



2025 SUMMIT

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Integrated Chronic Care: Positioning HIV within a Whole-Health Framework

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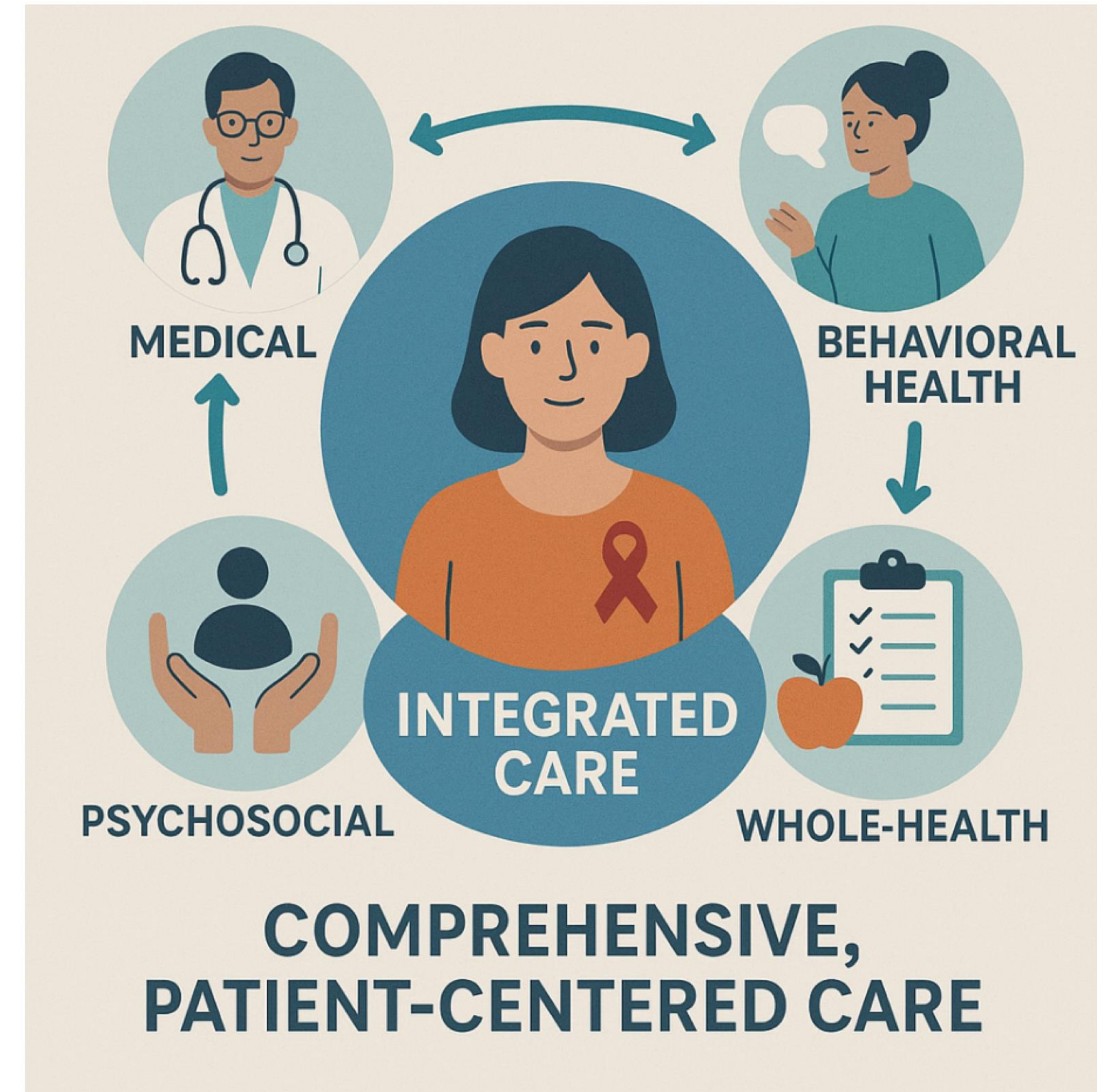
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Integrated Chronic Care for PLWH: Overview

- Integrated care is a coordinated, multidisciplinary approach that addresses the medical, psychosocial, and behavioral health needs of PLWH within a whole-health framework, supporting comprehensive, patient-centered care.
- It aims to improve health outcomes and quality of life for those with complex chronic needs.



Objectives

- Understand the importance of integrated, patient-centered care for PLWH
- Explore how patient-centered care improves clinical outcomes, reduces stigma, and advances health equity
- Highlight the shift from HIV as a fatal disease to a manageable chronic condition



HIV: From Acute Illness to Chronic Condition

- Advances in antiretroviral therapy (ART) have transformed HIV care
- HIV is now a chronic, manageable condition requiring ongoing care beyond viral suppression
- Comprehensive care includes management of comorbidities and psychosocial needs

ADVANCES IN ANTIRETROVIRAL THERAPY (ART) HAVE TRANSFORMED HIV CARE



HIV IS NOW A CHRONIC,
MANAGEABLE CONDITION
REQUIRING ONGOING CARE
BEYOND VIRAL SUPPRESSION



COMPREHENSIVE
CARE INCLUDES
MANAGEMENT
OF COMORBIDITIES



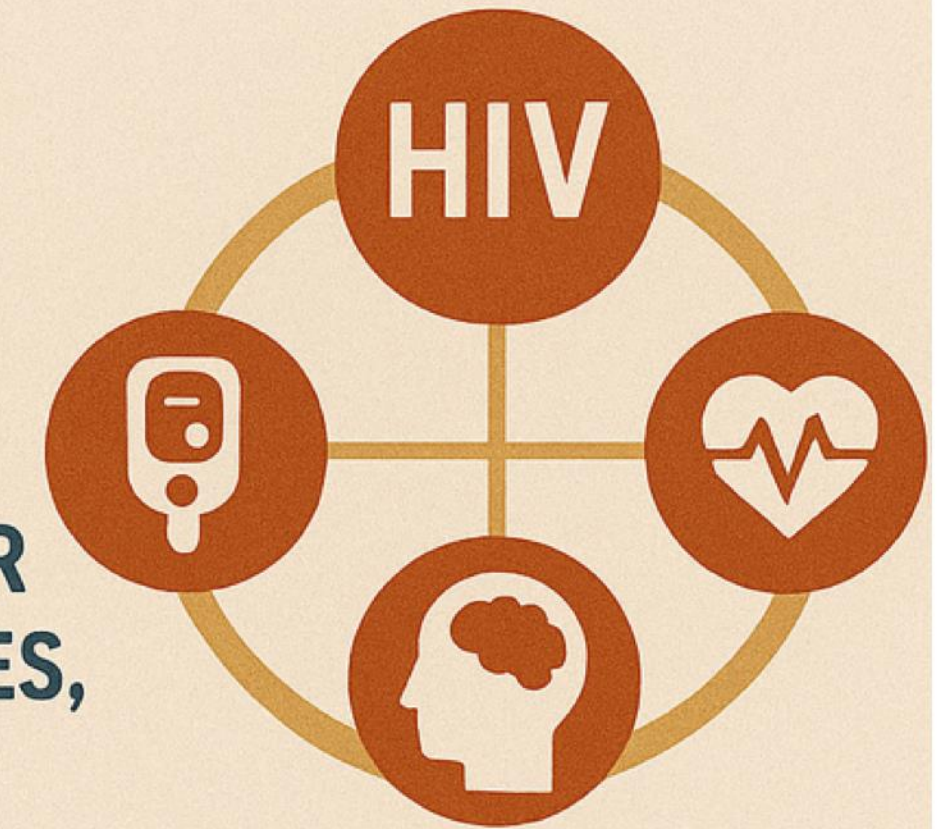
COMORBIDITIES
PSYCHOSOCIAL
NEEDS

The Need for a Holistic Approach

- HIV intersects with other chronic conditions: cardiovascular disease, diabetes, mental health, and substance use
- Integrated care reduces barriers and stigma, improves engagement, and long-term health
- Holistic care: integrating HIV services with primary care, behavioral health, and social support

THE NEED FOR A HOLISTIC APPROACH

HIV INTERSECTS WITH OTHER CHRONIC CONDITIONS: CARDIOVASCULAR DISEASE, DIABETES, MENTAL HEALTH, SUBSTANCE USE



HOLISTIC CARE: INTEGRATING HIV SERVICES WITH PRIMARY CARE, BEHAVIORAL HEALTH AND SOCIAL SUPPORT

INTEGRATED CARE REDUCES BARRIERS AND STIGMA, IMPROVES ENGAGEMENT AND LONG-TERM HEALTH

Key Integrated Care Models & Innovations

- Co-location of HIV, primary care, behavioral health streamlines screening and mental health and substance use management.
- Telehealth and mobile health platforms: expand access for marginalized groups, maintain care continuity during disruptions.
- Community-led care models involve PLWH in program design, increasing trust, reducing stigma, and boosting engagement.
- Rapid ART initiation and differentiated service delivery: shortens time to viral suppression and improves retention.

Key Integrated Care Models & Innovations



Key Integrated Care Models & Innovations

- Co-location of services:
 - Integrating people-centered HIV care within primary care succeeds by combining workforce models, policies, and community engagement.
 - Experts at IAS 2025 highlighted that co-location enables coordinated screening and interventions, with government reforms in countries like Kenya showing real-world success in improving access and equity.

IAS2025



Key Integrated Care Models & Innovations

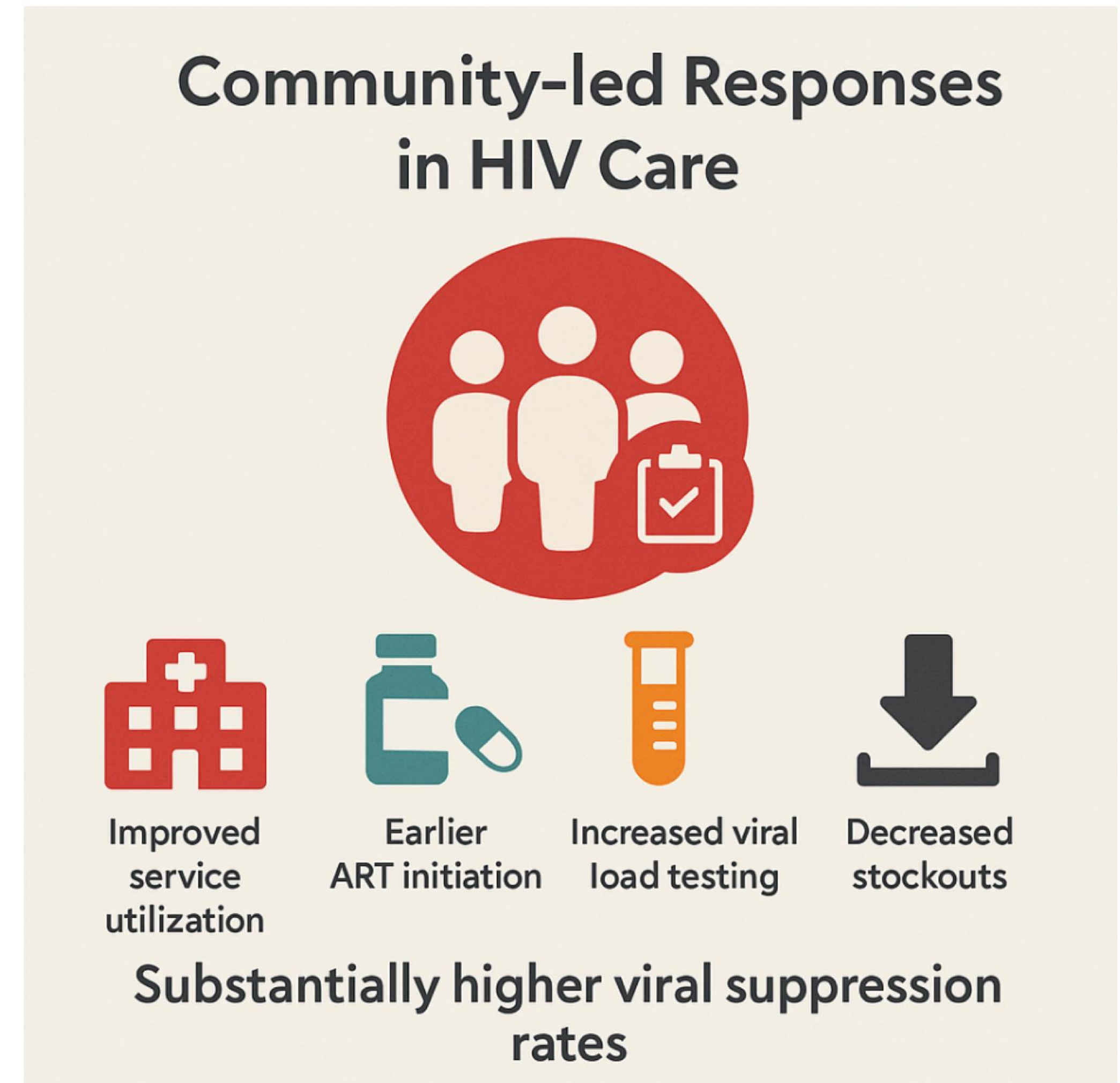
- Telehealth and mobile health platforms:
 - Recent reviews and case studies show telemedicine is crucial for bridging care gaps in rural and marginalized groups, enhancing service use, adherence, and confidentiality.
 - Evidence from Georgia and similar settings demonstrates that telemedicine-supported models can increase viral suppression and PrEP uptake beyond traditional in-person care



TELEMEDICINE-SUPPORTED MODELS CAN INCREASE VIRAL SUPPRESSION AND PrEP UPTAKE BEYOND TRADITIONAL-IN-PERSON

Key Integrated Care Models & Innovations

- Community-led models:
 - Community-led HIV responses like treatment/health observatories improve service use, lead to earlier ART, more viral load testing, fewer stockouts, and higher suppression rates.
 - Policy briefs and global networks show that community-led monitoring and engagement improve retention, adherence, and overall health infrastructure.



Key Integrated Care Models & Innovations

- Peer- and Community-Led HIV Responses: Evidence Review
 - Peer-led HIV programs improve knowledge, attitudes, and health outcomes.
 - Peer/community models improve access, retention, and structural outcomes in 48 studies.
 - UN aims for 30% of HIV testing/treatment and 80% of prevention programs to be community-led by 2025, but scaling faces challenges.
 - Authors suggest involving peer/community leaders in HIV prevention and treatment to reach global targets faster.

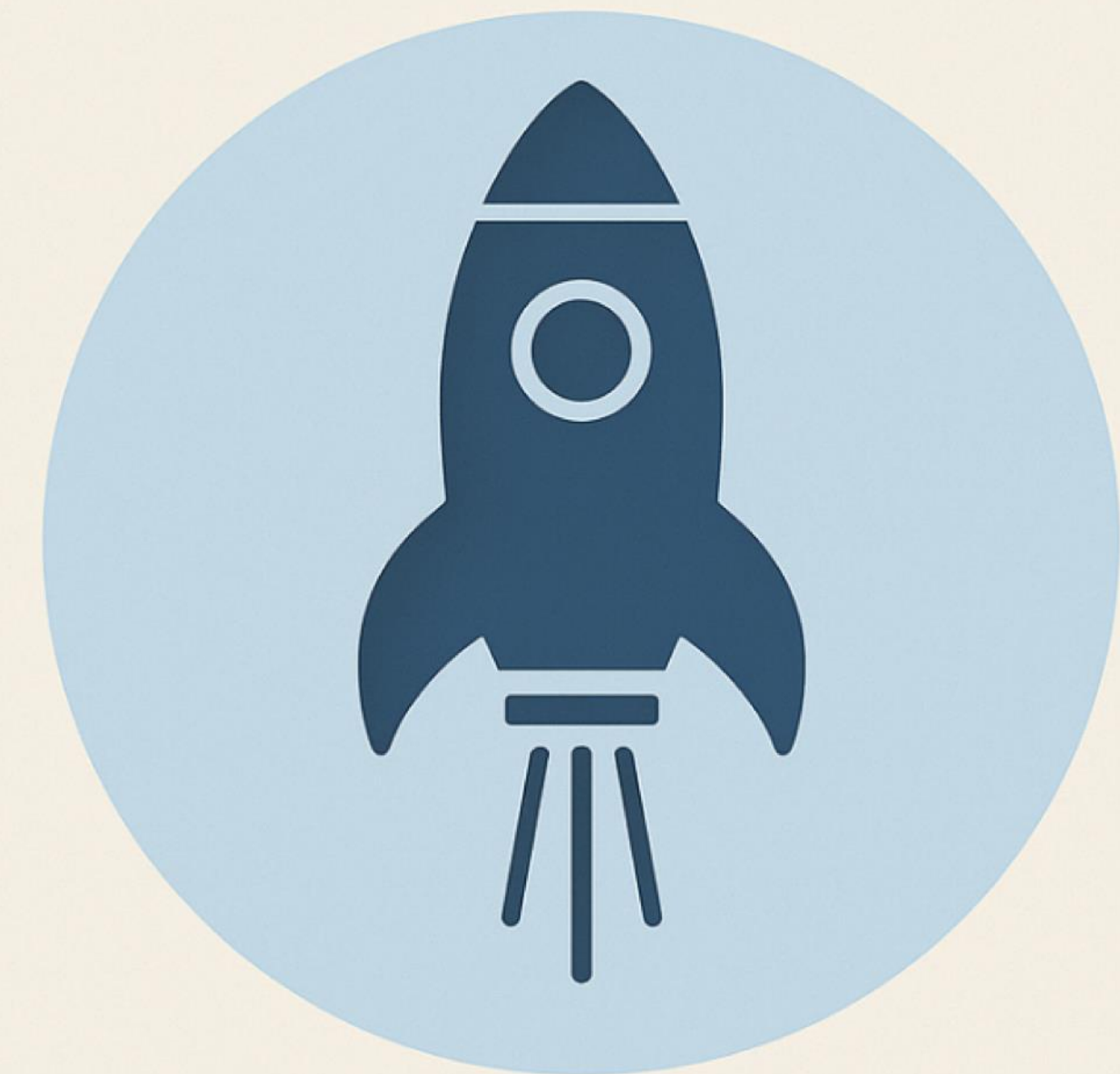
Peer- and Community-Led HIV Responses: Evidence Review



Key Integrated Care Models & Innovations

- Rapid ART initiation & differentiated service delivery:
 - Implementation science shows that integrating organizations and site-specific protocols like Medical-Legal Partnerships enable rapid ART and scalable, tailored care.
 - These strategies boost suppression speed and retention through careful cross-sector efforts.

**Rapid ART Initiation
Boosts Suppression
Speed and Retention**



Through Careful Cross-Sector Efforts

Addressing Social Determinants & Stigma

Addressing Social Determinants & Stigma

- Social Barriers and Health Equity
 - A 2024 study using data from three southern US HIV programs found that lacking insurance, housing insecurity, unmet basic needs, and low social integration directly predicted lower engagement with HIV care.
 - Care management programs for housing-insecure or rural patients showed better retention when linked with social supports .

J Int Assoc Provid AIDS Care. 2024 May 30

RAPID RESPONSE SERVICE | #185, MARCH 2025

**Social Barriers:
Housing Insecurity,
Food Access,
Transport Challenges**



Heavily Impact Care Retention

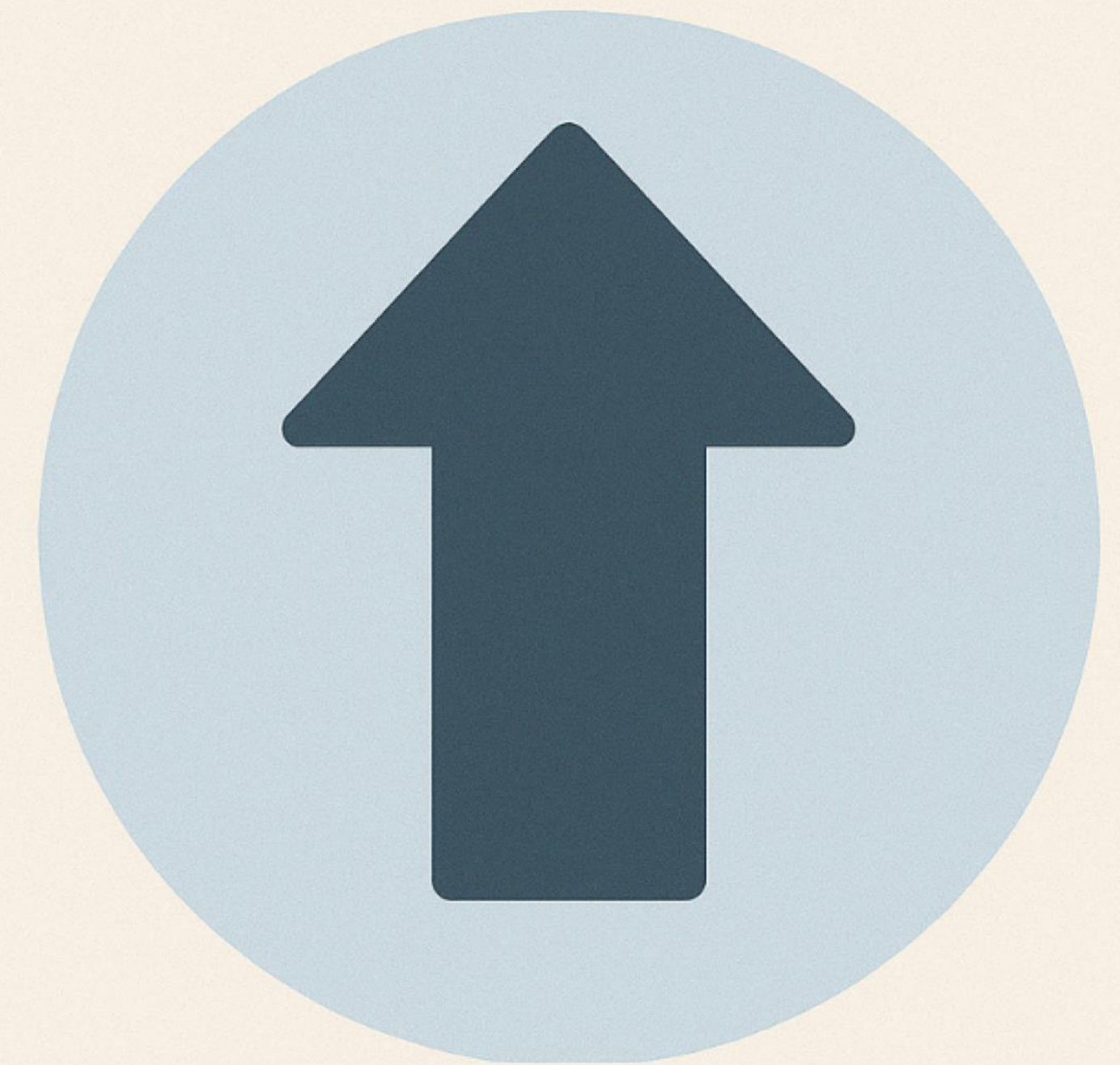
Addressing Social Determinants & Stigma

- Care Coordination and Social Support
 - Systematic reviews show that programs targeting social determinants like housing, food, transportation, along with care coordination and community partnerships, improve care retention and viral suppression.
 - Models with intensive case management and social support significantly improve engagement, especially for marginalized groups.

J Int Assoc Provid AIDS Care. 2024 May 30

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INTEGRATED PROGRAMS



**Addressing
Care Coordination
and Social Supports**

Addressing Social Determinants & Stigma

- Workforce Diversity, Cultural Competence, and Patient Involvement
 - Racial, ethnic, and cultural diversity in HIV workforce improves health equity and reduces disparities in care outcomes.
 - Diverse teams can better address social-structural barriers and stigma, and culturally competent care increases patient trust and engagement.

Health Educ Behav. Author manuscript; available in PMC: 2024 Sep 16.

<https://doi.org/10.1016/j.hpe.2020.01.002>

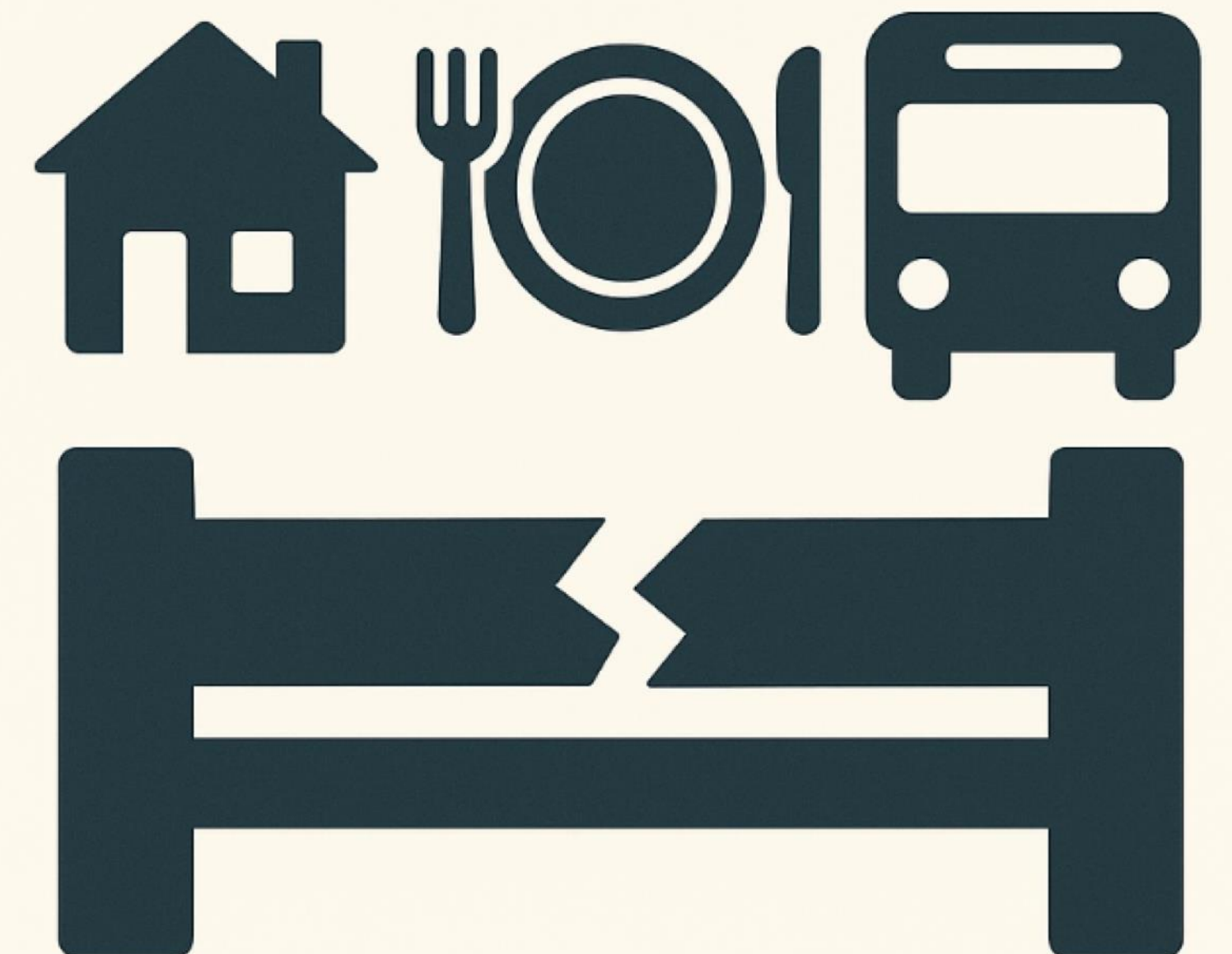
**WORKFORCE DIVERSITY,
CULTURAL COMPETENCE, AND
PATIENT INVOLVEMENT
AS FOUNDATION TO STIGMA
REDUCTION**



Addressing Social Determinants & Stigma

- Stigma Mitigation Strategies
 - Systematic reviews and RCTs show effective stigma reduction methods like cognitive behavioral therapy, empowerment, youth peer mentoring, group interventions, and client-centered counseling.
 - These strategies lower HIV self-stigma and boost medication adherence.
 - Real-world examples show reduced stigma and better health through integrated psychological support and inclusive care.

**SOCIAL BARRIERS:
HOUSING INSECURITY,
FOOD ACCESS,
TRANSPORT CHALLENGES
HEAVILY IMPACT
CARE RETENTION
AND HEALTH EQUITY**



Practical Strategies & Team Roles

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- Nurses in adherence counseling and symptom monitoring:
 - A 2024 study found a positive correlation between nurses acting as counselors and higher adherence to ART among people living with HIV, emphasizing the critical role nurses play in promoting healthy behaviors and medication adherence.
 - Nurse kindness, confidentiality, and acceptance are key to perceived quality HIV care and patient engagement.



Nurse kindness, confidentiality, and acceptance are key to perceived quality HIV care and patient engagement.

Practical Strategies & Team Roles

- Social workers and peer navigators:
 - Peer navigators and community health workers improve linkage to care, retention, medication adherence, and viral suppression, especially among marginalized populations.
 - Peer support reduces medical mistrust and barriers to care by providing lived-experience guidance and social support.

J Acquir Immune Defic [Syndr.](#) 2024 Feb 2;95(4):305–312



**PEER SUPPORT
REDUCES
Medical Mistrust
and Barriers to Care**

by providing lived-
experience guidance
and social support.

Practical Strategies & Team Roles

- Mental health specialists integrated into care:
 - Integration of mental health services into HIV care improves diagnosis and treatment of depression, anxiety, and substance use.
 - Studies report better clinical outcomes, reduced stigma, improved social functioning, and higher care engagement with mental health and HIV services co-located or coordinated.

AIDS. 2019 Apr 9;33(9):1411–1420.

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Outcomes & Cost-Effectiveness of Integrated HIV Care

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- Integrated care models significantly increase viral suppression, retention in care, and reduce hospitalizations, improving overall patient health and reducing complications.
- The Patient-Centered HIV Care Model demonstrates cost savings, costing ~\$5,000 per patient achieving viral suppression while averting transmissions, saving 12+ QALYs, and preventing nearly \$1.3 million in lifetime HIV treatment costs, proving integrated care is both effective and economically advantageous.

PLoS Med. 2021 Nov 9;18(11):e1003836.

Acquir Immune Defic Syndr. 2020 Nov 1;85(3):e48–e54

Integrated care models

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Conclusion: Key Takeaways on Integrated Chronic Care for PLWH

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- HIV is now a chronic, manageable condition, but PLWH face early and frequent comorbidities requiring holistic care beyond viral suppression.
- Integrated care models coordinate HIV treatment with primary care, behavioral health, and social supports, improving outcomes and equity.
- Multidisciplinary teams—including nurses, social workers, mental health professionals, and peer navigators—are essential to enhance adherence, mental health, and social needs.
- Robust evidence shows integrated care boosts viral suppression and retention, reduces hospitalizations, and is cost-effective, supporting wider adoption.

Thank
you!