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Introduction:

Good afternoon everyone,

My name is Jozi, today I am presenting with my group members, Sham, Iram and Sidra.

Our group discussion is based on the case study of a guy named Alex, a 25-year-old truck driver who is married with children.

Human Immunodeficiency Virus, more known as HIV, is a virus that attacks the immune system and makes it harder for the body to fight infections and diseases. If HIV is left untreated, it can develop into acquired immunodeficiency syndrome, also known as AIDS.

HIV is mainly spread through unprotected sex, sharing needles and from mother to baby during pregnancy, birth or breastfeeding. Risk factors include unsafe sexual practices and intravenous drug use.

Some common signs and symptoms of HIV include persistent fever, weight loss, chronic diarrhoea, fatigue, night sweats and swollen glands. These symptoms can be different depending on the person as some people may not experience any symptoms at all for many years. In our case study, Alex is a 25-year-old truck driver

who is married with two young children. He visited his GP after experiencing persistent fever, weight loss and chronic diarrhoea for two months and was later diagnosed with HIV.

HIV is an important public health issue as it affects thousands of people all across the UK and can have a significant impact on a person's day to day physical health, mental wellbeing and quality of life.

As expected, it places pressure on NHS services because people living with HIV require consistent treatment and support. According to recent statistics, around 114,000 adults were living with HIV in England in 2024, and more than 100,000 people were receiving HIV care. This shows that although treatment has improved and people with HIV are living longer, the condition continues to affect loads of people. Therefore, early diagnosis, effective treatment and public health strategies are important in helping to reduce new infections and improve outcomes for people living with HIV.

Thank you for listening, we hope you can learn something new and enjoy the information shared during this presentation.

What are the main approaches and strategies that could be used to measure and outbreak of HIV/AIDS? -

One strategy used to address HIV in England is the HIV Action Plan for England 2025–2030. This strategy was introduced by the Department of Health and Social Care and is supported by NHS England and the UK Health Security Agency (UKHSA). Its main aim is to end new HIV transmissions in England by 2030 by improving prevention strategies, increasing testing and ensuring that people living with HIV have access to effective treatment and support.

The strategy helps prevent and manage HIV by encouraging regular testing and promoting the use of pre-exposure prophylaxis (PrEP), which reduces the risk of becoming infected with HIV.

Early diagnosis allows people to begin treatment sooner, helping them to live healthier lives and reducing the risk of passing the virus on to others, it also aims to reduce stigma and improve access to healthcare services.

In Alex's case, the strategy would ensure he has access to specialist HIV services, medication and regular monitoring following his diagnosis. This support would help him manage his condition and continue his responsibilities as a husband, father and truck driver.

One strength of the HIV Action Plan is its focus on prevention and early diagnosis. Based on figures i mentioned earlie this shows access to testing and treatment has massively helped reduce new HIV infections and improve the quality of life of people living with it daily.

However, there are some weaknesses. Some people are still diagnosed late, which can lead to poorer health outcomes. Stigma surrounding HIV and inequalities in healthcare can also prevent some individuals from accessing support. Although the strategy has been effective in reducing new transmissions, a lot more improvements are needed. I.e. continued funding, education and awareness campaigns are important to ensure everyone has equal access to testing and treatment.

Overall, the HIV Action Plan has made positive progress towards ending new HIV transmissions by 2030, but ongoing support and improvements are needed to continue improving outcomes for people living with HIV.

To conclude, the incidence of HIV can be measured using healthcare records, HIV testing programmes, public health surveillance systems and community-based initiatives. Using a combination of these approaches provides a clearer picture of HIV within the local community and helps health professionals develop effective strategies to reduce transmission and improve health outcomes (UNAIDS, 2025).

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