African American Women Living With HIV: A Case Study Analysis of Long-Term "Thrivers"

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Incidence and Prevalence
- African American women have the highest prevalence of HIV among US women.
- Incidence is nearly 20x higher than in Caucasian women and five times higher than in Hispanic women

Aims
- Qualitative study to explore self-management strategies of African American women who have been living with HIV for 10+ years

Research Questions
- RQ1: What strategies do HIV+AA women use to manage HIV and what self-management information do they desire?
- RQ2: What HIV self-management advice would they give to another woman living with HIV?

Methods
- Face-to-face interviews
- Content analysis of transcripts

Participants
- Frances: 60 y/o, divorced, college ed, accountant, living with HIV 13 yrs
- Peaches: 58 y/o, married, 6th grade ed, HIV worker 25 yrs, living with HIV 28 yrs
- Rebecca: 47 y/o, divorced, high school ed, HIV Case Manager, living with HIV 14 yrs

Theme 1: Rituals, Routines & Regimens
- Post-diagnoses acceptance, relied upon rituals
- Medication timing, self-management cues

Theme 2: Spirituality
- Activating their spirituality helped achieve a level of coping, hope, and self-management
- Credited God and self-love as essential to self-management

Theme 3: Watching the Numbers
- Focus on “their numbers” CD4 counts & viral loads

Theme 4: More Knowledge
- Desire more HIV-related educational opportunities

Theme 5: She’s Important
- Advice to other AA women living with HIV

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