and community level to facilitate and sustain participants' attitudinal and behavioral change.

Project 3: “Peer Power – HIV Prevention and Sexual Health Programme for Ethnic Minorities

Aims and objectives

This project aims to curb the spread of HIV among the Ethnic Minorities (EM) community by implementing a series of sexual health programmes on HIV prevention education. The Hong Kong AIDS Foundation have implemented HIV prevention services to the Ethnic Minorities (EM) in the past six years as pilot project. In these couple years, the project discovered significant quantity of EM clients could be reached and many of them are sexually active yet lack of enough HIV/STD prevention knowledge and awareness. The Foundation will cooperate with different organisations which are serving EM groups to promote the HIV prevention.

1. To educate and promote HIV and sexual health knowledge among EM communities;
2. To increase awareness on the importance of HIV prevention, and to deliver early and regular testing to target population;
3. To reduce their high risk sexual practice and opportunity of infection; and
4. To mobilize peer power on the HIV prevention intervention.

Project design

To achieve the above objectives, this project consisted of a number of components included:

- Peer Educator Training;
- Educational Programmes talk for EM;
- Helpline and Apps Counselling;
- Internet Intervention;
- Outreach Services;
- HIV/STI VCT Services;
- Distribution of Sexual Health Educational Materials; and
- Supporting Newly Diagnosed HIV cases Linked to Medical Care System.

Target population

Ethnic Minorities

Main achievements

1. Trained 15 peer volunteers.
2. Through conducting helpline, social apps, outreach and education talk 8,934 EM have been reached.
3. 347 mature men who have sex with men joined the activities.

4. A total of 20,000 condom packs were distributed to MSM.
5. 263 HIV antibody tests were provided to service users.
6. Followed up all of newly diagnosed HIV cases and linked to medical care system.

Conclusions

Although the Foundation is experienced in combating the spread of HIV, it is a brand new start for our service extended to EM communities. We have spent quite a lot of time to explore and develop sound working relationships and networks with various and diverse ethnic minority communities. Having secured these connections, we were able to collaborate with them and provide some sessions of more in-depth education talks.

With the continued full support from the Fund, we are definitely hopeful and positive about pushing forward to spread the clear message to prevent HIV and encourage coming forward for free VCT.

Project 4: “Empowerment and safer sex education for people living with HIV (PLHIV)” – A project to empower PLHIV and help them maintain good sexual health, conducive to resuming quality lives and achieving effective HIV prevention

Aims and objectives

This project aims to empower PLHIV; equip them with skills to face and tackle their daily problems, especially those closely related with their positive status; maintain safer sex practice; enhance the quality of their lives and involve them in HIV prevention so as to prevent secondary infection and foster the development of a caring, supportive and inclusive social environment.

1. To provide necessary and timely psychosocial support service for PLHIV as to help them continue HIV treatment; actualize empowerment for the purpose of increasing their self-efficacy and self-acceptance; and enhance self-esteem and sense of well-being;
2. To promote sexual health among PLHIV and help them maintain safer sex practices in order to achieve secondary prevention;
3. To provide services catering to the specific needs of PLHIV elderly; and

4. To involve PLHIV as peer educators and in voluntary services related to HIV prevention and participation in the organization of self-help activities.

Project design

To achieve the above objectives, this project consisted of a number of components included:

- Counselling Service;
- Peer Support Groups;
- PLHIV Quality Life Enhancement (such as Social activities, educational talk, interest class) ;
- Counselling and Home visit and care service for Mature-Aged PLHIV;
- Training for the elder services provider and;
- Empowerment Services.

Main achievements

1. Provided counselling services for over 1550 sessions in case work.
2. A total of 539 people involved in support groups and activities to enhance the quality of life.
3. 8 volunteers to provide 43 visits and caring activities for 45 elderly PLHIV
4. Training was provided to 148 service providers.
5. All of elderly service related practitioners and workers feedback the HIV talks/ workshops as useful in increasing their knowledge in HIV.

Conclusions

While HAART has helped improve their health, PLHIV are still facing a variety of problems such as side effects from treatment stress arising from their HIV status; and stigmatization and discrimination, etc. Problems faced by PLHIV have become more long-term and complicated due to challenges in different stages of their lives such as issues related to ageing and drug abuse. This project aimed to provide an all-rounded support and assistance for PLHIV to stay in the medical care system with good treatment adherence, and contribute to a better community-wide HIV prevention.

執行摘要

PPE 686 “將建議和調查結果轉化為有效行動 - 維持香港愛滋病病毒低感染率”

項目一：「**Man-D**」 項目一針對男男性接觸者（**MSM**）的預防**HIV**及推廣性健康的計劃。

目的

此項目旨在透過一系列針對預防**HIV**教育性健康項目，以遏制愛滋病病毒在**MSM**社群中的傳播。當中**HIV**教育特別針對社群中某部分的群體，例如年輕男男性接觸者(**YMSM**)及熟年男男性接觸者(**MMSM**)。此項目透過義工活動，推動該社群參與預防**HIV**的教育同時推廣較安全性行為、盡早及定期接受**HIV**測試。

目標

1. 實行包含相關知識及技能的性健康教育，以預防在**MSM**社群中出現**HIV**感染，當中包括特定涉及高風險行為的社群(例如年輕男男性接觸者(**YMSM**))；
2. 宣揚盡早及定期接受**HIV**及性病測試，並配合輔導予目標群組；
3. 於**MSM**社群中推廣及維持較安全性行為習慣；
4. 推動**MSM**社群，當中包括朋輩輔導員和其他**MSM**相關團體、活動、地點、企業及網站等，參與預防**HIV**/愛滋病的項目。

項目設計

要達到上述目標，此項目包含數項元素：

- 朋輩輔導員訓練；

- 針對於大專學院中的YMSM教育性項目；
- 針對MMSM的健康相關項目；
- 透過護助熱線及手機程式的輔導；
- 互聯網介入；
- 外展服務；
- HIV/性病的測試服務；
- 同志文化/平權相關活動；
- 派發性健康教育物品；及
- 支援新確診個案並轉介至醫療系統。

目標群體

所有年齡的男男性接觸者

主要成就

1. 已完成**訓練21名**朋輩義工。
2. 透過在中學及大學舉辦不同活動，以及於社交媒體上的宣傳(即互聯網及智能電話程式)，成功接觸**6,345名**年輕男男性接觸者。
3. 透過護助熱線、社交程式及外展，成功**接觸11,587名**男男性接觸者。
4. **347名**熟年男男性接觸者**曾經參與**活動。
5. 向男男性接觸者**派發合共33,003套**安全套套裝。
6. 向服務使用者**提供848次HIV抗體測試服務**。
7. **所有新確診HIV個案**已轉介至醫療系統。

總結

縱使由2017年起新增感染HIV/愛滋病個案數目有下降，但在香港的男男性接觸者感染率較其他群體為高，因此有必要且有系統地針對不同目標群體以了解他們的需要，及鼓勵他們盡早進行測試，以及改變高風險行為。基金會一直有效地採用全面的方針，以演化性的模式及通過與各個層面，包括個人、人際、機構及社群層面以協調及維持參加者在心態及行為上的改變。

項目三：「Peer Power」 項目一針對少數族裔（EM）預防HIV及推廣性健康的計劃

目的

此項目旨在透過一系列針對預防HIV教育性康項目遏制愛滋病病毒在少數族裔(EM)社群中的傳播。香港愛滋病基金會已於過去六年推行預防HIV服務予少數族裔(EM)作為先導項目。在過去幾年，本項目成功接觸大部分EM，當中許多皆

有頻繁的性活躍但缺乏足夠預防HIV/性病的知識及警覺性。基金會將跟各個服務EM族群機構合作以宣揚預防HIV。

目標

1. 於EM社群內教育及宣揚HIV及性健康知識；
2. 提高對預防HIV的重要性的關注，以及傳遞盡早及定期測試予目標群組；
3. 減低他們進行高風險性行為及受感染機會；及
4. 推動朋輩力量介入HIV預防的項目。

項目設計

本項目包含以下主要元素：

- 朋輩輔導員訓練；
- 針對EM的教育項目及講座；
- 透過護助熱線及手機程式的輔導；
- 互聯網介入；
- 外展服務；
- HIV/性病的測試服務；
- 派發性健康育性物品；及
- 連結新確診個案至醫療系統。

目標群體

少數族裔

主要成就

- 1 已完成訓練**15**名朋輩義工。
- 2 透過護助熱線、社交程式、外展及教育講座，成功接觸**8,934**名少數族裔。
- 3 向EM派發合共**20,000**套安全套套裝。
- 4 向服務使用者提供**263**次HIV抗體測試服務。
- 5 跟進所有新確診HIV個案並已轉介至醫療系統。

總結

縱使基金會一直與香港特別行政區及衛生署聯手開展大量工作，阻止HIV傳播，而我們將服務擴展到少數族裔是一項新的發展。我們花了最少五年時間以探索、設計及與少數族建立良好的工作關係及網絡。這些網絡已成形，我們已可以跟他們合作並提供一些深入的教育講座。

得到愛滋病信托基金全力支持，我們非常有信心及樂觀可以繼續推廣預防HIV的訊息及鼓勵少數族裔接受免費VCT測試。

項目四：「對HIV感染者的充權及較安全性行為教育」 項目一針對HIV感染者（PLHIV）的充權及協助他們維持良好性健康，以促進並回復有質素的生活，並達致有效預防HIV的計劃

目的

此項目的是為PLHIV的充權；協助他們掌握技能以面對及解決日常遇上的問題，特別是那些與感染後所面對的問題；維持較安全性行為的習慣；加強他們的生活質素及促成他們參與HIV預防工作達至預防次級感染的發生，以促進關懷、支持及共融的社會環境。

目標

- 1 向PLHIV提供必要和及時的心理及社會支援服務以協助他們繼續接受HIV治療；實現加強其自主能力並達致提高自我效能及自我接受；以及提升自尊及幸福感；
- 2 於PLHIV間推廣性健康及協助他們維持安全性行為習慣並防止次級感染；
- 3 向熟年的PLHIV提供針對性的服務；及
- 4 推動PLHIV成為朋輩輔導員及參與各項預防HIV的義工服務，並與自助組織的活動。

項目設計

本項目包含以下主要元素：

- 輔導服務；
- 朋輩支援小組；
- PLHIV生活質素提升包括社交活動、教育講座及興趣班；
- 為熟年的PLHIV而設的輔導及家訪照顧服務；
- 為長者服務的服務提供者提供訓練；及
- 充權服務。

主要成就

- 1 已完成提供超過1,550輔導服務
- 2 共539名人士參與支援小組及活動以提高其生活質素
- 3 8名義工向45名熟年PLHIV進行43次探訪及照顧活動
- 4 向148個服務提供者提供專業訓練
- 5 所有從事長者服務的同工反映基金會的講座/工作坊對增加HIV知識有幫助

總結

縱使高效能抗病毒療法對改善感染者的健康有幫助，**PLHIV**仍然面對各種問題，例如治療的副作用；自身的感染**HIV**而引申的壓力；標籤化及歧視等。鑑於他們人生中不同階段的挑戰，例如年紀漸長及濫用藥物。**PLHIV**面對的問題是長遠且複雜的。本項目主要向正接受醫療服務的**PLHIV**提供全面的支援及協助以達致良好的治療依從性，以及為社區層面預防**HIV**帶來更好的效果。