

26th Annual Conference of the British HIV Association 2020



BHIVA/Gilead International Exchange Fellowship: Supporting Healthy Ageing in HIV

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Declaration of Interests relating to this presentation

Nothing to declare

Background and Aims of the Fellowship

Background:

- As PLWH age they face an increased risk for a range of non-communicable diseases (NCDs) including diabetes, osteoporosis, CVD and kidney disease
- Treatment of NCDs in HIV is challenging, therefore prevention is key
- We believe an integrated change in lifestyle behaviours has the potential to reduce risk across the range of NCDs

Aim:

- Map current care pathways and clinical practice for older HIV patients both in the UK and in South Africa

Longer term aims:

- Inform development of a protocol for an RCT to investigate prevention of NCDs in PLWH through integrated lifestyle change

UK Report: Methods

- Using clinical networks and snowballing techniques in 2019 we contacted all HIV clinics in the UK providing specialist services for patients aged 50 years and older
- We conducted face to face or telephone interviews with clinicians and patient representatives at identified clinics
- Process mapping was used to define care pathways, checking with clinicians to ensure accuracy

UK Report: Findings

- Six specialist services for older PLWH had been set up at 4 different UK clinics
 - Screen for conditions associated with ageing
 - Devise care plans
 - Treat conditions either in-house or via onward referral to specialists depending on local resources and expertise
- The overarching aims of clinical management differ between services according to perceived local needs
- The six services focus on one of: menopause; multimorbidity; polypharmacy; frailty; and rehabilitation
- All six services are led by HIV specialist physicians, plus four include dietitians and pharmacists, three physiotherapists and two OTs
- No systematic measurement of clinical outcomes across the six services

UK Report: Conclusions and Next Steps

- Across the UK a range of approaches to management of comorbidities associated with ageing have been developed
- Services respond to local demographics but are also variable dependent on local expertise and resources
- We recommend that specialist services measure systematically a range of outcomes in order to assess quality of care as well as impact on health economics
- Future research should explore patient and clinician experience as well as clinical outcomes
- Guidelines for care for older PLWH should be developed
- Findings from S. Africa and from the UK can inform developments in both countries



My exchange partner Dr Janetta Harbron will present findings from the exploration of services for older PLWH in South Africa

Thank you!