



# Access Information Centre Bulletin

*Resources for the Victorian community on HIV, hepatitis and STIs*

Number 11 June 2003 [www.accessinfo.org.au](http://www.accessinfo.org.au)

Suzanne O'Callaghan, Co-ordinator; Jane Watson-Brown, Librarian

**Access Information Centre  
At The Alfred  
Commercial Rd  
Melbourne 3004  
PH: 9276 6993  
FX: 9533 6324  
email: [access@alfred.org.au](mailto:access@alfred.org.au)  
<http://www.accessinfo.org.au>**

## ***Plain and simple web fact sheets***

Clients' information needs can vary tremendously. Some like to have detailed research-based information; others prefer simple fact sheets that explain the main issues clearly and briefly.

Often it can be relatively easy to find fact sheets on the Internet that give basic information about HIV or hepatitis, or lots of medical information about infections or treatments. But where do you find simple good quality fact sheets on specific issues, like treatments and opportunistic infections?

We have put together a list of some of the more popular plain and simple web sites

### **Access Information Centre Bulletin No 11 June 2003**

#### **Contents**

- 1... Simple web fact sheets
- 2... Web survey
- 3... New on the Net
- 3... AIC Inservice training
- 4... Hot off the press - New brochures
- 5... New books
- 6... Current Awareness List



#### **HIV**

##### **New Mexico AIDS Infonet**

<http://www.aidsinfonet.org>

- has a policy of developing their fact sheets at a Year 8 or 9 reading level
- large range of fact sheets on living with HIV as well as infections and treatments
- very up-to-date

##### **CATIE Network Inuit Fact Sheets**

<http://www.catie.ca/simple.nsf/IE>

- Canadian HIV web site with simple fact sheets developed for Inuit clients
- Fact sheets on treatment and some HIV illnesses, eg KS, thrush

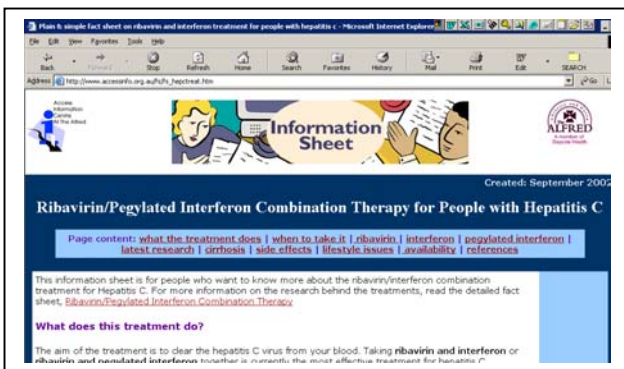
## HIV (cont.)

### HIV treatment - Better Health Channel/Access Info Centre

[http://www.betterhealth.vic.gov.au/bhcv2/bhc/articles.nsf/pages/HIV\\_treatment?open](http://www.betterhealth.vic.gov.au/bhcv2/bhc/articles.nsf/pages/HIV_treatment?open)

- partner fact sheet written by AIC for Better Health Channel
- simple introduction to HIV treatment in Australia

## Hepatitis



### Access Info Centre plain and simple fact sheets: Hepatitis C treatment

[http://www.accessinfo.org.au/fs/fs\\_hepctreat.htm](http://www.accessinfo.org.au/fs/fs_hepctreat.htm)

### Hepatitis B treatment

<http://www.accessinfo.org.au/hepbtrat.htm>

- secondary school reading level
- cover all the issues in plain language

*Suzanne OC*

## Have you visited the Virtual Library lately?



The Access Information Centre / Country AIDS Network Virtual Library catalogue is available on the Internet.

Go to [www.accessinfo.org.au](http://www.accessinfo.org.au) and follow the links to

**library catalog**

to browse the collection of resources on Hepatitis, HIV, Sexually Transmissible Infections and related material available at the Access Information Centre and Country Aids Network.

- ❖ **Search** for books, reports and videos
- ❖ **Register** to borrow
- ❖ **Request** items for loan
- ❖ **Link** directly to reports (pdf files) online

## Web site survey

Access Information Centre is currently inviting feedback on its web site.

There is an online web survey form attached to each page of the web site where you can make your comments and give suggestions for new developments.

***So, if you've ever had thoughts about ways the web site could be improved, or that you would like to see new sections or information on the web site, now is your opportunity to have your say!***

Feedback from the survey will be used to redevelop the web site.

## New on the Net

[www.healthtranslations.vic.gov.au](http://www.healthtranslations.vic.gov.au)

### Health translation directory

– a website produced by the Victorian Department of Human Services offering online access to Australian health information in languages other than English. You can search for your health topic on the site and results displayed are categorised into 'Victorian' and 'Non-Victorian'. You can also refine your search to a preferred language or use other advanced search options. It's great to get non English information consolidated into one place.

[www.depressionnet.com.au](http://www.depressionnet.com.au)

### DepressionNet

is a website offering information, peer support and resources for people who want to know more about depression. Users can engage in chat or message board, post queries or navigate the site for useful information, news and research on depression.

*Jane WB*

## Read all about it

Access Information Centre has a growing collection of plain language books dealing with all aspects of living with HIV or hepatitis. Some books are specifically related to hepatitis or HIV. Others are more general self-help books. These include:

- wellness
- diet (including recipe books)
- exercise
- sexuality and relationships
- meditation and relaxation
- stress management
- life and living
- depression and mental health
- personal stories

Anyone with a long-term interest can borrow from the Centre. You can register to borrow on the web site and use the online catalog to choose what you would like to read. If you don't want to come in to collect it, we will post out the book with a prepaid Postpak to return it.

## AIC Web Site Inservice Training

*Get the most out of Access Information Centre's website*



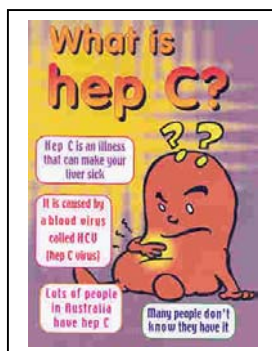
Want to know how to find the latest resources online?

- ✓ get an update on the latest AIC web fact sheets
- ✓ access Access Information Centre's full-text electronic journals
- ✓ search for Access's books, reports and videos online
- ✓ find the full text of reports online easily in the catalogue
- ✓ borrow Access resources via the web site
- ✓ register to borrow online

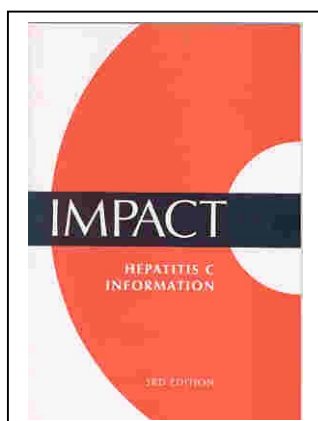
Why not organise an inservice with Suzanne & Jane? Contact Access Information Centre on 9276 6993 or email [accessinfo@alfred.org.au](mailto:accessinfo@alfred.org.au)



## Hot off the press (new brochures)

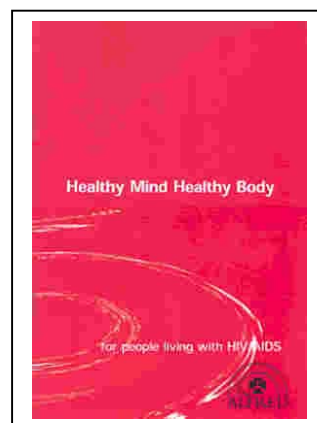


**What is hep C?** (produced by Streetwise Communications, available from Hepatitis C Council of Victoria). Many of you will be familiar with this low-literacy booklet which uses simple text and images to convey information about hepatitis C. It's a useful resource for people with learning or learning difficulties. We now have a Victorian version that includes Victorian contact information.

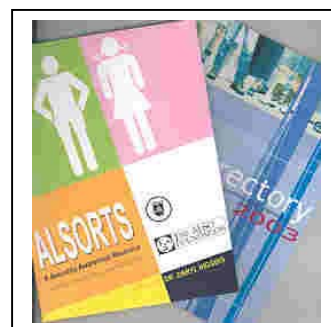


**Impact : Hepatitis C Information [3<sup>rd</sup> edition]** (Produced by Hepatitis C Council of Victoria). The latest update of this booklet gives information useful to people with Hepatitis C, especially those recently diagnosed. It covers what Hepatitis C is, its symptoms and tests, tips on living with Hepatitis C and information on treatments. Other issues covered include diet and exercise, disclosure, discrimination and HIV co-infection.

*All of these resources are available at Access Information Centre*



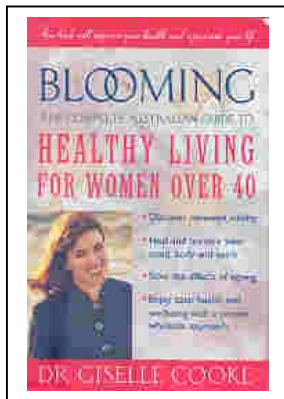
**Healthy mind healthy body: for people living with HIV/AIDS** (Produced by the Victorian HIV/AIDS Service at the Alfred Hospital, available from Access Information Centre). This booklet takes a 'looking after your whole self' approach to depression and maintaining mental health for HIV positive people. It covers depression symptoms and how to deal with depression through diet, exercise, relaxation, thinking in a more positive way, interpersonal communication, spirituality, support and helpful strategies.



**Alsorts : a sexuality awareness resource** (Produced by the ALSO foundation). A sexuality resource aimed at assisting young gay, lesbian, bisexual, transgender and intersex people in Victoria. It discusses aspects of identity, gender and sexuality and looks at health, family, law, disability, religion, politics in relation to sexuality and gender identity. Contacts of support, service, government organisations are given throughout the resource.

**2003 ALSO directory** (Produced by the ALSO foundation). The annual Victorian directory of the ALSO foundation lists community, service and retail organisations for the GLBTI community.

*Jane WB*



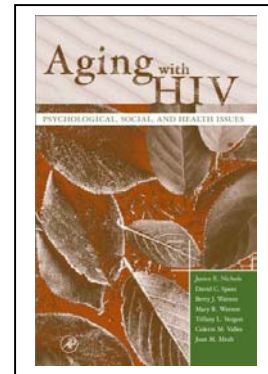
**Blooming : the Complete Australian guide to healthy living for women over 40**  
by Dr Giselle Cooke (Sydney : Lansdowne, 1999)

Giselle Cooke is a wholistic medical practitioner who takes a mind-body-spirit approach to healing and well-being. In this book she advocates ageing gracefully, giving lifestyle tips as well as practical fitness, nutrition and an A-Z health guide to common health conditions affecting Australian women.



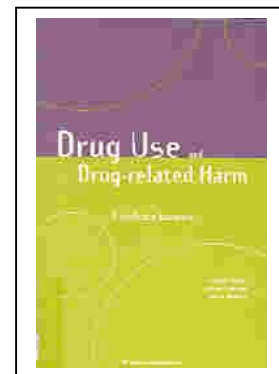
**Finding true love in a man-eat-man world : the intelligent guide to gay dating, sex romance and eternal love** / by Craig Nelson (New York : Dell, 1996)

This is a easy-to-follow dating guide for gay men. Craig Nelson acknowledges the complexities of modern love, while giving tips on dating, sex, finding Mr Right and making relationships 'work'. Nelson's credentials include having researched "all the other books...and obscure scientific publications on this topic...and included all the good ideas" into a single book, as well as being "the kind of guy everyone else comes to with all their love troubles".



**Aging with HIV : psychological, social and health issues** / by Janice E. Nichols et al (Amsterdam : Academic Press, 2002)

This guide seeks to educate and inform readers about HIV in older people. Nichols and her colleagues look not only at the issues of ageing with HIV, but at the increase of newly diagnosed HIV in people over 50. Included is an interesting look at education and prevention programs for older people in Florida, USA.



**Drug use and drug-related harm : a delicate balance** / by David Ryder, Noni Walker & Alison Salmon (Melbourne : IP Communications, 2001)

A text aimed at students and workers in public health, welfare, health promotion, youth work, psychology, justice, human services and the drug and alcohol field. The authors look at the "fundamental concepts" of drug use: why people use drugs and why some drug use is harmful as well as what can be done to minimise harm.

## Current Awareness List

---

A listing of new articles, books and videos at the Access Information Centre on one or two special interest topics.

Internet addresses of the articles are included.

A note on access to online journal articles –

- **some of them you can only access online if you are using a PC in an organisation with an online library subscription, eg The Alfred, MSHC**
- **others require a password. If your organisation is an organisational member of the Access Information Centre, contact us for a password.**

Feel free to suggest new topics!

**Are you reading this on your PC?  
Just click on the links to be taken to the full text of the article**

### Adherence

---

#### **Research literature**

**Adherence to HAART Regimens** by Margaret Chesney

*AIDS Patient Care and STDs* 2003; 17(4), p. 169-177

<http://lucia.ingentaselect.com/vl=1182403/cl=35/nw=1/rpsv/catchword/mal/10872914/v17n4/s4/p169>

**Adherence to HIV Antiretrovirals among Persons with Serious Mental Illness** by GJ Wagner et al

*AIDS Patient Care and STDs* 2003; 17(4), p. 179-186

<http://lucia.ingentaselect.com/vl=1182403/cl=35/nw=1/rpsv/catchword/mal/10872914/v17n4/s5/p179>

**Barriers and successful strategies to antiretroviral adherence among HIV-infected monolingual Spanish-speaking patients** by DA Murphy et al

*AIDS Care* 2003; 15(2): p. 217-30

**Qualitative and quantitative assessments of HAART adherence of substance-abusing women** by

GM Powell-Cope et al

*AIDS Care* 2003; 15(2): p. 239-49

**An examination of HIV/AIDS patients who have excellent adherence to HAART** by SE Malcolm et al

*AIDS Care* 2003; 15(2): p. 251-61

**Adherence practices among people living with HIV** by BD Adam et al

*AIDS Care* 2003; 15(2): p. 263-74

**Adherence to medication treatment: a qualitative study of facilitators and barriers among a diverse sample of HIV+ men and women in four US cities** by RH Remien et al

*AIDS and Behavior* 2003; 7(1): p. 61-72

<http://lucia.ingentaselect.com/vl=1182403/cl=35/nw=1/rpsv/ij/klu/10907165/v7n1/s7/p61>

### Hepatitis A

---

#### **Research literature**

**Who should receive hepatitis A vaccine?** By VA Arankalle & MS Chadha

*Journal of Viral Hepatitis* 2003; 10(3): p. 157-8

<http://rudolfo.ingentaselect.com/vl=24760828/cl=16/nw=1/rpsv/ij/bsc/13520504/v10n3/s1/p157>

**Research literature**

**Influence of age and date of infection on distribution of hepatitis C virus genotypes and fibrosis stage** by MA Serra, *Journal of Viral Hepatitis*, 2003; 10(3): p.183-88  
<http://rudolfo.ingentaselect.com/vl=24760828/cl=16/nw=1/rpsv/ij/bsc/13520504/v10n3/s5/p183>

**Predicting progression to cirrhosis in chronic hepatitis C virus infection** by AJ Freeman, MG Law, JM Kaldor, GJ Dore, *Journal of Viral Hepatitis*, 2003; 10(4): p. 285-93  
<http://rudolfo.ingentaselect.com/vl=24760828/cl=16/nw=1/rpsv/ij/bsc/13520504/v10n4/s8/p285>

Sex and relationships

---

**Plain language**

**Cyberdating: How Can I Find Mr. Right With So Many Mr. Wrongs Out There on the Internet?** by Dr J Buzz von Ornsteiner. *Body Positive*, April 2003, Internet only Supplement 1  
<http://www.thebody.com/bp/apr03/cyberdating.html?m2>

**Positively intimate: women, HIV and sex** [brochure] by ACON, 2003  
<http://www.acon.org.au/education/womens/positively%20intimate.pdf>

**Sex, intimacy and hepatitis C** by Alex Nikolovski and Heather Morgan  
*Good Liver*, Winter 2003, p.18

**Sexual transmission of hepatitis C – is it a concern?** by Greg Dore  
*Hep C Review*, Jun 2003, p.12

**Research literature**

**Gender differences in the sexual risk practices of HIV+ heterosexual men and women** by SJ Semple et al. *AIDS and Behavior*, Mar 2002, 6(1): p. 45-54  
<http://lucia.ingentaselect.com/vl=1182403/cl=35/nw=1/rpsv/ij/klu/10907165/v6n1/s4/p45>

**Power, communication and condom use: patterns of HIV-relevant sexual risk management in heterosexual relationships** by E Bruhin  
*AIDS Care*, 2003; 15(3): p. 389-401  
<http://lucia.ingentaselect.com/vl=1182403/cl=35/nw=1/rpsv/cw/carfax/09540121/v15n3/s1/p1>

**Technological Tearoom Trade: Characteristics Of Swedish Men Visiting Gay Internet Chat Rooms** by Ronny Tikkanen; Michael W. Ross. *AIDS Education and Prevention*, 2003; 15(2), p. 122-132  
<http://ernesto.ingentaselect.com/vl=1096980/cl=24/nw=1/rpsv/cw/guilford/08999546/v15n2/s2/p122>

**To order (Members only):**

Fill out and return the **Article Request Form** at the end of the Bulletin (or use the **Article Request form** on our **web site**) and we will send you the article, no cost involved.

Non-members are welcome to order the articles on inter-library loan or visit the Centre and photocopy the articles themselves.