



## Background

- HIV has been public health issue since the 1980's
- Advancements in antiretroviral therapy (ART) have increased the longevity of people with HIV (PWH)
- Accelerated and accentuated aging is noted in PWH
- Studies have shown that older PWH experience loneliness more frequently than those without HIV
- Loneliness is associated with poorer health outcomes including mortality and cardiovascular disease
- There is a knowledge gap with respect to how to provide targeted and person-centered care to older PWH

## Purpose

To determine the prevalence of loneliness in frail, older PWH using a clinical care pathway, Platinum Navigation

## Design

- **Setting:** Southern Alberta Clinic (SAC), Calgary, Alberta
- **Sample:** SAC patients over  $\geq 50$  years who attended clinic (virtual/ in-person) between March- October 2020

**Platinum  
navigation**

Clinical care pathway created to provide tailored, patient-centered care to frail, older PWH  
Frailty assessed using the Clinical Frailty Scale

Frail PWH (CFS score  $\geq 4$ ) contacted via telephone and surveyed on loneliness, number of falls, gait and balance, use of 10+ non-ARTs, memory, weight, food insecurity and interpersonal safety

Referrals and care plans tailored to specific patient needs including referrals to: geriatric medicine, social work, pharmacy, and home care

## Results

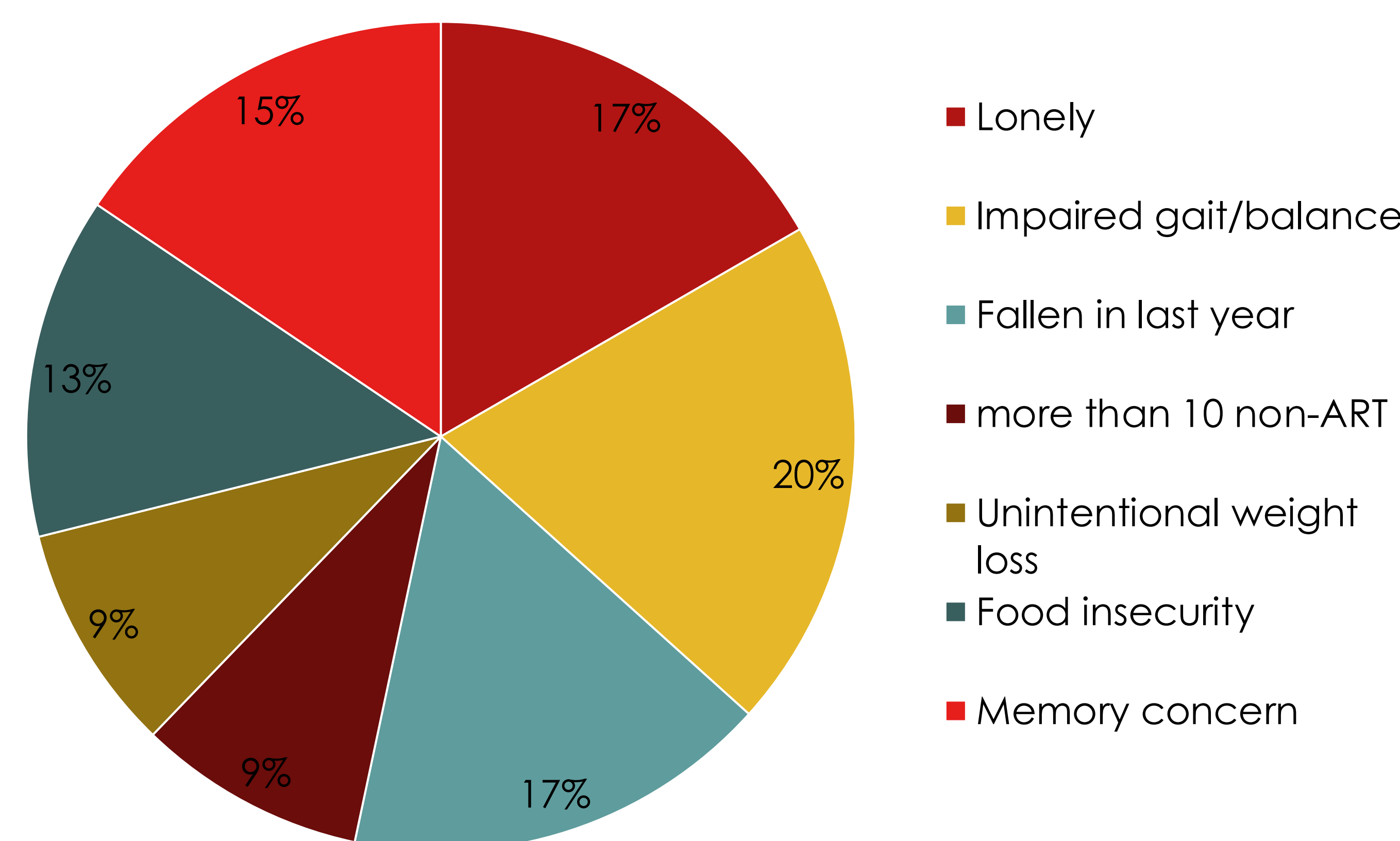
Figure 1: Study participants screened for Clinical Frailty Scale(CFS) in between March to October 2020

Mean age	Age range	Sex
• 59 years	• 50-86 years	• Male= 84 % • Females= 16%

Data gathered from a sample n=294 patients

N= 44 (15%) patients were identified as frail based on a score of  $\geq 4$  on the CFS

Figure 2: Frequency of responses to questionnaire



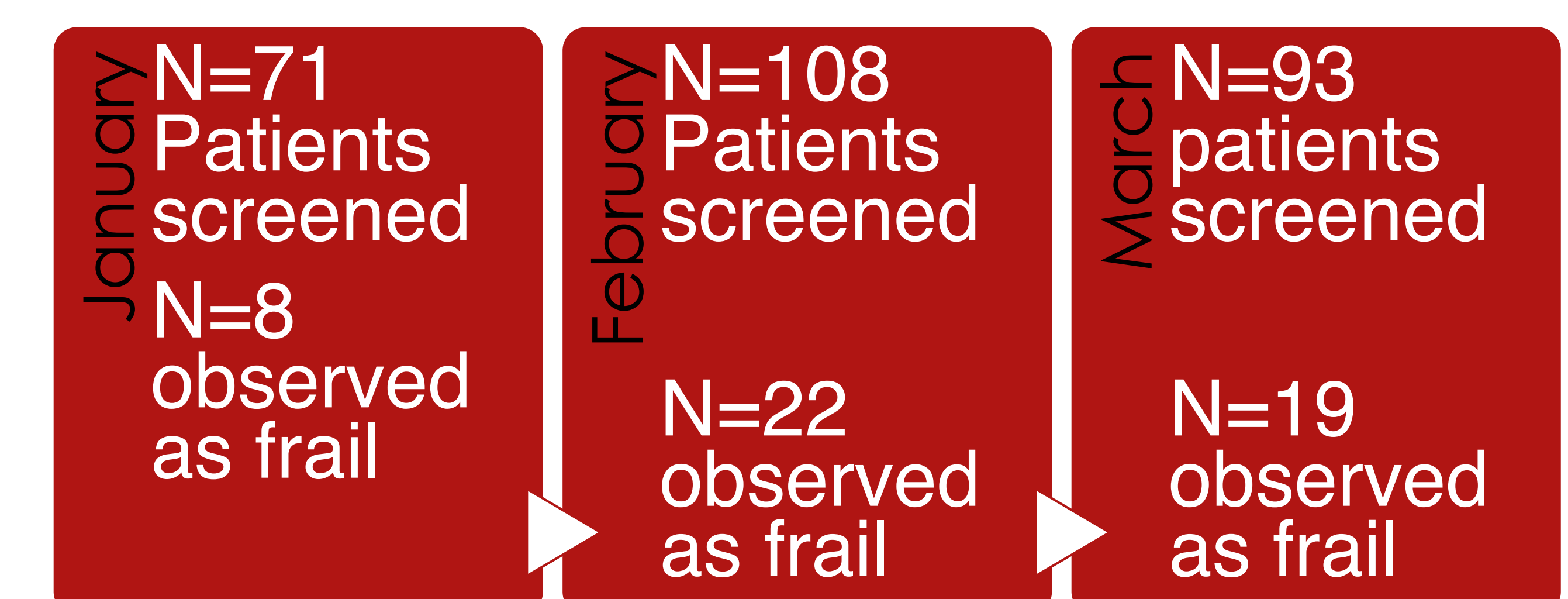
## Conclusion

Frailty and loneliness are common amongst older PWH. Frail and lonely PWH often have other geriatric syndromes requiring tailored, patient-centered care

Table 1: Active patient study population characteristics based on a sample of n=2,105 patients as of April 2021

Age groups	Number of patients	Age (mean years)	Age (median years)	Percent age of male patients
0-49	1006	39.73	47	63.2
<b>50-59</b>	588	54.43	56.5	78.4
<b>60-69</b>	336	63.79	65	85.41
<b>70-79</b>	76	73.9	74	86.8
<b>80-89</b>	9	60	83.5	83.9

Figure 3: Current data between January-March 2021



This is a continuous and integrative knowledge translational project. Data analysis will be ongoing as patients continue to be screened for frailty.

## References

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- 2) Hoogendijk EO, Suarset B, Dent E, Deeg DJH, Aartsen MJ. Adverse effects of frailty on social functioning older adults: results from the Longitudinal Aging Study Amsterdam. *Maturitas*. 2016;83:45-50.
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