

7 Ways to Support Patients Affected by STIs, HIV, Viral Hepatitis, and Substance Use

By implementing these tips, you can create a more engaging and supportive environment for patients affected by STIs, HIV, adult viral hepatitis, and substance use, leading to improved health outcomes and overall well-being.



Build Trust & Rapport

Active listening: Show genuine interest in their experiences and concerns.

Empathy: Understand their challenges and emotions.

Respect: Treat them as individuals, not just patients.

Open Communication

Clear and honest communication: Use plain language and avoid medical jargon.

Encourage questions: Create a safe space for patients to ask questions without judgment.

Regular check-ins: Schedule follow-up appointments to monitor progress and address concerns.



Person-Centered Care

Involve patients in decision-making: Empower them to participate in their care plan.

Tailor care to their needs: Consider their preferences, lifestyle, and cultural background.

Manage Stigma and Discrimination

Educate yourself and others: Be aware of the stigma associated with HIV and challenge negative stereotypes.

Create a supportive environment: Foster a welcoming and non-judgmental atmosphere in your practice.



Address Mental Health

Screen for mental health conditions: Be aware of the high prevalence of depression, anxiety, and other mental health issues among people living with HIV.

Provide appropriate support: Offer referrals to mental health professionals or incorporate mental health interventions into your care.

Cultural Sensitivity

Be aware of cultural differences: Recognize that cultural beliefs and practices can influence health behaviors and attitudes toward healthcare.

Incorporate cultural considerations: Adapt your approach to meet the needs of patients from diverse backgrounds.



Utilize Technology

Offer telehealth options: Provide remote consultations for patients who may face barriers to accessing care.

Use mobile health apps: Explore tools that can help patients manage their care, track symptoms, and connect with others.

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