

# Rural HIV/AIDS Care

December 2006



## Resources for Providers

### THE ISSUE

Delivering HIV/AIDS care in rural areas is challenging in large part because of factors that complicate care delivery. Among them: scarcity of trained and available clinicians; stigma and confidentiality concerns of clients; patient reluctance to access care due to stigma and other concerns such as attitudes about health care; geographic distance and lack of transportation; and lack of health insurance by the low income groups hit hardest by HIV disease.

What can rural providers do? Below are resources to help providers deliver care to clients with HIV disease or connect them to needed services. Examples include where to get training (with an emphasis on distance-based learning); where to find services; HIV care guidelines; and some best practice ideas about how HIV care is delivered. Materials are not always targeted to rural areas — such as treatment guidelines, which apply to patients regardless of location — but are equally essential in less-populated areas of the nation.

*HIV cases in rural areas have comprised a consistent 5-8% of the national total for many years. With 20% of the nation classified as rural, cases in rural areas are not at epidemic levels on that basis. But there are troubling trends. One is the preponderance of rural HIV cases in the South and among minority populations. Most infected individuals are gay/bisexual men, but caseloads among heterosexuals and women are growing.*

### BASIC FACTS ABOUT RURAL HIV

**HIV/AIDS in Rural America.** Discusses the disproportionate impact on minority populations and outlines the epidemiology of AIDS in rural America. July 2004 <http://nrharural.org/advocacy/sub/issuepapers/HIVAids.pdf>

### SELECT NATIONAL HIV/AIDS RESOURCES

- AIDS.gov <http://aids.gov>
- National Rural Health Association <http://www.nrharural.org/>
- 800-CDC-INFO (800-232-4636) 24 Hours/Day
- National HIV Telephone Consultation Service (Warmline, consultation service staffed by clinician experts) 800-933-3413 or <http://ucsf.edu/hivcntr>
- Rural Assistance Center. HHS information portal on rural health and human services, including HIV/AIDS. [http://www.raconline.org/info\\_guides/hivaids/](http://www.raconline.org/info_guides/hivaids/) 800-270-1898 8-5 (CT) Monday-Friday; fax 800-270-1913; [info@raconline.org](mailto:info@raconline.org)



NATIONAL RURAL HEALTH ASSOCIATION

## PROVIDER TRAINING

**Care Training. National and Regional AIDS Education and Training Centers (AETCs).** This network of regional and national centers trains health care providers in HIV care. Several regional AETCs tailor training to rural areas. Curricula, webcasts, publications, conference calls, videos, and other resources are available.

AETC National Resource Center:  
<http://www.aids-ed.org/>

Locate an AETC:  
<http://www.aidsetc.org/aidsetc?page=ab-02-00>

**Sample of AETC Resources for Rural Areas: Interactive CD-ROM for Primary Care Providers.** This self study CD covers disease progression, new patient assessment, risk assessment, counseling and testing, disease complications, prevention education, initiation of antiretroviral therapy, and HIV/HCV co-infection.

<http://www.mpaetc.org/scripts/prodView.asp?idproduct=92>

**Prevention Training. National Network of STD/HIV Prevention Training Centers (PTCs).** PTCs are CDC-funded regional entities that train health professionals in sexual and reproductive health.

<http://depts.washington.edu/nnptc/>

## DELIVERING CARE: GUIDELINES

There are many HIV-related clinical guidelines, so it helps to know where to turn. For use of complex antiretroviral regimens, those developed by the federal HHS panel (available on AIDSInfo.NIH.Gov) are the gold standard in the U.S. This site also contains guidelines on topics like treatment of opportunistic infections and HIV testing including rapid tests. Others develop guidelines covering delivery of HIV primary care and discuss adherence to therapy, treatment of TB, STDs, and Hepatitis C and — in some cases — antiretroviral therapy.

**Treatment and Other Guidelines.** Located here are an array of federally-developed guidelines (treatment, testing, in-depth information on HIV drugs, vaccines). Check back for updates or get on their updates list.

800-448-0440; 12-5 (ET); Monday-Friday;  
ContactUs@aidsinfo.nih.gov. <http://aidsinfo.nih.gov/>

**Clinical Manual for Management of the HIV-Infected Adult.** AETC-developed guide covers full range of topics — from testing to antiretroviral therapy to treating specific conditions related to HIV disease.

<http://www.aids-ed.org/aetc/aetc?page=cm-00-00>

**A Guide to the Clinical Care of Women with HIV/AIDS.** Covers evaluation of patients, prevention, primary care topics (e.g., antiretroviral therapy, opportunistic conditions), adherence, and gynecological issues. 2005.

<http://hab.hrsa.gov/publications/womencare05/>

**A Guide To Primary Care For People With HIV/AIDS.** Covers primary care, patient confidentiality, risk assessment, and more, 2004. Also see the companion pocket guide. 2006.

<http://hab.hrsa.gov/tools/primarycareguide/>

<http://www.hab.hrsa.gov/tools/HIVpocketguide/index.htm>

## DELIVERING CARE: BEST PRACTICES

**Northeast Conference on Rural HIV Service Delivery. Summary Report. October 23-24, 2000.** Contains description of several models of HIV care: (1) urban outreach satellite sites to ease access to HIV care to rural residents; (2) community-based physician networks where statewide network of physicians provide HIV care on fee-for-service basis and regional “health management alliances” receive capitated payments to deliver comprehensive HIV care; and (3) shared care where HIV expert consults with primary care physicians.

<http://ask.hrsa.gov/detail.cfm?PubID=HAB00224>

**Connecting to Care: 25 Activities for Special Populations.** Outlines 12 HIV service approaches for rural residents. Examples: home-based treatment coordinator; recertification of eligibility via postal and phone interactions; and a traveling HIV clinic.

<http://www.connectingtocare.net/part2/>

## CONSULTING WITH EXPERTS

**National HIV/AIDS Clinicians' Consultation Center.** Phone and online advice for clinicians.

<http://www.ucsf.edu/hivcntr/>

- National HIV Telephone Consultation Service (Warmline) 800-933-3413 offers current HIV clinical information, and individualized case consultations on HIV/AIDS care.
- National Perinatal HIV Consultation and Referral Service (Perinatal Hotline) 888/448-8765 provides 24-hour clinical consultation and advice on treating HIV-infected pregnant women and their infants as well as indications and interpretations of rapid and standard HIV testing in pregnancy.
- National Clinicians' Post-Exposure Prophylaxis Hotline (PEpline) 888-448-4911 offers round-the-clock advice to clinicians on managing occupational exposures to HIV, hepatitis and other blood-borne pathogens.

## LOCATING SERVICES FOR CLIENTS

In some cases, clients need to be referred elsewhere — for specialty care, support services, or other help. Here are some key sources to consider, although your own local community may have more detailed information to tap into.

## PRIMARY CARE AND SUPPORT SERVICES

**Ryan White CARE Act (RWCA).** For accessing an array of HIV primary care and support services, designed to fill gaps in care not covered for those with limited means. Title II RWCA are the State programs and run the AIDS Drug Assistance Program (ADAP). They can also help you find local services — medical care, medications, social services like case management and transportation, legal services, and others.

<http://careacttarget.org> (see RW Community)

**Rural HIV/AIDS Provider Directory.** This national state-by-state listing is comprised largely of health departments, human service agencies, and others.

<http://nrharural.org/opportunity/sub/HIV-Dir.html>

**Find a Community Health Center.** This online search engine can help locate CHCs — many of which may provide HIV/AIDS care as well as other primary care for low income populations.

<http://ask.hrsa.gov/pc/>

## HIV TESTING: FREE, CONFIDENTIAL AND ANONYMOUS, RAPID

**HIV Counseling and Testing Resources.** Find a test site here by zip code (including anonymous sites, free tests, and rapid testing) or learn more about testing.

<http://www.hivtest.org/>

## PREVENTION

**CDC National Prevention Information Network.**

This CDC-funded web and phone service provides resources on HIV, STD and TB prevention. Presented are distance-based learning such as satellite broadcasts along with information about testing including rapid testing.

Providers and Resources: 800-458-5231. Monday-Friday 9am-8pm (ET).

<http://www.cdcnpin.org/> [info@cdcnpin.org](mailto:info@cdcnpin.org)

General Public and Providers: 800-CDC-INFO (800-232-4636) 24 Hours/Day. [cdcinfo@cdc.gov](mailto:cdcinfo@cdc.gov)

**The Rural Center for AIDS/STD Prevention.**

R-CAP has about HIV/AIDS in rural areas and suggestions for prevention education, including school curricula. Networking with rural colleagues is also available.

<http://www.indiana.edu/~aids/>

[aids@indiana.edu](mailto:aids@indiana.edu)

**Rural HIV Prevention Needs.** This fact sheet outlines the latest information on rural HIV prevention issues. 2006.

<http://www.caps.ucsf.edu/publications/revrural.html>

## RURAL PEERS DOING HIV/AIDS WORK

### ■ California

Ronald H. Goldschmidt, MD  
Director, National HIV/AIDS Clinicians'  
Consultation Center (NCCC)  
UCSF Box 1365  
San Francisco, CA 94143-1365  
415-206-5792

### ■ Florida

Jeffrey Beal, MD  
Florida/Caribbean  
AETC Clinical Director  
University of South Florida  
13301 Bruce B. Downs Boulevard,  
MHC 1715  
Tampa, FL 33612  
813-974-4430

### ■ Idaho

Judy Thorne, MPA, RTC,  
HIV Education Coordinator  
Idaho State University/Boise,  
Northwest AETC  
12301 West Explorer Drive, Suite 102  
Boise, ID 83713  
208-373-1710

### ■ Kansas

Susan L. Tusher, LMSW, Coordinator  
Kansas AETC, KU School of Medicine  
1010 N. Kansas #2027  
Wichita, KS 67214  
316-293-2682

### ■ Maine

Blaire Siefken  
Maine Migrant Health Program  
9 Green St, P.O. Box 405  
Augusta, Maine 04332  
207-622-9252

### ■ Montana

Mary Jane Nealon  
Missoula City/County Health  
Department  
323 West Alder St.  
Missoula MT 59802  
(406) 829-4165

### ■ North Carolina

Polly E. Ross, MD  
Medical Director, Western North  
Carolina Community Health Services  
10 Ridgelawn Road  
Asheville, NC 28806  
(828) 285-0622

### ■ Texas

Felipe Rocha, Manager  
Manager for Field Operations Branch,  
HIV/STD Health Resources Division  
Texas Department of Health  
1100 West 49th Street  
Austin, TX 78756  
512-490-2505

### ■ West Virginia

Anndrea Rogers, BS MT (ASCP),  
Title III Program Director  
WVU Positive Health Clinic  
P.O. Box 9163 HSN  
Morgantown, WV 26506-9163  
304-293-3307

### Administrative Office

521 East 63rd Street  
Kansas City, Missouri 64110-3329  
816/756-3140



[www.NRHArural.org](http://www.NRHArural.org)

### Government Affairs Office

1600 Prince Street, Suite 100  
Alexandria, Virginia 22314-2836  
703/519-7910