

The basics : a series of 10 illustrated fact sheets covering key health messages for people with HIV / NAM.

Contributors

National AIDS Manual (Organisation)

Publication/Creation

[London] : NAM, [2009]

Persistent URL

<https://wellcomecollection.org/works/snayzs9q>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



nam

the basics

a series of 10
illustrated fact sheets
covering key health
messages for people
with HIV.

Ten fact sheets:

- HIV and the immune system
- Seven ways to look after your health
- CD4 and viral load
- An HIV treatment journey
- When should I start treatment?
- How treatment works
- Undetectable viral load
- Taking drugs on time
- Side effects
- Having a baby

Introducing the basics

- There is a need for HIV information materials that explain key health messages in a straightforward, accessible way.
- These leaflets have been designed to communicate visually, using images to draw people in and to illustrate the key points. Creating a new visual language has enabled us to break down complex information and present it simply and memorably.
- The series covers the basic information that people with HIV need to understand about their condition and possible treatment. It is intended to support discussions between healthcare professionals and people living with HIV.
- People with HIV and people working in the HIV sector have shaped the content by giving feedback, sharing their knowledge and taking part in research.
- All ten titles have been awarded the Crystal Mark by the Plain English Campaign.

Using the basics

Each leaflet focuses on a few key facts, and uses simple language and pictures to bring the information to life. The leaflets are designed to be used as part of a discussion between a healthcare professional or advocate and a person with HIV. The leaflets can then act as a reminder of the key points discussed.

Each leaflet can be discussed in more or less detail, depending on need. Professionals will use their experience and judgement to decide which points to elaborate on, and to assess when it is appropriate to provide other written material.

More copies of the leaflets in the basics series are available free from NAM. Please call 020 7840 0050 or email info@nam.org.uk.

We welcome feedback on the leaflets and suggestions for other titles that could be included in the series.

Other resources from NAM

NAM publishes a range of information to support people with HIV and people working in the HIV sector. It ranges from the most simple to the in-depth, and includes:

- Ten things it's good to know about HIV
- The basics
- Factsheets
- Booklets
- A website specifically for people living with HIV (www.namlife.org)
- *HIV Weekly* e-bulletin
- A monthly newsletter, *HIV Treatment Update*
- *HIV Treatments Directory*
- *Aidsmap news* e-bulletin
- A comprehensive website (www.aidsmap.com)

To find out how you and your clients or patients can receive copies, please contact us.