



4th International Forum on HIV and Rehabilitation Research & Intersectoral Policy Dialogue

Translating Evidence on HIV, Aging and Rehabilitation Interventions
into Practice: Advancing Research, Policy and Practice for Healthy
Aging

Saturday June 16th, 2018
Li Ka Shing Knowledge Institute
St. Michael's Hospital
Toronto, Ontario





ACKNOWLEDGEMENTS

The 4th International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue is funded by a Meeting, Planning and Dissemination Grant from the Canadian Institutes of Health Research (CIHR), Aging Institute, and **Realize**.

We also acknowledge support from the Canadian Alliance in HIV and HCV Knowledge to Action, St. Michael's Hospital, Gilead Sciences Canada, Inc. and Filming by Three Flying Piglets, Gay Men's Health Collective (GHMC).

St. Michael's
Inspired Care.
Inspiring Science.



CIHR Planning Grant Team

Kelly O'Brien – Co-Principal Investigator (NPI)
Francisco Ibáñez -Carrasco – Co-Principal Investigator
Kate Murzin –Co-Principal Knowledge User
Patty Solomon – Co-Investigator
Patriic Gayle – Knowledge User
Larry Baxter – Knowledge User
Soo Chan Carusone – Co-Investigator

Esther McDonnell – Knowledge User
Colm Bergin – Co-Investigator
Cliona Cheallaigh – Co-Investigator
David Kietrys – Co-Investigator
Mary Lou Galantino – Co-Investigator
Richard Harding– Co-Investigator
Darren Brown – Knowledge User

Forum Core Planning Team

Kelly O'Brien (University of Toronto)
Francisco Ibáñez -Carrasco (St. Michael's Hospital)
Tammy Yates (**Realize**)
Janet London (**Realize**)
Kate Murzin (**Realize**)

Puja Ahluwalia (**Realize**)
Dave Skitch (**Realize**)
Gord Arbess (St. Michael's Hospital)
Rachel Aubry (University of Toronto)

Student Rapporteurs

Matthieu Dagenais (University of Toronto)
Lisa Boucher (Bruyère Institute, Ottawa)
Saipriya Vajravelu (McMaster University)

Forum Filming Media Team

Patriic Gayle (Three Flying Piglets)
Luke Orrin (Three Flying Piglets)



Welcome to the 4th International Forum on HIV and Rehabilitation Research & Intersectoral Policy Dialogue!

This Forum is a collaboration between the **Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC)** and **Realize** 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. This Forum builds on the success of previous Forums to specifically focus on research focused on interventions to promote successful aging with HIV and other concurrent health conditions.

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 20 speakers from Canada, the United States, the United Kingdom (UK), and Ireland who have dedicated their time and expertise to sharing recent emerging evidence on HIV, aging and rehabilitation interventions.

We gratefully acknowledge funding from the Canadian Institutes of Health Research (CIHR), Aging Institute and **Realize** as well as support from the Canadian Alliance in HIV and HCV Knowledge to Action, St. Michael's Hospital, Gilead Science Canada, Inc. and Three Flying Piglets (filming). Finally, we thank the members of the Core Forum Planning Team who worked tirelessly with us to plan this event. Thank you for your ongoing contributions to the Forum. We look forward to the day ahead!

Sincerely,

Kelly O'Brien
Co-Principal Investigator
Associate Professor
Department of Physical Therapy,
University of Toronto
160-500 University Avenue
Toronto, Ontario M5G 1V7
<http://cihrrc.hivandrehab.ca/>

Francisco Ibáñez-Carrasco
Co-Principal Investigator
Senior Research Associate
Centre for Urban Health Solutions
St. Michael's Hospital
30 Bond Street
Toronto, Ontario M5B 1W8
<http://stmichaelshospitalresearch.ca/>

Kate Murzin
Co-Principal Knowledge User
Health Programs Specialist
Realize
1240 Bay Street, Suite 500
Toronto, Ontario M5R 2A7
<http://www.realizecanada.org/>



PROGRAM AT A GLANCE
4th INTERNATIONAL FORUM ON HIV AND REHABILITATION RESEARCH & INTERSECTORAL POLICY DIALOGUE - Translating Evidence on HIV, Aging and Rehabilitation Interventions into Practice: Advancing Research, Practice and Policy for Healthy Aging
Saturday June 16, 2018, 8:00am-5:00pm
Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto, Canada

Translating Evidence on HIV, Aging and Rehabilitation Interventions for Successful Aging; Advancing Research, Practice and Delivery	
Objectives: 1) To facilitate knowledge transfer and exchange (KTE) on HIV and rehabilitation research, clinical practice and service delivery, among people living with HIV, researchers, clinicians on HIV, representatives of community organizations, and policy makers internationally; 2) To establish new research and clinical partnerships in HIV and aging internationally; 3) To foster mentorship and training in HIV and aging research	
Time	Topic
8:00-8:45	Breakfast and Registration
8:45-9:00	Welcome and Introductions & Overview of Agenda
9:00-9:20	Overview <i>Realize</i> and the HIV and Aging Initiative Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC) Framework of Research Priorities in HIV, Disability and Rehabilitation
9:20-10:00	Healthy Aging with HIV in the Context of Rehabilitation – Measuring Health and Effectiveness of Interventions - How Far Have we Come and Where are We Going in the Future? Key Note Speaker: Richard Harding (Cicely Saunders Institute, King's College London, London, UK)
10:00-10:15	Break
10:15-12:00	Research Evidence Panel Session 1 Implementing HIV and Rehabilitation Research into Practice – <u>Multimorbidity, Frailty, and Community Engagement & Social Participation</u> Qualitative Longitudinal Study of Episodic Disability Experiences of Older Women Living with HIV Patty Solomon (McMaster University, Hamilton, Canada) HIV, Hepatitis C and Aging in Ireland – Interventions for Successful Aging Colm Bergin (GUIDE Clinic, St. James's Hospital, Dublin, Ireland)

Translating Evidence on HIV, Aging and Rehabilitation Interventions for Successful Aging; Advancing Research, Practice and Delivery	
Time	Topic
10:15-1:45	<p>Update on Frailty in People Living with HIV: What is it? Why Does it Occur? What are the Consequences and What Can We Do About it? Julian Falutz (McGill University, Montreal, Canada)</p> <p>Social Connectedness and Community Engagement Among People Aging with HIV: A Cross National Review of Two Studies Charles Emlet (University of Washington, Tacoma, USA)</p> <p>Neurocognitive Difficulties for People Living with HIV in Canada Francisco Ibáñez -Carrasco (St. Michael's Hospital, Toronto, Canada)</p> <p>Respondent: Chiara Reddin- Physiotherapist (St. James's Hospital, Dublin, Ireland)</p>
12:00-12:30	Lunch
12:30-1:45	<p>Research Evidence Panel Session 2A Implementing HIV, Aging and Rehabilitation Intervention Research into Practice – <u>Successful Aging Interventions and Models of Rehabilitation Delivery</u></p> <p>What Do We Know About Self-Management Programs for People Living with HIV? Claire Kendall (Bruyère Institute, Ottawa, Canada)</p> <p>Establishing (and Evaluating) a New Model of Self-Management and Rehabilitation for People Aging with Chronic Pain Kyle Vader (Kingston Health Sciences Centre, Hotel Dieu Hospital, Kingston, Canada)</p> <p>Laboratory Based Research into Exercise and Physical Activity Among Those Living with HIV Cuisle Forde (Trinity College Dublin, Dublin, Ireland)</p> <p>Rehabilitation in a Day Health Program for Adults living with HIV Soo Chan Carusone (Casey House, Toronto, Canada)</p> <p>Respondent: Mary Mwalwanda- Community Member (Hamilton, Canada)</p>
1:45-3:00	<p>Research Evidence Panel Session 2B Implementing HIV, Aging and Rehabilitation Intervention Research into Practice – <u>Exercise and Wellness Interventions</u></p> <p>Effectiveness of Yoga Interventions for Older Adults with HIV and Neuropathy Mary Lou Galantino (Stockton University, Galloway, United States) & David Kietrys (Rutgers University, Blackwood, United States)</p>

Translating Evidence on HIV, Aging and Rehabilitation Interventions for Successful Aging; Advancing Research, Practice and Delivery	
Time	Topic
1:45-3:00	<p>The Impact and Feasibility of a Yoga-Mindfulness Intervention on Cognition and Balance in People Aging with HIV: A Pilot Randomized Study Adria Quigley (Dalhousie University, Halifax, Canada)</p> <p>Implementing a Community-Based Exercise (CBE) Intervention for Adults with HIV: Updates from the CBE Study Kelly O'Brien & Rachel Aubry (University of Toronto, Toronto, Canada)</p> <p>The Kobler Rehabilitation Class: Past, Present and Future Darren Brown (Chelsea and Westminster Hospital, London, UK)</p> <p>Respondent: Brian Ellison - Community Member (Toronto, Canada)</p>
3:00-3:15	Break
3:15-4:30	<p>Panel Session - Bridging the Evidence with Real World in Research and Practice: Community and Clinical Perspectives across the Continuum of Care in Aging with HIV This session will include a case study followed by a series of panelists 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>Opening Remarks (Case Study Video):</p> <ul style="list-style-type: none"> ○ Greg Robinson (Community Member, Toronto, Canada) <p>Moderators:</p> <ul style="list-style-type: none"> ○ Larry Baxter (Community Member, Halifax, Canada) ○ Patty Solomon (McMaster University, Hamilton, Canada) <p>Panelists:</p> <ul style="list-style-type: none"> ○ Dawn James (Nine Circles Community Health Centre, Winnipeg, Canada) ○ Caitlin Wharin (Casey House, Toronto, Canada) ○ Esther McDonnell (Chelsea and Westminster Hospital, London, UK) ○ Gord Arbess (St. Michael's Hospital, Toronto Canada)
4:30-4:40	Break & Complete Evaluation Forms
4:40-5:00	<p>Bringing it all Together – Review of 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> <p>Wrap-up and Evaluation and Closing Remarks</p>

Key Note Speaker - Healthy Aging with HIV in the Context of Rehabilitation

Measuring Health and Effectiveness of Interventions - How Far Have We Come and Where are We Going in the Future?

Richard Harding (Cicely Saunders Institute, King's College London, London, UK)



Professor Richard Harding is the Herbert Dunhill Chair and Director of the Centre for Global Health Palliative Care at King's College London. He is an international leading expert in HIV, patient-reported outcome measurement, statistics, and intervention research. His research is focused on enhancing multi-dimensional care for persons with incurable chronic conditions, applying the highest principles of measurement to ensure that care reflects the things that matter to patients and families. His work focuses on measuring physical, psychological, social and spiritual problems, and examining their interaction, and to establish what determines well-being and quality of life for people living with HIV. Professor Harding is a longstanding CIHRRC member who has been instrumental in strengthening partnerships in HIV and rehabilitation research between Canada and the United Kingdom.

Research Evidence Panel Session 1- Multimorbidity, Frailty, and Community Engagement & Social Participation

A Qualitative Longitudinal Study of Episodic Disability Experiences of Older Women Living with HIV Patty Solomon (McMaster University, Hamilton, Canada)

Key Messages

1. Older women living with HIV experience high levels of stress and uncertainty over time.
2. Multi-level stigma adds to uncertainty and contributes to social isolation.
3. A subset of women develop strategies for dealing with uncertainty and become resilient over time.

HIV, Hepatitis C and Aging in Ireland – Interventions for Successful Aging Colm Bergin (St. James's Hospital, Dublin, Ireland)

Key Messages:

1. Exercise interventions have a role in successful aging for people living with HIV and Hep C.
2. Personalized approaches to exercise interventions are important for ensuring uptake as a long term strategy for health aging.
3. Adapting existing tools in HIV can be used to measure disability in other chronic conditions.

Research Evidence Panel Session 1- Multimorbidity, Frailty, and Community Engagement & Social Participation

Update on Frailty in People Living with HIV: What is it? Why Does it Occur? What are the Consequence and What Can We Do About it?

Julian Falutz (McGill University, Montreal, Canada)

Key Messages:

1. Frailty occurs in people living with HIV.
2. Frailty has an impact on the outcomes of people living with HIV.
3. Management strategies for frailty are emerging.

Social Connectedness and Community Engagement Among People Aging with HIV: A Cross National Review of Two Studies

Charles Emler (University of Washington, Tacoma, USA)

Key Messages:

1. Maintaining social connections, including social support, is an important element in countering social isolation and maintaining health.
2. Community engagement, including volunteerism, is a protective factor against the potential deleterious effects of HIV.
3. Older adults living with HIV should be seen as community elders and keepers of history as well as resources for younger generations living with HIV.

Neurocognitive Difficulties for People Living with HIV in Canada **Francisco Ibáñez-Carrasco (St. Michael's Hospital, Toronto, Canada)**

Key Messages:

1. There is a confusion among providers, clinicians and staff in nonprofits regarding the assessment, diagnosis and treatment of persons living with HIV associated neurocognitive disorder (HAND).
2. Self-management techniques seem effective for persons living with HAND.

Respondent to Research Evidence Panel 1

Chiara Reddin (Physiotherapist, St. James's Hospital, Dublin, Ireland)

Research Evidence Panel Session 2A - Successful Aging Interventions and Models of Rehabilitation Delivery

What Do We Know About Self-Management Programs for People Living with HIV?

Claire Kendall (Bruyère Institute, Ottawa, Canada)

Key Messages:

1. Self-management differs from patient education.
2. There is a Chronic Disease Self-Management Program (CDSMP) that works for people with chronic conditions.
3. There is a new Positive Self-Management Program (PSMP) specifically for people living with HIV that we know less about.

Establishing (and Evaluating) a New Model of Self-Management and Rehabilitation for People Aging with Chronic Pain

Kyle Vader (Kingston Health Sciences Centre, Hotel Dieu Hospital, Kingston, Canada)

Key Messages:

1. The biopsychosocial model of pain describes a complex interaction between biological, psychological, and social factors
2. Chronic pain is best managed using an interdisciplinary & team-based approach.
3. The lessons learned from development of group-based self-management interventions in adults with chronic pain & co-morbid health conditions will guide new interventions moving forward

Laboratory Based Research into Exercise and Physical Activity among Those Living with HIV

Cuisle Forde (Trinity College Dublin, Dublin, Ireland)

Key Messages:

1. There are gold standard measurement tools used to quantify habitual physical activity, cardiovascular fitness and other indices of health.
2. Physical activity may be protective against the negative metabolic effects of antiretroviral therapy.
3. Despite observing significant associations between higher levels of exercise capacity and higher levels of cognitive function, 16 weeks of aerobic exercise did not improve cognitive function in people living with HIV. This may have been due to limitations associated with laboratory based exercise classes.

Research Evidence Panel Session 2A - Successful Aging Interventions and Models of Rehabilitation Delivery

Rehabilitation in a Day Health Program for Adults living with HIV Soo Chan Carusone (Casey House, Toronto, Canada)

Key Messages:

1. There are increasing rates of multimorbidity and desire for non-pharmacological strategies for managing pain in people living with HIV, yet significant barriers to accessing rehabilitation remain.
2. Casey House clients conceptualized physical therapy as positively influencing physical and mental health, independence and social participation.
3. The complex and episodic nature of HIV and multimorbidity strongly influences readiness to exercise in people living with HIV and multimorbidity.

Respondent to Research Evidence Panel 2A Mary Mwalwanda (Community Member, Hamilton, Canada)

Research Evidence Panel Session 2B - Exercise and Wellness Interventions

Effectiveness of Yoga Interventions for Older Adults with HIV and Neuropathy Mary Lou Galantino (Stockton University, Galloway, United States) & David Kietrys (Rutgers University, Blackwood, United States)

Key Messages:

1. Chronic pain is more prevalent in people living with HIV than in the general population.
2. Rehabilitation interventions (such as exercise) play a role in management of chronic pain in people living with HIV, but more research is needed.
3. Complementary and alternative therapies such as yoga may be beneficial for people living with HIV and chronic pain, but more research is needed.

The Impact and Feasibility of a Yoga-Mindfulness Intervention on Cognition and Balance in People Aging with HIV: A Pilot Randomized Study Adria Quigley (Dalhousie University, Halifax, Canada)

Key Messages:

1. People with HIV are experiencing accelerated cognitive and physical aging.
2. Aerobic, resistance, and balance exercises should be prescribed to individuals with HIV.
3. Yoga-mindfulness has emerged as a potential disease-modifying treatment to improve cognition, mobility, and balance, but the effects of such an intervention are not known.

Implementing a Community-Based Exercise (CBE) Intervention for Adults with HIV: Updates from the CBE Study

Kelly O'Brien & Rachel Aubry (University of Toronto, Toronto, Canada)

Key Messages:

1. Systematic review evidence indicates that aerobic and resistive exercise can lead to positive changes to cardiopulmonary fitness, strength, weight, body composition and quality of life outcomes for adults living with HIV, however the way in which exercise interventions translate into the 'real world' community is less clear.
2. Our aim is to examine the impact of a 6 month community-based exercise (CBE) intervention on health and disability outcomes for adults aging with HIV. The CBE intervention involves thrice weekly exercise supervised weekly by a fitness instructor, as well as monthly educational sessions focused on a topic related to healthy aging with HIV. Throughout the 22 month study, participants complete bimonthly fitness and questionnaire assessments as well as weekly online exercise logs to document physical activity.
3. We are in the final 8-month follow-up phase of the study whereby we will assess the sustainability of the CBE intervention over time. Results and lessons learned will be used to guide future implementation of CBE programs for people living with HIV across Canada.

The Kobler Rehabilitation Class: Past, Present and Future Darren Brown (Chelsea and Westminster Hospital, London, UK)

Key Messages:

1. The provision of tailored health programmes that include exercise and education for people living with HIV are effective and meet the needs of stakeholders.
2. The Kobler Rehabilitation Class is a novel tailored health programme, where identified challenges pose opportunities for inter-sectoral collaboration, innovation, and advancing the research agenda on rehabilitation interventions for people living with HIV.
3. The evaluation of open-access tailored health programmes which facilitate attendance depending on episodes of health and disability, provide unique future research opportunities.

Respondent to Research Evidence Panel 2B Brian Ellison (Community Member, Toronto, Ontario)



Panel Session- Bridging the Evidence with Real World Practice: Community and Clinical Perspectives across the Continuum of Care Aging with HIV

Opening Remarks (Case Study Video)

Greg Robinson (Community Member, Toronto, Canada)

Moderators

Larry Baxter (Community Member, Halifax, Canada)

Patty Solomon (McMaster University, Hamilton, Canada)

Panelists

Dawn James (Nine Circles Community Health Centre, Winnipeg, Canada)

Caitlin Wharin (Casey House, Toronto, Canada)

Esther McDonnell (Chelsea and Westminster Hospital, London, UK)

Gord Arbess (St. Michael's Hospital, Toronto, Canada)

Speaker Biographies

Puja Ahluwalia is a physiotherapist, whose area of expertise is HIV and rehabilitation. In her role as Project Coordinator, Access to Rehabilitation, Puja has created the Canadian Leaders for Equitable Access to Rehabilitation (CLEAR) network, which she now chairs. CLEAR brings together leaders in rehabilitation, health, policy, and lived experience across sectors to bring awareness to the need for rehabilitation at a national level. She is an active member of research teams, and is Principal Knowledge User on a CIHR catalyst grant which will lay the groundwork for an evaluation of the role of physical therapy program (which she helped develop) in a day health program for people living with HIV.

Dr. Gord Arbess is a Staff Physician in the Department of Family & Community Medicine at St. Michael's Hospital in Toronto. He specializes in HIV Primary Care and has an extensive clinical HIV practice. He is the Clinical Director of the HIV/AIDS program at St. Michael's Family Health Team and is the Director of the HIV Fellowship program at the University of Toronto. His clinical interests are in HIV & aging, HIV & mental health and HIV & cardiovascular health. He is actively involved in teaching at the University of Toronto and is active in organizing an HIV Inner City Health Elective for medical students and residents from across the world.

Rachel Aubry is a Research Coordinator in the Department of Physical Therapy at the University of Toronto as well as the CIHRRC Coordinator. She is working alongside Dr. Kelly O'Brien on the Community-Based Intervention study to assess the impact of a community-based exercise program with adults living with HIV. She graduated from a Bachelor of Science in Human Kinetics and a Master of Science in Human Health and Nutritional Sciences from the University of Guelph.

Larry Baxter is a resident of Halifax, Nova Scotia, a person living with HIV, and a knowledge user on several HIV and Rehabilitation research projects, primarily around HIV and aging. He has previously worked over two decades in the non-profit sector but continues to contribute in a variety of patient engagement activities, either through education or research projects. His other interests include food security, caregiving and social justice.

Professor Colm Bergin is a Consultant Physician in Infectious Diseases at St James's Hospital, Dublin and a Clinical Professor of Medicine at Trinity College Dublin. He is the past Associate Director of the Wellcome-Health Research Board (HRB) Clinical Research Facility, St. James's Hospital Dublin, the National Specialty Director, Infectious Diseases, Royal College of Physicians Ireland (RCPI) and the Dean of Postgraduate Medical Training, RCPI. Colm has been a member of CIHRRC since 2012 whereby he collaborated with Kelly O'Brien in validating the HIV Disability Questionnaire (HDQ) among adults living with HIV in Dublin.

Darren Brown is a Clinical Physiotherapist specializing in HIV, Oncology and Palliative Care at Chelsea and Westminster Hospital NHS Foundation Trust, London, UK. His clinical and research interests focus on disability experienced by people living with HIV and effectiveness of rehabilitation interventions for people living with HIV. Darren created and developed the Kobler Rehabilitation Class; a group rehabilitation intervention for adults living with HIV, providing individualized exercise and HIV-specific education. He invented the mHealth app BeYou+, which supports self-management strategies among people living with HIV. Darren is currently studying an NIHR awarded Masters of Clinical Research at St George's University, London, UK.



Dr. Soo Chan Carusone is the Director of Research at Casey House and has a part-time academic appointment in the Department of Health Research Methods, Evaluation, and Impact at McMaster University. As a mixed methods researcher based in a community-based HIV hospital she draws on academic-clinical-community partnerships in addressing issues of health equity and complex care in the context of HIV. Soo has collaborated on a number of research projects in HIV and rehabilitation, including supervision of MScPT student research projects examining the role of physical therapy in HIV care, and readiness to engage in exercise for adults living with HIV and complex multimorbidity.

Brian Ellison is Human Services Counselor with a focus on addiction and mental health since 1991. He is also a volunteer group facilitator with ACT and a volunteer with AIDS Bereavement and Resiliency Project of Ontario (ABRPO). Brian is involved in community engagement with the ABRPO Survive & Thrive project, which focuses on long term survivors. He is also a volunteer with **Realize** and works with various groups dealing with Aging and HIV accessibility issues. He is working towards a collaborative initiative with West Park Healthcare to bring amputees together to give them a voice and advocacy regarding the multitude of burdens, both financially and physically that amputee's face in their journeys. Brian has been living with HIV/AIDS since 1987 and has been an amputee since 2009 and a bilateral amputee since 2016.

Dr. Charles A. Emlet is a Professor of Social Work at the University of Washington, Tacoma and Affiliate Faculty Member with the University of Washington Center for AIDS Research. He was a Fulbright Scholar and Visiting Research Chair at McMaster University in Hamilton, Ontario in 2013. He has published more than 75 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 National Health, Aging, Sexuality and Gender study.

Dr. Julian Falutz is an Associate Professor of Medicine at McGill University. He is an Attending Physician in the Division of Geriatrics and Director of the Comprehensive HIV and Aging Initiative (CHAI) of the Chronic Viral Illness Service at the McGill University Health Center. He attended McGill University School of Medicine, with postgraduate training in internal medicine and geriatrics. He has been active in the clinical care of elderly patients as well as people living with HIV for over 25 years. His clinical research focuses on the assessment and management of metabolic complications and geriatric syndromes in people aging with HIV.

Dr. Cuisle Forde is an Assistant Professor in the Discipline of Physiotherapy Trinity College Dublin. She holds an honours degree (B.Sc.) in Physiotherapy as well as a Post-graduate Diploma in Statistics (H. Dip). In 2008 she was awarded an Irish Research Council fellowship to complete her Ph.D. Through her interest in technology and innovative teaching methods, she helped develop the online Postgraduate Certificate in Clinical Exercise. Her research is in the area of exercise and physical activity levels in clinical populations, including those living with chronic communicable diseases such as HIV and Hepatitis C.

Dr. Mary Lou Galantino is a Distinguished Professor of Physical Therapy at Stockton University, where she also coordinates an Interdisciplinary Holistic Health Minor. She is an Adjunct Scholar and Associate Professor in the Department of Family Medicine and Community Health at the University of Pennsylvania. One area of focus in her teaching, research and advocacy has been on advancing the care and rehabilitation of those with cancer, HIV/AIDS and chronic disease around the globe with a holistic health approach. Her emphasis in clinical practice, research and education is an integrative approach to holistic care.



Professor 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 a Senior Research Associate at the St Michael's Hospital, Centre for Urban Health Solutions in Toronto. His research includes HIV Stigma, aging with HIV and sexual health for gay and bisexual men. Francisco is a founding member of CIHRRC.

Dawn James is a graduate of the Master of Occupational Therapy program at the University of Manitoba, College of Rehabilitation Sciences. She has been working at Nine Circles Community Health Centre, a primary care STBBI (sexually transmitted and bloodborne infection) specialist health centre, as the Manitoba HIV Program Occupational Therapist since 2010. Her professional interests include the social determinants of health, self-management of chronic and episodic illnesses, interprofessional collaboration, and client-centered practice.

Dr. Claire Kendall is an Associate Professor of Family Medicine at the University of Ottawa where she is a practicing family physician and a Scientist at the Bruyère Research Institute. She holds a Canadian Institutes of Health Research (CIHR) – Ontario HIV Treatment Network New Investigator Award in the Area of Health Services/Population Health HIV/AIDS Health Services Research. Her research program is focused on improving the primary care delivery to people living with HIV.

Dr. David Kietrys is an Associate Professor and Assistant Vice-Chair in the DPT Program at Rutgers - School of Health Professions (NJ, USA). His research focuses on peripheral neuropathy and pain in people living with HIV. He has presented his work at the Canadian Association for HIV Research, the World Confederation of Physical Therapy Congress, the International Workshop on HIV and Aging, and APTA Combined Sections Meetings. His work has been published in *Physical Therapy and Rehabilitation Oncology*. He has authored chapters on *HIV in Neurological Rehabilitation, Pathology: Implications for the Physical Therapist* and *Peripheral nerve injury: An anatomical and physiological approach to pathology and intervention*.

Esther McDonnell is the Chair of the Rehabilitation in HIV Association (RHIVA) and an occupational therapist with a wealth of clinical experience in HIV care. Originally trained in Sydney Australia, she began her career working in long-term care with people with complex HIV related cognitive and psychiatric care. After moving to London, UK, she worked in a community HIV occupational therapist role in East London, and since 2009, she has been the occupational therapist at Chelsea and Westminster Hospital in acute HIV care, providing a broad range of occupational therapy assessments and interventions to people living with HIV.

Kate Murzin is a Health Programs Specialist at **Realize**, focused on strengthening ties between the HIV community and organizations serving people over 50. Kate supports the National Coordinating Committee on HIV and Aging (NCC), a network of people who are passionate about addressing HIV-related issues affecting aging adults. Kate shares information and stories through workshops, conversations and colourful diagrams. She aims to inspire policy-makers and care providers to respond to the needs of older adults affected by HIV, and equips them with the evidence and tools to do so. Kate has a Masters of Public Health degree from the University of Toronto.



Mary Mwalwanda has worked as a Peer Research Associate with OHTN, CAMH and other CIHR funded research studies for over 10 years. She has co-facilitated focus groups, conducted interviews, questionnaires and case management, worked with researchers in coding data, and prepared abstract submissions for national and international conferences. She has participated in over 80 local and national peer research associate dialogues/forums on various topics including; community based research, greater peer involvement in research, peer case management, harm reduction and aging with HIV. Mary is a positive woman who is aging with HIV, having been diagnosed in 1991.

Dr. Kelly O'Brien is a physical therapist and Associate Professor in the Department of Physical Therapy at the University of Toronto. She holds a Canada Research Chair in Episodic Disability and Rehabilitation. She works in collaboration with researchers and community members on research related to HIV, disability and rehabilitation. Some of her research endeavours include 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), and conducting systematic reviews on the effects of exercise for adults living with HIV. Currently, Kelly and others here at the Forum are collaborating with the Toronto YMCA to assess the impact of a community-based exercise program with adults living with HIV. Kelly is a current Board member of the Toronto People With AIDS (PWA) Foundation and a previous Board member of **Realize**. Kelly is also a founding member of the Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC).

Adria Quigley is in her third year of her Ph.D in Health at Dalhousie University. She obtained her Master's in Physical Therapy from the University of Toronto in 2011, and a Bachelor's of Kinesiology from the University of Saskatchewan in 2009. She obtained two yoga teacher training certificates and now teaches yoga as part of her thesis project. She feels that yoga is the perfect amalgamation of her physical therapy and mindfulness training. Her current research is a randomized controlled trial evaluating the impact of a yoga-mindfulness intervention on cognitive function and balance in people living with HIV.

Chiara Reddin is a Senior Clinical Physiotherapist at St. James's Hospital, Dublin. Her clinical and academic interests are in HIV rehabilitation, gerontology and frailty. Chiara graduated from Trinity College Dublin in 2011 with a BSc. in Physiotherapy and has recently completed her MSc. in Neurology & Gerontology with the Royal College of Surgeons in Ireland. Chiara developed the first Physiotherapy service for people living with HIV in Ireland and leads this service providing both in-patient and out-patient physiotherapy interventions. Chiara is a member of the Irish Society of Chartered Physiotherapists and the Canada-International HIV & Rehabilitation Research Collaborative.

Dr. Greg Robinson is a person living with HIV/AIDS for over 35 years and has developed multiple co-morbidities related to HIV, treatment and ageing. Greg is also a physician by training with subspecialties in family medicine and public health and preventive medicine. His academic and work career has involved being a family physician; public health physician; and teaching and research at the University of Toronto and McMaster University. His career interests are human sexuality; HIV/AIDS health care, rehabilitation and support; end of life care, and community-based research. He is the very honoured recipient of the first CWGHR Award of Excellence in HIV Rehabilitation. Greg is retired now from medical practice and continues to be active volunteering at Casey House in the new Day Health Program. Greg is a strong advocate for expanding choices for People living with HIV/AIDS including health promotion, care, treatment, and rehabilitation.



Dr. Patty Solomon is a physiotherapist, Professor and the Associate Dean Director of the School of Rehabilitation Science at McMaster University. Dr. Solomon has been engaged in research in HIV, disability and the role of rehabilitation since 2000 when she received funding from CWGHR (now **Realize**) to evaluate a unique model of education which involved people living with HIV as educators for health professional students. She has received CIHR funding for her research related to disability experienced by women living with HIV, the influence of aging on adults living with HIV and knowledge translation initiatives. She has also published and consulted extensively in the areas of problem-based learning, educational innovation and interprofessional education. She led the initiative on interprofessional education within the Faculty of Health Sciences at McMaster University and established the Program for Interprofessional Practice, Education and Research (PIPER).

Kyle Vader is a physiotherapist who currently practices in an interdisciplinary chronic pain clinic at the Hotel Dieu Hospital site of Kingston Health Sciences Centre in Kingston, Ontario, Canada. He completed a Bachelor of Health Sciences (Honours) from McMaster University before completing a Master of Science in Physical Therapy from the University of Toronto. Kyle has a particular interest in developing effective and innovative rehabilitation interventions that emphasize a biopsychosocial model of care. Kyle is currently working with an interdisciplinary team at Hotel Dieu Hospital to develop a chronic pain self-management program for adults experiencing disability as a result of living with long-standing chronic pain.

Caitlin Wharin is a physiotherapy resident currently practicing in an interdisciplinary day health program at Casey House in Toronto. Caitlin completed a Master's degree in Neurophysiology from McGill University before completing a Master of Science in Physiotherapy from McMaster University. Prior to joining Casey House, she had a student placement at Positive Living Niagara in St. Catharines, the first physiotherapy role-emerging placement in a Canadian community-based HIV organization. Her clinical interests are in HIV, disability, and rehabilitation.

Tammy Yates is the Executive Director of **Realize** and has been working with the Team since January 2013. She has worked for over 12 years in the field of program management. Prior to joining **Realize**, Tammy was the Officer In Charge of the United Nations Population Fund (UNFPA) Trinidad & Tobago Branch Office. She has extensive experience in Gender & Development and Sexual & Reproductive Health, including HIV/AIDS, having worked previously as a Program Officer with the Secretariat of the Caribbean Regional Network of Persons Living With HIV (CRN+) and serving as Chair of the Theme Group on Gender of the United Nations System in Trinidad & Tobago. She is a graduate of Wolfson College, Cambridge University, England and the University of the West Indies, St. Augustine, Trinidad.

Rapporteur Biographies

Lisa Boucher is a doctoral student in Epidemiology and Public Health at the University of Ottawa, and has worked at the Bruyère Research Institute since 2014. She has a Master's in Cognitive Psychology and experience coordinating a community-based participatory research study with marginalized people who use drugs at risk of or living with HIV. Lisa is currently focused on research to improve chronic disease self-management support options for people living with HIV who are aging with multimorbidity and complex needs.

Matthieu Dagenais is a 2nd year MSc student at the Rehabilitation Sciences Institute at University of Toronto in the Episodic Disability and Rehabilitation Lab. His thesis is focused on assessing the measurement properties of a wireless physical activity monitor (Fitbit Zip) for its ability to measure physical activity among adults living with HIV.



Saipriya Vajravelu is a Ph.D. candidate at McMaster University. She is a physical therapist by background. She is also working as a peer support leader for Alliance for South Asian AIDS Prevention on a community-based project for educating South Asian Women about sexual health in Toronto and the Greater Toronto Area. She is a Grant Reviewer for the Ontario Trillium Foundation. She is also working as a part-time research associate at South Riverdale Community Health Centre. Her thesis focuses on understanding the disability experienced by South Asian women living with HIV in Southern Ontario. Her research interests include HIV, episodic disability and rehabilitation.

CIHRRC Film Team

Patriic Gayle and **Luke Orrin** are long-standing volunteers from the Gay Men's Health Collective (GMHC) and are pretty awesome. Their project work includes film making for the LGBT+ community (www.threeflyingpiglets.co.uk), maintaining an online life manual for gay men and MSM (www.menrus.co.uk) and making safer 'chemsex' packs (www.pippac.co.uk) for UK distribution and for destinations around the world including Canada ... Montreal mostly. Three Flying Piglets has filmed all CIHRRC/ CIHRRC forum conferences to date (so 4) and are delighted to be ingratiating themselves on Canadian soil once again. For the most part, you will find them crouched over cameras opposite the conference podium lovingly recording the day's events. Their hobbies include adventures in maple syrup, chasing bears, and trying very hard to be **sensible**.

Poster Presentations

The following posters are on display in Room 240 of the Li Ka Shing Knowledge Institute as part of the 4th International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue

1. **Diversifying the Outpatient HIV Care Team: Adding Physiotherapy**
Puja Ahluwalia, PT, MPH¹; Karen de Prinse, RN, MN, CPMHN²; Joanne Simons²
1. *Realize*; 2. Casey House

2. **Applying the chronic care model to improve the health of people living with HIV: The role of self-management support**
Authors: LM. Boucher¹, K. O'Brien², C. Liddy¹, L. Baxter³, P. Ahluwalia⁴, CE. Kendall¹
Affiliations: 1. Bruyère Research Institute, University of Ottawa, 2. University of Toronto, 3. Community Member, Halifax, NS, 4. *Realize*

3. **Self-reported functioning and disability of people living with HIV and/or cancer during acute hospital admissions in the United Kingdom, using the World Health Organization's Disability Assessment Schedule 2.0 (WHODAS)**
Authors: D. Brown¹, K. Neate¹, J. Mugambwa¹, T. Newsom-Davis^{2,5}, M. Nelson^{3,5}, M. Bower^{4,5}
Affiliations: 1. Chelsea and Westminster Hospital NHS Foundation Trust, Physiotherapy Department, 2. Chelsea and Westminster Hospital NHS Foundation Trust, Acute Oncology Unit, 3. Chelsea and Westminster Hospital NHS Foundation Trust, Department of HIV Medicine, 4. Chelsea and Westminster Hospital NHS Foundation Trust, National Centre for HIV Oncology, 5. Imperial College London, School of Medicine

4. **Introducing the "five times sit to stand" test into a group rehabilitation intervention for adults living with HIV in the United Kingdom**
Authors: D. Brown¹, K. Neate¹, J. Mugambwa¹, AM. Novis², R. Harding³, M. Nelson^{4,5}, M. Bower^{5,6}
Affiliations: 1. Chelsea and Westminster Hospital NHS Foundation Trust, Physiotherapy Department, 2. Kings College London, Department of Physiotherapy, 3. Kings College London, Cicely Saunders Institute of Palliative care, Policy and Rehabilitation, 4. Chelsea and Westminster Hospital NHS Foundation Trust, Department of HIV Medicine, 5. Imperial College London, School of Medicine, 6. Chelsea and Westminster Hospital NHS Foundation Trust, National Centre for HIV Oncology

5. **Describing physical activity and function among adults living with HIV**
Authors: M. Dagenais¹, D. Brooks^{1,2}, N. Salbach^{1,2}, K. O'Brien^{1,2,3}
Affiliations: 1. Rehabilitation Sciences Institute, University of Toronto, 2. Department of Physical Therapy, University of Toronto, 3. Institute of Health Policy, Management and Evaluation, University of Toronto

6. Using the Theoretical Domains Framework to Identify Barriers and Facilitators to Exercise Among Older Adults Living with HIV

Authors: A. Quigley¹, L. Baxter², L. Keeler³, M. MacKay-Lyons^{4, 5, 6}

Affiliations: 1. Department of Health, Dalhousie University, 2. Community Member, 3. Department of Community Health & Epidemiology, Dalhousie University, 4. Department of Physiotherapy, Dalhousie University, 5. Department of Medicine, Dalhousie University, 6. Nova Scotia Health Authority

7. Levels of activation for self-management among people living with HIV

Authors: ES. Shoemaker^{1, 2, 3}, C. Liddy^{1, 2}, L. Crowe¹, P. MacPherson⁴, M. Becker⁵, E. Levreault², LM. Boucher^{1, 2}, R. Rosenes¹, C. Bibeau¹, P. Lundrigan¹, C. Kendall^{1, 2, 3, 4, 6}

Affiliations: 1. C.T. Lamont Primary Health Care Research Centre, Bruyère Research Institute, 2. Faculty of Medicine, University of Ottawa, 3. Institute of Clinical and Evaluative Sciences, 4. Ottawa Hospital Research Institute, 5. University of Manitoba, 6. Li Ka Shing Knowledge Institute, St. Michael's Hospital

8. Prioritized needs of people living with HIV in rural areas

Authors: A. Simms¹, G. Restall¹

Affiliation: 1. Department of Occupational Therapy, College of Rehabilitation Sciences, University of Manitoba



Notes



Notes



Notes



Notes



ACKNOWLEDGEMENTS

The 4th International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue is funded by a Meeting, Planning and Dissemination Grant from the Canadian Institutes of Health Research (CIHR), Aging Institute, and *Realize*.

We also acknowledge support from the Canadian Alliance in HIV and HCV Knowledge to Action, St. Michael's Hospital, Gilead Sciences Canada, Inc. and Filming by Three Flying Piglets, Gay Men's Health Collective (GHMC).

St. Michael's
Inspired Care.
Inspiring Science.



CIHR Planning Grant Team

Kelly O'Brien- Co-Principal Investigator (NPI)
Francisco Ibanez-Carrasco- Co-Principal Investigator
Kate Murzin- Co-Principal Investigator
Patty Solomon- Co-Investigator
Patriic Gayle- Knowledge User
Larry Baxter- Knowledge User
Soo Chan Carusone- Co-Investigator

Esther McDonnell- Knowledge User
Colm Bergin- Co-Investigator
Cliona Cheallaigh- Co-Investigator
David Kietrys- Co-Investigator
Mary Lou Galantino- Co-Investigator
Richard Harding- Co-Investigator
Darren Brown- Knowledge User

Forum Core Planning Team

Kelly O'Brien (University of Toronto)
Francisco Ibáñez-Carrasco (St. Michael's Hospital)
Tammy Yates (*Realize*)
Janet London (*Realize*)
Kate Murzin (*Realize*)

Puja Ahluwalia (*Realize*)
Dave Skitch (*Realize*)
Gord Arbess (St. Michael's Hospital)
Rachel Aubry (University of Toronto)

Student Rapporteurs

Matthieu Dagenais (University of Toronto)
Lisa Boucher (Bruyère Institute, Ottawa)
Saipriya Vajravelu (McMaster University)

Forum Filming Team

Patriic Gayle (Three Flying Piglets)
Luke Orrin (Three Flying Piglets)