



EUROPEAN 

**HIV**

NURSING

CONFERENCE 



18-19 November 2016 • Barcelona, Spain

# Overview of 30 years

Nienke Langebeek  
Nurse Practitioner  
Rijnstate Hospital Arnhem  
The Netherlands



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# Human Immunodeficiency Virus

- Name of the virus: HTLVIII-LAV
- Stadia:
  - Seropositive (no signs)
  - ARC (Aids Related Complex)
  - AIDS



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# CDC definition

- Stage A: asymptomatic
- Stage B: minor complications
- Stage C: AIDS indicator diseases
- 1: >500 CD4 cells
- 2: 200-500 CD4 cells
- 3: <200 CD4 cells



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- Median time after seroconversion
  - Development of aids 7 – 10 years
  - Median time after diagnosis: 2,5 years



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# Nursing care

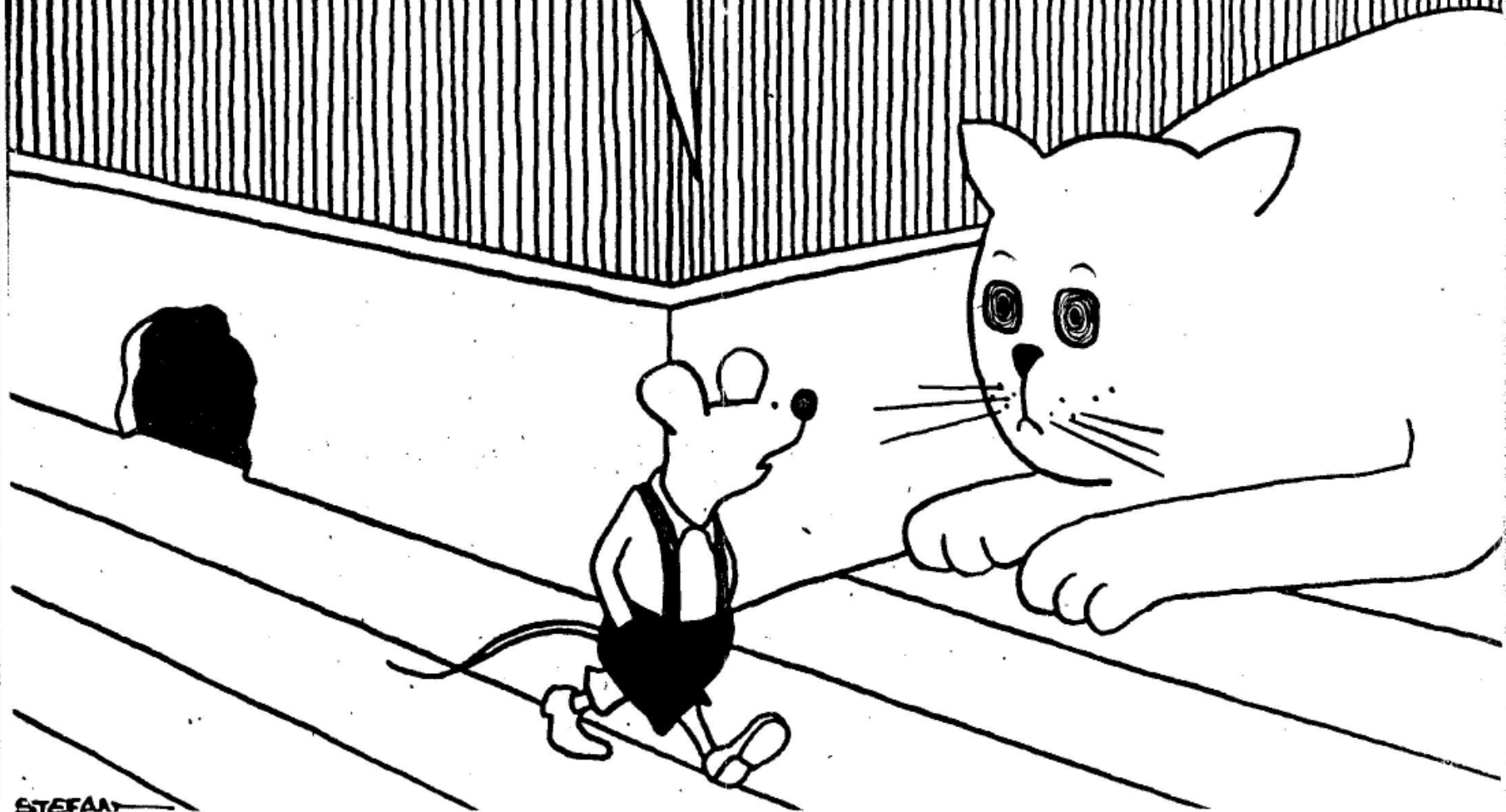
- Support patients
- Terminal care
- Support family, friends
- Educate Health Care Professionals



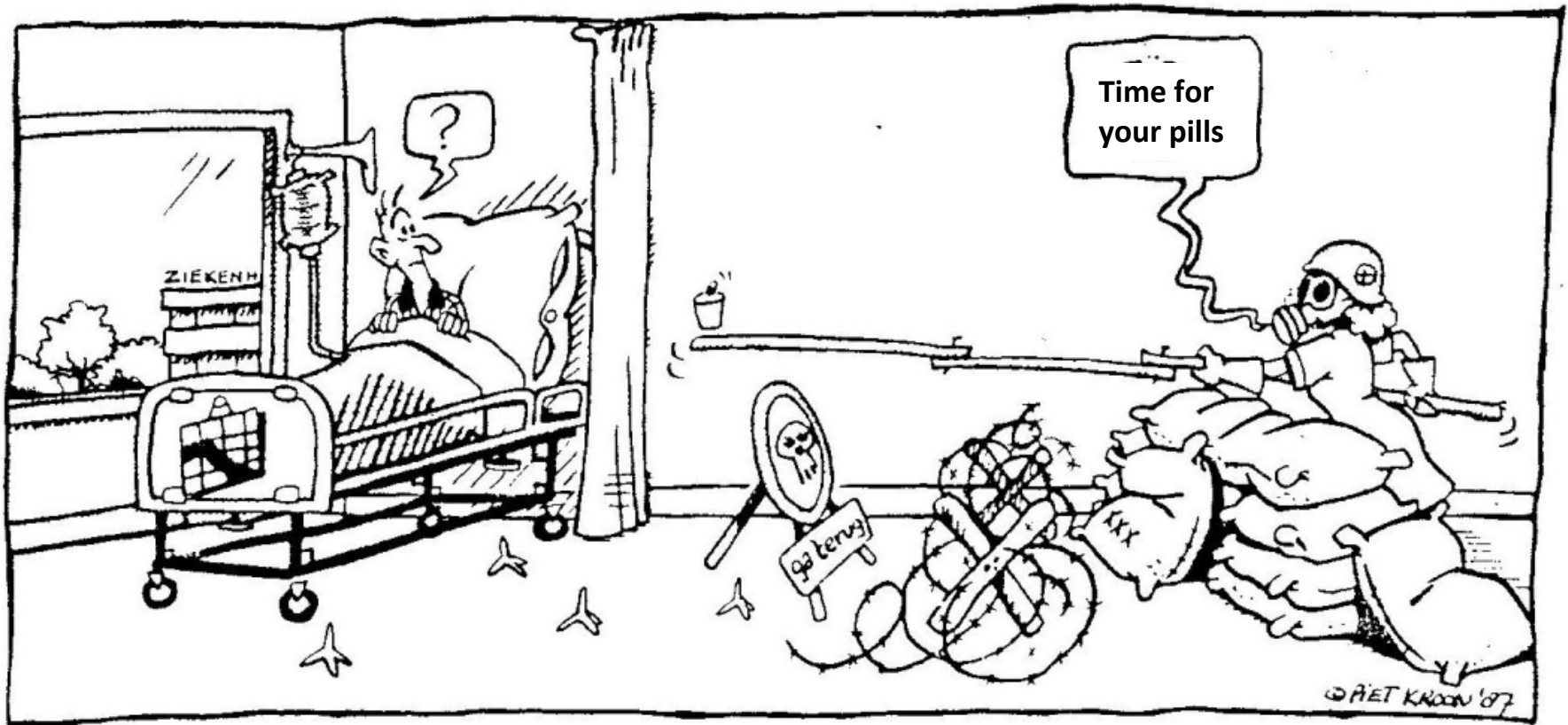
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I have aids !







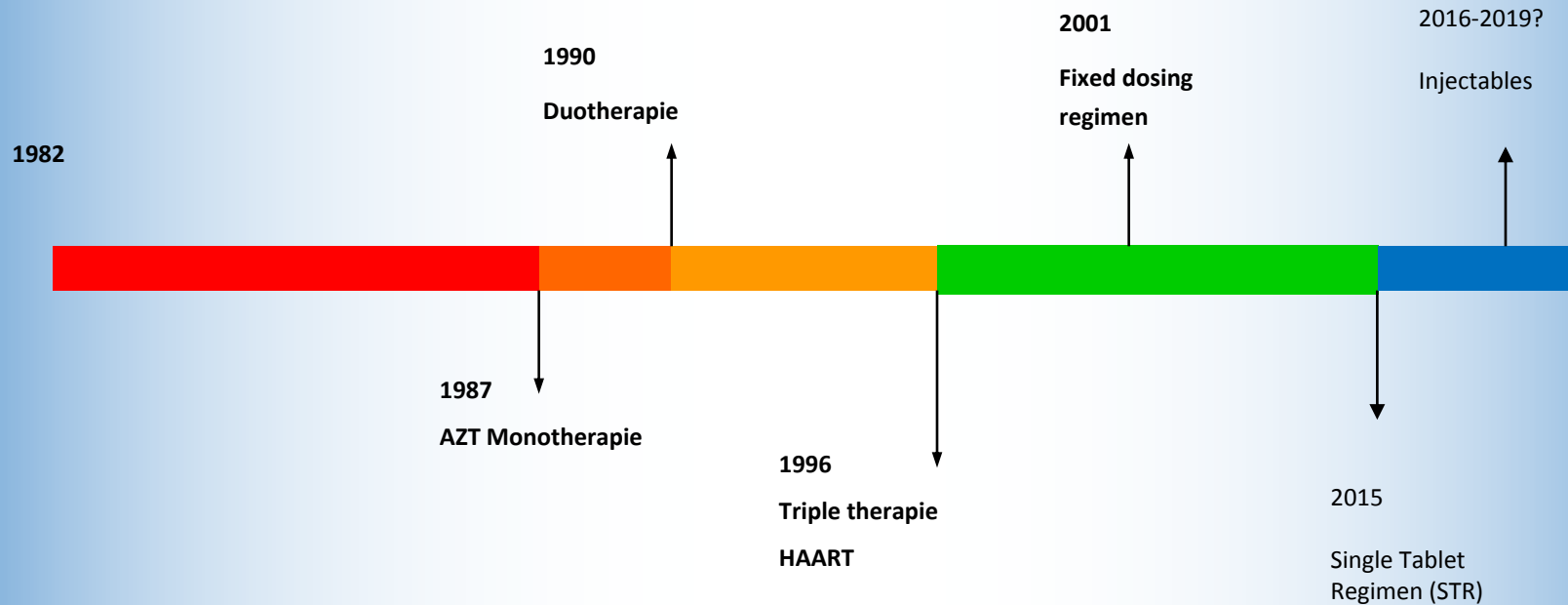
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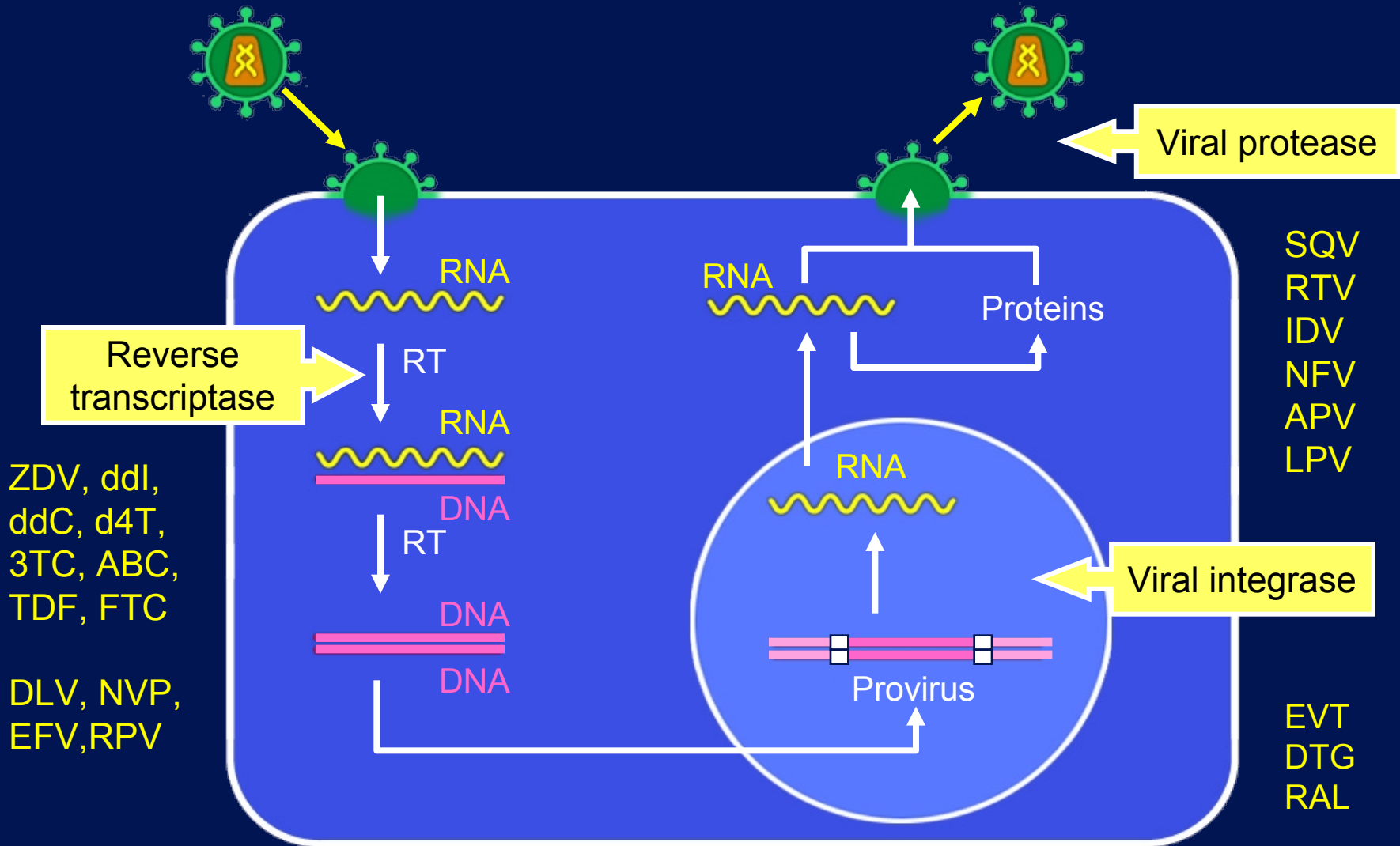
# HIV treatment



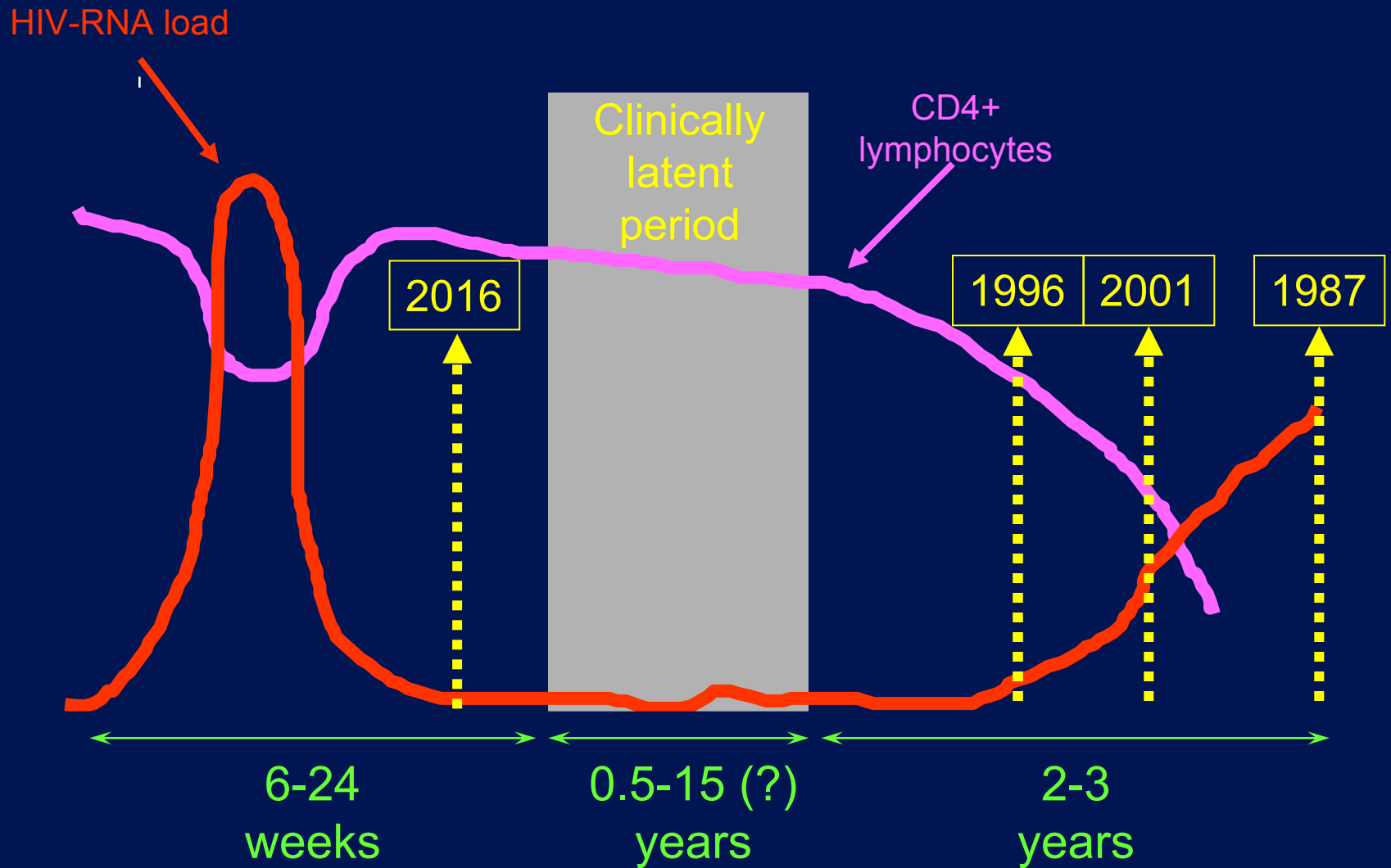
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# HIV replicative cycle



# When to start?



# When to start cART

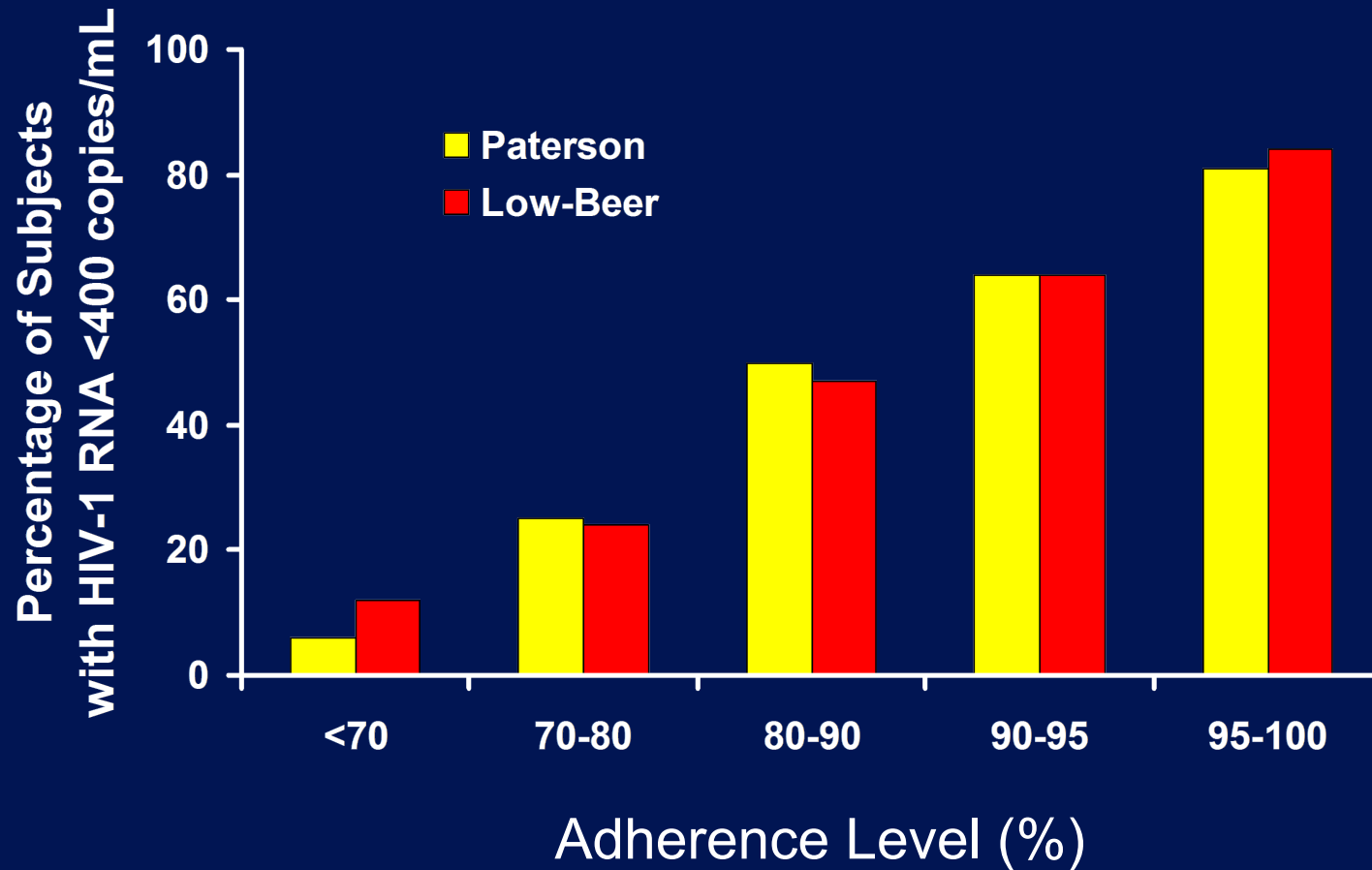
- In general
  - Viral load  $>30.000$  c/ml and/or
  - CD4 count 350 - 500 and/or
  - Symptomatic HIV infection



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# Adherence



# Definition of Adherence

The extent to which a person's behavior-taking medications, following a diet and/or executing life-style changes corresponds with agreed recommendations from a health care provider

World Health Organization



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# Predictors/Correlates Adherence

Langebeek et.al BMC Medine 2014

Medium effects statistically significant	Small effects statistically significant	Small effects NOT significant
Depressive symptoms ↓	Social support ↑	CD4 cell count
HIV stigma ↓	Daily dosing frequency, PI containing regimen, pill burden ↓	Duration of cART
Trust / satisfaction health care provider ↑	Financial constraints ↓	
	Age, male gender, duration of HIV infection ↑ ↓	



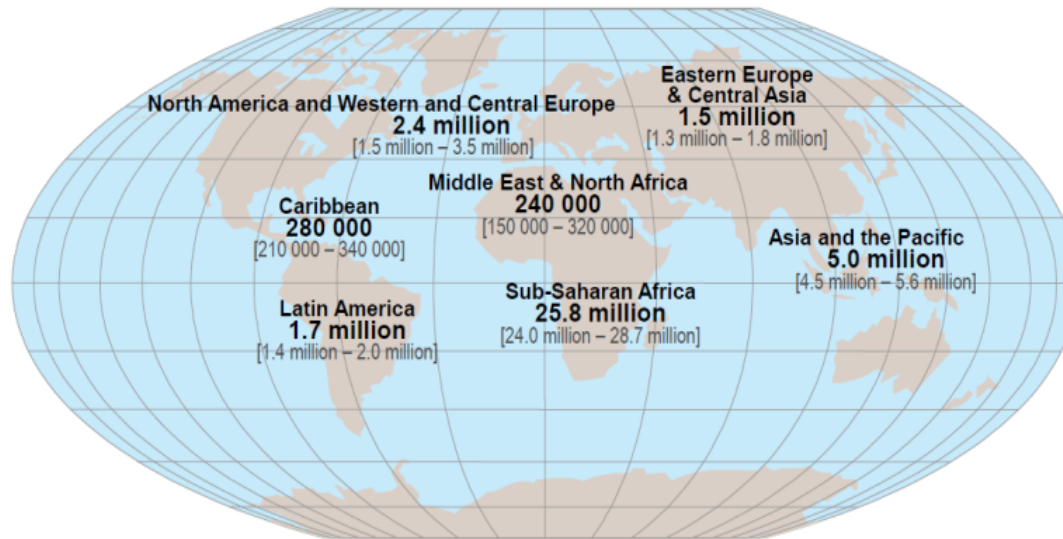
How many HIV infected people  
live worldwide and  
where do they live ?



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## Adults and children estimated to be living with HIV | 2014



**Total: 36.9 million** [34.3 million – 41.4 million]



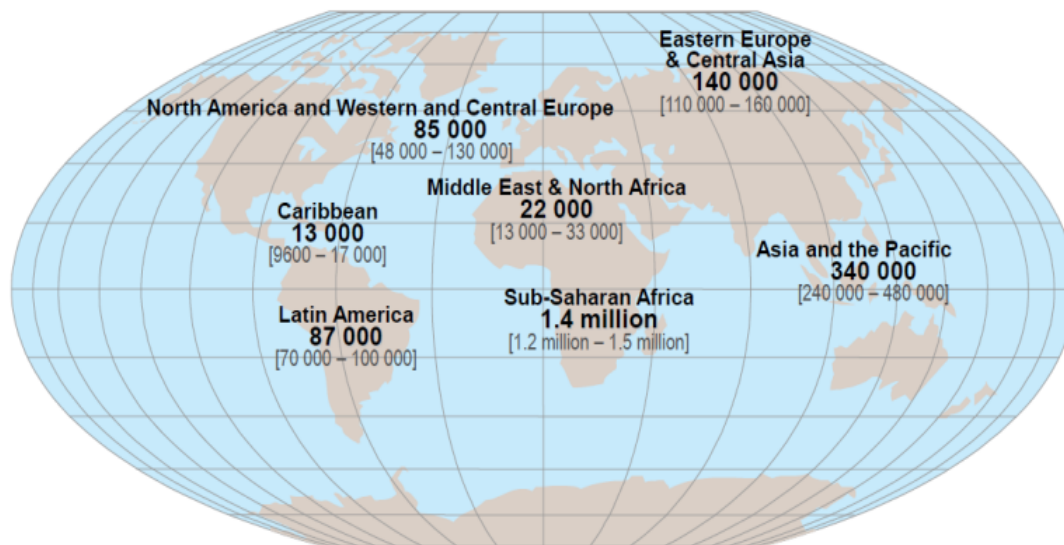
How many new infections occur  
each year ?



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## Estimated number of adults and children newly infected with HIV | 2014



**Total: 2.0 million** [1.9 million – 2.2 million]



# GOAL WHO

90%

of all



living with HIV will know their HIV status

90%

of all



living with HIV will receive antiretroviral therapy

90%

of all



receiving antiretroviral therapy will have viral suppression



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# Fourth 90 goal

**90 %**

of all living with HIV  
will have a good Quality of Life



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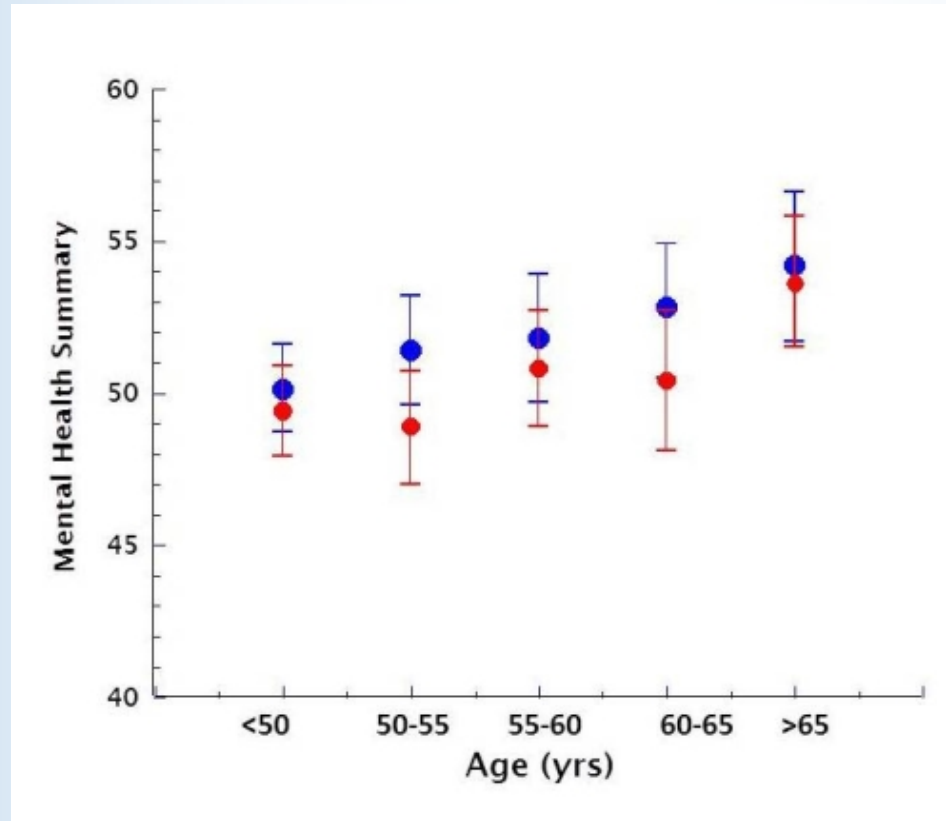
# Co-morbidities

- Long-term side effects
  - Kidney diseases
  - Osteoporosis
- Age-related co-morbidities
  - Diabetes Mellitus
  - Hypertension
  - Coronary arteria diseases





# Physical Health by Age



HIV status:  $p < 0.001$

Age:  $p = 0.82$

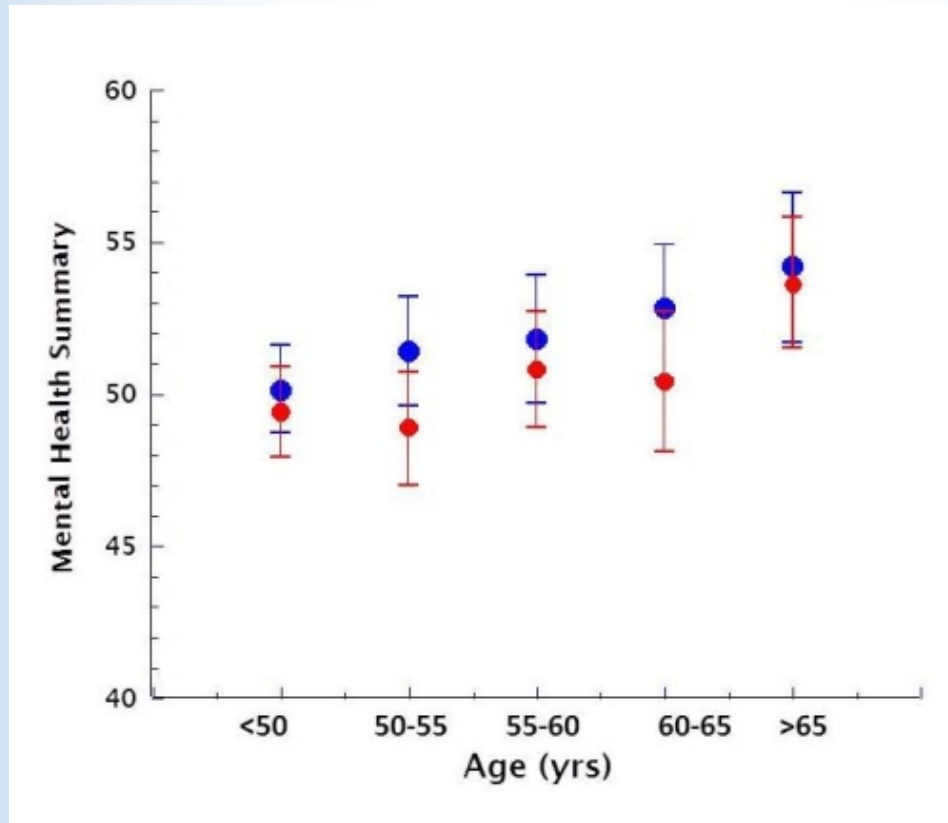
Interaction:  $p = 0.068$



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# Mental Health by Age



HIV status:  $p=0.015$

Age:  $p<0.001$

Interaction: NS



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# Conclusions:

- HIV+ have worse physical and mental HRQL, albeit differences are of a small to medium sized magnitude
- Difference in HRQL between HIV+ versus HIV- does not become greater with increasing age or increasing number of co-morbidities
- Even HIV+ without co-morbidities have significantly worse physical HRQoL than HIV-

Data from Age<sub>h</sub>IV Cohort



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# Changes in Nursing Care

- Management of co-morbidities
- Management of side-effects
- Discuss medication adherence
- Life-style changes
- Care for the elderly



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**WARNING**  
THIS PROPERTY IS  
PROTECTED BY A  
**PIT-BULL**  
**WITH AIDS**

Vragen...?