

# BEYOND THE FOURTH NINETY: THE AUSTRALIAN COMMUNITY ACCORD ON QUALITY OF LIFE FOR PEOPLE WITH HIV

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## Background/Purpose:

There are calls to recognise quality of life as the 'fourth 90' in WHO and UNAIDS targets for the global HIV epidemic response (Lazarus, [2016](#)). *Futures* data reveals Australia has already achieved this target. We undertook community engagement to develop a plan to target 95% good quality of life among people with HIV by 2030.

## Approach:

With funding from ViiV Healthcare, NAPWHA delivered an interactive webinar series that invited participants (n=389) to share insights and experiences. Findings informed an *Australian Community Accord on Quality of Life for People with HIV*.

## Outcomes/Impact:

Thematic analysis revealed eight drivers of subjectively experienced quality of life: meaning, belonging, care, and support (positive); isolation, distress, insecurity, stigma (negative). These factors vary in personal salience across the life course and according to individual circumstances.

The Accord calls for Australia's National HIV Strategy to recognise quality of life as the goal underpinning all of its 95-95-95 goals. It proposes an ambitious, measurable target of achieving 'good' quality of life for 95% of people with HIV by 2030 (up from 63-64% currently: Power, [2019](#); Allan, [2021](#)).

To monitor achievement of this target, consultation participants strongly endorsed use of the PozQOL instrument, a short (13-item) validated scale with four domains including physical and mental health, social wellbeing and functional capability (Brown, [2018](#)). The Accord recommends using PozQOL and the 8-item framework to evaluate quality of life at the individual, clinical, community and population levels.

## Innovation and Significance:

Development of the Accord and the availability of the PozQOL measure put Australia in position to lead in the global push to recognise good quality of life as a vital goal for national and global strategies that aim to reduce both the incidence and impact of HIV.

## Disclosure of Interest Statement (example):

The webinar series and development of the Accord were funded by ViiV Healthcare Australia.