HIV NURSING 2022

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HIV, AGING & QUALITY OF LIFE
A need for an intersectional and culturally competent analysis and practice

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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.
What is Aging?

Genetics

Biology

Social Sciences

Behavioural Sciences
Health Sciences
Pharmacology
Economics
Politics
Structural damage

Functional decline

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?
• 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
‘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.”

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

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

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

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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”.

Cultural Competence could help you...

And intersectionality too...

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 subjective issues
• Provider & Patient perspective are not the same
• Privilege and oppression influence the health meanings and outcomes
• Cultural differences also influence it
Remember...

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Thank you

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