



3rd International Forum on HIV and Rehabilitation Research

Advancing HIV, Aging and Rehabilitation Research and
Practice

Thursday May 12th, 2016
Ballroom B, Delta Winnipeg
350 St. Mary Avenue, Winnipeg, Manitoba



Canadian Working Group on HIV and Rehabilitation
Groupe de travail canadien sur le VIH et la réinsertion sociale



ACKNOWLEDGEMENTS

The 3rd International Forum on HIV and Rehabilitation Research is funded by a Meeting, Planning and Dissemination Grant from the Canadian Institutes of Health Research (CIHR), Aging Institute. We also acknowledge support from Three Flying Piglets (filming) and the Department of Physical Therapy, University of Toronto.

CUHRRRC gratefully acknowledges the financial support by the Canadian Working Group on HIV and Rehabilitation (CWGHR).



Physical Therapy
UNIVERSITY OF TORONTO



Canadian Working Group on HIV and Rehabilitation
Groupe de travail canadien sur le VIH et la réinsertion sociale

CIHR Planning Grant Team

Kelly O'Brien (Co-Principal Investigator - University of Toronto)
Francisco Ibáñez-Carrasco (Co-Principal Investigator - Ontario HIV Treatment Network)
Kate Murzin (Principal Knowledge User - Canadian Working Group on HIV and Rehabilitation)
Andrew Matejic (Principal Knowledge User – Canadian Association for HIV Research)
Darren Brown (Knowledge User - Chelsea and Westminster Hospital NHS Foundation Trust)
Patriic Gayle (Knowledge User - Three Flying Piglets)
Esther McDonnell (Knowledge User – Chelsea and Westminster Hospital NHS Trust)
Colm Bergin (Co-Investigator - St. James's Hospital)
Julian Falutz (Co-Investigator - McGill University)
Richard Harding (Co-Investigator - King's College London)
Patty Solomon (Co-Investigator - McMaster University)

Forum Core Planning Committee

Kelly O'Brien (University of Toronto)
Francisco Ibáñez -Carrasco (Ontario HIV Treatment Network)
Kate Murzin (Canadian Working Group on HIV and Rehabilitation)
Ayesha Nayar (University of Toronto)

Forum Filming and Communications Media Team

Patriic Gayle (Three Flying Piglets)
Jonathan Rae-Brown (Three Flying Piglets)

Student Rapporteurs

Adria Quigley (Dalhousie University)
Alex Terpstra (Ontario HIV Treatment Network)
Saipriya Vajravelu (McMaster University)

Welcome to the 3rd International Forum on HIV and Rehabilitation Research!

This Forum is a collaboration between the **Canada-United Kingdom HIV and Rehabilitation Research Collaborative (CUHRRRC)**, the **Canadian Working Group on HIV and Rehabilitation (CWHGR)** and the **Canadian Association for HIV Research (CAHR)** aimed to facilitate knowledge transfer and exchange (KTE) on HIV and aging research, clinical practice and service delivery among people living with HIV, researchers, clinicians, representatives of community organizations, and policy makers internationally.


We are delighted to count community leaders, clinicians, students, and people living with HIV amongst the Forum participants, who are champions in this expanding area of research and practice.

We look forward to hearing from over 15 speakers from Canada, the United States and the United Kingdom (UK) who will be sharing recent emerging evidence on HIV, aging and rehabilitation.

We gratefully acknowledge funding from the Canadian Institutes of Health Research (CIHR), Aging Institute, as well as support from Three Flying Piglets (filming) and the Department of Physical Therapy, University of Toronto. CUHRRRC gratefully acknowledges the financial support by the Canadian Working Group on HIV and Rehabilitation (CWHGR). Finally, we thank the members of the Core Forum Planning Team who worked tirelessly with us to plan this event.

Enjoy the Forum!

Sincerely,



Kelly O'Brien
Principal Investigator
Assistant Professor and CIHR New
Investigator
Department of Physical Therapy,
University of Toronto
160-500 University Avenue
Toronto, Ontario M5G 1V7
<http://cuhrrc.hivandrehab.ca/>



Francisco Ibáñez-Carrasco
Principal Applicant
Director of Education and Training
Ontario HIV Treatment Network
1300 Yonge Street, Suite 600
Toronto, Ontario M4T 1X3
<http://www.ohtn.on.ca/>



Kate Murzin
Principal Knowledge User
Health Programs Specialist
Canadian Working Group on HIV
and Rehabilitation
1240 Bay Street, Suite 600
Toronto, Ontario M5R 2A7
<http://www.hivandrehab.ca/en/>

**3rd International Forum on HIV and Rehabilitation Research
Advancing HIV, Aging and Rehabilitation Research and Practice
Thursday May 12th, 2016; 800am-400pm
Delta Winnipeg, 350 St. Mary Avenue, Ballroom B, Winnipeg, Manitoba**

Goals of the Forum:

- To facilitate **knowledge transfer and exchange (KTE)** on HIV and aging research, clinical practice and service delivery, among people living with HIV, researchers, clinicians on HIV, representatives of community organizations, and policy makers;
- To establish **new research and clinical partnerships** in HIV and aging internationally;
- To foster **mentorship and training in HIV and aging** research;
- To identify **new and emerging research priorities** in HIV, aging and rehabilitation.

Advancing HIV, Aging and Rehabilitation Research and Practice	
Time	Topic
8:00-8:30am	Light Breakfast and Registration
8:30am-8:45am	Welcome and Introductions / Overview of Agenda
8:45am-9:15am	Overview of Canadian Working Group on HIV and Rehabilitation (CWGHR) & the HIV and Aging Initiative Introduction to the Canada-UK HIV and Rehabilitation Research Collaborative (CUHRRRC) & Framework of Research Priorities in HIV, Disability and Rehabilitation
9:15am-10:30am	Research Evidence Panel Session 1 – Successful Aging with HIV and Multi-Morbidity This session will include a series of presentations followed by interactive discussion focused on emerging research evidence related to HIV, aging and multi-morbidity in the context of disability and rehabilitation. Speakers will include community members, clinicians and researchers. Keynote Speaker: Richard Harding, King’s College London, United Kingdom
10:30am-10:45am	Wellness Break
10:45am-11:45am	Research Evidence Panel Session 1 - Successful Aging with HIV and Multi-Morbidity (Continued) Speakers: Julian Falutz (McGill University), Francisco Ibáñez-Carrasco (Ontario HIV Treatment Network), Patty Solomon (McMaster University), Amrita Ahluwalia (Fife House Foundation)

11:45am-12:30pm	Lunch
12:30pm-2:30pm	<p>Research Evidence Panel Session 2 - Rehabilitation Interventions and Strategies for Older Adults Living with HIV</p> <p>This session will include a series of presentations followed by interactive discussion focused on research evidence related to rehabilitation interventions and living well strategies for older adults living with HIV. Speakers will profile evidence on models of rehabilitation and the impact of interventions for healthy aging with HIV.</p> <p>Keynote Speaker: Charles Emlet, University of Washington, United States Session Speakers: Gayle Restall (University of Manitoba), Tammy Reimer (Nine Circles Community Health Centre), Darren Brown (Chelsea and Westminster Hospital NHS Foundation Trust), Rosalind Baltzer Turje & Patrick McDougall (Dr. Peter AIDS Foundation)</p>
2:30pm-2:45pm	Wellness Break
2:45pm-3:30pm	<p>Panel Session - Bridging the Evidence with Real World and Identifying Research Priorities in HIV, Aging and Rehabilitation: Community and Clinical Perspectives</p> <p>This session will include a series of panelists including people living with HIV, researchers, and clinicians from the community who will comment on the research evidence, identify key priorities in the field, and discuss opportunities to enhance service delivery for adults aging with HIV.</p> <p>Moderator: Larry Baxter (Community Member) Panelists: Chris Lucas (Community Member), Alan Casey (University of Manitoba), Soo Chan Carusone (Casey House), Puja Ahluwalia (Canadian Working Group on HIV and Rehabilitation)</p>
3:30pm-3:50pm	<p>Bringing it all Together – Research Priorities in HIV and Aging</p> <p>In this session we will discuss ways to identify and address new and emerging issues in HIV, aging and rehabilitation, highlighting new opportunities for collaboration in research and practice. In this session we will also discuss strategies to enhance Knowledge Transfer and Exchange on HIV and rehabilitation research.</p>
3:50pm-4:00pm	Wrap-Up and Evaluation / Closing Remarks

Research Evidence Panel Session 1 – Successful Aging with HIV and Multi-Morbidity

What's New with the Evidence on HIV and Aging and Multi-Morbidity? Richard Harding (Keynote Speaker, King's College London, United Kingdom)



Key messages

1. HIV treatment and care must retain person-centredness.
2. Antiretroviral therapy (ART) has not ended the need to manage multidimensional problems.
3. Good care and support are essential to optimize treatment outcomes.

HIV, Multimorbidity, and Frailty: What's This All About? Julian Falutz (McGill University, Canada)

Key messages

1. Long-term survival of treated HIV patients is almost the same as in uninfected persons.
2. Multimorbidity due to common aging-related conditions including frailty may occur more often in younger treated HIV patients.
3. Strategies to assure successful aging of HIV patients are actively being investigated.

A Qualitative Study of the Lived Experience of HIV-Associated Neurocognitive Disorder Francisco Ibáñez-Carrasco (Ontario HIV Treatment Network, Canada)

Key messages

1. People living with HIV notice neurocognitive difficulties (various forms of HAND) which adds to the burden of living with HIV (e.g., stigma) and we choose to ignore, deflect or solve these difficulties on our own.
2. Form partnerships with patients and listen to the strategies and tactics PLWH use every day to overcome neurocognitive difficulties.
3. The success of HEADS UP! in being taken up by community members as well as clinicians suggests that more investigation of the lived experience of HAND must be conducted using CBR approaches.

“I’ll Bop till I Drop”: Preliminary Findings from a Longitudinal Qualitative Study on Aging with HIV Patty Solomon (McMaster University, Canada)

Key messages

1. Many older adults living with HIV develop successful living strategies to cope with the episodic nature of HIV.
2. Many older adults living with HIV consider themselves to be aging successfully.
3. There appears to be little relationship between life adversity, symptomatology and self-perceptions of successful aging with HIV.

Aging, HIV and Housing: Identifying the Issues of Older Women Living with HIV
Amrita Ahluwalia (Fife House Foundation, Canada)

Key messages

1. Older women living with HIV struggle with issues of housing affordability, mobility and safety.
2. Inadequate social assistance, along with limited affordable housing options, impedes the ability to support families and negatively impacts the quality of life of older women living with HIV.
3. Age related discrimination prevents older women's (re)entry into work, which challenges their financial stability and subsequent access to adequate housing.

Research Evidence Panel Session 2- Rehabilitation Interventions and Strategies for Older Adults Living with HIV

Aging Well with HIV Infection: Lessons from Long Term Survivors in Ontario Canada
Charles Emler (Keynote Speaker, University of Washington, United States)



Key messages

1. Long term survivors have developed intrapersonal and interpersonal strategies for aging well with HIV infection.
2. A large proportion of individuals interviewed overcame tremendous adversity and through resilience reclaimed and reinvented their lives.
3. Environmental supports, including HIV services, are critical in supporting them in aging well.

Self-Management Interventions for Adults Aging with HIV
Gayle Restall (University of Manitoba, Canada)

Key messages

1. A small body of literature on the effectiveness of self-management interventions for adults living with HIV shows evidence of positive short-term outcomes for physical health status, emotional status and health knowledge and behaviour.
2. The design of self-management interventions needs to take into account the social determinants of health and diversity in populations of adults aging with HIV related to gender and social roles, age, length of time since diagnosis, literacy, co-morbidities, culture, geography and access to health services.
3. Self-management strategies for adults living with HIV have been implemented through a variety of modes of delivery including individual, group-based, mhealth and ehealth with little research examining the differences in outcomes among these modes.

Lessons Learned: Community Health and the Integration of OT in an Interdisciplinary Team
Tammy Reimer (Nine Circles Community Health Centre, Canada)

Key messages

1. Pilot to Permanent.
2. Carving out a Practice & Reaching the client.
3. Responding to Emerging Needs.

Review of the Specialist HIV Outpatient Physiotherapy Service in the UK
Darren Brown (Chelsea and Westminster Hospital NHS Foundation Trust, United Kingdom)

Key messages

1. Identification of who is accessing HIV specialist physiotherapy services.
2. What are the outcomes of accessing HIV Specialist Physiotherapy services?
3. The future of accessibility and service expansion.

Strategies for Service Provision in an Integrated Setting for Complex Health Issues, Mental Illness, and Addiction

Rosalind Baltzer Turje (Dr. Peter AIDS Foundation, Canada)

Key messages

1. Understanding the complexity of the health issues.
2. Understanding the implication for service and the opportunities for strategies for engagement.
3. Shifting the services to meet the mixed needs and issues of safety, comfort, and predictability.

Employment as Rehabilitation: Peer Research Associates at the Dr. Peter Centre Share Their Experience

Patrick McDougall (Dr. Peter Centre, Canada)

Key messages

1. HIV and aging places individuals at the intersection of multiple points of stigma in terms of re-entering the workforce.
2. Re-entering the workforce as a paid employee after a lengthy gap as a result of health challenges associated with HIV and other comorbidities can bring multiple challenges in the areas of adapting to advances in technology, language and terminology, sick time, and workload capacity ability.
3. Working in a supportive environment can act to mitigate internalized stigma linked to HIV and aging.

Speaker Biographies

Amrita Ahluwalia is a Lecturer at Ryerson University and the Director of Research and Evaluation at Fife House Foundation. She has worked extensively on community-based research projects since 2005 and has been a Principal Investigator and Co-Investigator on a number of research studies related to HIV and Housing. Her most recent research focused on transitional housing for people living with HIV (PHAs) and women aging with HIV and housing. Amrita has worked on international projects for prevention and control of HIV/AIDS. Her research interests are community-based research, HIV/AIDS, housing, issues of women and marginalized communities.

Puja Ahluwalia is a physiotherapist with a background in disability, rehabilitation, pediatrics, and global health. She has a Masters of Public Health in Health Promotion from the University of Toronto. Her previous work experience includes primary care quality improvement, community-based physiotherapy, and physiotherapy research. She is currently working with CWGHR as the Project Coordinator of the Equitable Access to Rehabilitation Project.

Rosalind Baltzer Turje is the Director of Clinical Programs, Research and Evaluation at the Dr. Peter AIDS Foundation which operates the Dr. Peter Centre. Ms. Baltzer Turje has worked professionally in the field of mental health since 1980 as a clinician, administrator, and educator. Ms. Baltzer Turje has also worked as a consultant with health regions in service planning and evaluation, and holds undergraduate degrees in Cell Biology and Nursing, as well as a Master's degree in Individual Psychology.

Larry Baxter is a resident of Halifax, Nova Scotia, a person living and aging with HIV, and a knowledge user on several HIV and Rehabilitation projects. He worked over two decades in the non-profit sector, as well as serving on a variety of board positions with local, provincial and national HIV organizations, including the Canadian Working Group on HIV and Rehabilitation. His other areas of interest include food security and care giving & support.

Darren Brown is a specialist Physiotherapist in Infectious Diseases, Oncology and Palliative care at the Chelsea and Westminster Hospital; the largest HIV Unit in Europe. Darren provides both inpatient and outpatient rehabilitation for patients living with HIV and associated malignancies. He leads the specialist HIV outpatient Physiotherapy service which includes clinics and group rehabilitation intervention; the "Kobler Rehabilitation Class", providing physiotherapy supervised group exercise and educational "self-management programme". Darren is the Vice Chair of the UK Rehabilitation in HIV Association (RHIVA), HIV/AIDS coordinator for the WCPT network for physical therapists in HIV/AIDS, Oncology and Palliative Care (IPT-HOPE) and a CUHRRRC member.

Soo Chan Carusone is the Research Lead at Casey House and has a part-time faculty appointment in the Department of Clinical Epidemiology & Biostatistics at McMaster University. As a community-based researcher she uses mixed methods to explore 'patient' complexity and complex interventions to improve engagement, care and health outcomes in HIV.

Alan Casey work as a physical medicine and rehabilitation physician at the Health Sciences Centre in Winnipeg, Manitoba. His primary clinical and research work is with persons with spinal cord injuries, spasticity, or various neuromuscular diseases, as well as with some persons living with the consequences of HIV. He has also been on the board of the Canadian Working Group on HIV and Rehabilitation for the past 5 years, and its research advisory committee for 10 years, collaborating with others in multiple projects on HIV and rehabilitation concerns.

Charles A. Emlet, Ph.D, MSW is the Professor of Social Work at the University of Washington, Tacoma and Affiliate faculty with University Center for AIDS Research. Dr. Emlet was a Fulbright Scholar at McMaster University in Hamilton, Ontario in 2013. He has published more than 70 journal articles and book chapters and is coauthor of *In Home Assessment of Older Adults: An Interdisciplinary approach* (2nd ed., 2007) and *HIV/AIDS and Older Adults: Challenges for individuals, families and communities* (2004). He is currently the principal investigator for *Understanding the Lived Experiences of Older Adults Living with HIV* and co-investigator on the National Health, Aging, Sexuality and Gender study.

Dr. Julian Falutz is Director of the Comprehensive HIV and Aging Initiative of the Chronic Viral Illness Service at the McGill University Hospital Center. He attended McGill University School of Medicine, with training in internal medicine and geriatrics. He has been involved in the clinical care of HIV persons and in HIV clinical research for over 25 years. He is Director of the Comprehensive HIV and Aging Initiative at the McGill University Hospital Center. His research has focused on metabolic complications, HIV/HAART-related body composition changes and HIV disease. He is involved in the assessment and management of frailty and co-morbidities in older patients with HIV. He was co-principal investigator in studies of recombinant human growth hormone releasing factor for treatment of HIV abdominal obesity. He is an investigator and coordinator for the Canadian involvement in the international REPRIEVE (Randomized Trial to Prevent Vascular Events in HIV) Study.

Dr Richard Harding is a Reader in Palliative Care at the Cicely Saunders Institute, and director of Global Programmes and Partnerships. He has a background in Social Anthropology, Social Work and Public Health, and worked as a HIV care manager before entering academia. His research focuses on quality of life, outcome measurements and global health.

Dr. Francisco Ibáñez –Carrasco is the Director of Education and Training at the Ontario HIV Treatment Network (OHTN). Since 2009, Francisco manages Universities Without Walls (www.universitieswithoutwalls.ca), an advanced training program in HIV research for graduate Canadian students funded by the Canadian Institutes of Health Research (CIHR). His research focuses on online teaching and learning, autopathography and the greater involvement of persons living with HIV (the GIPA principle), and HIV in the context of rehabilitation.

Chris Lucas is 51 years old and has been HIV positive for the past 30 years. Chris spent the majority of his life working in the hospitality industry as a waiter and as a cook. This was interrupted in 2007 while he was a cook in a remote isolated bush camp. He has been disabled since then. Chris now spends his time volunteering at Nine Circles Community Health Centre and hopes that one day he will be employed again. Aging with HIV is a fear of his but he hopes with advancements in the field that these fears will soon disappear.

Patrick McDougall is the Knowledge Translation and Evaluation Coordinator at the Dr. Peter AIDS Foundation, which operates the Dr. Peter Centre in Vancouver, BC. He is a member of several different research projects including the Dr. Peter Study and the Food as Harm Reduction study. Patrick has supervised a team of Peer Research Associates on these and other projects. Patrick has also worked in government, research, and the private sector.

Kate Murzin has been working in community-based HIV organizations in Toronto for a decade, and has been the Health Programs Specialist at the Canadian Working Group on HIV and Rehabilitation (CWGHR) for the last three years. Kate is engaged in policy change, education and research with a focus on HIV and older adults. In her current role, Kate provides secretariat support to the National Coordinating Committee on HIV and Aging (NCC), a group of stakeholders from across Canada with a shared interest in the assets, needs and experiences of older persons living with and vulnerable to HIV.

Kelly O'Brien is a physical therapist and Assistant Professor in the Department of Physical Therapy at the University of Toronto. Kelly holds a New Investigator Award from the Canadian Institutes of Health Research (CIHR). Kelly's research includes developing an Episodic Disability Framework from the perspective of adults living with HIV, developing and assessing the measurement properties of the new HIV Disability Questionnaire (HDQ), conducting systematic reviews on the effects of exercise in the context of HIV, and evaluating the impact of a community-based exercise intervention with adults living with HIV. Kelly is a founding member of the Canada-UK HIV and Rehabilitation Research Collaborative (CUHRRRC) (<http://cuhrrc.hivandrehab.ca/>).

Tammy Reimer is the Director of Allied Care and Health Promotion at Nine Circles Community Health Centre. Her connection to the field of HIV began in 1997 when she started volunteering as a pre and post-test educator for HIV testing. Tammy has twenty years' experience in social services from volunteer management to running a drop in health centre for women in the sex trade. In the last two years she has found herself coming full circle and returning to work with Nine Circles and a HIV community that looks remarkably different than it did when she began in 1997.

Gayle Restall is an Associate Professor in the Department of Occupational Therapy, College of Rehabilitation Sciences, Faculty of Health Sciences at the University of Manitoba. She is a registered occupational therapist with a PhD in Community Health Sciences from the University of Manitoba. Her research interests and experience include involving people who require health services in their own care, program development, and social policymaking; exploring the experiences of people living with chronic health conditions, such as HIV, in accessing supports and service to fully participate in community life; integrating rehabilitation services into primary health care; and the uptake of diverse forms of evidence into practice.

Dr. Patty Solomon is a Professor and Associate Dean in the School of Rehabilitation Science at McMaster University in Hamilton, Canada. She has been doing research in the area of HIV and disability since 2001 when she received funding from the Canadian Working Group on HIV and Rehabilitation to evaluate an innovate model of interprofessional education which included people living with HIV. More recently her research has focused on experiences of aging with HIV.

Rapporteur Biographies

Adria Quigley is in her first year of her Ph.D. at Dalhousie University. She graduated from the University of Toronto with a Master's of Physical Therapy in 2011, and conducted research with her fellow students looking at the experiences of men living in Toronto with HIV-associated Neurocognitive Disorders (HAND). Her main research focus now is looking at the impact of exercise on cognitive function and balance in people living with HIV. She also continues to practice as a Physical Therapist and teaches yoga in her spare time.

Alex Terpstra recently completed his MSc in Rehabilitation Science at the University of Toronto and now works at the Ontario HIV Treatment Network as Research Coordinator for HEADS UP! – a qualitative study of the lived experience of HIV-associated neurocognitive disorder (HAND). In this role, Alex has developed a better understanding of how HIV can affect the brain, the assessment of cognitive impairment for people living with HIV, and strategies that people living with HAND can use to manage cognitive challenges. Alex looks forward to applying this new knowledge to future work in HIV and rehabilitation.

Saipriya Vajravelu is a Ph.D. candidate at the McMaster University. She is physiotherapist by background. She is also working as a peer support leader in the Alliance of South Asian AIDS Prevention on a community-based project for educating South Asian Women about sexual health in Toronto and Greater Toronto Area. Her research

interest is in HIV, disability and rehabilitation. She is also interested in understanding episodic disability and implications for rehabilitation. Her Ph.D. thesis focuses on the disability experience and rehabilitation needs of South Asian Women living with HIV in Canada.

CUHRRC Film Team

Patriic and **Jonathan** are founding members of the Gay Men's Health Collective and are pretty awesome. Their project work includes film making for the LGBT community (www.threeflyingpiglets.co.uk), an online encyclopedic life manual for gay men (www.menrus.co.uk) and safer sex harm reduction chemsex packs (www.pippac.co.uk). This is the third time Three Flying Piglets has filmed CUHRRC and they are delighted to be ingratiating themselves on Canadian soil once again. Their hobbies include adventures with maple syrup, chasing bears and trying very hard to be sensible.