

Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC) Spring / Summer 2017 E-Update (June 2017)

CUHRRC Changes its Name to CIHRRC!

We are pleased to announce that the Canada-UK HIV and Rehabilitation Research Collaborative (CUHRRC) changed its name to the **Canada-International HIV Rehabilitation Research Collaborative (CIHRRC)**. The **CIHRRC** is an international research collaborative based in Canada that includes people living with HIV, researchers, clinicians, representatives from community-based HIV service organizations, and policy stakeholders with an interest in HIV and rehabilitation research. Follow us on Twitter [@CIHRRC](https://twitter.com/CIHRRC).

New CIHRRC Members

The CIHRRC welcomes five new members to the collaborative. **Sundus Haji-Jama** is the new CIHRRC Coordinator in the Department of Physical Therapy at the University of Toronto, Canada. **Kyle Vader** is a physiotherapist practicing in an interdisciplinary chronic pain clinic at the Hotel Dieu Hospital site of Kingston Health Sciences Centre in Kingston, Ontario, Canada. **Lisa Boucher** is research assistant working in primary health /chronic disease care research for the past three years, focusing on communities of people living with HIV and marginalized people who use drugs. **Tarik Bereket** is a research coordinator at the University of Toronto who specializes in applied research and qualitative methodologies.

Past and Upcoming Events

1) CIHRRC at the Canadian Association for HIV Research (CAHR) Conference - April 2017. Funded by the Canadian Institutes of Health Research (CIHR), Institute of Aging, CIHRRC partnered with CAHR to feature HIV, aging and rehabilitation at the 2017 conference:

- **Ancillary Meeting: Self-Management Interventions in HIV Rehabilitation – Addressing Research Priorities in HIV, Aging and Rehabilitation** (Thursday April 6, 2017). CIHRRC in collaboration with CAHR, *Realize* and the Living with HIV (LHIV) Team hosted a one day participatory working meeting with the aim to translate knowledge and lessons learned to advance an intervention-based research agenda focused on self-management (SM) in the context of HIV, aging and rehabilitation. The meeting was attended by ~25 clinicians, researchers, community members, people living with HIV, and trainees from Canada, Ireland and the United States with expertise in HIV, aging, rehabilitation and chronic disease self-management research. The team is working on a report and manuscript from this meeting that will feature key considerations for SM intervention research in rehabilitation. Visit <https://www.youtube.com/watch?v=9uFbH5j6tXQ> to view the presentation.
- **Special Plenary: Advancing HIV, Aging and Rehabilitation: Where Does Rehabilitation Fit in the HIV Care Cascade?** (Friday April 7th, 2017). This plenary session featured the role and emerging evidence for rehabilitation in the context of HIV across both the life course and the HIV care cascade. Moderated by Ms. Kate Murzin, Health Programs Specialist (*Realize*), speakers Larry Baxter (Halifax), Matthew Halse (AIDS Community Care Montreal), Colm Bergin (St. James's Hospital, Dublin, Ireland), Julian Falutz (McGill University Health Centre), Esther McDonnell (Chelsea and Westminster Hospital, London, UK) and Kelly O'Brien (University of Toronto) discussed how rehabilitation may contribute to health outcomes across the treatment cascade.

- 2) **CIHRRC Full Membership Teleconference Meeting** will be held in September 2017. The purpose of this meeting is to welcome new CIHRRC members, to exchange knowledge and share updates on HIV and rehabilitation research, and discuss updates to the terms of reference for the collaborative. **Kyle Vader**, physical therapist, Hotel Dieu Hospital site of Kingston Health Sciences Centre will conduct a presentation focused on chronic pain and self-management at this meeting.
- 3) The **World Confederation for Physical Therapy (WCPT) Congress** will be held on **Sunday July 2, 2017 to Tuesday July 4, 2017 in Cape Town, South Africa**. CIHRRC members Patty Solomon, Stephanie Nixon, Darren Brown, and David Kietrys will be presenting at the Congress. Please visit: <http://www.wcpt.org/congress> for more details.

Announcements

Research Updates from David Kietrys (Rutgers University)

David Kietrys presented at the CAHR conference (April 2017) on work done in collaboration with Mary Lou Galantino and colleagues titled: "Lower extremity neuropathy symptoms, depression, and duration of HIV infection are associated with self-reported disability in people living with HIV." At WCPT in Cape Town South Africa (July 2017) David will present on "Self-Reported Disability in HIV+ Persons in the United States and South Africa" and the "Effects of Yoga on Gait in Persons with HIV-related Neuropathy: A Case Series" also done in collaboration with fellow CIHRRC member Mary Lou Galantino.

Research Updates from Puja Ahluwalia (*Realize*)

On March 24th, 2017, *Realize* and the Institute for Global Health Equity and Innovation (IGHEI) hosted a **Think Tank** asking the question: "**How can rehabilitation lead to better health for people living with and vulnerable to HIV? Thinking, Doing and Feeling beyond 90-90-90**".

Twenty-nine people (36 including *Realize* staff) attended the Think Tank. Participants came from all across Canada, and various sectors of the HIV community, and included people with lived experience of HIV and/or other chronic health conditions, rehabilitation specialists, and researchers. This diverse group also included women, indigenous people, people from many ethnic backgrounds, and people with disabilities.

The Think Tank was divided into two parts focusing on two different questions. The brainstorming around the questions involved small and large group discussions, and personal reflection:

- *What are the pros and cons of using the treatment cascade as a measure of the health of people living with HIV?*
- *What are some of the ways that rehabilitation can be used to improve overall health for people living with HIV and/or expand the reach of the treatment cascade?*

Participants delved into what it means to be healthy for people living with HIV, the role of rehabilitation in prevention and in the context of the 90-90-90 treatment cascade, and how the cascade is currently being used.

Take Home Messages: Health was seen as an individual definition that could not be measured only by the treatment cascade. The consensus from the group was that the 90-90-90 treatment cascade is not comprehensive enough as a sole treatment focus and measurement of health for people living with HIV. It was agreed that we need to have a broader view of HIV care that acknowledges the context of the person, their community and their life. However, we cannot stop working towards achieving the UNAIDS targets of 90-90-90 as a way to end HIV.

Rehabilitation was seen as a framework that the cascade fits within or as a lens through which to view the framework. It allows access to a wraparound approach to revitalized treatment, care and support within the cascade for people living with HIV. A cautionary note - we cannot overreach with rehabilitation, it may not be able to do everything. A change in terminology may be appropriate, as the [Worthington definition](#) of rehabilitation is not universally accepted; many people often still use a narrower definition of rehabilitation. 'Pre-hab' might be a way to bring primary care and HIV specialty care on board with prevention and maintenance of health and wellness. With the 90-90-90 treatment cascade and rehabilitation, we have the tools to improve the health of people living with HIV. A report on the Think Tank will be available on the *Realize* website and will be shared in the next CIHRRC update.

Research Updates from Melanie Bisnauth

Melanie Bisnauth (former CIHRRC Coordinator, University of Toronto) is currently collaborating with Inner City Johannesburg and University of Johannesburg conducting interviews and gaining a perception of women accessing HIV services and the challenges they are facing experiencing going through periods of wellness and illness with their diagnosis in Johannesburg, South Africa.

Knowledge Translation

KTE Events - HIV Health and Rehabilitation Survey (HRS)

The *HIV, Health and Rehabilitation Survey* (HRS) is a CIHR-funded Canada wide online survey with the overall goal to establish a comprehensive profile of the range of health conditions people with HIV in Canada live with, the health-related challenges they experience (disability) and the rehabilitation services and living strategies that they use to deal with their health related challenges. Thanks to the knowledge users and collaborator network of the HRS, members of the team had the opportunity to report back on the HRS research findings to stakeholders in the community.

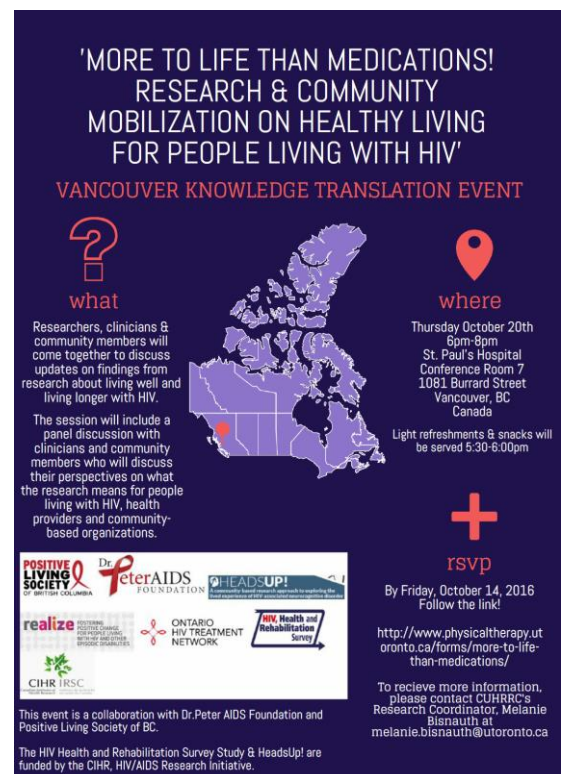


Vancouver KTE Event: More to Life than Medications!

Members of the HRS team (Cathy Worthington, Patrick McDougall, Rosalind Baltzer Turje) collaborated with the HEADS Up Research Team (led by Francisco Ibanez-Carrasco), and *Realize* (Steve Tattle) to conduct a series of community events at St. Paul's Hospital, Positive Living Society of BC, and Dr. Peter Centre on October 20 and 21, 2016.

AIDS Committee of Toronto Community Health Forum: On November 30, 2017 Melanie Bisnauth and Kelly O'Brien presented on findings from the HRS study with members of the community.

Casey House HIV/AIDS and Mental Health Series: On Thursday December 15, 2016, CIHRCC held a seminar focused on health-related challenges, concurrent health conditions and mental health concerns experienced by people living with HIV. Speakers Soo Chan Carusone, Melanie Bisnauth and Kelly O'Brien highlighted findings from the HRS and discussed the impact of community-based exercise interventions in the context of HIV.



'MORE TO LIFE THAN MEDICATIONS! RESEARCH & COMMUNITY MOBILIZATION ON HEALTHY LIVING FOR PEOPLE LIVING WITH HIV'

VANCOUVER KNOWLEDGE TRANSLATION EVENT

what
Researchers, clinicians & community members will come together to discuss updates on findings from research about living well and living longer with HIV. The session will include a panel discussion with clinicians and community members who will discuss their perspectives on what the research means for people living with HIV, health providers and community-based organizations.

where
Thursday October 20th
6pm-8pm
St. Paul's Hospital
Conference Room 7
1081 Burrard Street
Vancouver, BC
Canada
Light refreshments & snacks will be served 5:30-6:00pm

rsvp
By Friday, October 14, 2016
Follow the link!
<http://www.physicaltherapy.utoronto.ca/forms/more-to-life-than-medications/>
To receive more information, please contact CIHRRC's Research Coordinator, Melanie Bisnauth at melanie.bisnauth@utoronto.ca

Logos: POSITIVE LIVING SOCIETY, Dr. Peter AIDS FOUNDATION, HEADS UP!, realize, ONTARIO HIV TREATMENT NETWORK, HIV Health and Rehabilitation Survey, CIHR IRSC.

This event is a collaboration with Dr. Peter AIDS Foundation and Positive Living Society of BC.
The HIV Health and Rehabilitation Survey Study & HeadsUp! are funded by the CIHR, HIV/AIDS Research Initiative.

The HRS Fact Sheet was widely distributed to further promote KTE. Please click here to access both the [English](#) and [French](#) versions of the HRS Fact Sheet. The HRS was funded by the **Canadian Institutes of Health Research (CIHR) Institute Community-Based Research (CBR) HIV/AIDS Research Initiative.**

For more information on the HRS please visit the HRS webpage on the CIHRRC website http://cihrrc.hivandrehab.ca/current_studies.php.

CIHRRC Website Updates

<http://cihrrc.hivandrehab.ca/index.php>

Updates to the CIHRRC website are made approximately 7 times per year. Please feel free to send updates from your work on HIV and rehabilitation research you wish to share on the CIHRRC website or in the newsletter.

CIHRRC Steering Committee

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If you are interested in becoming a member of the CIHRRC Steering Committee, please contact Kelly O'Brien.

Stay Tuned!

Next Issue of CIHRRC E-Update ~ Fall 2017

For more information on these activities and/or the CIHRRC, please contact Sundus Haji-Jama, CIHRRC Coordinator, at cihrrc@utoronto.ca or visit the CIHRRC website at <http://cihrrc.hivandrehab.ca/>

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