

HIV and Aging

Jordi Puig Pla

RN. Lluita Conta la Sida Foundation.

Germans Trias University Hospital



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18-19 November 2016 • Barcelona, Spain



**COMPREHENSIVE ASSESSMENT OF HIV-
INFECTED POPULATION AGED 60 YEARS OR
OLDER**



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Background

The incidence of comorbidities seems to be higher among HIV-infected subjects than in the general population. However, scarce data are reported about psychological, socioenvironmental and functional limitations.



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Background

The objective of this study is to determine the prevalence of comorbidities and age-related conditions among HIV-infected people aged 60 years or older, carrying on a comprehensive geriatric assessment.



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Methods

The following areas were assessed:

- Medical (polypharmacy, interactions)
- functional ability and physical health (Barthel, Pittsburg, tinetti, SPPB,)
- social (Gijón,OARS test)
- Psychological (adherence, depression, quality, cognitive, Pfeiffer)
- Physiological habits, sensory deficits, fatigue, dizziness and falls
- Vaccines
- bone and total DXA scans, EKG and chest and lumbar spine X ray.

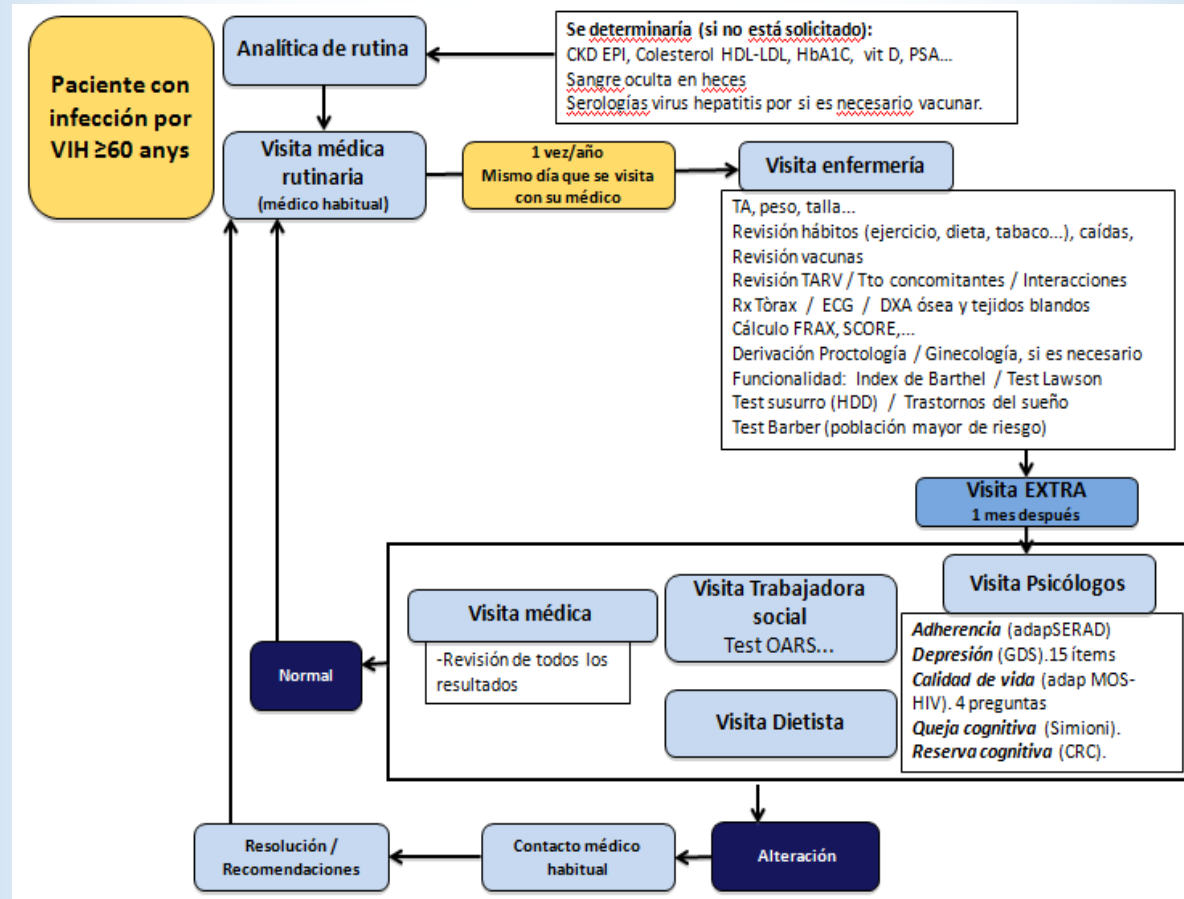


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Methods



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Results

	41 sujetos VIH >60 años
Edad, años(media [DS])	72 (\pm 4)
\geq 70 años(%)	86,6
Sexo (varón) (%)	95,9
Estado civil (casado) (%)	52,7
Tiempo de infección (media[IQR])	15 (\pm 5)
Comorbilidades, excepto VIH (media[DS])	2,9 (\pm 1)
\geq 3 Comorbilidades (%)	68,3
Escala de fragilidad (%)	10.8
Test de Lawton alterado (Instrumental Activities of Daily Living) (%)	2.9
Test de Barber alterado (paciente de riesgo)	16.9
Alteración auditiva(%)	10.1
Alteración visual (%)	22
Incontinencia urinaria (Lagro-Janssen) (%)	4.1
Alteraciones del sueño (Pittsburg) (%)	56
Riesgo de caídas (tests SSPB, Gait speed, Get up and go) (%)	3.2
Entorno social no satisfactorio (OARS) (%)	45.2



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Conclusions

This comprehensive and multidisciplinary assessment of our elderly patients shows a high prevalence of comorbidities, as well as subjects considered frail and at risk of comorbidities/mortality. Psychologically outcomes are more optimistic, although a close monitoring is recommended. A specific multidisciplinary management of aging HIV-infected people could reduce morbidities and mortality, as well as improve functional parameters and daily living



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+APPROP

Pilot study to assess the impact of a mobile health application (App) on clinical outcomes and satisfaction of older HIV-Infected patients, as an emerging tool for care, education and prevention



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OBJECTIVES

To develop a specific mobile application (App), as a new monitoring strategy, for the clinical management of older HIV-infected patients (aged 60 years or older).



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OBJECTIVES

1. To assess the impact of the App on the prevention of comorbidities and clinical evolution, by comparing 2 groups
2. To compare patient's quality of life and satisfaction between the 2 groups.
3. To estimate the economical cost of using an App to support standard care



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FLOWCHART

Parameter	Baseline visit	24 week follow-up	48 week follow-up
Informed consent (IC)	X		
Randomization	X ^A		
Training App	X ^A		
Physical examination	X		X
DXA scan	X ^B		X
Laboratory test	X		X
Viral Load	X		X
CD4/CD8 t-cell count	X		X
HCV serology	X ^C		X
HBV serology	X ^C		X
Syphilis (VDRL test)	X		X
Quality of life test (MOS-HIV test)	X		X
Satisfaction test (Likert scale)	X		X
Frailty test	X		X
Depression test (Yesavage test)	X		X
Interim questionnaire		X ^D	
Adverse Events	X		X
Comorbidities	X		X
Concomitant medication	X		X
Adherence to ART (SMAQ questionnaire)	X		X

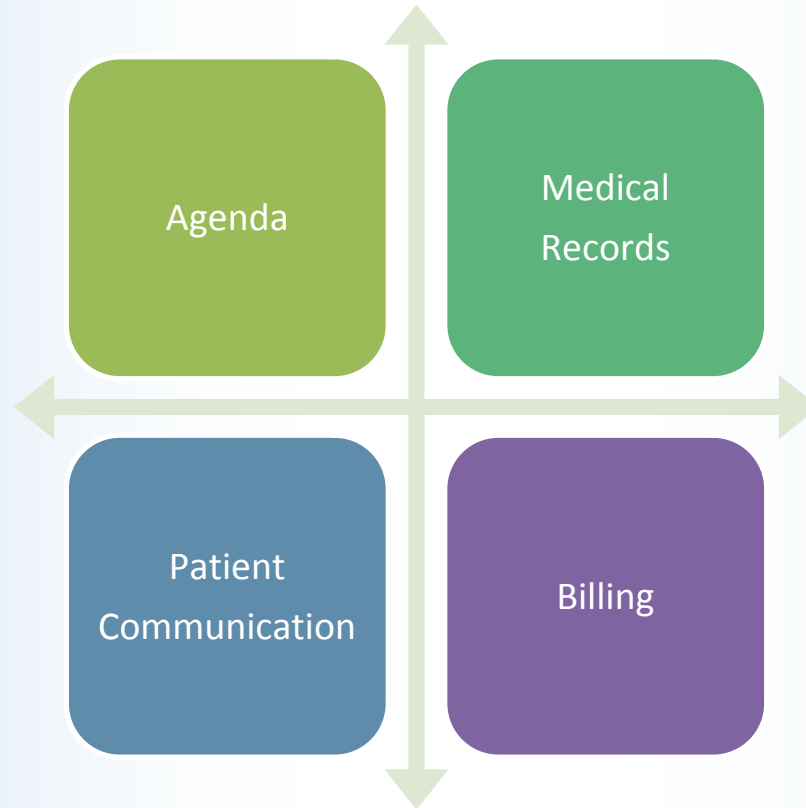


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Modularity

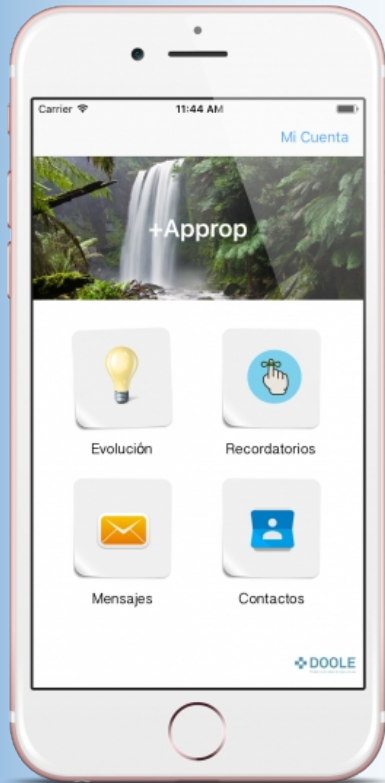


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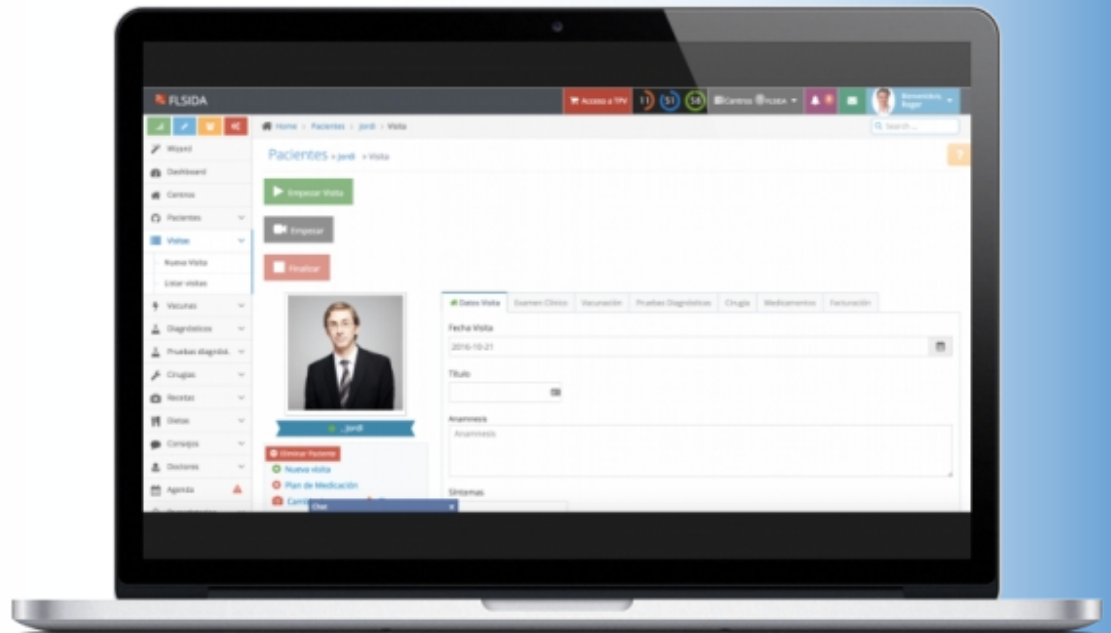
Features

Patients



iOS and Android

Health Center



Backoffice from web browser



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Patients

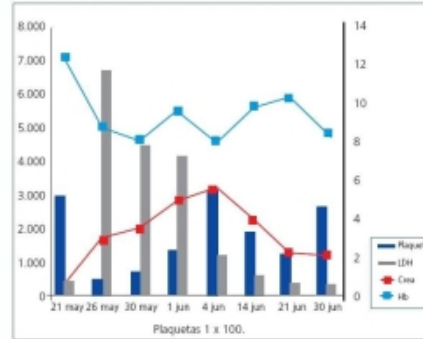
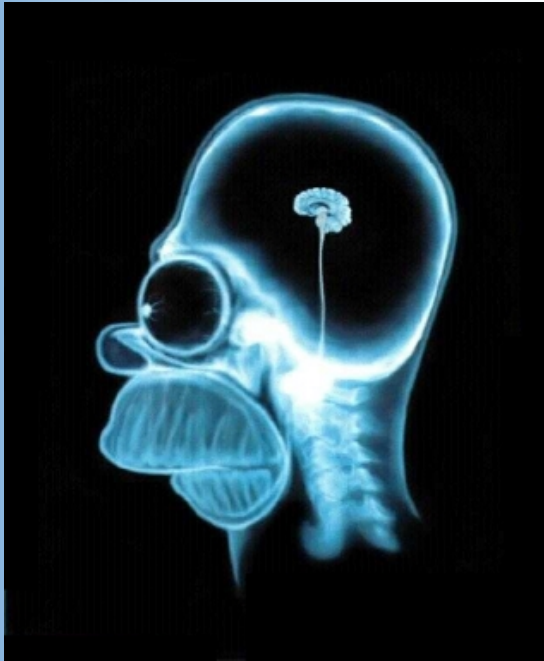
Medical records: documents, images, graphs



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Health Center. Medical Records



charts



videos

INFORME DEL MÉDICO		
1) Nombre del Paciente	2) Fecha del primer examen	3) Fecha en que se elaboraron los primeros exámenes a entrevista
4) Síntomas iniciales de la lesión e infección, su desarrollo y diagnóstico		
5) Evolución de las complicaciones de los tejidos		
6) Si se trata de un paciente, ¿por qué origen congénito? SI <input type="checkbox"/> NO <input type="checkbox"/>		
7) ¿En algún momento del curso de la enfermedad ha habido alguna alteración en la respuesta inmune? SI <input type="checkbox"/> NO <input type="checkbox"/>		
8) En caso afirmativo, describirlo:		
9) ¿Se han observado los hechos en que atendió al paciente?	10) Síntomas	11) Tratamiento
12) ¿Se ha completado, oírse oír fechas?	13) ¿Se ha practicado alguna intervención quirúrgica? SI <input type="checkbox"/> NO <input type="checkbox"/>	14) ¿Se ha de indicar claramente la naturaleza de la intervención quirúrgica practicada?
15) ¿Existen datos de que el paciente o sus familiares han recibido alguna información sobre el VIH?	16) ¿Señale los casos y, por cada uno, ¿por cuánto tiempo?	
17) ¿Por la lesión e infección de naturaleza tan grave que la infección e infección completamente desaparecer todos y cada uno de los obligaciones propias de su ocupación? SI <input type="checkbox"/> NO <input type="checkbox"/>	18) En caso afirmativo, ¿desde que día existe estado que el enfermo haya quedado incapacitado totalmente para desempeñar todos y cada uno de los obligaciones propias de su ocupación?	
Desde el.../.../... hasta el.../.../...		
19) ¿Desde el período de incapacidad total a que se refiere el punto 18, ¿cómo evoluciona que el paciente será incapaz de desempeñar los trabajos de su ocupación, oírse indicar fechas aproximadas?	Desde el.../.../... hasta el.../.../...	
20) ¿Señale medidas terapéuticas que se aplicaron al paciente con respecto a este padecimiento		
Medicamentos: <input type="text"/>		
Observaciones: <input type="text"/>		
Firma: <input type="text"/> Domicilio: <input type="text"/> Tel. S.S.A.: <input type="text"/> Cód. Prof. Médico: <input type="text"/>		
Elaborado en: <input type="text"/> el.../.../... del 200...		

Reports

Tests

- Radiographies
- Ecographies
- CT
- Customizable data



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Patients

Appointments: requests, changes, cancellations



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Patients

Online visits. Secure video calls

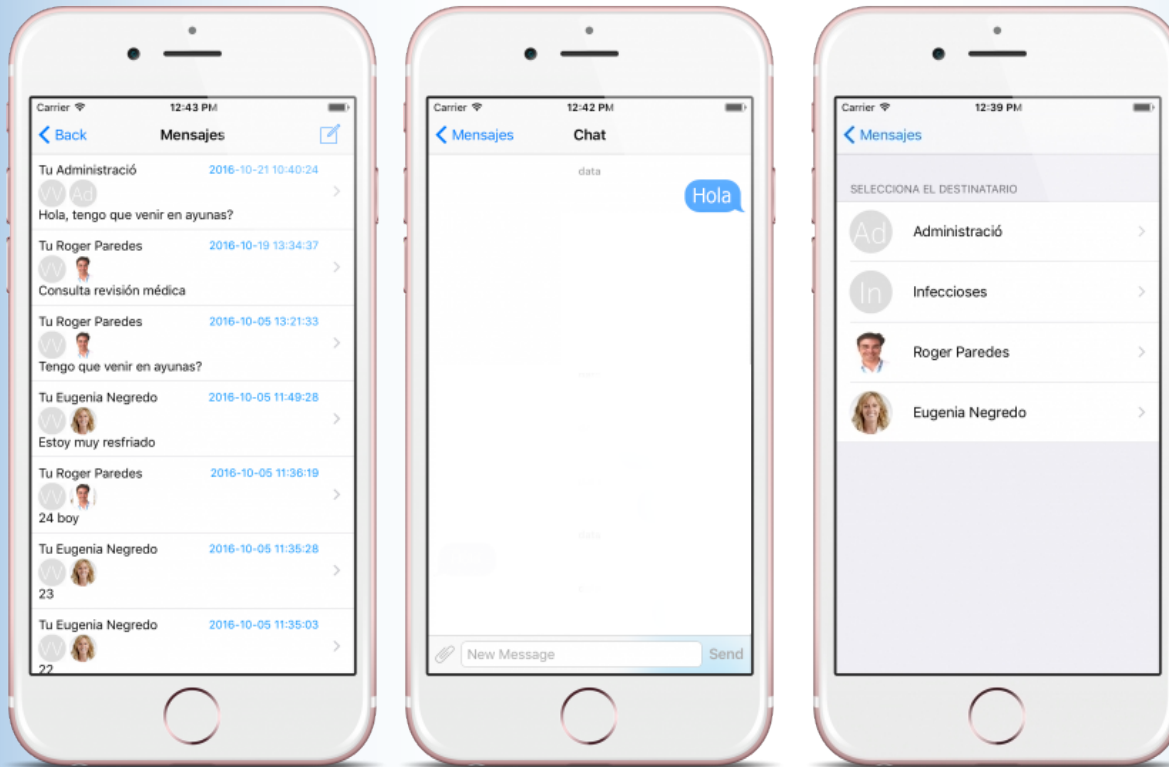


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Patients

Communication with the Health Center

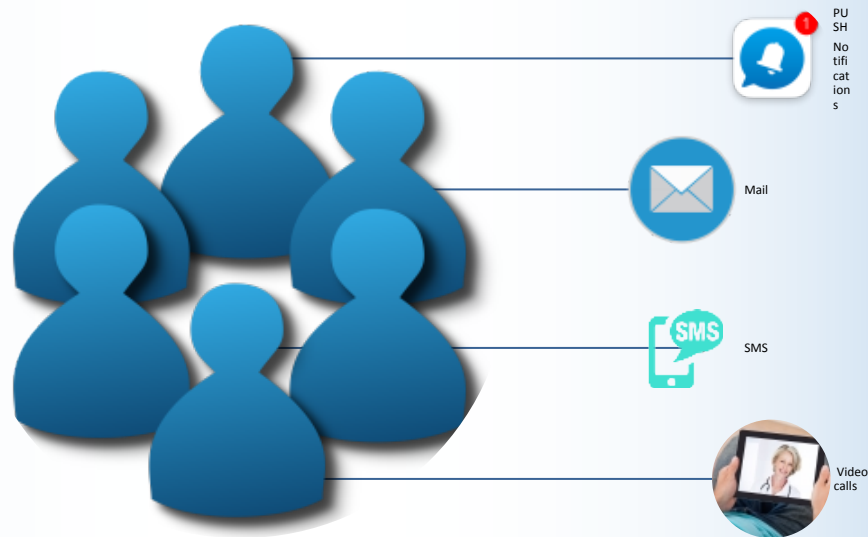
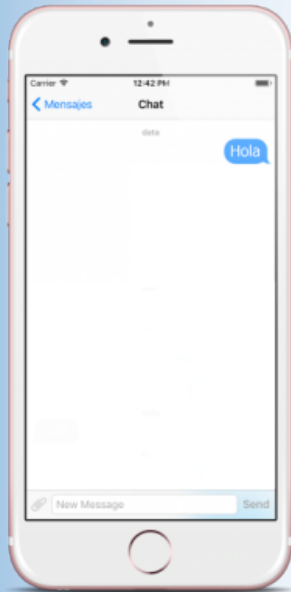
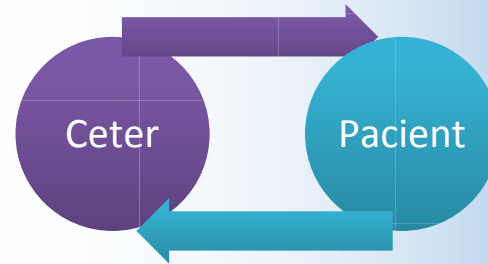


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Health Center. Communications

- Reminders
- New data notification
- Medication reminders
- Inquiries
- Video calls

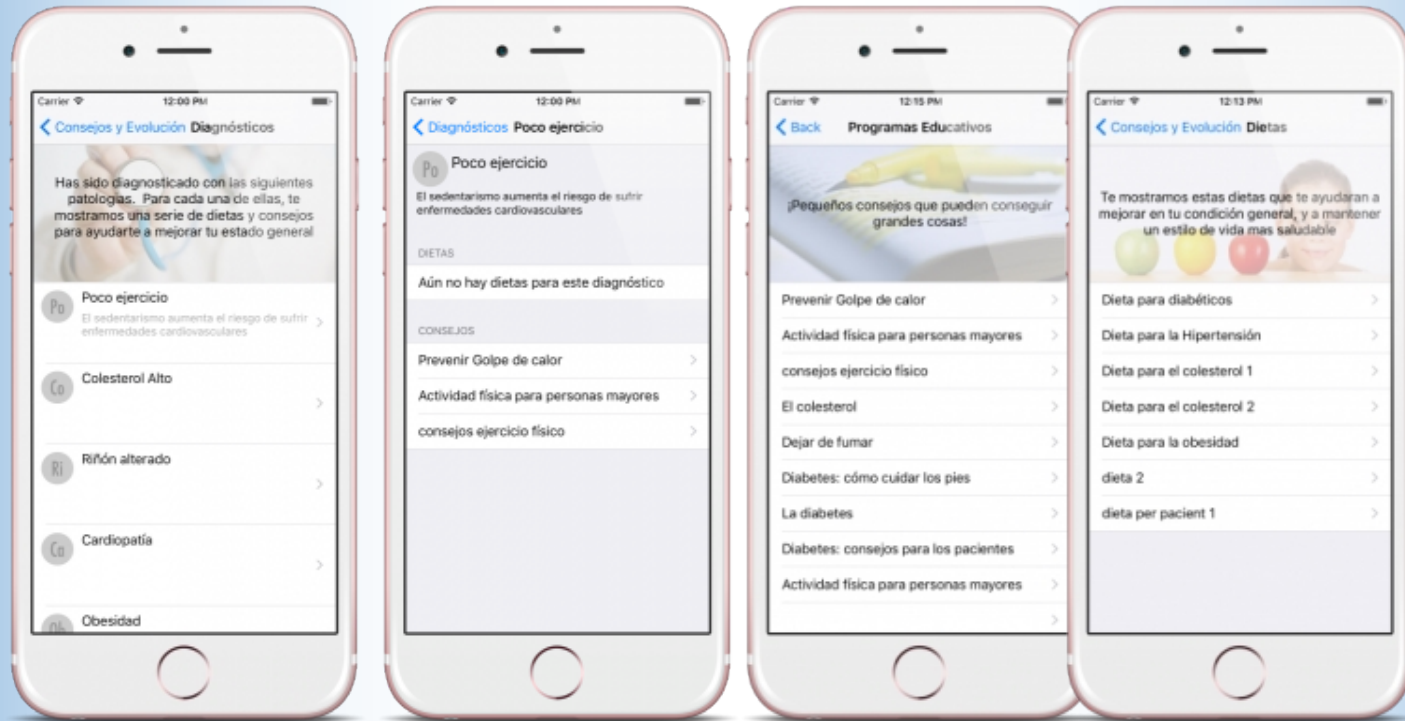


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Patients

Tips and diets for pathologies



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Patients

Medication reminders, concomitant, billing



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Thank you!

Contact:
jpuig@flsida.org



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