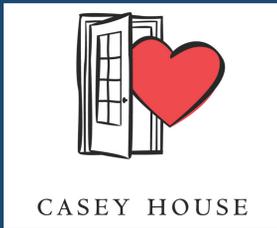


Are You Ready? Exploring Readiness to Engage in Exercise Among People Living With HIV and Multi-Morbidity



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Background

- With the introduction of highly active antiretroviral therapy, many people with **human immunodeficiency virus (HIV)** are living longer and experiencing additional health-related challenges such as living with **multi-morbidity**.
- Although **exercise** has been shown to be a safe and effective self-management strategy for people living with HIV, few are regularly engaging in exercise and the reason for this disparity is unclear.
- When exploring exercise as a self-management approach, it is essential to look beyond the physical benefits of exercise and consider the concept of **readiness** as it relates to behaviour change.

Purpose

- To explore readiness to engage in exercise and the influence of contextual factors on readiness among people living with HIV and multi-morbidity.

Methods

- We conducted a **qualitative descriptive** study in collaboration with Casey House, a specialty HIV hospital in Toronto.
- We recruited adults (18 years or older) who self-identified as living with HIV and two or more additional health conditions.
- We developed an interview guide consisting of eight open ended questions and subsequent probes that was refined twice.

Analysis

- Interviews were transcribed verbatim and reviewed for accuracy before being coded by two investigators.
- The team met 5 times to discuss overall impressions, coding of transcripts, develop/refine a coding scheme and cluster codes into broader themes.

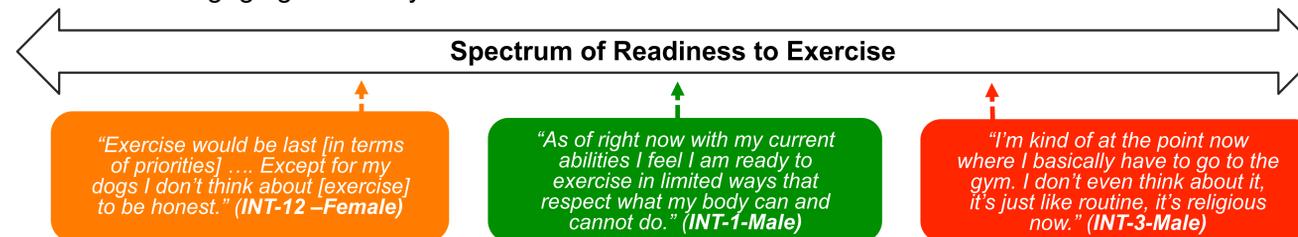
Results

Participant Characteristics (n=14)

Characteristic	Description
Gender	64% men, 36% women
Median Age (Years)	50 (Interquartile range: 46,53)
Median Year of Diagnosis	1991 (Interquartile range: 1988,1998)
Currently Taking Antiretrovirals	100%
Median Number of Concurrent Health Conditions	9 (Interquartile Range: 6,12) [most common: addiction (50%), asthma (36%), cancer (36%), Hepatitis C (36%), mental health (26%)]

Diverse Spectrum of Readiness to Exercise

- Participants expressed diversity in their readiness to engage ranging from not even thinking about exercise to engaging on a daily basis.

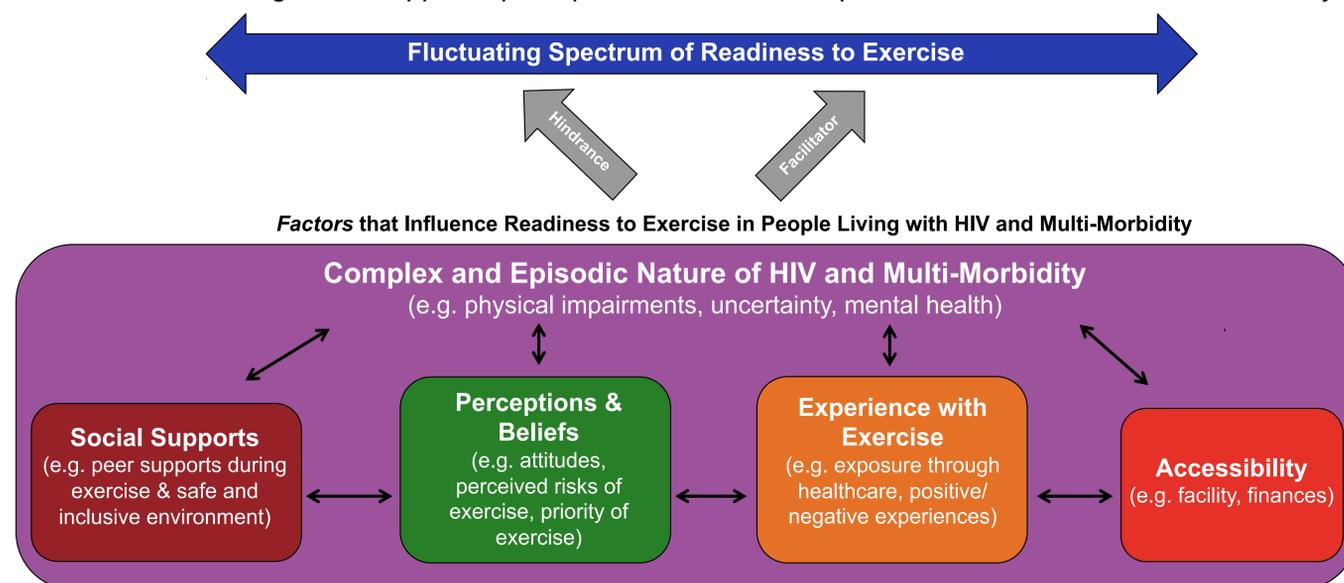


Key Factor that Influenced Readiness to Exercise

Complex and Episodic Nature of HIV and Multi-Morbidity	
<i>Hindering Readiness:</i>	<i>Facilitating Readiness:</i>
<p>"My body is aching and sore, my lungs are sore, it's hard to catch a good breath, so it'd be hard to exercise because of that" (INT-7-Male)</p>	<p>"I feel [exercise] is even more important now, 'cause I think [it can] be a real positive to longevity and one's overall health ... [since being diagnosed with HIV]" (INT-9-Male)</p>

Framework of Readiness to Exercise in Adults with HIV and Multi-Morbidity

- Readiness to exercise was a dynamic and fluctuating construct that was influenced (facilitated or hindered) primarily from the complex and episodic nature of HIV and multi-morbidity as well as by subfactors including social supports, perceptions and beliefs, experience with exercise and accessibility.



Discussion

- A combination of factors appear to interact and influence readiness to exercise in people living with HIV and multi-morbidity.
- The uncertainty of HIV and multi-morbidity further complicates the concept of readiness to exercise in people living with HIV and multi-morbidity.

Conclusions

- People living with HIV and multi-morbidity represent a diverse spectrum of readiness to engage in exercise.
- The complex and episodic nature of HIV and multi-morbidity emerged as a key factor influencing readiness to exercise in our sample.
- Readiness to engage in exercise in the context of HIV is a fluctuating and dynamic construct that is influenced (facilitated or hindered) by various factors.

Implications

- Healthcare providers have a role to play in educating and introducing exercise as a self-management strategy for people living with HIV and multi-morbidity.
- Healthcare providers should challenge common misconceptions about the perceived risks of exercise among people living with multi-morbidity.
- Healthcare providers should consider how factors such as the complex and episodic nature of HIV and multi-morbidity may impact a persons readiness to start (or continue) to exercise.

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