O20 Rebuilding the missing link to the Fourth 90: Addressing the mental health needs of an urban population of people living with HIV in a Greater London clinic

Bonaventure Carl De Souza
Croydon University Hospital, UK
Rebuilding the missing link to the Fourth 90: Addressing the mental health needs of an urban population of people living with HIV in a Greater London clinic

Bonaventure Carl De Souza¹, Michael Newson² & Ian Cormack¹

Croydon University Hospital, London, UK¹
South London and Maudsley NHS Foundation Trust²
SETTING THE SCENE

OBJECTIVES

• Croydon’s HIV patients' Mental Health needs – Our Journey

• All Party Parliamentary Group (APPG): The Missing Link: HIV and Mental Health report

• Integrating Croydon’s HIV Clinic Services with South London and Maudsley (SLaM)/CASCAID Mental health services → interventions

• Our results/experience

• Addressing gaps and our future plans
Relationship between Mental Health (MH) and HIV

- PLWH **TWICE** as likely to experience mental health issues → impacts QOL (4th 90)

- Bi-directional link: HIV ← Mental health

- Double/Multiple STIGMA in HIV/MH/BAME/LQBTQ+
- MH affects VL<50 → impacts **2030** target
- Fear/anxiety of HIV Dx → increase in late HIV Dx
- Deprivation/benefit system → stress → suicide
- ↑ problems with CHEMs (CHEMs ← HIV diagnosis)
- ↑ problems △ neurocognitive impairment
Provision/Commissioning

• Fragmented/disjointed commissioning $\rightarrow$ need to simplify

• Decommissioning $\rightarrow$ 40% HIV clinics without specialist Mental health provision

• IAPT $\rightarrow$ inadequate curriculum

• Gaps in provision: Chems, Neurocognitive, Addictions and Welfare
Croydon HIV Mental Health......Our Journey

• Stigma → over-represented

• Fast Track Cities 2019: LTFUP → 10% defaulting care → 48% Mental Health problems

• BHIVA 2019: In-pt changing patterns → 40% defaulted care (47% Mental Health problems in LTFUP Vs 28% in non-LTFUP)

• AIDS 2020: Meeting the 40th 90 → 32% mod/severe anxiety; 33% mod/severe depression

• Jan 2020 Urgent business case for specialist mental health service provision added to ED Opt Out HIV Testing

• June 2021 SLaM service provision approved!
Embedded specialist mental health service SLaM/CASCAID from June 2021 (Joint MDT)

- Small specialist team: “Gateway” to SLaM
  - 1 neuropsychiatrist, 3 CPNs, 3 therapists, 1 admin
- Offer:
  - Assessment/triage to mainstream services/3rd sector
  - **HIV related psychological therapy:**
    - Multiple modalities: 6 – 20 sessions
  - Facilitate access to addictions services:
    - AXIS and ANTIDOTE (for Chems)
  - Neuropsychiatry and neuropsychometry
    - HIV-related brain injury (OI’s and encephalitis)
Results/Experience

- Over six months: **343 complex MDT HIV cases**
- 150/343: **44%** (involving 60 pts) required psychiatry (60% Male, 40% Female, 40% Black ethnicity, 36% Caucasian, 54% heterosexual, 30% MSM).
- Only **49%** patients had a viral load <50 copies/ml
Gaps/Summary of future plans

• Align to BHIVA Standards for Psychological Support

• Increase Neurocognitive Impairment screening with neuropsychiatric support

• Measure outcomes/4\textsuperscript{th} 90 \rightarrow e.g. mental health questionnaires

• Tackle Stigma: promote community \textbf{U=U} with partnership working/peer support
Conclusion

• Patients with poor mental health have low rates of undetectability and high morbidity. They represented **44%** of our **Complex HIV workload**.

• This QIP has provided high quality mental health support with rapid interventions and treatments to help improve outcomes.

• Specialist mental health support is **Essential** to ensure a **Good Quality of Life** for PLWH and achieving the **4th 90**.

• Integrate **Addiction**, **Benefits/welfare/immigration** and **Chemsex** as in-house support with SLaM to improve access and co-ordination.
Acknowledgements

• Dr Ian Cormack, Consultant Clinical Lead for HIV Medicine, Croydon University Hospital

• Dr Michael Newson, Consultant in HIV Liaison and Neuropsychiatry, South London and the Maudsley NHS Foundation Trust

• Clinical & Admin Teams: Heath Clinic (Croydon University Hospital) and SLaM (Cascaid – South London and Maudsley)

References:
NHIVA (2015). A National Nurse-led Audit of the Standards for Psychological Support for Adults Living with HIV. Mediscript Ltd. UK.
BHIVA
British HIV Association

2022 Spring Conference
Wed 20th - Fri 22nd April
Manchester Central, Manchester