



5th International Forum on HIV and Rehabilitation Research: Ageing with HIV in an Uncertain World

Saturday May 20, 2023 – 9:00am-5:00pm
Jean McFarlane Building – Rm G306A&B
University of Manchester (In-Person)
Manchester, UK
@CIHRRC

Dalla Lana
School of Public Health



Physical Therapy
UNIVERSITY OF TORONTO

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The University of Manchester

5th International Forum on HIV and Rehabilitation Research

ACKNOWLEDGEMENTS

This Forum is funded by a University of Manchester-University of Toronto partnership grant. We also acknowledge support from the [Canada-International HIV and Rehabilitation Research Collaborative \(CIHRRC\)](#), Rehabilitation in HIV Association (RHIVA), and Gay Men's Health Collective (GMHC) (filming).

The Forum is supported by the Department of Physical Therapy and Dalla Lana School of Public Health, University of Toronto and the Division of Nursing, Midwifery and Social Work, University of Manchester.

**Forum Planning Team**

Kelly Birtwell (University of Manchester)
Darren Brown (Chelsea and Westminster Hospital NHS Foundation Trust)
Graeme Donald (University of Manchester)
Kelly O'Brien (University of Toronto)
Francisco Ibáñez -Carrasco (University of Toronto)
Brittany Torres (University of Toronto)

Rapporteurs

Bakita Kasadha
(University of Oxford)
Adam O'Donoghue
(University of Manchester)

Moderators

Darren Brown
(Chelsea and Westminster Hospital
NHS Foundation Trust)
Francisco Ibáñez -Carrasco
(University of Toronto)

Forum Filming Media Team

**Patriic Gayle, Luke Orrin
and Mat Smith**
(Gay Men's Health Collective)

Welcome to the 5th International Forum on HIV and Rehabilitation Research: Ageing with HIV in an Uncertain World

We are pleased to welcome you to the 5th International Forum on COVID Rehabilitation Research. The Forum brings together over 40 attendees and presenters from Canada, United Kingdom and Ireland and include persons living with HIV, clinicians, researchers, and representatives from community organizations leading work in the field of ageing, rehabilitation and HIV. Working together, we can advance rehabilitation science, practice, and policy to enhance in the context of HIV, ageing and rehabilitation.

This Forum is a collaboration between the University of Manchester, University of Toronto, and [Canada-International HIV and Rehabilitation Research Collaborative \(CIHRRC\)](#). Building on the success of past CIHRRC Forums, this event will include a dynamic agenda aimed at 1) facilitating knowledge transfer and exchange (KTE) on HIV and rehabilitation interventions (including online / tele-rehabilitation) to promote HIV and ageing research and clinical practice; 2) establishing new research and clinical partnerships in HIV and ageing internationally; 3) fostering mentorship and training in HIV and ageing research; and 4) identifying emerging issues and research priorities in rehabilitation interventions for people ageing with HIV.

We thank all the attendees joining us today. 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 expert speakers from Canada, the United Kingdom (UK), and Ireland who will be sharing their knowledge about recent emerging evidence on HIV, ageing and rehabilitation interventions.

We gratefully acknowledge funding from a University of Manchester-University of Toronto partnership grant, as well as support from the [Canada-International HIV and Rehabilitation Research Collaborative \(CIHRRC\)](#), Rehabilitation in HIV Association (RHIVA), and [Gay Men's Health Collective \(GMHC\)](#) (filming). Finally, we thank the speakers and panelists who have worked tirelessly to prepare for this event. Thank you for your ongoing contributions to the Forum. We look forward to the day ahead!

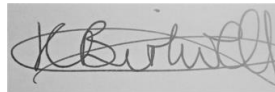
Sincerely,



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Link to register (Free): <https://www.eventbrite.co.uk/e/ageing-with-hiv-in-an-uncertain-world-tickets-514325209547>

PROGRAMME AT A GLANCE

Aim of Forum: To advance knowledge transfer and exchange, collaborations and partnerships in rehabilitation in the context of HIV and rehabilitation research and practice and to identify new and emerging research priorities in rehabilitation-focused research in HIV and ageing.	
Time	Topic
830-900am	Registration (Coffee & Tea)
900-915am	Welcome and Introductions – Graeme Donald & Kelly Birtwell, University of Manchester
915-930am	Overview of the Forum – Kelly O’Brien & Francisco Ibanez-Carrasco, University of Toronto Moderator – Darren Brown, Chelsea and Westminster Hospital NHS Foundation Trust
930-1015am	Keynote Speaker – Dr. Patty Solomon, Professor Emeritus, McMaster University, Canada 30 Years of HIV and Rehabilitation Research – Can the Past Inform the Future?
1015-1030am	Break
1030am-1200pm	Research Evidence Panel Session #1: Role of Mental Health in HIV and Ageing and Rehabilitation <ul style="list-style-type: none"> • Ageing with HIV: Psychosocial challenges and implications Dana Rosenfeld, <i>University of Westminster, UK</i> • Holistic support for an ageing cohort Anna Hughes, <i>George House Trust, Manchester, UK</i> • Delivering Mindfulness-Based Interventions for People Living with HIV Kelly Birtwell & Graeme Donald, <i>University of Manchester, Manchester UK</i> • Implementation of frailty screening in people living with HIV: lessons from the Silver Clinic Jaime Vera, <i>The Silver Clinic, Brighton and Sussex University Hospital NHS Foundation Trust</i> • Access to service for people living with HIV experiencing neurocognitive difficulties Francisco Ibanez-Carrasco, <i>University of Toronto, Canada</i>
1200-100pm	Lunch (provided to all attendees)
100-215pm	Panel: Technology-Based Interventions for enhancing physical and mental health outcomes for people ageing with HIV – This dynamic session includes Anita Binns (George House Trust), Anna Hughes (George House Trust), Jo Josh (British HIV Association), Emma Stanmore (University of Manchester), and Brittany Torres (University of Toronto).
215-230pm	Break
230-345pm	Research Evidence Panel Session #2: Frailty and Rehabilitation Interventions Ageing with HIV <ul style="list-style-type: none"> • Exploring frailty and frailty screening for older people living with HIV Natalie St. Clair-Sullivan, <i>Brighton and Sussex Medical School, UK</i> • Investigating and modifying frailty in People Living with HIV Liam Townsend, <i>St. Vincent’s University Hospital, Dublin, Ireland</i> • Cognitive remediation group therapy as a hybrid strategy for people aging with HIV to cope with cognitive health concerns Andrew Eaton, <i>University of Regina, Regina, Saskatchewan, Canada</i> • Piloting an Online Tele-Coaching Community-Based Exercise Intervention Study with Adults Living with HIV: An Implementation Science Approach Kelly O’Brien, <i>University of Toronto, Canada</i>
345-400pm	Break
400-430pm	Identifying Emerging Issues, Priority Areas and Next Steps for Future Research
430-500pm	Wrap Up, Evaluation, Acknowledgements and Next Steps

Keynote Speaker – 30 Years of HIV and Rehabilitation Research

Can the Past Inform the Future?

Dr. Patty Solomon

9:30-10:15am



Dr. Patty Solomon – Patty Solomon is a Professor Emerita in the School of Rehabilitation Science at McMaster University in Hamilton, Ontario, Canada. An award-winning educator and researcher, Dr. Solomon is among the first rehabilitation scientists to develop a research program focussing on HIV, disability and the role of rehabilitation. A founding member of the Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC), she has been on the Board of Directors of two HIV Community Service Organizations, and also collaborated with a team to examine HIV and disability in a global context.

Key messages from presentation:

1. Interprofessional collaboration is a foundational strength of CIHRRC and provides a model for many chronic diseases.
2. There remains a need to educate and advocate for the role of rehabilitation in the context of HIV.
3. There is a need to build upon our successes and lessons learned from our “Knowledge to Action” CIHRRC initiatives.

Research Evidence Session 1 – Role of Mental Health in HIV and Ageing and Rehabilitation

10:30am-12:00pm



Dr. Dana Rosenfeld

Ageing with HIV: Psychosocial challenges and implications

Bio: Dr. Dana Rosenfeld is a medical sociologist and social gerontologist specialising in ageing and the life course and in the lived experience of chronic illness. She has published widely on LGBTQ ageing and on ageing with HIV. She was lead editor of *Medicalized Masculinities*, the first book to document and critique the construction of masculinity as a health risk, and sole-authored *The Changing of the Guard: Lesbian and Gay Elders, Identity, and Social Change*. She was Principal Investigator on the HIV and Later Life project, funded by the UK’s Medical Research Council and the Economic and Social Research Council.

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Key messages from presentation:

1. There is no one experience of ageing with HIV. The population of older people living with HIV is not only diversified by gender, sexuality, ethnicity, socioeconomic status, migration status, and geographical region, and by local social and community context. The lived experience of, and social circumstances surrounding, ageing with HIV are also strongly shaped by historical and life course factors: specifically, when in the life course, and when in the history of HIV/AIDS and its treatments, the individual was diagnosed.
2. Many consequences of living with HIV take on age-inflected meanings in later life. For example, ageism interacts with stigma to doubly stigmatise older people living with HIV and losing friends and partners to AIDS in the epidemic's early years, and/or leaving employment due to ill health in early to middle age, has long-term consequences for social networks and financial security in older age.
3. While research into the social dimensions of ageing with HIV is growing, significant knowledge gaps remain. These include key populations' specific needs and experiences; HIV's inter-generational impacts; and informal and long-term care.

Anna Hughes*Holistic support for an ageing cohort*

Bio: Anna Hughes co-ordinates the Age+ project at George House Trust, a local charity which offers support and services for people living with HIV in Greater Manchester, UK. As people are living longer with HIV, Age+ was launched in June 2021 to empower people to live healthy, happy and confident lives. Through Age+, service users can receive one-to-one advice, attend workshops to build on skills and knowledge and access both internal and external volunteering opportunities. Age+ also offers HIV

Awareness training to care providers within Greater Manchester.

Key messages from presentation:

1. Sometimes simplicity is best when it comes to support provision.
2. Older people living with HIV need specific services and their needs are often much different than those who are younger.
3. With the challenges of getting older, living with HIV and finding the confidence to live confident lives into older age, it's essential that care providers are knowledgeable about HIV.

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Drs Kelly Birtwell and Graeme Donald*Delivering Mindfulness-Based Interventions for People Living with HIV*

Bio: Dr. Kelly Birtwell is a Research Fellow in the Centre for Primary Care & Health Services Research at the University of Manchester in Manchester, England. She is a chartered psychologist, person-centred counsellor and mindfulness teacher. Kelly conducts health services research and is interested in psychosocial support for older adults, increasing access to health and care services, patient safety, neurodiversity and mindfulness-based interventions. Her current programme of work explores mindfulness-based interventions for underserved groups, including people from areas of socioeconomic deprivation.

Bio: Graeme Donald is a Lecturer in Nursing at the University of Manchester, where he is active in research and in teaching on undergraduate and postgraduate programmes. His interests include person-centred care, the psychological burden and symptom management of people living with long-term conditions, mindfulness, and complementary medicine (e.g. acupuncture, yoga). His enduring interest in HIV care motivated the direction of his PhD thesis, which was based on a feasibility study of mindfulness for people living with HIV. This was the first study of its kind in the UK. His most recent research work has been looking at compassion in healthcare and evaluating mindfulness for alleviating depression and anxiety in stroke survivors.

**Key messages from presentation:**

1. Mindfulness-based interventions can be of benefit for people living with long-term health conditions, including people living with HIV.
2. Flexible, person-centred approaches are needed to support equitable access to psychosocial interventions such as mindfulness.
3. As with any intervention, there can be adverse and unwanted effects from mindfulness. Greater awareness is needed to manage these risks and support individuals.



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Dr. Jaime Vera

Implementation of frailty screening in people living with HIV: lessons from the Silver Clinic

Bio: Dr. Jaime Vera is a Professor in HIV Medicine at the Department of Global Health and Infection, Brighton and Sussex Medical School in Brighton, UK. He is also the clinical lead physician for the combined HIV and Geriatrics and memory clinics. Prof Vera’s research focusses on the study of comorbidities affecting people with HIV such as cognitive impairment and frailty including the development of innovative models of care aimed at improving quality of life, and mental well-being of older people with HIV in both low and high-income settings.



Key messages from presentation:

1. Implementation of frailty screening in people with HIV is feasible and acceptable.
2. Interventions aimed at re-frail individual have the potential to slow the trajectory to frailty and improve quality of life.
3. Challenges remain on how best to manage those at frail and at risk of frailty due to the current demands of health systems.



Dr. Francisco Ibáñez-Carrasco

Access to service for people living with HIV experiencing neurocognitive difficulties: the HEADS UP 2! Study

Bio: Dr. Francisco Ibáñez-Carrasco is an Assistant Professor at the Dalla Lana School of Public Health, University of Toronto, a member of The Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC). His pedagogical practice is that of participatory eLearning and Knowledge Mobilization for health research.

Key messages from presentation:

1. People ageing with HIV encounter neurocognitive difficulties such as wordsmithing, remembering names, lack of attention and foggy brain. However, the roots of these difficulties are not clearly identified. Researchers must focus on quality of life and practical strategies for now.
2. Themes coded include the impact of neurocognitive health concerns (social, occupational), self-management of neurocognitive impairments/symptoms (coping, cognitive strategies, occupational strategies), clinical presentation for health services (triaging of health issues, aging), and experiences of clinical management of neurocognitive impairments/concerns (clinical care, self-advocacy, accessibility).
3. Providers do not have clarity on the key neurocognitive complications and treatment, but they know some practical ways to support patients experiencing difficulties.

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Panel Session – Harnessing Technology-Based Interventions for Enhancing Physical and Mental Health Outcomes for People Ageing with HIV

1:00-2:15pm



Jo Josh

Bio: Jo is Communications Officer for the British HIV Association, (BHIVA), managing media and advocacy with the health system and government. She represented the HIV community on BHIVA's Executive Committee 2019 - 2023. She is a committed HIV activist, with a decade on the steering group of the UK Community Advisory Board (UK-CAB), a network of 800+ treatment advocates, from 100+ HIV organisations. She is also a regular speaker for the Terrence Higgins Trust (THT) Positive Voices initiative and a member of the Advisory Group of the National AIDS Trust (NAT).

Key messages:

1. Knowledge is power - without it people living with HIV cannot manage their health.
2. Growing older is the new reality for the HIV community, and we shouldn't waste the opportunities the future holds.
3. Keeping active, both mentally and physically, is fundamental to health and happiness.



Dr. Emma Stanmore

Bio: Dr. Emma Stanmore is a Reader and Lead for the Healthy Ageing Research Group at The University of Manchester in Manchester, England. Emma's interdisciplinary research focuses on improving the quality of life of older adults, particularly through the development and testing of novel interventions and digital technologies to support preventative care (e.g. health literacy, falls prevention and rehabilitation). Emma's research has been recognised in a number of scientific awards and is funded predominantly as through Innovate UK, NHS England, Arthritis Research UK, ESRC, Wellcome Trust and as Co-I from the European Commission, NIHR and Innovation Fund Denmark.

Key messages:

1. Digital Technology has a key role to play in enabling older people with HIV to remain well at home.
2. Non-pharmacological interventions such as strength and balance exercises and nutrition have the potential to reduce deconditioning, frailty and falls.
3. Novel behaviour change techniques such as gamification can improve engagement with preventative interventions in older populations.



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Anita Hughes

Bio:



Brittany Torres

Bio: Brittany Torres is an acute care physiotherapist in Toronto, Ontario, Canada, and Research Coordinator for the Episodic Disability Lab in the Department of Physical Therapy at the University of Toronto. Brittany completed her undergraduate degree in Kinesiology at Queen's University, and then pursued her Master of Science in Physical Therapy at the University of Toronto. One of Brittany's favourite parts of her current role in the Episodic Disability Lab is being the coordinator for the Canada-International HIV & Rehabilitation Research Collaborative (CIHRRC).

Key messages:

1. Environmental, personal, and social barriers can exist to exercising in traditional gym environments for people living with HIV; however, technology can be used to overcome these barriers and facilitate online forms of community-based exercise (CBE) for people living with HIV.
2. When delivering a technology-based online CBE intervention for adults living with HIV, personalized technology support catered to an individual's technology literacy and comfort level is warranted to optimize engagement in the program.
3. Successfully initiating and sustaining a multi-faceted online CBE intervention for adults living with HIV requires an interdisciplinary team from the outset.

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Research Evidence Session 2 – Frailty and Rehabilitation Interventions Ageing with HIV

2:30-3:45pm



Natalie St. Clair-Sullivan

Exploring frailty and frailty screening for older people living with HIV

Bio: Natalie St. Clair-Sullivan is a Physiotherapist in Brighton, UK, and is currently undertaking a PhD ‘exploring the needs and experiences of older people living with HIV and testing the feasibility and acceptability of screening for frailty and a subsequent comprehensive geriatric assessment intervention.’

Key messages from presentation:

4. People living with HIV and health care providers viewed frailty as a series of losses. For health care providers this was ‘loss of ability to self-care’, whilst for people living with HIV this was a ‘loss of self’.
5. Conversations around frailty should be approached with care and compassion and it is important to use the word ‘frail’ within those conversations.
6. People living with HIV are willing to be screened for frailty and informed of their frailty status, however this should be shared in conjunction with a clear plan of the next steps of their care.



Dr. Liam Townsend

Investigating and modifying frailty in People Living with HIV

Bio: Dr. Liam Townsend graduated from Medicine at Trinity College Dublin in 2013. He is dual-trained in Infectious Diseases and General Medicine. He was awarded a PhD in immunology from Trinity College Dublin in 2021. He is currently a Specialist Registrar in Infectious Diseases in St Vincent’s Hospital, Dublin. He has previously sat on the World Health Organisation’s Long COVID working group. His active research interests are the immunological changes occurring following infection and their relationship with clinical phenotypes.

Key messages from presentation:

1. Frailty is modifiable.
2. Complex interactions across biopsychosocial model leads to frailty development.
3. Functional assessment is integral to ongoing care for people living with HIV.

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Dr. Andrew Eaton – *Cognitive remediation group therapy as a hybrid strategy for people aging with HIV to cope with cognitive health concerns*

Bio: Dr. Andrew Eaton is an Assistant Professor at the University of Regina's Faculty of Social Work – Saskatoon Campus and an Assistant Professor (Status-Only) at the Factor-Inwentash Faculty of Social Work, University of Toronto. He completed his PhD and MSW at the University of Toronto, and his BSW at Toronto Metropolitan University. His research interests centre around the development, testing, and implementation of interventions regarding aging, sexuality, and mental health. He is specifically focused on addressing complexities of living and aging with HIV/AIDS. Dr. Eaton utilizes community-based participatory research.

He also has been involved in research with LGBTQ+ youth and pedagogical social work research.

Key messages from presentation:

1. Combining mindfulness and brain training approaches may be the ideal therapy package to ameliorate symptoms and stressors associated with cognitive impairment.
2. Confirmed neuropsychological diagnoses of cognitive impairment – including HIV-associated neurocognitive disorder (HAND) – should not be a pre-requisite for access to psychosocial remediation therapies for people aging with HIV.
3. Hybrid (online/offline) approaches to psychosocial treatment programs may be the way forward in light of the COVID-19 pandemic, and can address rural/urban healthcare divides.

**Dr. Kelly O'Brien***Piloting an Online Tele-Coaching Community-Based Exercise Intervention Study with Adults Ageing with HIV*

Bio: Kelly O'Brien is a physiotherapist and Associate Professor in the Department of Physical Therapy, at the University of Toronto. She holds a Canada Research Chair (Tier 2) in Episodic Disability and Rehabilitation. Kelly's research is focused on measuring episodic disability and examining the implementation of community-based rehabilitation interventions to

improve health outcomes for people living with HIV. Kelly co-founded the Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC) (<http://cihrrc.ca>), an international network of stakeholders with an interest in addressing research priorities and translating evidence in HIV and rehabilitation research. She is a member of the Board of Directors of the Canadian Association for HIV Research (CAHR).



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Key messages from presentation:

1. Community-based exercise (CBE) is one rehabilitation strategy with the potential to reduce episodic disability and enhance health outcomes among adults aging with HIV. Despite the benefits, engagement in physical activity and exercise varies among adults aging with HIV. Online forms of community-based exercise (CBE) may help to reduce structural and interpersonal barriers faced in traditional gym environments among adults aging with HIV.
2. Thirty-two adults aging with HIV (median age 53 years; 69% men) initiated a 6-month online community-based exercise intervention in Toronto, Canada involving a) exercise thrice weekly, b) personalized online coaching sessions with a trainer biweekly, and c) online group educational sessions monthly, using d) home exercise equipment, e) an exercise app and f) wireless physical activity monitor.
3. Most (69%) adults aging with HIV who initiated, completed the exercise intervention. Reasons for non-completion (n=10) included busy schedules and episodic health issues. Participants (n=32) attended a median of 11 (85%) out of 13 biweekly online coaching sessions, and 31% extended their coaching sessions beyond 6 months due to scheduling issues or health reasons, highlight the potential episodic health with HIV as factors influencing engagement in online CBE.

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Forum Planning Team

Darren Brown (Event Moderator)



Darren Brown is a cis-gendered (pronouns he/him/his), gay, white man, of English and Irish heritage, living in London UK. Darren is a clinical academic Physiotherapist and Fellow of the Chartered Society of Physiotherapy, awarded for global impact in disability and rehabilitation achieved through clinical, academic and strategic leadership. Darren leads the HIV rehabilitation service at Chelsea and Westminster Hospital NHS Foundation Trust. He is Vice-Chair of the Rehabilitation in HIV Association (RHIVA), HIV/AIDS coordinator of the World Physiotherapy

subgroup IPT-HOPE, steering committee member of CIHRRC and inaugural Chair of Long COVID Physio. Darren conducts both quantitative and qualitative research, has contributed to national and international standards, policies and guidelines, and is a spokesperson in the fields of disability and rehabilitation in HIV, Cancer and Long COVID.

Rapporteurs

Bakita Kasadha



Bakita Kasadha is a researcher and poet living with HIV. She is an NIHR Pre-Doctoral Fellow at the University of Oxford. She was the main researcher on the multi-award-winning HIV and infant feeding study, NOURISH-UK. Bakita co-edited a SAGE publication special collection with Dr Shema Tariq (UCL) titled HIV & Women: Where Are We Now? She has held a range of national and international advisory and governance roles including as a member of the Sexual Health and HIV All East Research (SHARE) Collaborative Community Advisory Board. She previously served as the Chair of the Global Network of Young People Living with HIV.



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Adam O'Donoghue



Adam O'Donoghue, is a Year 4 Master of Nursing student at the University of Manchester. Adam is undertaking a systematic review into the psycho-social experience of ageing with HIV. Adam states: "I was inspired to undertake this systematic review as I have an interest in the psychological, social, and mental health impact of ageing with HIV on older adults who have lived through significant developments in the HIV life course, and potentially experienced many psychological and social challenges throughout their life. Therefore, taking on the role of rapporteur at this Ageing with HIV conference means I bring passion, experience, and a desire to gain more insight into the research being undertaken around HIV and Ageing. It also allows me to integrate into a rich and informative research community which I have not had the opportunity to do in the past."

Film Crew

The Gay Men's Health Collective (GMHC) has been filming Forum events since its inception and is delighted to be joining CIHRRC again in Manchester. **Luke Orrin**, **Mat Smith** and **Patriic Gayle** are long-standing volunteers from the Gay Men's Health Collective (GMHC) and are pretty awesome. GMHC delivers three projects: the health and well-being website MENRUS.CO.UK for GBMSM and the wider LGBT+ community; **THREE FLYING PIGLETS** which makes health-related films - including events such as this conference; and **PIP PAC** safer chemsex packs which are distributed nationally to services. You can find out more at GMHC.CO.UK. 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.