



Concept Paper

for

**Transferable concepts for highly
active prevention and list of
common health objectives achieved**

Project Deliverable (D4)

Introduction

The goals, specific objectives and milestones of effective actions for HIV/AIDS and STI prevention, diagnostics and therapy are laid down in international, national and subnational programmes and declarations like the Dublin declaration and AIDS-Action Plans on national level. The specific work in the field on regional or local level takes place as well in the frame of overall Goals (like millennium goals), national and local planning according to the needs, identified in the respective regions and dressed-up to the local response resources. Nonetheless the outcomes achieved are strongly based on the experience, abilities and profiles of the human resources working in the field. Especially when it comes to networking and in particular cross-border networking the engagement and expertise of activists is crucial to the success and sustainability and therefore for the whole concept of highly active prevention. Cooperation on this level should therefore be planned reliable, broken down to a clear concept of agreed goals for defined time period.. In addition, to assure the continuation of this work political and supporting environment is needed, through political decision-makers by undersigned health objectives.

In the frame of the previous phase of BORDERNETwork, already back in 2008 the German Bundesland Mecklenburg-Vorpommern and the Polish Voivodship Zachodniopomorskie undersigned Cross-border- health objectives. The regional committees agreed on the following three common health objectives to be reached in the frame of a 3- year cooperation. These have been politically signed to assure solidification of network commitment (see Annex 1):

- (1) Improvement of access and quality of HIV and STI testing and consultation*
- (2) Sustainable sexual education for a responsible sexual behavior*
- (3) Help and support for people living with HIV/AIDS and their relatives*

A group of experts and other activists from Mecklenburg-Vorpommern and Zachodniopomorskie in the field of HIV/AIDS prevention, diagnostic and therapy defined the following detailed list of cross border health objectives brogen down to activities and cross border commonalities on the background of the experience of cross border cooperation and in preparation of the above mentioned agreement.

List of common health objectives achieved

The Agreement of Health objectives:

Cross border Health Objectives for the years 2009 – 2011 in the Cooperation of Mecklenburg/Vorpommern and Zachodniopomorskie

Health objective	Content	Background	Perspective	Cross-border commonalities
(1) Improvement of access and quality of HIV and STI testing and consultation	<ul style="list-style-type: none"> × Continuation and enlargement of test and counselling centres 	<p>M-V: Offer in public health facilities, clinics and Aids-Help NGOs (only counselling)</p> <p>Woj. Zachodniopomorskie: <ul style="list-style-type: none"> × Marschallamt Urząd Marszałkowski: × Implementation of additional test – and counselling points × Cooperation with local test facilities of the public AIDS centres (Szczecin, Koszalin) </p>	<ul style="list-style-type: none"> × Acquisition of physicians in medical practices, which offer HIV/STI counseling, diagnosis and treatment × Offers for general practitioners, practicing specialists (especially for gynecologists) in the field of HIV antibody tests, taking consultation before and after the test into account 	Information and training of resident physicians, that can get in initial contact with infected persons
	<ul style="list-style-type: none"> × Training of consulting employees 	<p>M-V: <ul style="list-style-type: none"> × Consultant trainings for professionals of non-governmental organization (NGO) by members of the MAT network </p>	<ul style="list-style-type: none"> × Further education of physicians through the General Medical Council M-V × Intensive trainings of professionals of health departments and AIDS-helps, offers of supervision × Implementation of the new maternity guideline regarding HIV testing and counseling through specialist press, i.e. 	

		<p>Woj. Zachodniopomorskie:</p> <ul style="list-style-type: none"> × Trainings for consulting employees, prolongation of certificates × Trainings for general practitioners, gynecologists, dermatologists and other specialists 	<p>Ärzteblatt M-V, well-directed trainings of physicians and midwives (integration in the primary prevention)</p> <ul style="list-style-type: none"> × Advertisement of anonymous and target group-specific offers on testing and consultation × Curricular integration of the themes HIV, STIs and conveying of advisory competences into the medical studies × Certified trainings for consulting employees and prolongation of the certification through courses in the national centre for AIDS × Cyclic trainings for general practitioners, gynecologists, dermatologists and other specialists as well as midwives in the field of HIV/AIDS counseling × Supervision with psychologists for consultants (discussion of difficult cases in the field of HIV/STI counseling) 	<p>Qualified trainings and offers of supervision for healthcare professionals and the bordering sectors</p>
<p>(2) Sustainable sexual education for a responsible sexual behavior</p>	<ul style="list-style-type: none"> × Cross-border Youth Film Days (JFT) on the topics love, sex, contraception and AIDS (screening, local activities, teacher training) 	<p>M-V:</p> <ul style="list-style-type: none"> × Close cooperation between MAT and the BZgA and realization of JFT throughout the federal state M-V × Cross-border conception and realization of the JFT in the German-Polish border region 	<ul style="list-style-type: none"> × Development of a Join-In-Circuit for actions on the ground and taking into account national and cultural peculiarities × Usage of national film production for the country <p>(The contents of the JFT and the circuit shall be designed in a manner, that it allows a usage in new model regions)</p>	<p>Implementation of the</p>

		<p>Woj. Zachodniopomorskie:</p> <ul style="list-style-type: none"> × Close cooperation with the Polish public health care department, with experts from NGOs, that operate in the field of HIV/STI in 2 cities of the Wojewodschaft (Szczecin, Świnoujście) × Cooperation in the Youth Film Days 	<ul style="list-style-type: none"> × Usage of Polish film productions × Information stands with contents HIV/STI-prophylaxis × Competitions on painting, posters, music and theatre Mal-, Poster-, Musik- und Theaterwettbewerbe for the youth as a form of prophylactic measures to promote responsible sexual behavior 	<p>Youth Film Days as a constant and flexible object</p>
	<ul style="list-style-type: none"> × Youth prevention 	<p>M-V:</p> <ul style="list-style-type: none"> × MAT has years of experiences in the field of sexual education of young people as well as it has first experiences in the work with Polish youths <p>Woj. Zachodniopomorskie:</p> <ul style="list-style-type: none"> × Experiences of the partners from M-V, the experience of the trainers from Woj. Zachodniopomorskie 	<ul style="list-style-type: none"> × Getting to know different religious and cultural backgrounds and the resulting sexual norms, including other ethnic minorities, too × Exchange between the experts on the work with young persons, agreements of quality standards × Educational programs, workshops for school children from Szczecin, Świnoujście and other cities of the Woj. Zachodniopomorskie × Implementation of long-term educational and prevention programs for young people × Implementation of target group orientated advertising campaigns in various media 	<p>Continuous exchange of quality standards in the field of school and out of school</p>

	<ul style="list-style-type: none"> × Training of Multipliers on prevention 	<p>M-V:</p> <ul style="list-style-type: none"> × MAT as a competence centre for trainings on sexual education of students, teachers, educators, social education workers and interested persons × Existence of a proven handout from the MAT for teachers on sexual education for the grades 5-13 and of a "youth compendium" on questions about sexuality × Experiences in the joint work of Polish physicians with German pedagogues as teamers in trainings of sexual education <p>Woj. Zachodniopomorskie:</p> <ul style="list-style-type: none"> × Experiences of Polish trainers and pedagogues in the field of prophylaxis × Experiences in the field of joint trainings of teachers × Cooperation with the education authority 	<ul style="list-style-type: none"> × Offers of medical and pedagogical trainings with the possibility to refer to responsible professions (Usage of the network for interprofessional offers) × Expansion of prevention skills of midwives and nursing staff (extension of the network) × Development of a German-Polish recommendation for STI prevention (with the aim to harness it for new model regions such as Ukraine, etc.) <ul style="list-style-type: none"> × Offers of medical and pedagogical trainings for teachers × Preparation of a German-Polish recommendation for teachers (information and further training) × Editorial preparation of a handbook for young people about the best healthy contributions × Implementation of target group orientated advertising campaigns in various media 	<ul style="list-style-type: none"> × Intensified involvement of physicians, nursing staff and midwives into the prevention × Preparation of a pedagogical plan of action
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<p>(3) Help and support for people living with HIV/AIDS and their relatives</p>	<ul style="list-style-type: none"> × Support of activities from NGOs 	<p>M-V:</p> <ul style="list-style-type: none"> × Exchange of experiences between Polish and German representatives from NGOs during working visits <p>Woj. Zachodniopomorskie:</p> <ul style="list-style-type: none"> × Exchange of experiences between Polish and German representatives from NGOs during working visits (Szczecin, Rostock, Berlin) × Experiences with various activities, programs, internships, voluntary social year of the NGOs 	<ul style="list-style-type: none"> × Promotion of the further collaboration with the AIDS-Helps to support the improvement of the monitoring infected persons × Providing training courses for HIV-infected persons (under ARV treatment) to improve the quality of life × Providing training courses for the families and the social environment of people living with HIV/AIDS 	
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Evaluation of the role of cross-border health objectives in general

The cross border health objectives influenced the work in the field of HIV/AIDS and STI's on three levels:

- 1) The discussion and definition of the cross-border health objectives in a group of Experts and stakeholders from both sides of the border improved the already existing cooperation and adapted language, means and concerted goals.
- 2) The duly signed agreement stabilised and improved the involvement of the health political level of both sides of the border
- 3) The defined cross-border health objectives influenced the politics of the regions itself, the local health politicians, have overtaken parts of the health objectives in their regional programmes of health politics.

Evaluation of the implementation of the single health objectives:

(1) Improvement of access and quality of HIV/STI testing and counselling

This health objective is very well implemented in practice cross-border and adapted in both regions and could be seen therefore as one of the two most successful health goals in this regard. Trainings of multipliers, teachers, health professionals and other educational staff are carried out on both sides of the border with support of a cross border team of experts and stakeholders on a regular basis. Topics of these trainings have been so far Quality of HIV-Test-counselling, Rapid HIV tests (when to use them, for whom), HIV-Test counselling in practice: specific counselling situations, pre-test counselling, risk analysis, counselling in the frame of the test result, legal questions. Especially the Polish HIV-Test-training was of great interest.

(2) Sustainable sex education for a responsible sexual behaviour

This health objective is also very well implemented and is therefore the second of the two most successful health objectives.

Various Youth events took place on the basis of German technologies and methods (Youth Film Days and JIC) embedded in parcours of regional stakeholders from both sides of the borders and in close cooperation with schools and facilities for young people on the one hand and with political decision makers on the other hand. Especially the overwhelming prevention activities in field of prevention for young people and the general population have been and are still a successful part of the work (see WP 4 for details)

(3) Counselling, support and care for PLHIV and their closed persons

The implementation of this health objective turned out much more complicated than the first two. Especially the status and involvement of HIV positive people seemed to be different in the two neighbouring countries, also influenced by the different regional structures. While the German side of the border represents a more rural region with only small towns and villages, the Polish side is the regional capital of the harbour city Szczecin, with important influence on the life styles and the status of the HIV positive people.

It was decided to delegate the implementation of this health goal to NGO's and self-help groups, which are already also involved as stakeholders in the frame of the activities under health objectives 1



and 2. The goal hereby is to empower and strengthen the role of these groups. The German Aids-Help organisation DAH organised a meeting in this frame, at which a series of cross border meetings for HIV positive people and exchange of expertise was agreed upon.

Transferable concepts for highly active prevention?

The question of *How* and in *Which way* the implementation of the jointly agreed cross- border health objectives can contribute to establish a system of *highly active prevention* is not easy to answer.

On the one hand especially the process of definition and implementation of the politically supported agreement of the health objectives helped to improve, develop und sustain both, the cross border cooperation and the work in the targeted regions itself. Therefore these activities play an important role for the prevention and the diagnostics of HIV and STI for both regions in Germany and Poland and helped to bring in line and implement concerted strategies and activities cross-border.

On the other hand the problem with the implementation of health objective 3 shows clearly some limitations: Too many expectations have been connected to the definition and implementation of the cross-border health objectives, too many complex tasks undertaken simultaneously too many problems have been planned to be solved at the same time.

The implementation in practice of the agreed 3 health objectives turned out too ambitious target for a life-span of one project.

To summarize it could be stated that the agreement of political committed cross border health goals is a sensible and big step forward in the frame of highly active prevention but should be taken with care and tailored according to the respective regional possibilities. A planned chronological sequence in the implementation of the individual health objectives with distinct intervals for proper reflection, evaluation and feedback to the next health objective seems helpful in order to avoid the overstressing of groups of stakeholders and human resources of the local and regional actors.

Besides a medium-term time-line of 3 to 5 years can be suggested as more feasible for the implementation- and dissemination plans of the cross-border health objectives throughout the BORDERNETwork and other interested European regions.