

PORTFOLIO



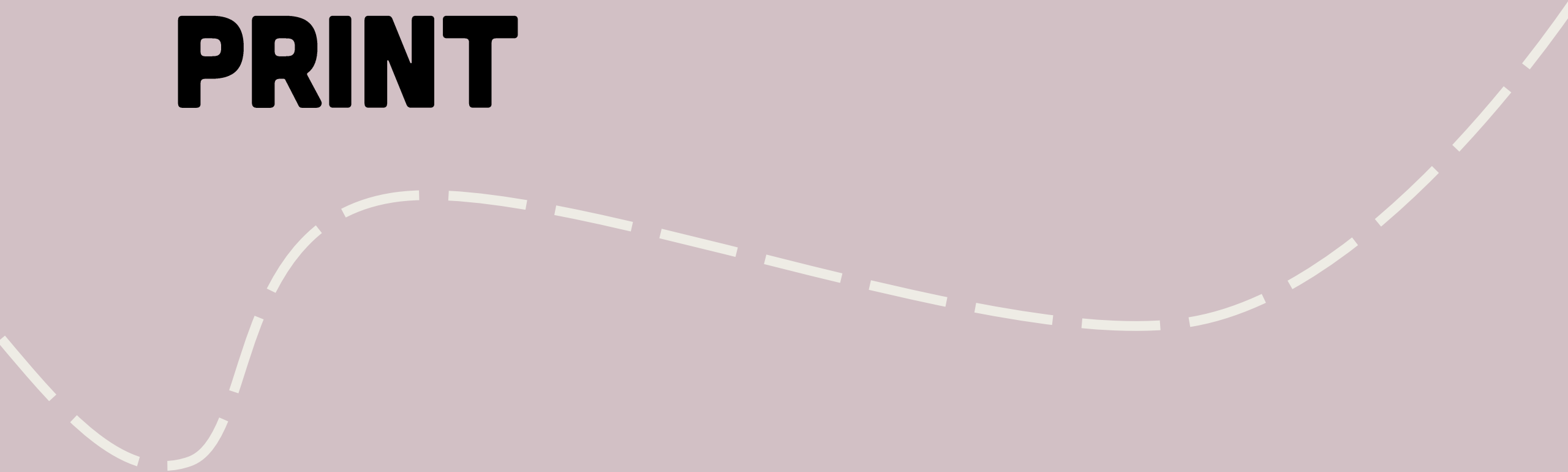
PRINT

**DIGITAL
LONG-FORM**

**DIGITAL
SHORT-FORM**

VIDEO SCRIPTING

PRINT



HIV CURE

Does taking HIV medicine cure HIV?

No. Taking your HIV medicine will not cure HIV. If you take your medicine every day, you might be able to reach an **'undetectable viral load'**. This means there is only a small amount of HIV in your body, and it is being kept under control.

As long as this is the case, **HIV shouldn't make you ill**. It will also be untransmissible to others through sex. But an undetectable viral load does not mean your HIV is cured. Although HIV treatment stops more HIV from being produced, **it doesn't get rid of the HIV completely**. Even when your viral load is undetectable, there is still some HIV inside your body.

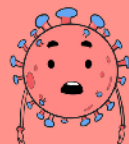
So, **you will need to take treatment for HIV every day**, throughout your life or until a cure is found.

Is there a cure for HIV?

At the moment, **there is no general cure for HIV**. However, there is a lot of research being done to see if one can be found.

You may have heard about the handful of people who have been cured of HIV. These people were once living with HIV, but after a medical procedure they no longer have it.

The procedure they had is called a **stem cell transplant**, a treatment for certain life-threatening cancers.



For almost all of these people, cancer doctors were able to find stem cell donors who had a very special type of cell. These cells were resistant to HIV and they were able to treat the person's cancer. **This is very rare.**

The main aim of the treatment was to stop cancer, which otherwise would have killed these people. But as a secondary effect, there was no longer any HIV in their bodies. However, this procedure wouldn't be suggested **unless you had a specific type of cancer** and other treatments weren't working. It can be very dangerous (some people have died), and it doesn't even cure HIV in everyone who tries it.

www.chiva.org.uk/my-medicine-my-health

Why isn't there a cure for everyone yet?

HIV is a very complicated condition to try and cure. This is because **HIV can 'hide' in certain cells** and it's hard for scientists to find out where all these cells are.

There are millions of possible cells where it could be hiding, and HIV medicine can't reach these cells.

This makes developing an HIV cure very difficult, but **that doesn't mean it won't happen sometime in the future.**



How long will it be before there is a cure for HIV?

We don't know if there will be a cure for HIV, and if it is possible, how long it will take to develop. It will depend on lots of different factors, including the type of cure.

An **'eradication' cure** would be something that gets rid of all the HIV in your body. This is sometimes called a **'sterilisation' cure**. It would be the most difficult type of cure to develop for everyone and if it happens, it will be a long time in the future.

A **'functional' cure** would keep the level of HIV in your body undetectable or very low without needing to take treatment. This might be slightly less difficult to develop. It also might work for more people.



This information was put together by **Chiva**, in collaboration with **aidsmap** and supported by a **ViiV Healthcare** grant. Young people living with HIV were co-creators, and health professionals working in this field were also consulted. The design comes from Chiva associate **Ruth Muko**. Find all the resources at: www.chiva.org.uk/my-medicine-my-health

Chiva is a charity which works in the UK and Ireland to ensure children and young adults growing up with HIV become healthier, happier and more in control of their own futures.

aidsmap is a UK-based charity which changes lives by sharing independent, accurate, and accessible information about HIV and AIDS.

www.chiva.org.uk/my-medicine-my-health

HIV CURE

ROLE: RESEARCHER AND COPYWRITER

PROJECT: AN INFORMATION SHEET FOR YOUNG PEOPLE LIVING WITH HIV THAT EXPLAINS WHY THERE IS NOT AN HIV CURE YET, AND THE TYPE OF RESEARCH THAT IS BEING DONE.

[CLICK HERE TO READ IN FULL](#)



HOW TO STOP HIV BEING PASSED ON DURING PREGNANCY AND BIRTH

In the UK, HIV tests should be offered to everybody who is pregnant. If somebody doesn't want to take an HIV test, they should be given support to understand why it's best for them and their baby. If they don't have an HIV test while pregnant, then their baby should be offered an HIV test when they're born.

If a pregnant person is diagnosed with HIV, they should be seen by the HIV team at the hospital within two weeks, so that they can get care and treatment.

It's important that a birth plan is written, and that the pregnant person is given a copy in case of emergencies.

It's also important to discuss feeding options (breastfeeding and bottle feeding) during pregnancy.

All babies born to people living with HIV will be given medication once they are born.

After the first three or four negative HIV tests it's likely that the baby does not have HIV. However, they will be monitored until they are around 18 to 24 months old. At this time, a negative HIV test means that HIV definitely hasn't been passed on to the baby.

A baby that is confirmed as living with HIV will be seen by the children's (paediatric) HIV service as soon as possible.



HOW CHILDREN WITH HIV SHOULD BE CARED FOR

All children and young people living with HIV should be seen at a Lead Paediatric HIV Centre or Special Interest Paediatric HIV Centre.

Children and young people who have been newly diagnosed (or who have just arrived in the UK and were previously diagnosed with HIV abroad) should be seen at an HIV centre, ideally within two weeks.

You can find out where these centres are on the **Chiva website**



However, babies newly diagnosed should be seen more quickly and treated as urgent, as should children who are having symptoms of ill health which may be due to their HIV.

KEY POINTS FOR YOUNG PEOPLE

If you have been diagnosed with HIV you should be seen quickly by a children's HIV team.

At the HIV clinic you will be given medicine. It's important to take your medicine even if you don't feel unwell.

You should go to the HIV clinic two to three times a year (or more) based on your age and needs.

You should be given help if you or your family have trouble talking to the team at the HIV clinic.

All children and young people living with HIV should take antiretroviral therapy (ART), even if they feel well.

Their medication should be reviewed once a year to check if there are any better options for them. For example, this could be a medication that has fewer side effects.

They should also have HIV clinic appointments at least every three to six months to make sure their medication is working and to talk about any issues with their physical or emotional wellbeing.

If a child, young person, or their family needs extra support to understand and take part in their appointment, they should be given it.

A health action plan or health passport might be helpful.

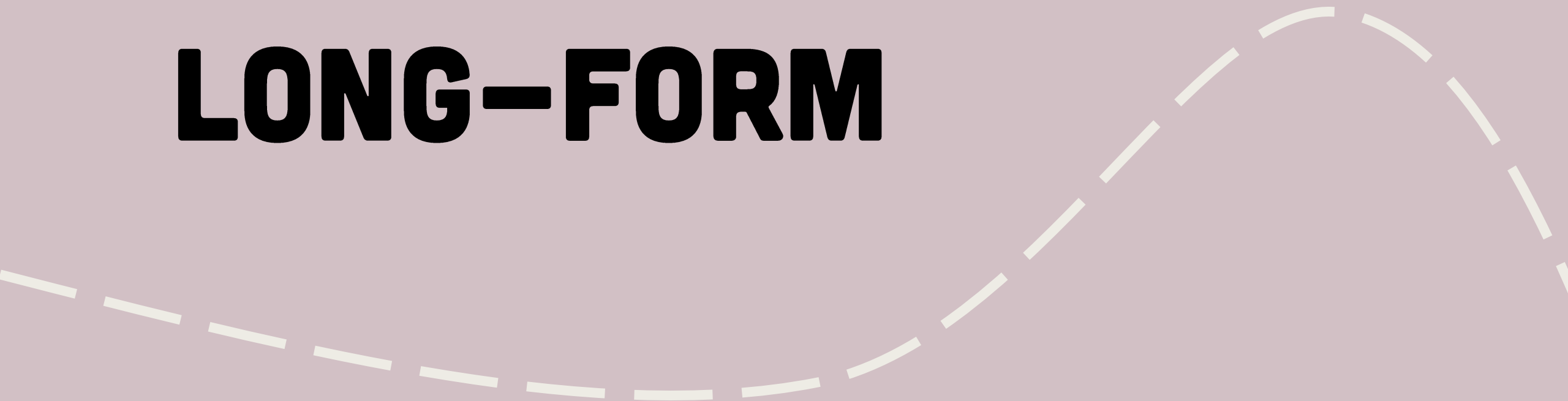


STANDARDS OF CARE: YOUR GUIDE

ROLE: COPYWRITER AND EDITORIAL DESIGNER.

PROJECT: A BOOKLET THAT EXPLAINS TO CHILDREN, YOUNG PEOPLE, AND THEIR FAMILIES, THE LEVEL OF CARE THEY SHOULD EXPECT TO RECEIVE IF THEY ARE LIVING WITH HIV IN THE UK.

DIGITAL LONG-FORM



Depression and HIV

Abbey Stanford | May 2023 | Estimated reading time 10 minutes



DEPRESSION AND HIV

ROLE: RESEARCHER AND WRITER.

**PROJECT: A WEBPAGE DESIGNED
TO HELP PEOPLE UNDERSTAND
DEPRESSION, AND HOW IT MAY (OR
MAY NOT) BE RELATED TO THEIR
HIV.**

[CLICK HERE TO READ IN FULL](#)

Managing multiple health conditions

Abbey Stanford | August 2022 | Estimated reading time 11 minutes



MULTIPLE CONDITIONS

ROLE: RESEARCHER AND WRITER.

PROJECT: A WEBPAGE DESIGNED TO HELP PEOPLE NAVIGATE THE UK HEALTH SYSTEM IF THEY ARE DEALING WITH MULTIPLE HEALTH CONDITIONS, INCLUDING ADVICE ON CO-ORDINATING CARE.

[CLICK HERE TO READ IN FULL](#)

Thrive

LGBT History Month: Supportive resources for transgender people



Abbey Stanford (she/her)

Specialist Health Editor at Bupa UK

02 February 2022

Next review due February 2025

Learning about what it means to be transgender may help you to understand your own experience, or that of a loved one. Finding books, podcasts, TV programmes and films that tell the stories of transgender people can be a great way to do this.

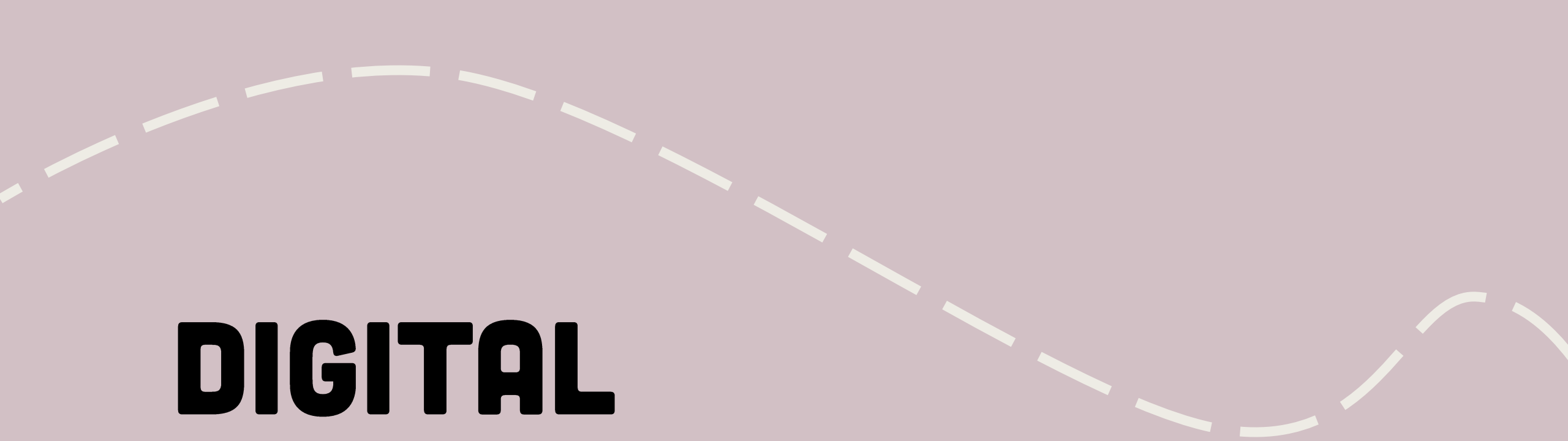
February is LGBT History Month, and for 2022 the theme is art. So here, with the help of the transgender community, we've pulled together a list of our favourite examples of transgender

TRANS RESOURCES

ROLE: RESEARCHER AND WRITER.

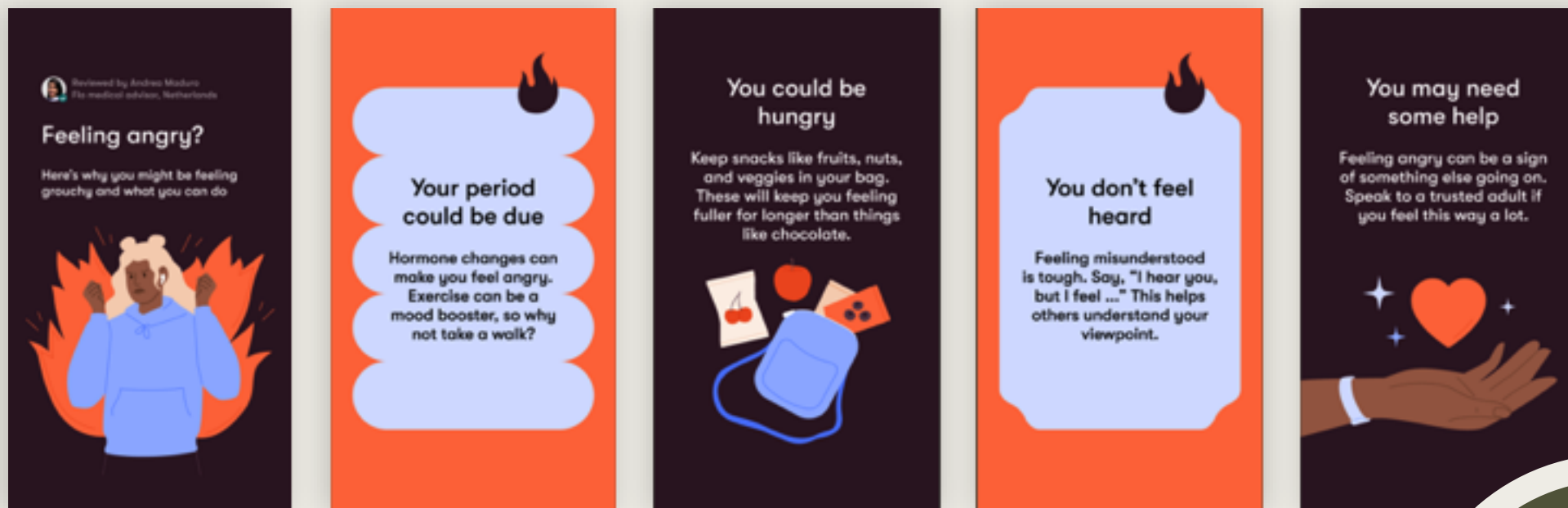
**PROJECT: A WEB ARTICLE
RECOMMENDING FILMS, TV
SHOWS, BOOKS, AND PODCASTS
FOR ANYONE WHO WANTS A
BETTER UNDERSTAND OF WHAT IT
MEANS TO BE TRANSGENDER.**

[CLICK HERE TO READ IN FULL](#)



DIGITAL SHORT-FORM

WHY DO I FEEL SO ANGRY?

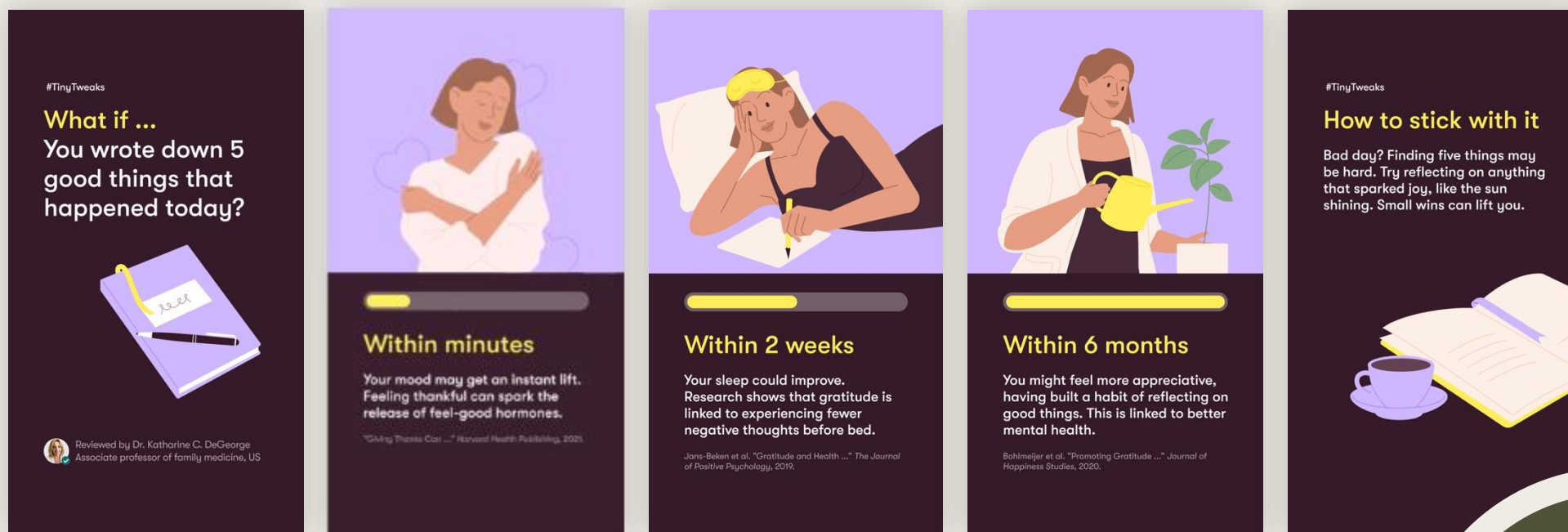


ROLE: RESEARCHER, COPYWRITER, PROJECT MANAGER

PROJECT: A SUITE OF CONTENT THAT INFORMS TEENAGERS HOW THEY CAN MANAGE THEIR SYMPTOMS AND MOODS AS THEY ENTER PUBERTY AND START THEIR PERIODS.

**PART OF A
SUITE OF
CONTENT THAT
CAUSED AN
UPLIFT OF IN-
APP REVENUE
OVER 8%.**

WHAT IF...



ROLE: RESEARCHER, COPYWRITER, PROJECT MANAGER

PROJECT: A SUITE OF CONTENT THAT INFORMS USERS OF QUICK, EVIDENCE-BASED WAYS TO IMPROVE THEIR PHYSICAL AND MENTAL HEALTH.

**6TH OVERALL
FOR TRIAL
SUBSCRIPTION
CONVERSIONS
AMONG TARGET
USERS**



VIDEO SCRIPTWRITING

PEP FOR HIV PREVENTION



**49000
VIEWS**

**ROLE: RESEARCHER,
SCRIPT WRITER,
PRODUCTION
ASSISTANT,
TRANSCRIPTION AND
SUBTITLES EDITOR.**

**PROJECT: A VIDEO
EXPLAINING WHAT
POST-EXPOSURE
PROPHYLAXIS (PEP) IS
FOR THE GENERAL
PUBLIC.**

[CLICK HERE TO VIEW](#)

SPEAKING TO A DOCTOR



What should I do
if I'm embarrassed
to talk to my doctor?

**13000
VIEWS**

**ROLE: SCRIPT WRITER,
PRODUCTION
ASSISTANT,
TRANSCRIPTION AND
SUBTITLES EDITOR.**

**PROJECT: A VIDEO
EXPLAINING WHAT TO
DO IF YOU ARE
EMBARRASSED TO
SPEAK TO A DOCTOR
ABOUT A HEALTHCARE
PROBLEM.**

[CLICK HERE TO VIEW](#)



[ENDS]