



Aging with HIV: Facing the Challenges of Frailty and Cognitive Impairment

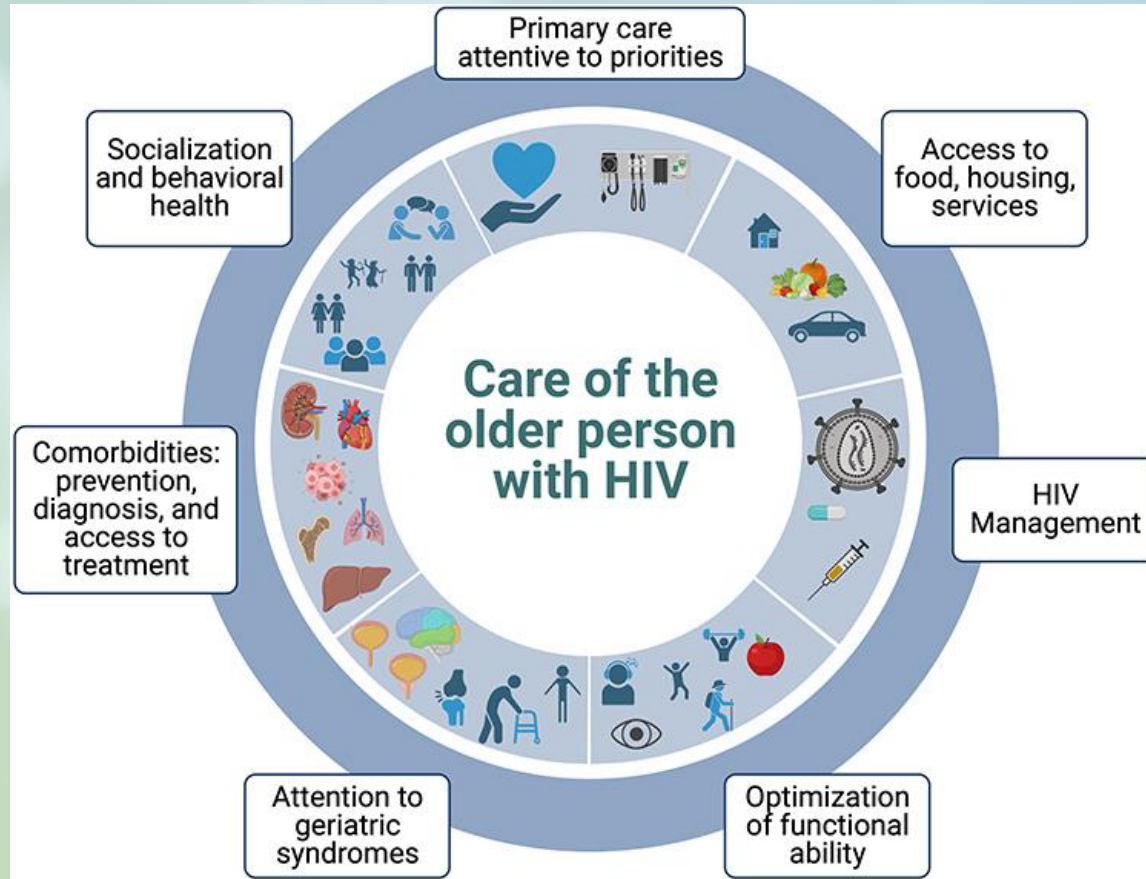
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Financial Relationships With Ineligible Companies Within the Last 2 Years

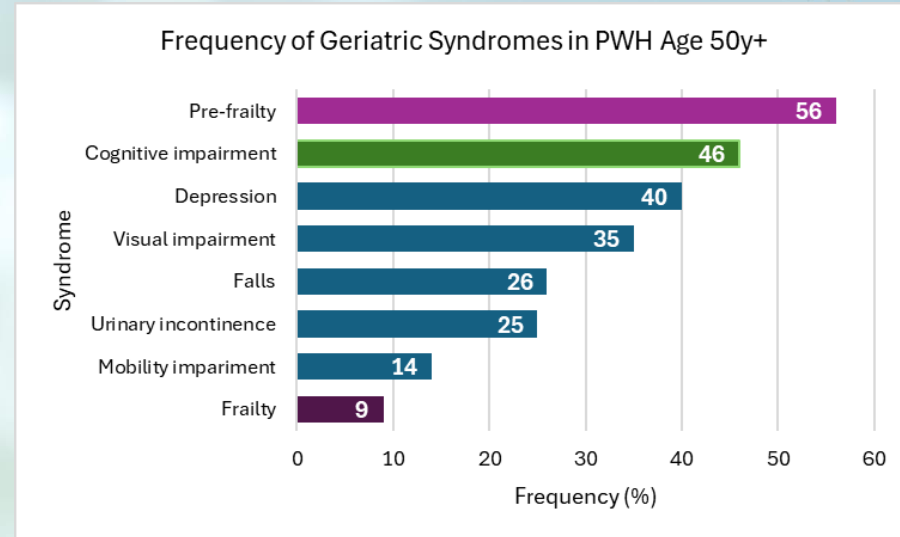
- My institution receives payment for our participation in clinical research studies with Gilead Sciences and Viiv





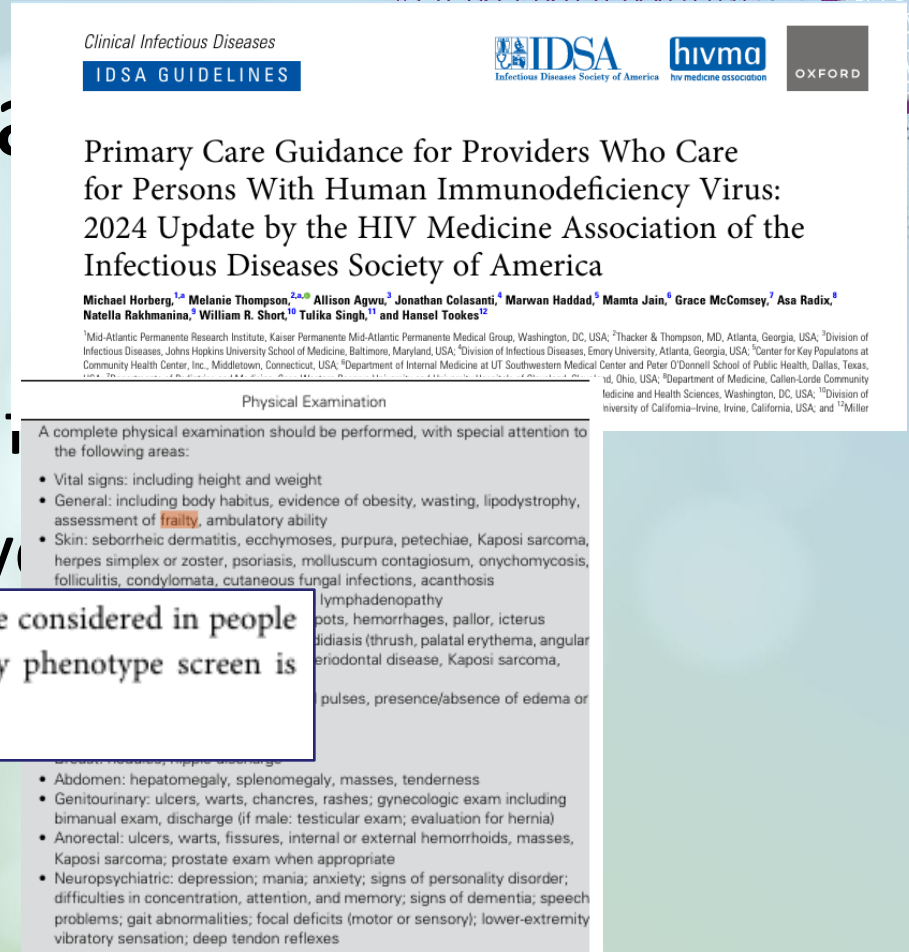
What are geriatric syndromes?

- Conditions in aging adults that don't fit into a single organ-specific disease category
- Multiple causes
- Shared risks & mechanisms
- ↑ morbidity and mortality



Frailty

- What is frailty?
 - How do you screen for frailty?
 - What do you do once you identify frailty?
- Annual screening for frailty should be considered in people with HIV aged >50 years; the frailty phenotype screen is the most commonly used tool.





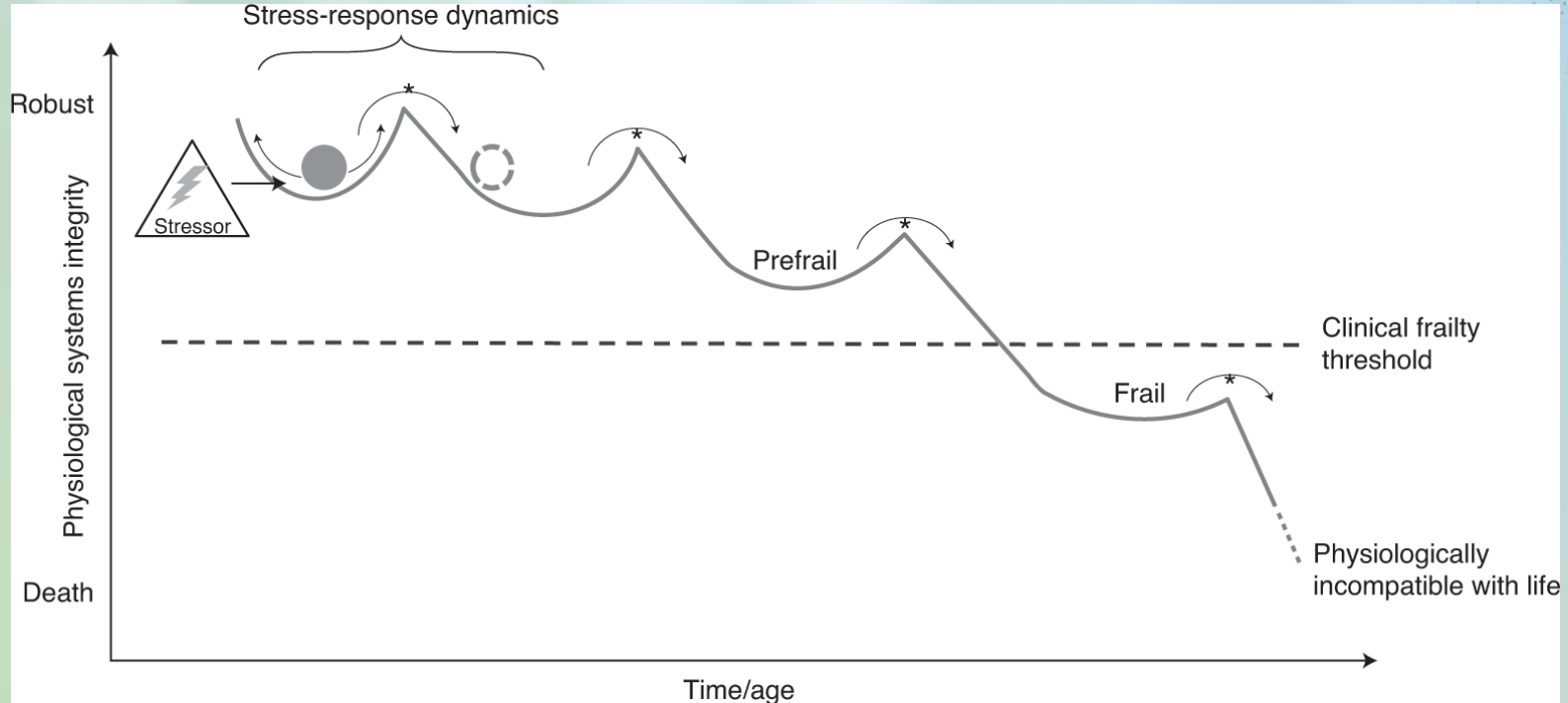
What is frailty?

- Reduced function and health in older individuals
 - Overlaps but distinct from comorbidities
 - HIV infection ↑ risk of frailty
 - Associated with cognitive decline
 - Predicts falls, disability, hospitalization, nursing home placement, death
- Identification of frailty allows targeted interventions to slow and even reverse frailty





Frailty trajectory: does it differ for aging PWH?





How is frailty measured?

Phenotype (Fried et al.)

- Exhaustion
- Low physical activity
- Slowness
- Weakness
- Unintentional weight loss



Accumulation of deficits

- Counts aging-related deficits
 - Medical conditions
 - Physical and cognitive impairment
 - Psychosocial risk
 - Geriatric syndromes (falls, etc.)
- Examples:
 - Rockwood Frailty Index
 - NHS eFI
 - Wake Forest eFI



Screening tools for frailty: phenotypic

Fried*

- Exhaustion (self-reported)
- Weakness (grip strength)
- Slowness
- Low activity
- Unintentional weight loss

*Designed for research

“FRAIL” Questionnaire

The Simple “FRAIL” Questionnaire Screening Tool

Fatigue: Are you fatigued?

Resistance: Cannot walk up one flight of stairs?

Aerobic: Cannot walk one block?

Illnesses: Do you have more than 5 illnesses?

Loss of weight: Have you lost more than 5% of your weight in the last 6 months?

Scoring: 3 or greater = frailty; 1 or 2 = pre-frail
Talk to your health care professional for more information.

Total FRAIL Score: _____

1-2 criteria=pre-frail, ≥ 3 =frail

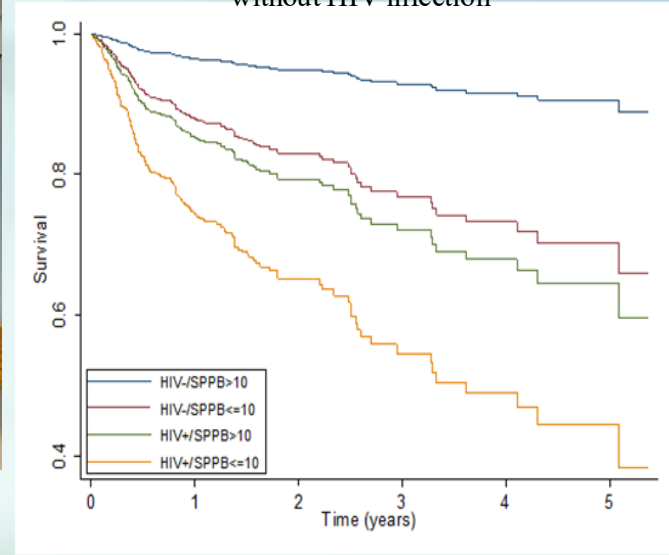


Short Physical Performance Battery (SPPB)

- Physical function assessment
- Established feasibility in Ryan White Clinic settings
 - Takes ~7 min

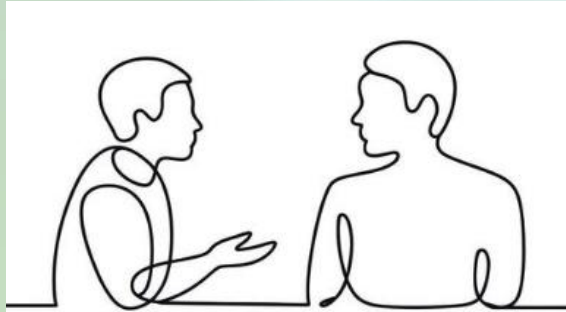


Survival by physical performance in people with and without HIV infection





Frailty screening should start a discussion!



	Pre-frailty
Goal	Increase physiologic reserve
Lifestyle	Exercise and physical activity
	High-quality diet
	Social engagement
Disease management	Apply disease-based guidelines
Preventive care	Vaccination
	Cancer screening
Interventions for frailty	Treat reversible causes of frailty
	Exercise and physical activity
	Nutrition counseling and supplement
	CGA and multidisciplinary intervention
	Comprehensive medication review



What is cognitive impairment?

- Abnormal decline in cognitive function with age
- Symptoms may include:
 - Frequently forgetting recent events, conversations
 - Difficulty focusing or concentrating
 - Trouble solving problems, planning or organizing tasks
 - Getting lost in familiar places

Mild/Minor

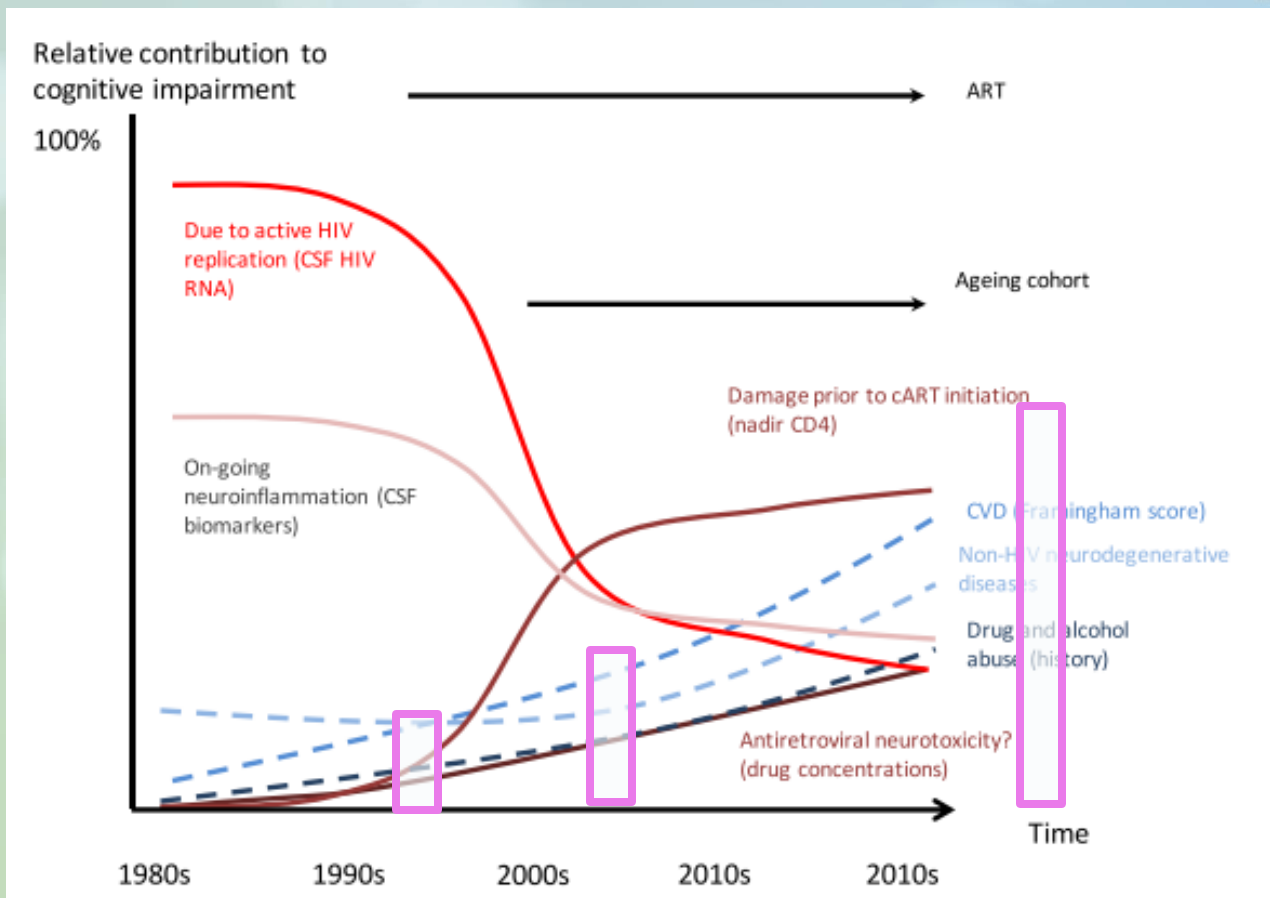
DOES NOT AFFECT FUNCTION

Major

IMPAIRS FUNCTION

Causes of cognitive impairment in PWH

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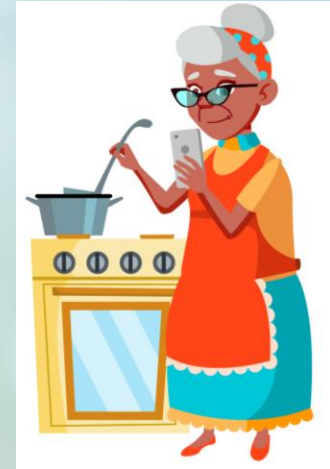




Screening for cognitive impairment?

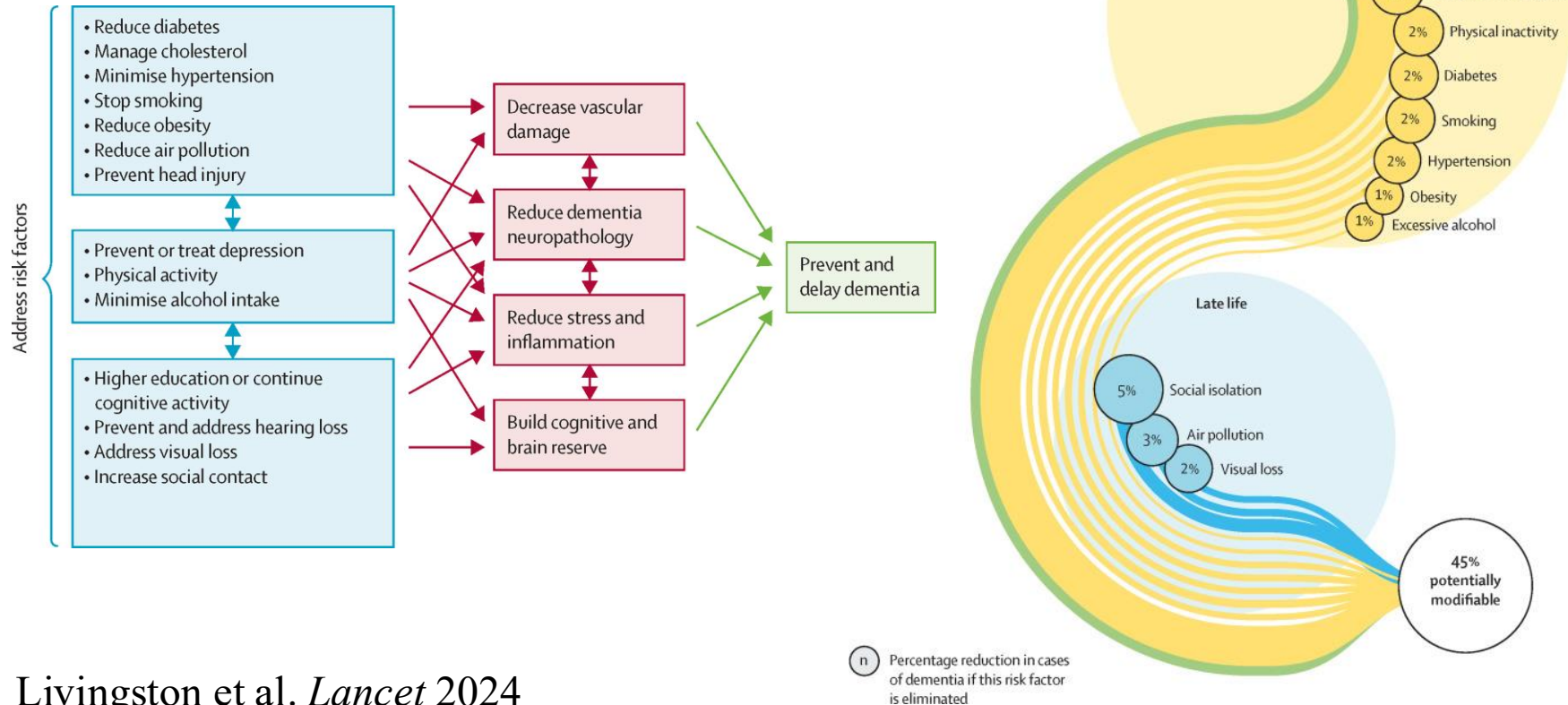
Functional

- Activities of daily living (ADLs)
 - Bathing, dressing, toileting, feeding, transferring
- Instrumental ADLs (iADLs)
 - Managing \$, shopping, cooking, telephone, medications
- Mobility
- Falls



- + Collateral history from family, friends, caregivers
- + Observe for signs of cognitive decline

Modifiable Risks: Dementia (and Frailty)





HRSA SPNS Aging with HIV Initiative (2022-2026)



Implement strategies that screen and manage comorbidities, geriatric conditions, behavioral health, and psychosocial needs of people with HIV ages 50y+



Assess the uptake and integration of the strategies



Evaluate the impact of the strategies and share best practices

SPNS Aging with HIV Initiative Sites

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