

Aging Subcommittee

CHAC

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1950 - 2020

Charge

- Determine Needs for Clinical Assessment of HIV patients as they get older
- Convert this needs assessment into recommendations for HRSA / HAB to consider implementing in Ryan White Clinics

Approaches

- Can be readily done in clinics
- Same as what Ideally is used in Geriatric Clinics / Centers

Recommendations: Neurocognition Assessments

Age: > 60 years

Frequency: Every 2 years

- Brief neuro-cognition test(s)
- Referral for formal neuro-cog testing if positive

Recommendations: Frailty / Mobility Assessments

Age: > 60 years

Frequency: Every year

- Assessment of falling episodes
- Sit-Stand
- Walk speed
- Balance

Recommendations: Cardiovascular Risk Reduction

- General Assessment (Diet / weight / exercise / family history)
- Smoking status (cessation if smoker)
- Blood pressure control
- Statin Use
- ASA use
- Abacavir use (Y / N)

Age: > 45 years

Frequency: each
visit

Recommendations: Cancer Screening

Age: > 50 years

Frequency: Varies

- Breast Screening (including Trans-gendered individuals)
- PAP smears (where indicated)
- Colon (colonoscopy)
- Prostate (PSA)
- Skin exam (melanoma / BCE / SCC)
- CT scan chest (long-term smokers)
- Periodic urinalysis (hematuria)

Recommendations: STI Screening

Age: Any

Frequency: Every visit

- Assess if sexually active
- If so, routine STI screening (as is done for general HIV population)

Recommendations: Nutrition Assessment

Age: Any

Frequency: Every 6 months

- Dietary assessment
- Weight reduction programs
- Dental assessment (ease of eating / swallowing)

Recommendations: Sleep Assessment

Age: > 50 years

Frequency: Annually

- Duration / quality
- Snoring (?)
 - Sleep study
 - Sleep apnea

Recommendations: Poly-Pharmacy / Drug-drug Interaction

Age: Any

Frequency: Every visit

- Adverse Effects / Complications of medications
- Dosing / Overdosing
- HIV-specific medication long-term effects
- Opioid use assessment / reduction

Recommendations: Mental Health Assessment

Age: > 60 years

Frequency: Each Visit

- Feelings of accelerated Aging processes
- Depression / Suicidality
- Demoralization
- Isolation / Loneliness Assessment

Recommendations: Substance Use / Alcohol Use

Age: Any

Frequency: Each Visit

- Assessment
- Referral for treatment / intervention

Recommendations: Activities of Daily Living Assessment

Age: > 60 years

Frequency: Annually

- Budget / Fiscal competence
- Use of bathroom / Access to bathroom
- Walking
- Meal preparation
- Eating
- Bowel / Bladder Continence

Recommendations: Home Safety

Age: > 60 years

Frequency: Annually

- Assessment
- Home visit (when indicated)
- 'Occupational 'therapy

Recommendations:

Domestic – Interpersonal Violence (Elder Abuse)

Age: > 60 years

Frequency: Each Visit

- Assessment
- Legal reporting requirements



HRSA's Ryan White HIV/AIDS Program

Optimizing HIV Care for People Aging with HIV:
Incorporating New Elements of Care

Reference Guide for Aging with HIV



Care of People Aging with HIV:
Northeast/Caribbean AETC Toolkit

https://aidsetc.org/sites/default/files/resources_files/NECA%20AETC%20Aging%20Toolkit%20%28NEW%29_V4.pdf