



Instructions to complete the THRIVE Program

Welcome to the THRIVE Program. This program is a CPD Accredited Activity under the RACGP CPD Program (ID: 223405) with 40 CPD program points allocated and is accredited by ASHM (the Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine) for 6 HIV CPD Points.

To complete this program, you are required to perform the steps outlined below.

Step 1: Download the THRIVE Program materials

Check that you have downloaded copies of all the THRIVE materials listed below (A – E).

The components of the THRIVE Program include:

- A.** The THRIVE *Learning Activity* including Professional Reflection (approx. 2 hours).
- B.** The THRIVE *Patient Audit* – evaluation of a minimum of 5 people living with HIV (PLWHIV) using the patient audit framework provided (Patient Review Form) based on the recommendations of the ASHM HIV Monitoring Tool. (minimum 6 hrs for 5 patients)

Note: It is mandatory to complete the THRIVE *Patient Audit* activity in order to receive the allocated CPD points.

- C.** *Program Completion and Evaluation form* (approx. 0.5 hrs)

You will also need to download the *Instructions to complete the THRIVE program* (D) and the *ASHM HIV Monitoring Tool* (E).

Step 2: Getting to know the ASHM HIV Monitoring Tool

Review the *ASHM HIV Monitoring Tool*, familiarising yourself with the flow and content, in particular the process of History, Examination, Assessment and Plan for the review of newly diagnosed PLWHIV (Side 1 of the HIV Monitoring Tool), and the ongoing monitoring recommendations for subsequent follow up (Side 2 of the HIV Monitoring Tool).

Step 3: Learning Activity and Professional Reflection

- 3.1** Download the *THRIVE Learning Activity* interactive PDF (iPDF). Familiarise yourself with the navigation in the iPDF and review the THRIVE program learning objectives.
- 3.2** Part of the *Learning Activity* requires you to undertake a Professional Reflection (page 4 of the iPDF). This is comprised of a series of multiple choice questions to help you reflect on your current approach to the monitoring and identification of clinical issues in PLWHIV in your practice.
- 3.3** Once you have completed the Professional Reflection, work your way through the rest of the *THRIVE Learning Activity*. Consult the cited guidelines and references as required to ensure you understand the principles related to the key monitoring areas of History, HIV investigations, Co-infections and Co-morbidities.

If you need support or feedback during; **Step 3**, the Learning Activity or **Step 4**, the Patient Audit, you can contact your assigned mentor for the *HIV Section 100 Community Prescriber* training program.

Step 4: THRIVE Patient Audit

Once the THRIVE Learning Activity is completed you can proceed with the THRIVE *Patient Audit*.

Audit criterion

PLWHIV receiving treatment are regularly reviewed for medical history, HIV investigations, co-infections and comorbidities, according to the recommendations of the ASHM HIV Monitoring Tool.

Guideline to be used

ASHM HIV Monitoring Tool: Ongoing patient review recommendations.

- 4.1** Identify at least 5 PLWHIV in your practice who would benefit from monitoring and intervention to address any issues identified. These individuals may be identified via a number of sources including:
- Review of your patient records
 - Discussions during clinical meetings
 - New patients presenting to your practice.
- 4.2** Allocate a unique identifier for each person to be reviewed (initials may be used but for privacy reasons patient names must not be entered in full) and record this in the *Patient Review Form*. You will need to ensure that each person identified:
- Attends the next appointment with a recent fasting blood glucose and lipid profile (this will require pathology tests prior to this visit if not available from patient records)
 - Consents to participate in the THRIVE Program and have their de-identified data collected.
- 4.3** At the next clinic visit for each patient identified for inclusion, conduct a prospective review and assessment using the *Patient Review Form* (PRF) provided, including the following patient data:
- Gender and age
 - History including HIV history, medical history, lifestyle history
 - Details of current medications therapy including anti-retroviral therapy (ART) and complementary and alternative medicine
 - Examination including height, weight, waist circumference, BMI and blood pressure
 - HIV investigations
 - Assessment of co-infections
 - Assessment of co-morbidities including review of pathology results for current lipid profile, fasting blood glucose, LFTs, urinalysis, protein/creatinine ratio, eGFR, calcium, phosphate
 - Assessment of any symptoms of cognitive decline or depression
 - Documentation of any clinical issues identified
 - Planned monitoring and management strategy for the issues identified e.g. lifestyle intervention, change ART medication, commence specific treatment for other co-morbidities, referral to specialist for further management.
 - Schedule time for the next review.

The PRF can be completed electronically using Adobe PDF or may be downloaded and completed by hand. It is acceptable to attach the patient history and test results taken directly from their medical record to the PRF, however, the “Plan” section of the PRF must be completed on the form.

After at least 5 patient reviews have been completed you may proceed to the Program Completion and Evaluation report to complete the final step in the program. You may review more than 5 patients if you prefer.



Step 5: Program Completion and Evaluation

5.1 Complete all the required details in the *Program Completion and Evaluation form*.

5.2 Email the completed form to Bastion Med Ed at: contact@bastionmeded.com.au

Please note that even if you do not wish to complete the program evaluation, it is mandatory to enter the Program Completion details and return the form to Bastion Med Ed in order to claim your RACGP/ASHM CPD points for the THRIVE program. The Program Completion Details include:

- Full Name
- RACGP Number
- Date of completion

Once you have finished the *Program Completion and Evaluation report* and emailed the report to Bastion Med Ed you have formally completed the program and will be able to submit the program as an RACGP Accredited CPD Activity (40 points) or an ASHM Accredited CPD Activity.

Process Overview

