Care for HIV-related metabolic comorbidities: Our patients tell us what they want.

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Methods

• Patients referred to the metabolic outpatient clinic over a two-month period in 2018 were invited to take part in a focus group facilitated by a research dietitian and a consultant physician.
• A topic guide designed by the project team and patient representatives was used, although participants were encouraged to speak freely.
• The discussion was digitally recorded and transcribed.
• Thematic analysis followed the Framework approach, was checked by participants to ensure rigour, and organised to inform future recommendations.

Results

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5 White men, 3 Black African women
Mean 55.1 ±11.7 years of age
Living with HIV for between 10 and 32 years
All participants were treated with antiretroviral therapy
Duration of the focus group: 95 minutes

The Focus Group n=8

Conclusions

• Patients value the current multidisciplinary care pathway
• They want metabolic comorbidities to be prevented as well as treated
• Patients want a flexible, holistic approach to their care including peer-led interventions
• We recommend using co-design methodology in partnership with patients when reviewing or setting up care pathways

Reference

1. Duncan AD, Goff LM and Peters BS (2018). Type 2 diabetes prevalence and its risk factors in HIV: a cross-sectional study. PLOS One 13(3) e0194199