

Creative Clinical Practice Reflection Paper

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#### The time I used a creative strategy to care for HIV-positive clients

One of the most creative strategies I employed to care for HIV-patient clients, even though I am a Med-Surg nurse, is to engage them on social media and listen to their concerns. Most HIV-positive individuals need social support from an expert perspective instead of providing them with antiretroviral therapy, which many patients do not adhere because of the side effects and lack of enough social support. According to Taggart et al. (2015), the increasing usage of social media platforms provides an essential platform for HIV communication. Also, as HIV's globalization and presence in increasingly geographically remote and underprivileged places grow, social media presents a potential to expand the reach of HIV preventative and treatment initiatives.

Furthermore, by engaging HIV-positive patients online through Facebook, Twitter, and e-mails, I reached a wider audience, and I was able to encourage them to get treatment and continue with the treatment. Longinetti et al. (2017) coin that individuals using social media are more likely to be recently tested. As such, continued support and engagement with the patients through social media provide needed support, and most likely, they will continue with their antiretroviral therapy. However, existing literature highlight the benefits of utilizing social media to communicate about HIV, including; (1) increased communication ability, (2) increased access to information, (3) feeling a sense of emotional and social support, (4) having an anonymous identity and (5) establishing a virtual community and geographic reach (Taggart et al., 2015). Therefore, the creative initiative of using social media to reach a broader audience is critical in the prevention and treatment of HIV.

## Quantitative research methods to study whether the strategy used had a positive impact

The quantitative research method to study whether using social media to engage with HIV patients had a positive patient outcome is online surveys. Since most of the patients are

in different parts, online surveys will gather data from responses provided by the participants via a questionnaire. Nayak and Narayan (2019) coin that online survey helps prepare questionnaires. The online survey will be created using Google forms to get the patient's responses since it is easy to use and as many questions as possible can be included. Typically, these surveys are closed-ended and do not require participants to elaborate on their responses.

### Independent and dependent variables in the quantitative study

The independent variable in finding out the impact of social media in prevention and antiretroviral therapy among HIV-positive patients is the number of HIV patients who adhered to the treatment since it cannot be manipulated. On the other hand, the dependent variable for the quantitative study will be the patients' antiretroviral therapy adherence scores since this is what the study is measuring.

# Possible confounding variables

The possible confounding factors that can ruin the survey and provide irrelevant data include; treatment-related side effects, being busy at work, relocation, travel, inadequate counseling, and lack of food and money. In essence, these confounding variables can imply a connection when there is none. Also, they can induce bias, and thus it is critical to understand their impact and how to avoid getting them into the study.

#### References

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