



Specialist HIV Outpatient Physiotherapy Service

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CONTENT

#RehabHIV

- 1 } Overview of the service provision
- 2 } 2 year service evaluations of 1:1 clinic and Kobler Rehabilitation class
- 3 } Development and release of BeYou+ App
- 4 } Future opportunities; research, expansion & technology



SERVICE PROVISION

#RehabHIV



SEXUAL HEALTH
HOUNSLOW

10 HAMMERSMITH
BROADWAY



SERVICE PROVISION

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ONE:ONE INTERVENTION
SPECIALIST HIV PHYSIO CLINIC

Outpatient Specialist
HIV Physiotherapy
Service



GROUP INTERVENTION
KOBLER REHABILITATION CLASS

EVALUATION OF CLINIC

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From October 2013 we conducted a 2 year service evaluation to evaluate;

- **Who is accessing specialist HIV physiotherapy?**
- **What interventions are provided?**
- **What is the outcome of receiving specialist HIV physiotherapy?**

1

Retrospective audit;
Demographics
Interventions

2

WHO international
classification of diseases
ICD-10 online version

3

WHO international
classification of function,
disability and health
ICF Checklist V2.1a

4

EuroQOL standardised
measure of health outcome
EQ-5D-5L

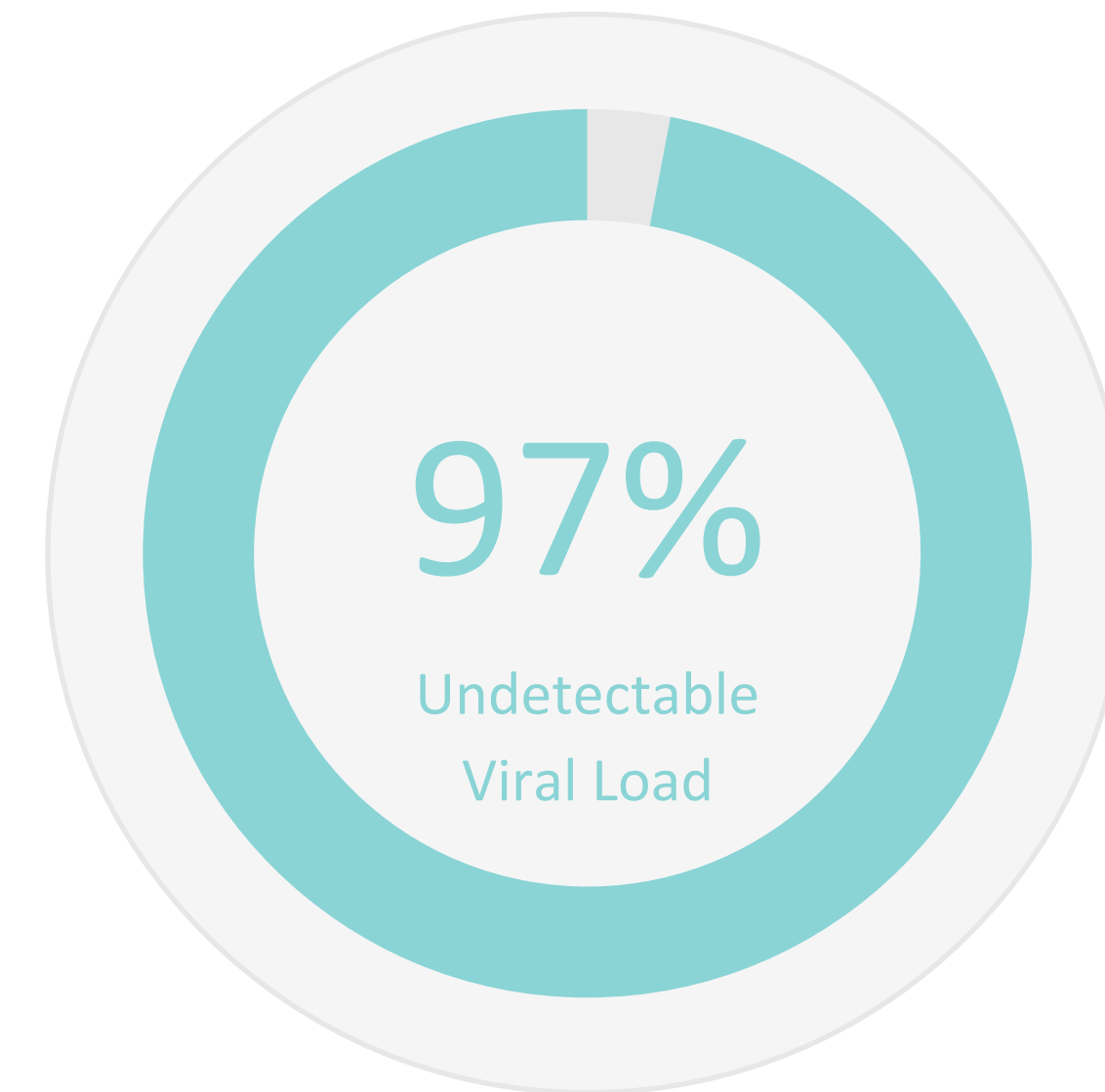
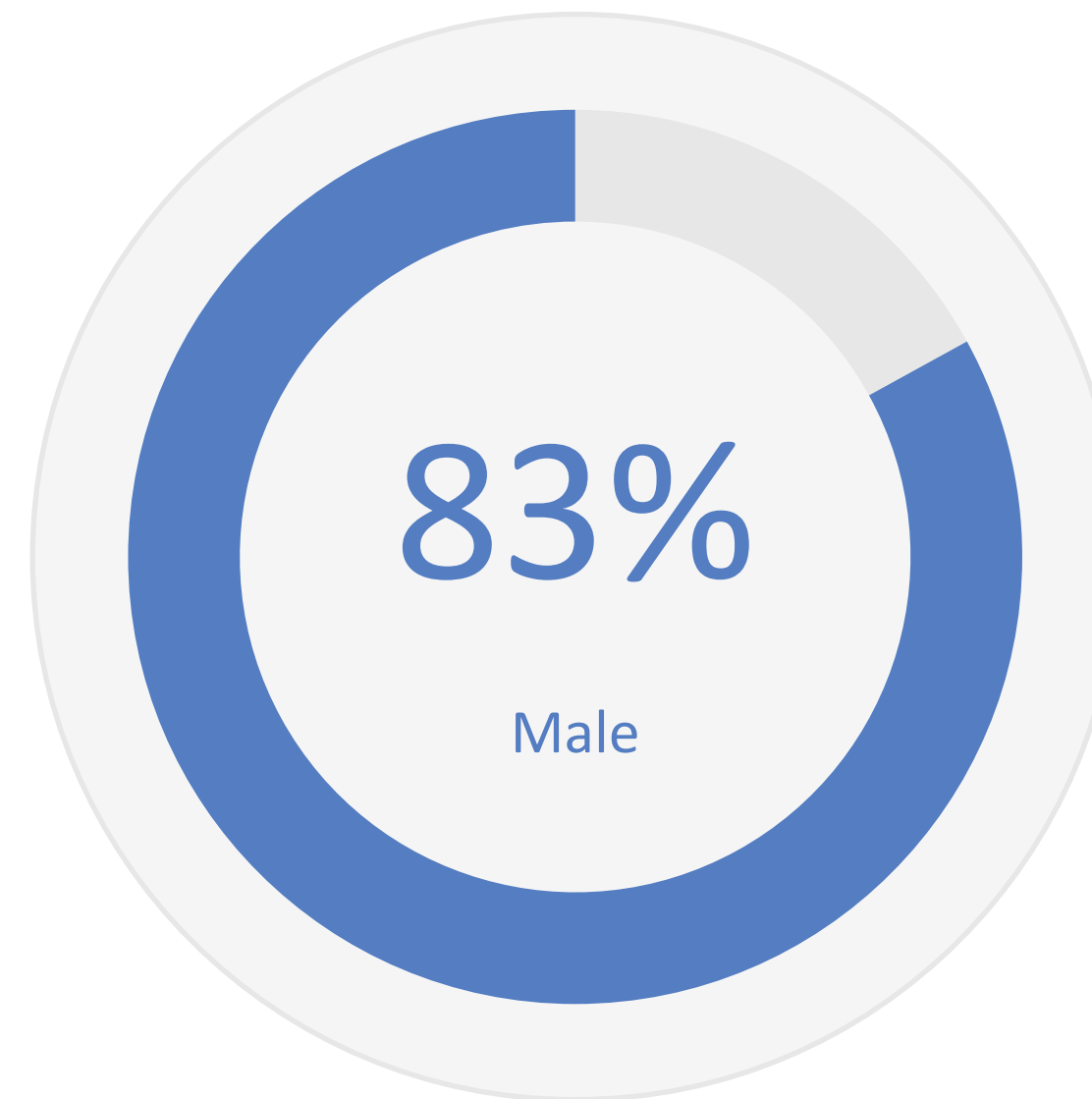
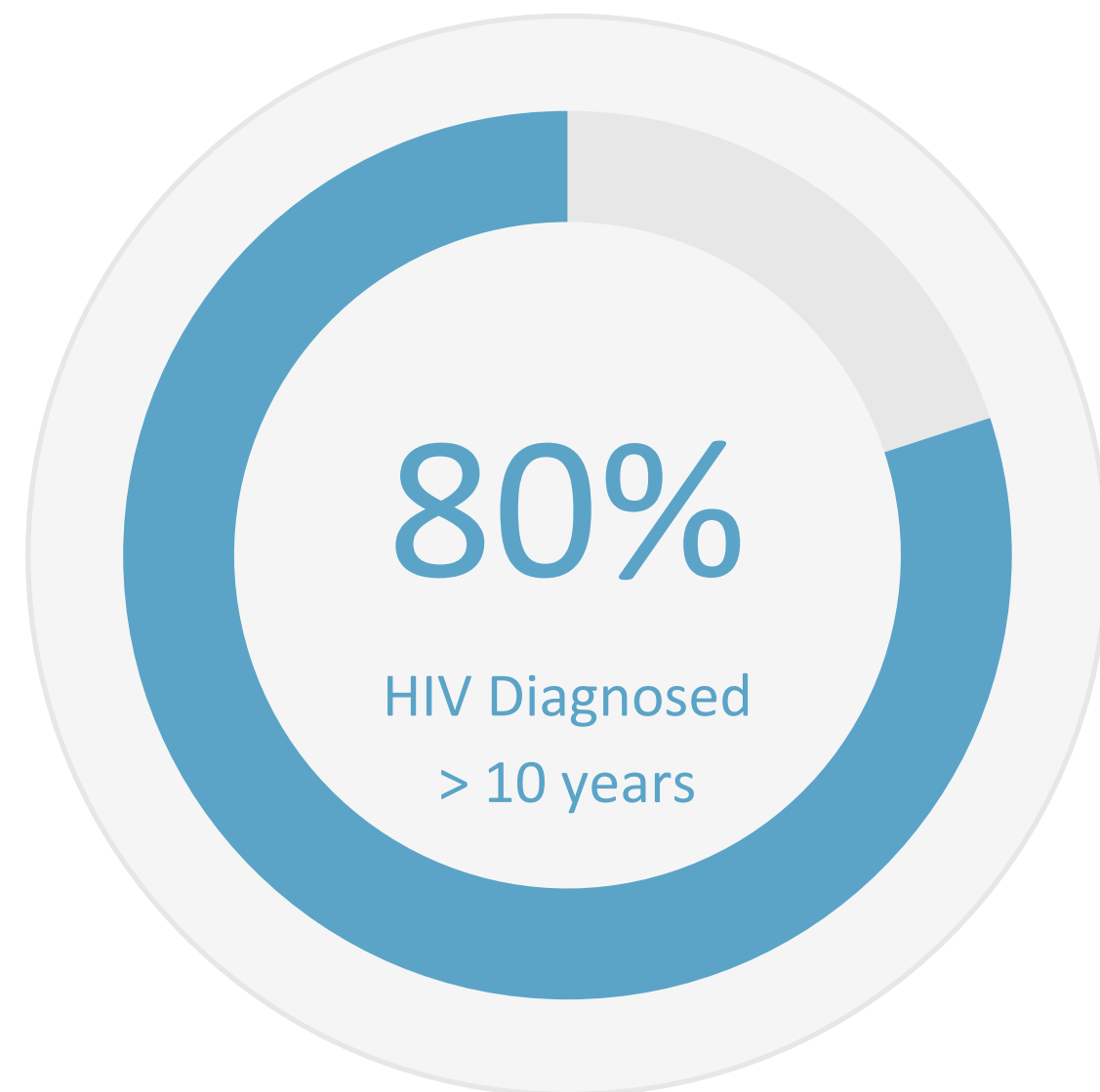
EVALUATION OF CLINIC - DEMOGRAPHICS

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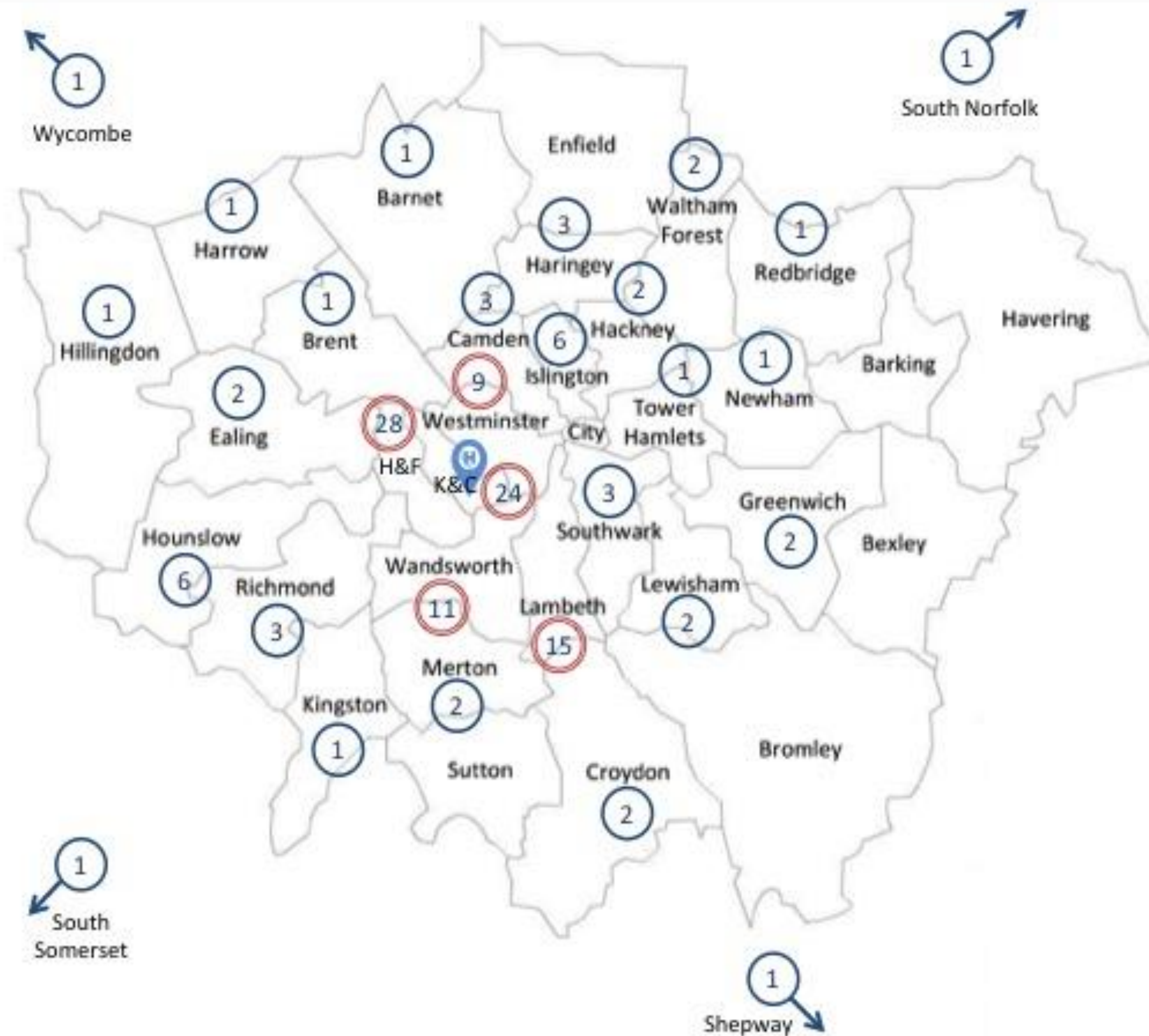
137
patients

52
Median Age
29 — 77



EVALUATION OF CLINIC - LOCATION

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EVALUATION OF CLINIC - DEMOGRAPHICS

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87% Inactive



71% Live Alone



64% Live Locally



61% Unemployed



Average 5 Comorbidities

87%

Defined as Complex Comorbid

≥2 additional chronic conditions
in ≥2 different body systems

Harrison *et al.* *BMJ Open*
2014 4:e004694 doi:10.1136/bmjopen-2013-004694
<http://bmjopen.bmj.com/content/4/7/e004694.abstract>

EVALUATION OF CLINIC - ICD

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2

WHO international
classification of diseases
ICD-10 online version

Depression 42%

Chronic lower back pain 25%

Peripheral Neuropathy 21%

Osteopenia/Osteoporosis 20%

Hypertension 18%

Hypercholesterolemia 18%

“Diseases of the musculoskeletal system and connective tissue” 21%

“Mental and behavioral disorders” 13%

“Endocrine, nutritional and metabolic diseases” 11%

“Diseases of the nervous system” 11%

EVALUATION OF CLINIC - ICF

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3

WHO international classification of function, disability and health ICF Checklist V2.1a

Pain, Joint movement, Mobility, Employment and Community life

Disabil Rehabil. 2015;37(22):2051-60. doi: 10.3109/09638288.2014.993432. Epub 2014 Dec 19.

"When I was no longer able to see and walk, that is when I was affected most": experiences of disability in people living with HIV in South Africa.

Hanass-Hancock J¹, Myezwa H², Nixon SA^{1,3,4}, Gibbs A¹.

Impairments affected participants' activity levels, especially mobility, domestic life, self-care and ability to work. Activity limitations affecting livelihood were often of more concern to participants than the impairments.

International Classification of Function Disability and Health CHECKLIST

Body Function Impairments		Body Structure Impairments	
Pain	88%	Movement Lower Extremity	64%
Mobility of Joint	75%	Movement of Trunk	53%
Emotional Function	71%	Spinal Cord and Peripheral Nerves	32%
Activity Limitations & Participation Restrictions		Enviromental Factors	
Recreation and Leisure	72%	Social Security	27%
Walking	56%	Mobility and Transport Products	22%
Remunerative Employment	50%	Immediate Family	18%

EVALUATION OF CLINIC




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4

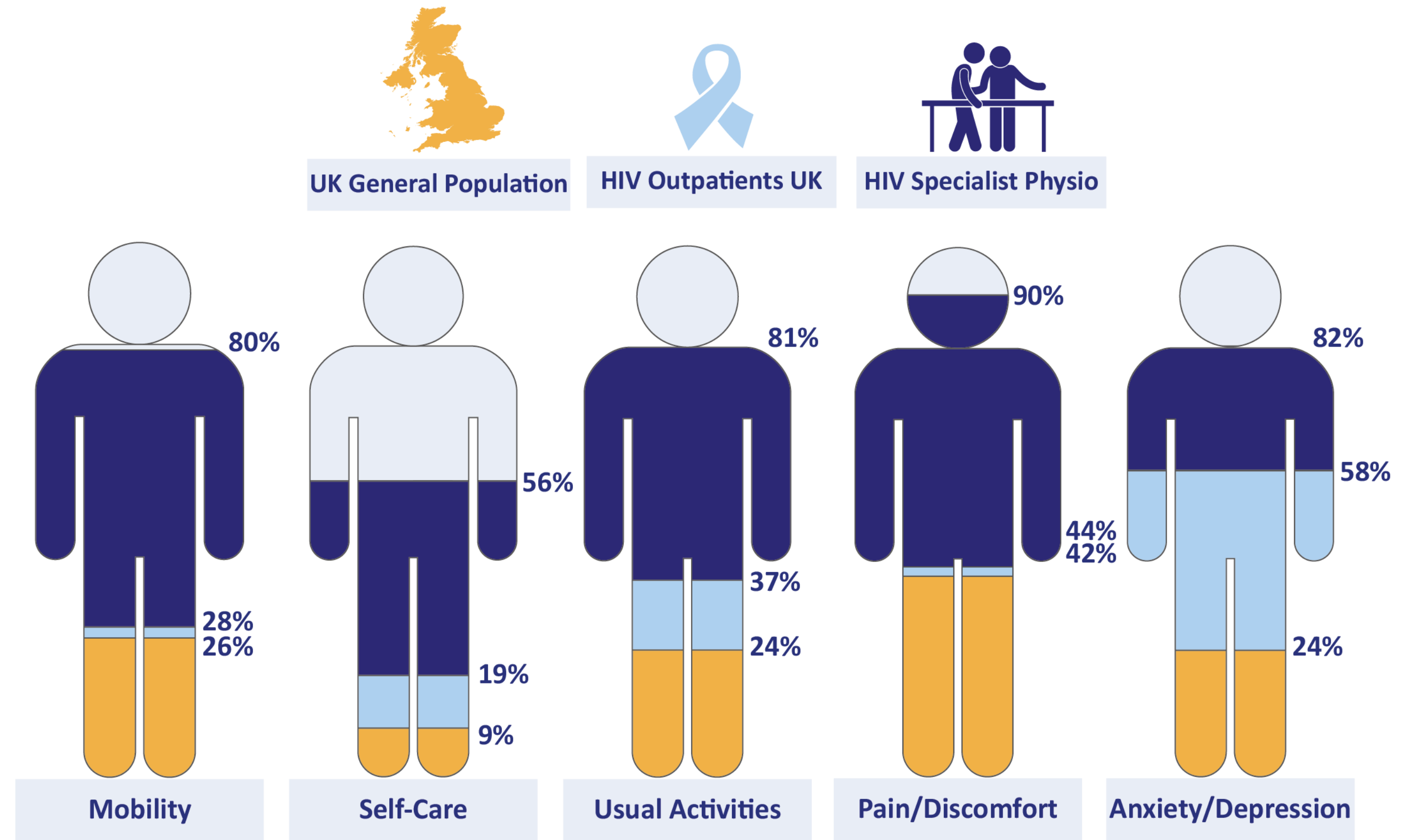
EuroQOL standardised measure of health outcome EQ-5D-5L

EQ-5D-5L Index

Physio		0.44
12 month		0.58
24 month		0.58
12 month		0.31
24 month		0.42

Qual Life Res. 2012 Mar;21(2):269-80. doi: 10.1007/s11136-011-9937-0. Epub 2011 Jun 9.

Percentage any problem reported



Health Qual Life Outcomes. 2015 Oct 21;13:171. doi: 10.1186/s12955-015-0356-8.

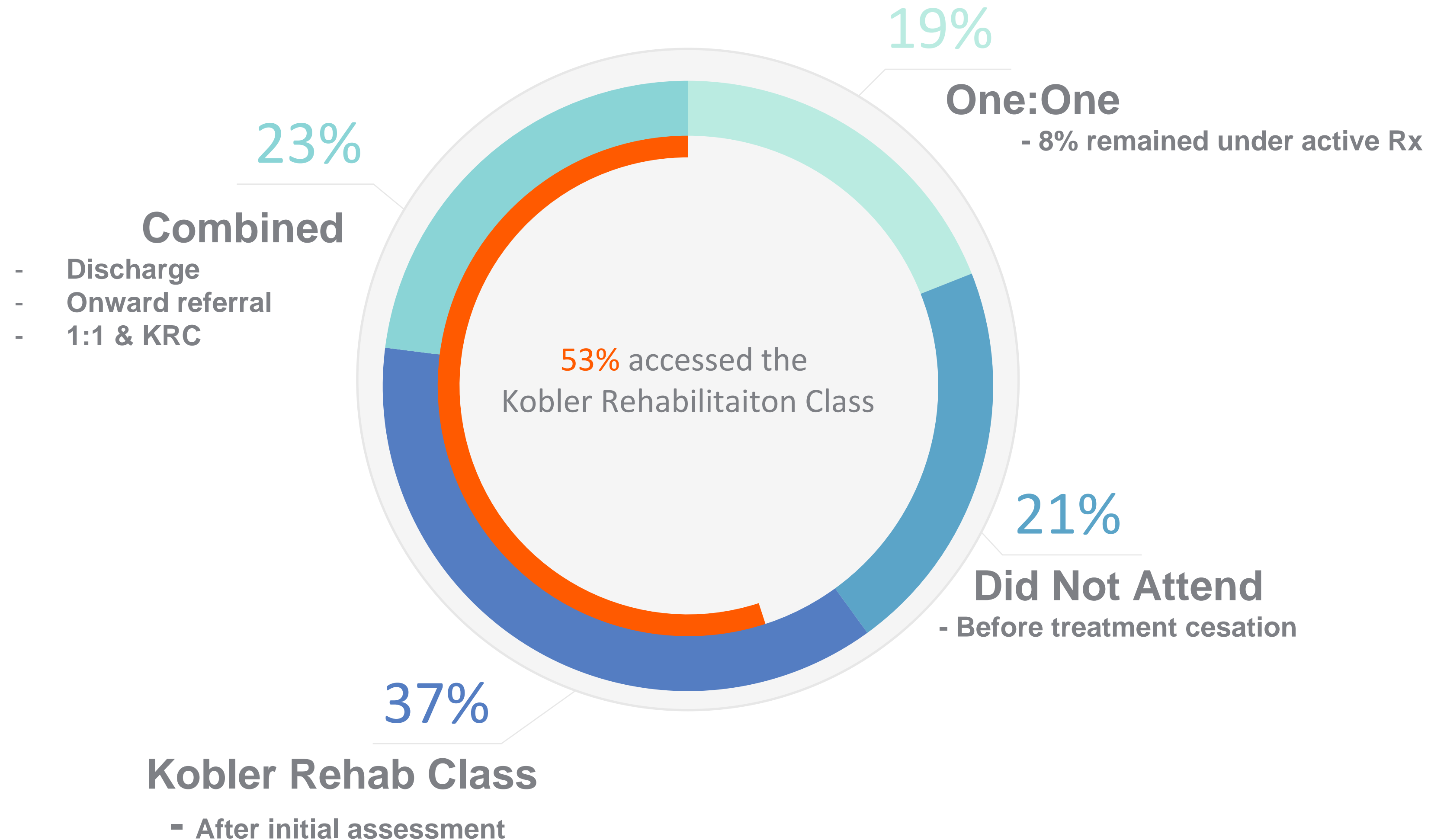
AIDS Care. 2012;24(8):963-71. doi: 10.1080/09540121.2012.668175. Epub 2012 Apr 23.

EVALUATION OF CLINIC

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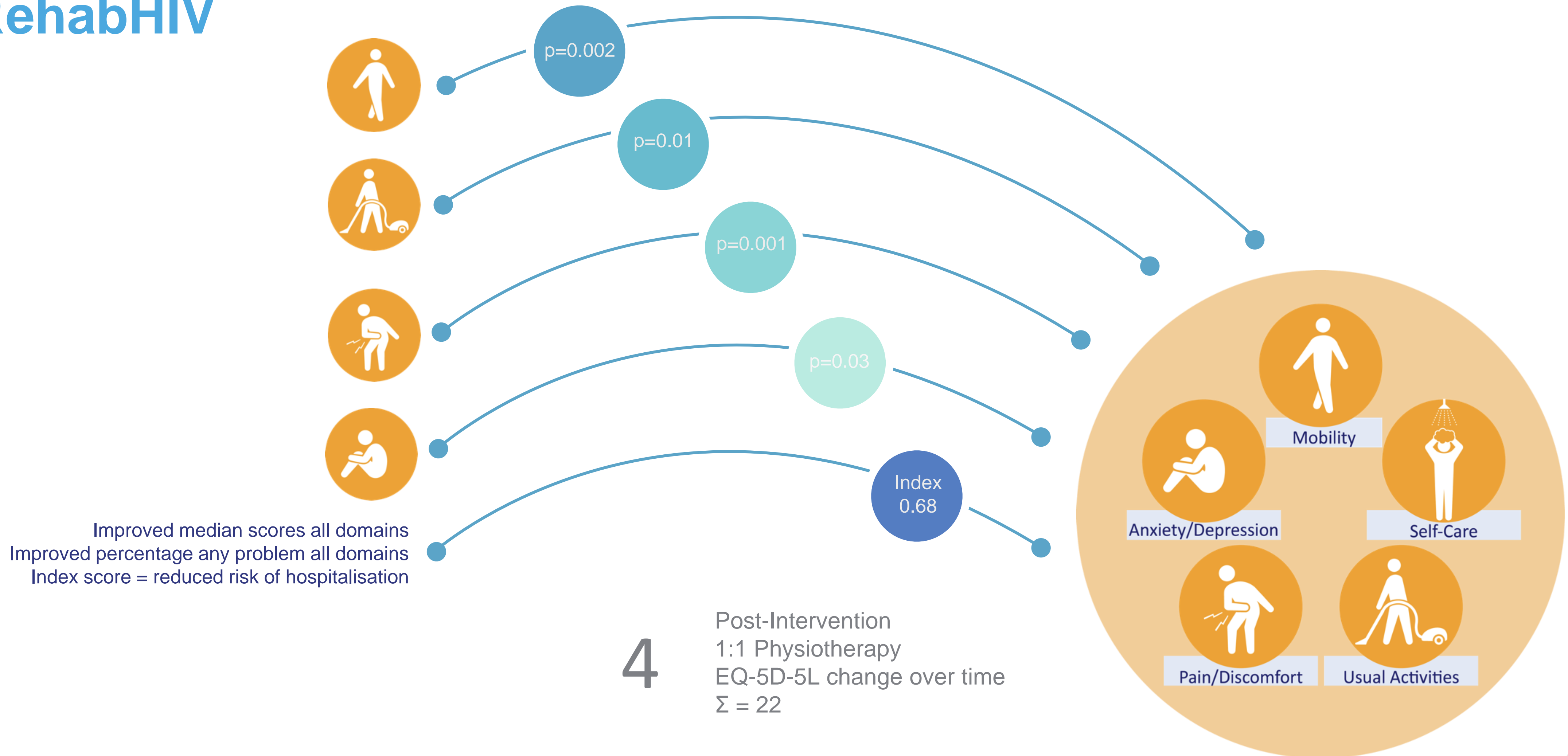
Interventions



EVALUATION OF CLINIC – EQ5D5L

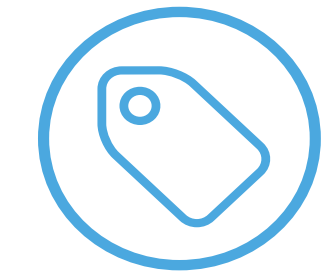
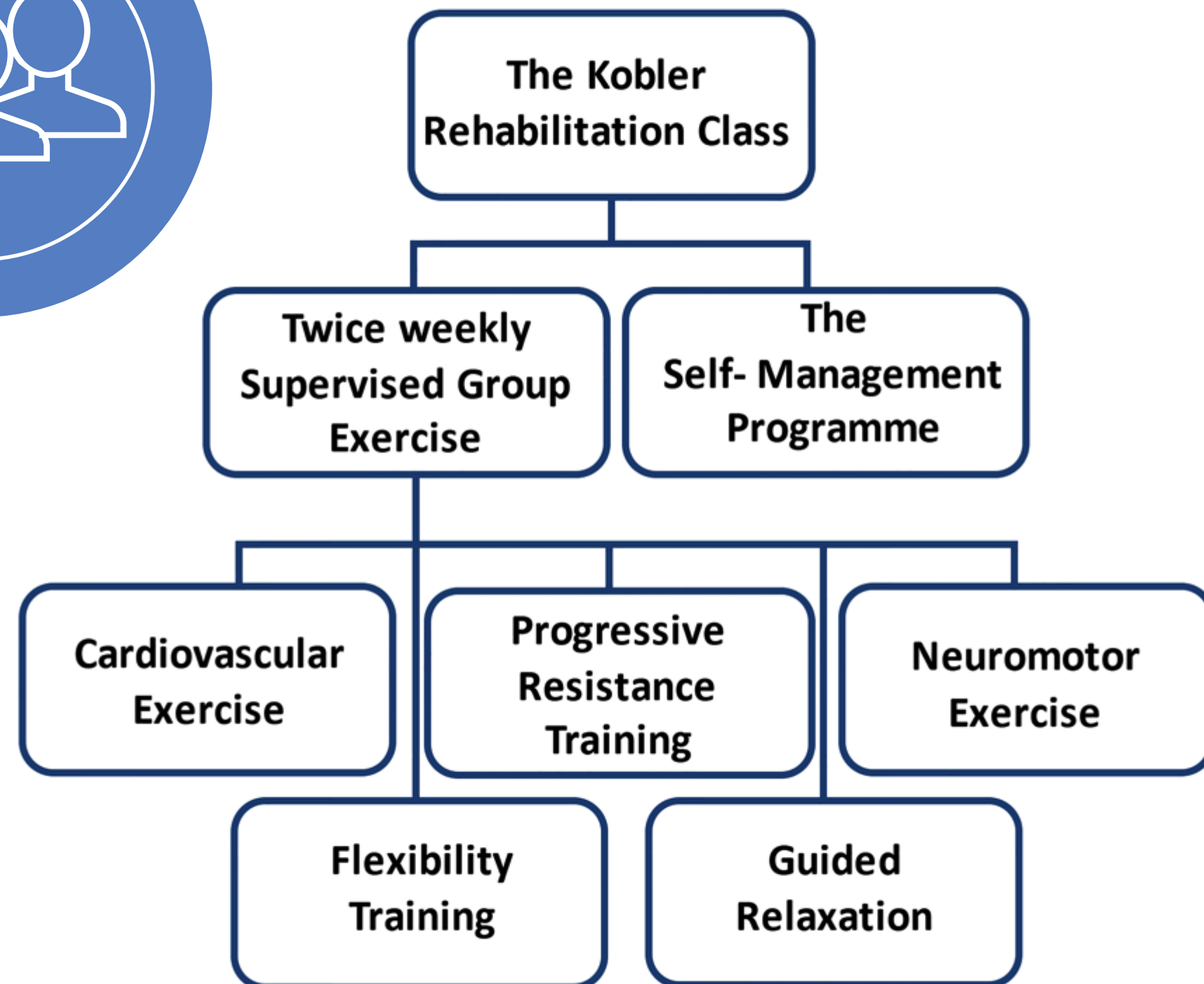


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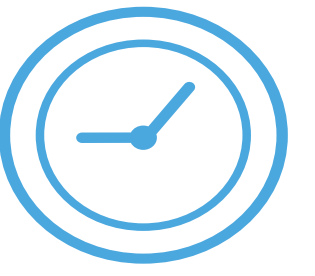
KOBLER REHAB CLASS

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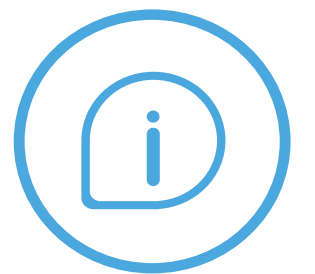


OUTCOME MEASURES

- HEIGHT
- WEIGHT
- BODY SHAPE
- HEART RATE
- 6MWT
- STRENGTH
- FAHI
- FLEXIBILITY
- GOALS



WEEK 0
WEEK 10



DROP-IN
>10 WEEKS

KOBLER REHAB CLASS

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OUTCOMES

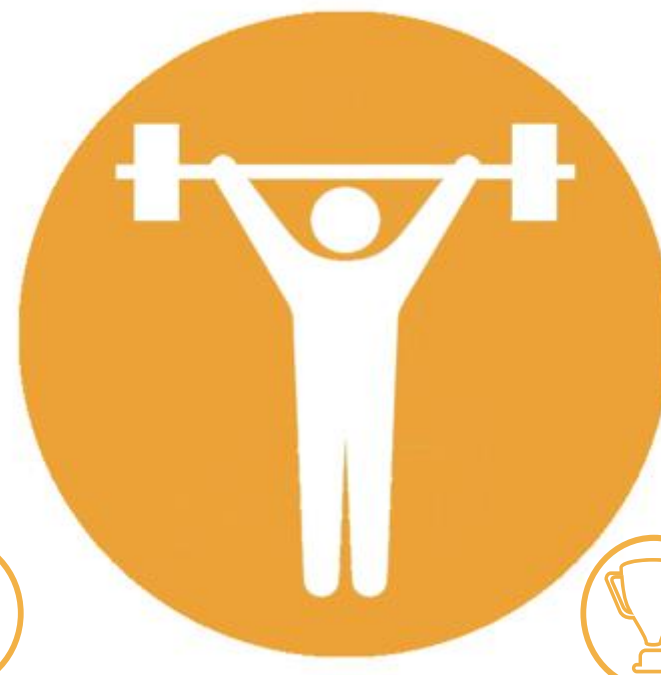
Locomotor Performance



86m (p<0.001)

Exceeding clinically important difference in COPD, heart failure, stroke survivors and community dwelling older adults

Strength



TRICEPS (P<0.001)
BICEPS (P<0.001)
LATTISIMUS DORSI (P<0.001)
SHOULDER PRES (P<0.001)
CHEST PRESS (P<0.001)
LEG PRESS (P<0.001)

Health Related Quality of Life



PHYSICAL WELL BEING (P<0.001)
EMOTIONAL WELL BEING (P<0.001)
FUNCTIONAL/GLOBAL WELL BEING (P=0.065)
SOCIAL WELL BEING
COGNITIVE FUNCTIONING

Flexibility

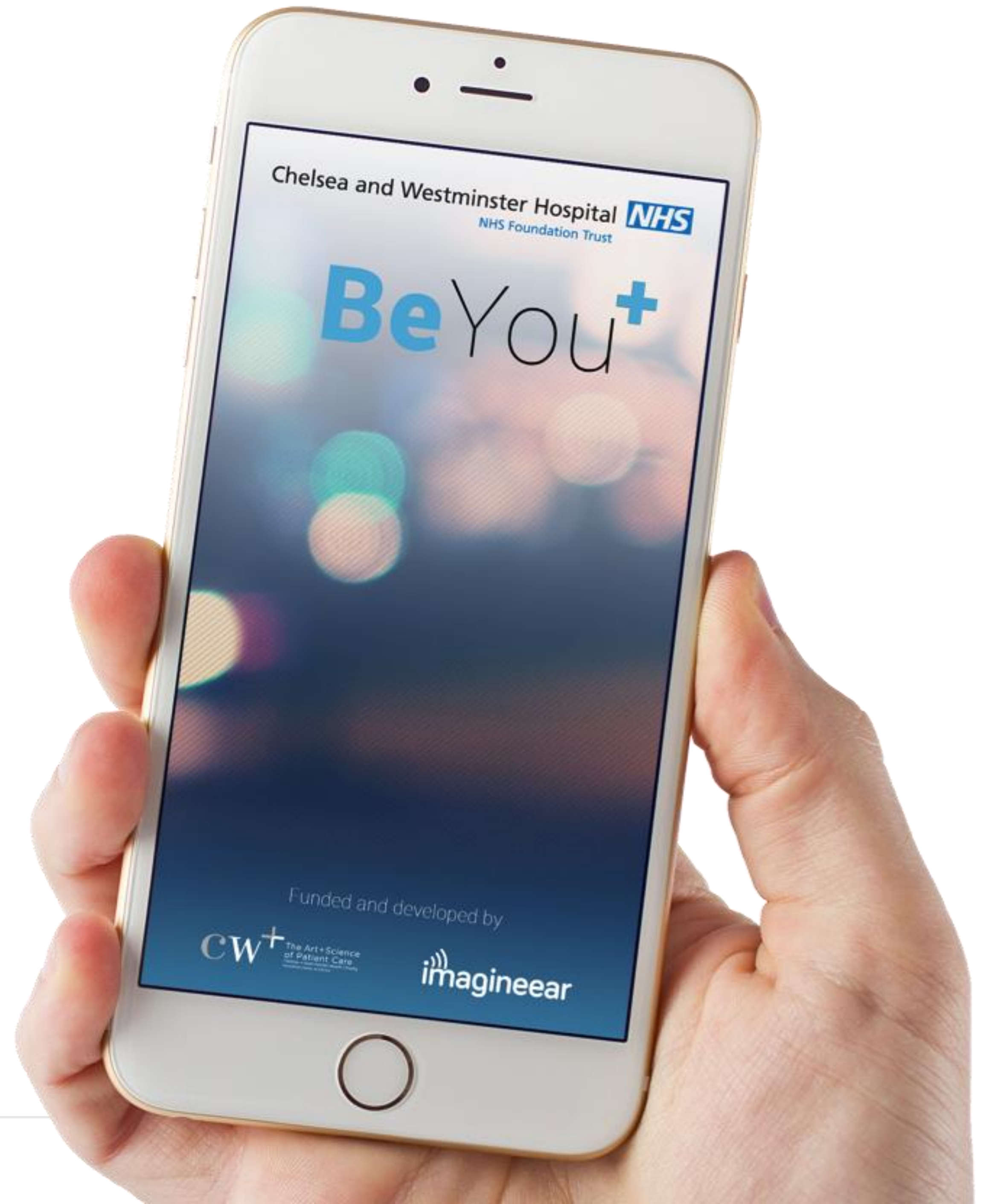
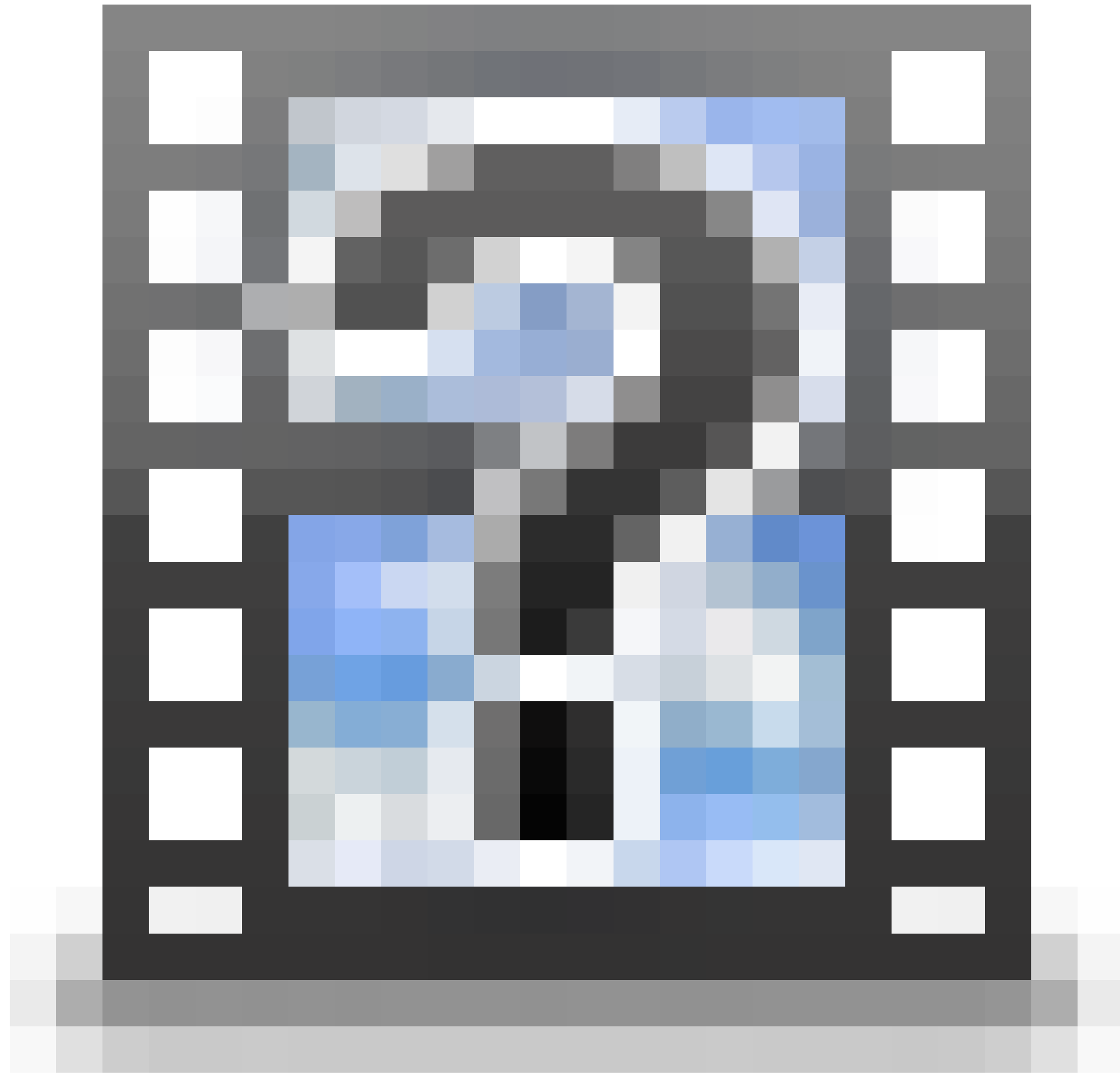


8cm (p<0.001)

Goal Attainment



64%
Achieved all goals
Average = 3 goals





@BeYouPlus



www.cwplus.org.uk/beyouplus

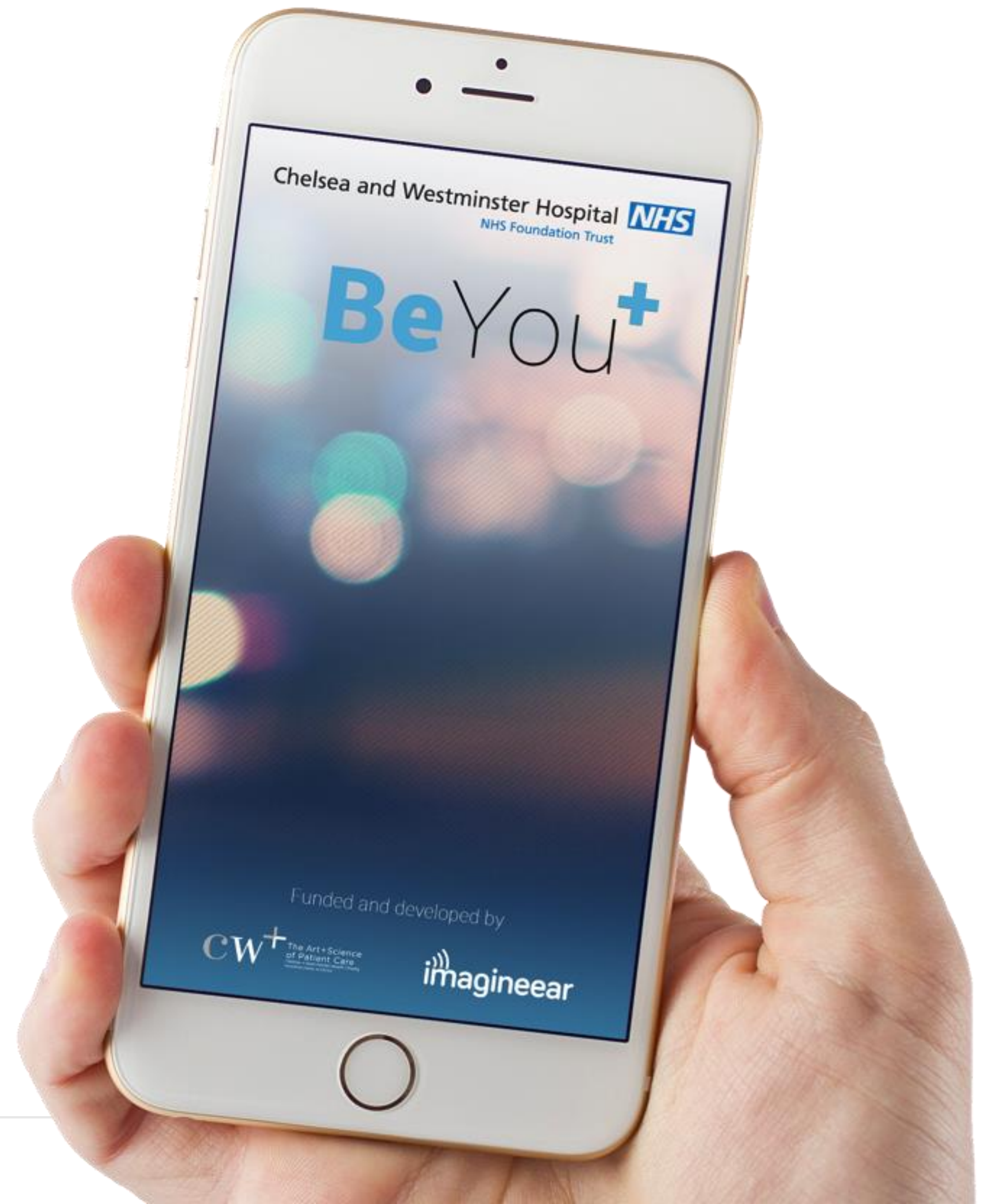


www.facebook.com/BeYouPlusApp



<https://vimeo.com/162059872>

Information is provided in a convenient and accessible way, so users can access what they need, when they want it, allowing them to focus on being healthy, living well and achieving their goals. BeYou+ gives users the ability to set their own goals and achieve reward videos, input their health information, set reminders that sync with their



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FUTURE OPPORTUNITIES

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Publications

2 year service evaluation of the Kobler Rehab Class including outcomes and non-adherence audit

Collaborations

Mark Spreckley LSHTM
Multi-stakeholder needs analysis of Kobler Rehab Class

Service Expansion

Providing equity in service provision across all sites re: referrals and access

Research ... 1

HIV Disability Questionnaire in >50s HIV clinic & Dean Street Cohort Trial

Research ... 2

Phase 1 NIHR trial of Kobler Rehab Class with Richard Harding & Matt Maddocks (KCL)

Technology

Within the Kobler Rehab Class re: Data Collection BeYou+

Service Improvement

Uniform measurement tools across clinic and class
Incorporating technology in measurements

CONCLUSION

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- 1 } The Specialist HIV Outpatient Physiotherapy service provides both individual and group rehabilitation interventions
- 2 } People attending the clinic are ageing with well controlled HIV, complex comorbidity and high prevalence of disability and functional challenges
- 3 } People receiving 1:1 or group rehabilitation interventions show improvement in a range of measurements eg: function, mobility, pain and quality of life
- 4 } BeYou+ app Available to download now!





THANK YOU

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