



## 3rd International Forum on HIV and Rehabilitation Research Summary of Research Evidence

The Canada-UK HIV and Rehabilitation Research Collaborative (CUHRRC), in partnership with the Canadian Association for HIV Research (CAHR) and Canadian Working Group on HIV and Rehabilitation (CWGHR) hosted the *3rd International Forum on HIV and Rehabilitation Research* on May 12, 2016 in Winnipeg, Canada.

**Canada-UK HIV and Rehabilitation Research Collaborative (CUHRRC):** CUHRRC is an international research collaborative comprised of over 60 researchers, clinicians, people living with HIV (PLWHIV), and representatives from community-based organizations. Members are from Canada, the United States (US), the United Kingdom (UK), Ireland and other European countries. CUHRRC's aim is to advance research ideas and activities related to HIV and rehabilitation research.

**What is rehabilitation?** Any service or provider that addresses or prevents the physical, cognitive, mental, emotional or social health challenges experienced by people living with HIV. Rehabilitation can include, but is not limited to, physiotherapy and occupational therapy.

**What was the Goal of the Forum?** 1) to facilitate knowledge transfer and exchange (KTE) on HIV, aging and rehabilitation research, clinical practice, and service delivery among PLWHIV, researchers, clinicians, and representatives of community-based organizations; 2) to establish new research and clinical partnerships in HIV, aging and rehabilitation internationally; 3) to foster mentorship and training in HIV, aging and rehabilitation research, and; 4) to identify new and emerging research priorities in HIV, aging and rehabilitation.

**How Can I Access the Forum Presentations?** Go to the Knowledge Translation and Exchange (KTE) library at <http://cuhrrc.hivandrehab.ca/2016-forum.php>.

**How Many Attended the Forum?** 69 participants including: researchers (21%); service providers (13%); graduate trainees (13%); educators (9%); academics (9%); clinicians (6%); community members (6%); and others (23%) from the Canada, UK, US, and Australia.

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The following is a brief synopsis of the research evidence presented at the Forum. For more detail visit the KTE Library at <http://cuhrrc.hivandrehab.ca/2016-forum.php>.

#### Successful Aging with HIV and Multi-Morbidity

- **Patient Reported Outcome Measures (PROMs):** PROMs provide an opportunity to enhance person-centeredness of HIV treatment and care (Harding).
- **Multi-Morbidity and Mortality: Increasingly, PLWHIV are dying of non-AIDS-related conditions.** Multi-morbidity due to common aging-related conditions, including frailty, may occur more often in younger adults living with HIV compared to younger adults without HIV (Falutz).
- **HIV Associated Neurocognitive Disorder (HAND):** Results from a qualitative study involving 25 adults living with HIV screened for HAND suggest that health care providers should build partnerships with patients, make their practices more HAND-friendly, and start conversations with patients about neurocognitive difficulties (Ibáñez-Carrasco).
- **Episodic Disability and Aging:** Results from a qualitative study involving 24 older adults living with HIV highlighted the episodic nature of symptoms, limitations in day-to-day activity and social participation restrictions experienced by older PLWHIV. Thus, there is a need to emphasize self-management and self-efficacy and increase awareness among PLWHIV about potential triggers of episodes (Solomon).
- **Housing and Aging:** A qualitative study involving 39 older women living with HIV found that inadequate housing negatively impacts quality of life. Some of the barriers to adequate housing included waitlists for subsidized housing, affordability and health anxieties among older women living with HIV (Ahluwalia).
- **Aging and Resilience:** Results from a qualitative study involving 30 older PLWHIV in Ontario reported that forming social networks that promote resilience and positivity are vital to successful aging. Self-care, spirituality, identity and mastery, and generativity facilitate resilience among older PLWHIV (Emlet).

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### Rehabilitation Interventions and Strategies for Older Adults Living with HIV

- **Self-Management Interventions:** PLWHIV should be involved in the planning of self-management programs (Reimer & Restall). Self-management interventions should be designed to include content and formats that reflect the diverse needs of the HIV community (Restall).
- **Exercise Interventions:** A review of the Outpatient Special HIV Physiotherapy Service at the Chelsea and Westminster Hospital found that a supervised group exercise and self-management program improved locomotor performance, strength, quality of life, flexibility, and goal attainment among PLWHIV (Brown).
- **Service Provision:** The Dr. Peter Centre is shifting their services to address safety, comfort, and predictability among PLWHIV in the community (Baltzer Turje).
- **Employment as Rehabilitation:** Interviews with 3 Peer Research Associates revealed that re-entering the workforce instilled a sense of pride and self-respect. A supportive work environment can help mitigate internalized stigma associated with HIV and aging (McDougall).

### Bridging the Evidence with Real World and Identifying Research Priorities in HIV, Aging and Rehabilitation: Community and Clinical Perspectives

- Accessible, safe housing is important for PLWHIV to age well. Service providers need to help PLWHIV navigate the health system (Lucas).
- The Pan-Canadian Equitable Access to Rehabilitation Network is being developed to ensure more equitable access to rehabilitation services for community-dwelling people living with chronic health conditions, including HIV, through policy change, research and education (Ahluwalia).
- Effective communication between service providers and PLWHIV is necessary to ensure that patients are informed about their health conditions (Casey). What is the link to rehab here?
- In order to increase physical activity and exercise among PLWHIV, methods of supporting and encouraging physical activity must be explored. It is important to consider the factors that facilitate and impede physical activity and exercise (Chan Carusone).

### Developing Research Priorities in HIV, Aging and Rehabilitation

Stay tuned for new and emerging research priorities in HIV, aging and rehabilitation shaped by the Forum presentations and discussion.

#### In Summary ...

As people live longer and age with HIV and other health conditions, there is an increasing role for rehabilitation. The field of HIV and rehabilitation research is evolving with Canada, UK, and US as leaders in HIV rehabilitation research. More high quality evidence is needed to document the impact of disability and determine the effectiveness of rehabilitation interventions to enhance overall health of PLWHIV.

#### How Can I get more information?

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### 3rd International Forum Group Photo



### Acknowledgements

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