



# HIV NURSING 2022



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**IAAC**  
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OF PROVIDERS OF AIDS CARE

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# **HIV, AGING & QUALITY OF LIFE**

## **A need for an intersectional and culturally competent analysis and practice**

**Juan M. Leyva, PhD, MSc, CHNS, RN**

Associate Professor, Universitat Autònoma de Barcelona (Spain)

[Juanmanuel.leyva@uab.cat](mailto:Juanmanuel.leyva@uab.cat)

# Objectives

1. To reflect about the concept of Aging & Quality of Life and its different approaches and meanings
2. To critically reflect about our own beliefs and bias about Aging & Quality of Life
3. To promote intersectional analysis as a tool for deep understanding aging and quality of life living with HIV.



Biology

Social Sciences



Genetics

# What is Aging?

Behavioural Sciences  
Health Sciences  
Pharmacology  
Economics  
Politics

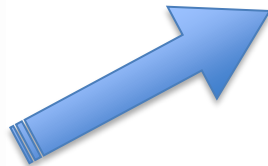
Structural damage

Functional decline

Depletion

Universal changes  
in phenotype over  
the course of a  
lifetime

Progressive  
increase in the  
probability of  
death (or disease)



Focused in **negative aspects** = loss,  
“expiration date”, diseases...

What about positive aspects?

Maturity

Spiritual respect

Wisdom

Universal phenomenon?

Pathologization

# What is Quality of Life?

- According to whom?
  - Several definitions from different disciplines and contexts
- We can even measure it... Really?
  - Again, according to whom?



Farquhar M. (1995). Elderly people's definitions of quality of life. *Social science & medicine* (1982), 41(10), 1439–1446. [https://doi.org/10.1016/0277-9536\(95\)00117-p](https://doi.org/10.1016/0277-9536(95)00117-p)

- Two ways to measure the quality of life:
  1. **Structured** questionnaires/scales:
    - ✓ The concept of quality of life used is the researcher's
  2. **Non-structured** interviews:
    - ✓ Allows subjects to identify the factors which contribute for their meaning of quality of life

# So...



<https://www.coib.cat/ca-es/banc-imatges-infermeres.html>



# So...



Qualitative  
data

Quantitative  
data

<https://www.coib.cat/ca-es/banc-imatges-infermeres.html>

Emlet, C. A., Harris, L., Pierpaoli, C. M., & Furlotte, C. (2018). "The Journey I Have Been Through": The Role of Religion and Spirituality in Aging Well Among HIV-Positive Older Adults. *Research on aging*, 40(3), 257–280. <https://doi.org/10.1177/0164027517697115>

- **‘Aging’**
  - Catalyst for examination of life
  - It leads to spiritual questions and increased interest in a connection to a higher power.
    - *“growing older, you appreciate stuff, the creation of it, people animals and plants.”*

Leyva-Moral, J. M., Martínez-Batlle, F., Vázquez-Naveira, M., Hernández-Fernández, J., & Villar-Salgueiro, M. (2019). The Experience of Growing Old While Living With HIV in Spain: A Phenomenological Study. *The Journal of the Association of Nurses in AIDS Care : JANAC*, 30(1), 111–118. <https://doi.org/10.1097/JNC.0000000000000032>

- **‘Aging’**
  - Physical changes (mostly due to the HIV)
  - Financial problems
  - Loneliness
  - The impact of significant others
  - Coping
  - Acceptance



Solomon, P., Letts, L., O'Brien, K. K., Nixon, S., Baxter, L., & Gervais, N. (2018). 'I'm still here, I'm still alive': Understanding successful aging in the context of HIV. *International journal of STD & AIDS*, 29(2), 172–177. <https://doi.org/10.1177/0956462417721439>

- **‘Successful Aging’**
  - Accepting limitations
  - Staying positive
  - Maintaining social supports
  - Taking responsibility
  - Living a healthy lifestyle
  - Engaging in meaningful activities.



Mutabazi-Mwesigire, D., Seeley, J., Martin, F., & Katamba, A. (2014). Perceptions of quality of life among Ugandan patients living with HIV: a qualitative study. *BMC public health*, 14, 343.

<https://doi.org/10.1186/1471-2458-14-343>

- **‘Quality of life’**
  - Live-ability of the environment
  - Utility of life
  - Life ability of a person
  - Appreciation of life

Geurtsen B. (2005). Quality of life and living with HIV/AIDS in Cambodia. *Journal of transcultural nursing : official journal of the Transcultural Nursing Society*, 16(1), 41–49.

<https://doi.org/10.1177/1043659604270979>

- **‘Quality of Life’**

- Ability to maintain life functioning
- Isolation and the desire for connection with others
- Perceived stigmatization, discrimination, and alienation
- Anticipating the future (fears)
- Vulnerable relationships and regrets
- Being able to meet basic needs
- Having a sense of belonging
- Having a safe and caring connection with others





# So...

HIV, Aging & Quality of Life

Sciences

Me / Us

Patients



# Cultural Competence could help you

- "Cultural competence begins with recognition of differences and awareness of one's own unique beliefs and values".

Jett K. F. (2003). The meaning of aging and the celebration of years among rural African-American women. *Geriatric nursing (New York, N.Y.)*, 24(5), 290–320. [https://doi.org/10.1016/s0197-4572\(03\)00240-4](https://doi.org/10.1016/s0197-4572(03)00240-4)



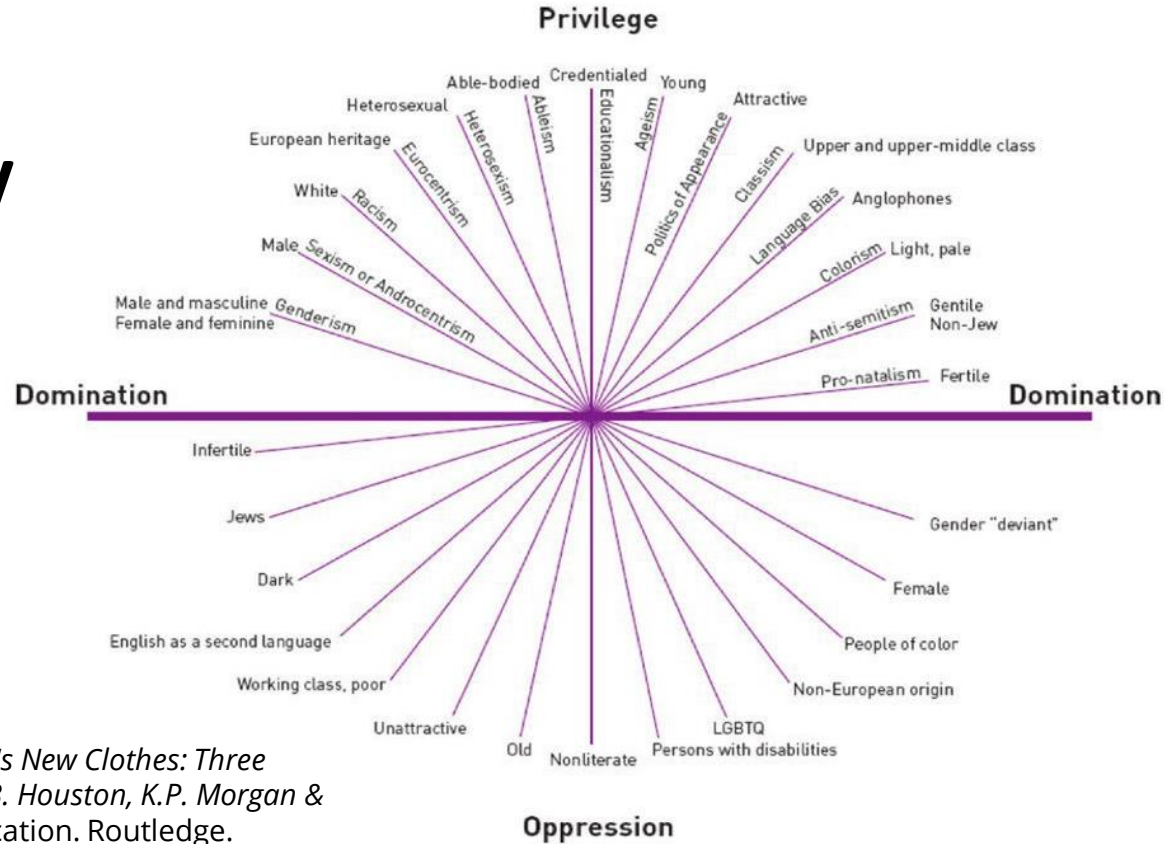
# Cultural Competence could help you...



Campinha-Bacote J. (2002). The Process of Cultural Competence in the Delivery of Healthcare Services: a model of care. *Journal of transcultural nursing: official journal of the Transcultural Nursing Society*, 13(3), 181–201. <https://doi.org/10.1177/10459602013003003>



# And intersectionality too...



Morgan, K.P. (1996). *Describing the Emperor's New Clothes: Three Myths of Educational (In-)Equity*. In A. Diller, B. Houston, K.P. Morgan & M. Ayim (Eds). *The Gender Question in Education*. Routledge.



# Think about it

- What are your own personal/professional beliefs?
- What are your personal/community background?
- What are your professional interesting areas?
- How do you establish caring relationships with your patients?
- How important is the social context for you when providing care?
- Do you think about privilege & oppression when providing care?



# Final thoughts

- Living with HIV, Quality of Life and Aging are be subjective issues
- Provider & Patient perspective are not the same
- Privilege and oppression influence the health meanings and outcomes
- Cultural differences also influence it





# Remember...



<https://www.coib.cat/ca-es/banc-imatges-infermeres.html>



# Thank you

Juan M. Leyva-Moral

[Juanmanuel.Leyva@uab.cat](mailto:Juanmanuel.Leyva@uab.cat)

Twitter @juanleyvamoral