

# Positive Outlook Workshop: Supporting the Well-Being of Those Working With People Living With HIV

29th Annual Canadian Conference on HIV/AIDS Research

May 1-2, 2020

**Melissa Egan**

Coordinator, Episodic Disabilities Initiatives

[melissae@realizecanada.org](mailto:melissae@realizecanada.org)

*I have no conflicts of interest to declare.*

**realize** FOSTERING  
POSITIVE CHANGE  
FOR PEOPLE LIVING  
WITH HIV AND OTHER  
EPISODIC DISABILITIES

**réalise** UN MOTEUR  
DE CHANGEMENT POUR  
LES PERSONNES VIVANT  
AVEC LE VIH ET D'AUTRES  
INVALIDITÉS ÉPISODIQUES

# Context

With growing case-loads, an increase in opioid-related deaths, and a consistent decrease in funding, frontline workers supporting people living with HIV (PLWHIV) are experiencing burnout. Realize developed the Positive Outlook workshop to explore ways burnout can be addressed, and prevented among those who work to support PLWHIV.

In each location, we partnered with a local organization to ensure representation and diversity, and to create opportunities for cross-sector community building.

Participants were asked to complete both pre-and-post surveys during the day-long session. The majority of participants indicated that they would use the information they learned in their work.

# Methods

In 2019, Positive Outlook was presented in:

- Opaskwayak Cree Nation, MB
- Winnipeg, MB
- Thunder Bay, ON
- Dartmouth, NS
- St. John's, NL
- Meadow Lake First Nation, SK
- Prince Albert, SK
- Saskatoon, SK
- La Ronge, SK

The interactive 6-hour workshop covers:

- Listening, team debriefing, non-violent communication
- Triggers, grounding exercises, empathy
- Stress and burnout, grief and loss
- The work of Vikki Reynolds: The Zone of Fabulousness

# Results

- Positive Outlook has been presented to 395 people in 12 locations, with a focus on rural and remote parts of Canada.
- Evaluations showed that participants demonstrated an increase in knowledge related to effective communication, managing burnout, and stress-management tools.
- Participants were asked to rate their knowledge of challenges to effective communication with the clientele of their organization.
  - 41% of participants indicated in the pre-survey that they had either high or very high current knowledge
  - 76% of participants indicated in the post-survey that they had either high or very high current knowledge

## Next Steps

- For future Positive Outlook workshops, we will consider hosting a national symposium allowing for more time to network, supporting and collaborating as a group, and developing support tools for frontline staff.
- We will also consider frontline worker stress in the context of COVID-19 and ways that our workshop might be modified to support these vital staff in a time of crisis.

## References

Dugani, S. (2018), Prevalence and factors associated with burnout among frontline primary health care providers in low-and middle-income countries: A systematic review. Version 3. Gates Open Res. 2018 Jun 11 [revised 2018 Jun 11];2:4. doi: 10.12688/gatesopenres.12779.3.