



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

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This toolkit is designed for clinicians and other professionals who care for people aging with HIV. It provides links to screening and assessment instruments, along with programs and papers that offer clinically useful materials. It is not designed for research. References that are specific to populations living with HIV are denoted with an asterisk.

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We will update this list regularly, and we welcome suggestions. Please send suggestions to [necaaetc@columbia.edu](mailto:necaaetc@columbia.edu).

## Materials for Older Patients with HIV

[\\*CDC information on HIV among people aged 50 and over](#)

[\\*National Resource Center on HIV and Aging](#)

[National Resource Center on LGBT Aging](#)

[National Institute on Aging “Health and Aging” website](#)

[\\*Sexuality and Aging](#) from “Age is Not a Condom”

## Materials for Health Care Professionals

### General Resources

- I. \*Department of Health and Human Services. Panel on Antiretroviral Guidelines for Adults and Adolescents. [Considerations for antiretroviral use in special patient populations: HIV and the Older Person](#).
- II. \*The AAHIVM provider education center has a [page](#) devoted to HIV and aging. This website has posted [clinical recommendations from the HIV and Aging Consensus Project](#).
- III. \*The HIV and Aging Workgroup of the National Coordinating Resource Center of the AIDS Education and Training Center program posted 4 [videos](#) in 2015.
- IV. \*[Uncharted Territory: A Report into the First Generation Growing Older with HIV](#) (Terrence Higgins Trust)
- V. \*Singh et al. [From One Syndrome to Many: Incorporating Geriatric Consultation into HIV Care](#). Clin Infect Dis. 2017 Apr 6. A review examining the role of geriatricians in HIV care.

- VI. WHO ICOPE (Integrated Care for Older People) [Handbook](#): “The Handbook describes practical care pathways which can be followed to detect declines in intrinsic capacity and develop a personalised care plan.”

## Assessment Tools

### Comprehensive Geriatric Assessment

- i. Tinetti et al. [The Geriatrics 5M’s: A new way of communicating what we do](#). J Am Geriatric Soc. 2017; 65:2115.
- ii. Tatum et al. [Geriatric Assessment: An Office-Based Approach](#). Am Fam Physician. 2018;97(12):776–784.

### Basic Activities of Daily Living and Instrumental Activities of Daily Living

There are many tools to document basic function. Among the most widely used in primary care are the Katz and Lawton scales – here described in the “Try This” Series of the Hartford Institute of Geriatric Nursing.

- i. [Basic Activities of Daily Living](#)
- ii. [Instrumental Activities of Daily Living](#)

### Disability/Quality of Life

Most of these tools have been designed for research and are not feasible in a routine office visit. Consider using a few select questions to document the patient’s overall sense of well-being.

- i. CDC [health related quality of life measures](#) in English and Spanish
- ii. The [FACIT measures](#) have been designed for research in many diseases and conditions but may help. One can use a tool specific to comorbidity, symptom, treatment or to HIV: \*FAHI (Functional assessment of HIV infection).
- iii. [WHOQOL-HIV BREF](#)
- iv. [WHO Disability Assessment Schedule 2.0](#) (WHODAS 2.0)

### Cognition

- i. [MoCA](#) (Montreal Cognitive Assessment). As of September, 2020, training will be required.
- ii. [\\*International HIV Dementia Scale](#)
- iii. The [Minicog](#)® is a rapid screen for dementia, but not as useful for mild cognitive impairment.

### Depression, Anxiety and Loneliness

- i. [Administering the Patient Health Questionnaires 2 and 9 \(PHQ 2 and 9\) in Integrated Care Settings](#)
- ii. [Five-Item Geriatric Depression Scale](#)
- iii. [PHQ Screeners](#). This site offers screening tools for depression and anxiety in multiple languages. It is industry-sponsored, however.
- iv. The Campaign to End Loneliness suggests several [relevant and simple tools](#).

### Nutrition

- i. Nutrition Screening Initiative's [DETERMINE](#) Checklist toolkit (multiple languages)
- ii. [Food Security Screening and Referral Toolkit](#) (AARP Foundation/IMPAQ, 2016)

## Guidelines and Other Resources

### Benefits and Employment

- i. [Eldercare Locator](#)
- ii. US Department of Labor [Senior Community Service Employment Program](#)
- iii. Federal [Benefits Finder](#) Website (for the public)

### Bone Health

- i. \*Reviews with useful algorithms for detection and management of low bone density and osteoporosis:
  - i. McGinty T, Mallon P. (2016) [Protecting bone in long-term HIV positive patients receiving antiretrovirals](#). Exp Rev Anti-infect Ther. 2017; 14:6,587-599.
  - ii. Brown TT, Hoy J, Borderi M, Guaraldi G, Renjifo B, Vescini F, Yin MT, Powderly WG. [Recommendations for evaluation and management of bone disease in HIV](#). Clin Infect Dis. 2015 Apr 15;60(8):1242-51.
- ii. [FRAX](#) (an on-line calculator for fracture risk) (nb: even when listing HIV as a secondary cause of osteoporosis, the FRAX lacks sensitivity: \*Yin MT, et al. [Fracture Prediction With Modified-FRAX in Older HIV-Infected and Uninfected Men](#). J Acquir Immune Defic Syndr. 2016 Aug 15;72(5):513-20.

### Caregiving

- i. Screening tools for caregiver burden
  - i. [Zarit Burden Interview](#) – 12 item (shortened from original 29 item scale) – Michel Bédard et al, 2001.
  - ii. [Caregiver Self Assessment Questionnaire](#) (AMA, 2009) (not as well studied).

- iii. [Modified Caregiver Strain Index](#) (Thornton and Travis, 2003).
- ii. Resources
  - i. [Next Step in Care](#) (United Hospital Fund site has guides and checklists)
  - ii. [VA Caregiver Support](#)
  - iii. [Family Caregiver Alliance](#)
  - iv. National Institute on Aging [Caregiving Resources](#)

### Chemical Dependency

- i. SAMHSA (Substance Abuse and Mental Health Services Administration): [Growing Older: Providing Integrated Care for An Aging Population](#)
- ii. \*Deren S, Cortes T, Dickson VV, et al. [Substance use among older people living with HIV: challenges for health care providers](#). Front Public Health. 2019 Apr 24;7:94.

### Driving

- i. [CDC site on Older Driver Safety](#)
- ii. [National Highway Traffic Safety Administration \(NHTSA\) site](#) on older drivers
- iii. [Clinician's Guide to Assessing and Counseling Older Drivers](#) (NHTSA, US DOT, AGS)

### Elder Mistreatment and Financial Abuse

- i. [Identifying and reporting scams and fraud](#) (USA.gov- Official Guide to Government Information and Services)
- ii. [National Center on Elder Abuse links to state resources](#) (includes Puerto Rico and USVI)

### Exercise

- i. \*Montoya JL, Jankowski CM, O'Brien KK, et al. [Evidence-informed practical recommendations for increasing physical activity among persons living with HIV](#). AIDS. 2019 May 1;33(6):931-939. PMC6457127.

### Falls/Gait

- i. National Council on Aging [Falls Prevention Resources](#)
- ii. CDC STEADI [program assessment tools, patient education and referral](#) for providers
- iii. CDC STEADI program tools for [patient education](#) and referral

## Frailty

- i. \*[Faces of Frailty in Aging with HIV Infection](#) (Thurn & Gustafson, 2017) Curr HIV/AIDS Rep. 14:31-7.
- ii. [Frailty Consensus: A Call to Action](#) (Morley et al, 2014). This review offers multiple validated screening tools.

## Incontinence

- i. Clinical practice guidelines (nonsurgical)
  - i. [Nonsurgical management of urinary incontinence in women: a clinical practice guideline from the American College of Physicians](#)
  - ii. Nambiar AK, Bosch R, Cruz F, et al. [EAU Guidelines on Assessment and Nonsurgical Management of Urinary Incontinence](#). Eur Urol. 2018 Apr;73(4):596-609
- ii. Patient Resources
  - i. [National Association for Continence](#)
  - ii. [Simon Foundation](#)
  - iii. [Urology Care Foundation](#) (Foundation of the American Urological Association).
  - iv. [Kegel exercises](#)
  - v. [Bladder training](#) materials from the American Academy of Family Physicians

## Legal Problems

- i. Carrns A. Feb 8, 2017 *New York Times*. [Why you should get around to drawing up a will](#).
- ii. [Tools from Lambda Legal](#) (includes wills, trusts, health care wishes and other areas)
- iii. Advance Directives: General
  - i. [Elder Locator Advance Care Planning Fact Sheets](#).
  - ii. National Healthcare Decisions Day [Conversation Project](#) (includes links to other resources)
  - iii. [American Bar Association Tool Kit](#) for Health Care Advance Planning
  - iv. American Bar Association links to [state forms](#) (does not include PR or USVI)
  - v. [National Hospice and Palliative Care Organization State Specific Advance Directives](#) includes PR (in English), but not USVI)
  - vi. [VA Advance Care Planning Resources](#)
  - vii. [POLST](#) (Physician Orders for Life-sustaining Treatment)
- iv. Advance Directives by State and Territory
  - i. [Health care proxy](#) – New York State (multiple languages)

- ii. [Durable power of attorney for health care](#) – New Jersey
- iii. Generic advance directives for [Puerto Rico and U.S Virgin Islands](#) (Lifecare Directives)

### Medicare and Medicaid

- i. Federal [Medicare](#) website for the public
- ii. Federal [Medicaid website](#) that has information for each state
- iii. [Medicare Rights Center](#) (non-profit consumer service organization)
- iv. [Center for Medicare Advocacy](#)

### Pain

- i. \*2017 HIVMA of IDSA [clinical practice guideline](#) for the management of chronic pain in patients living with HIV (Bruce et al). CID 65: e1-7.
- ii. Scope of Pain (Boston University) has published a [list of resources](#).
- iii. Agency Medical Director's Group of the State of Washington [pain assessment tools](#).

### Polypharmacy

- i. [Stopp/Start toolkit](#) to help avoid both inappropriate medications and omission of appropriate ones. Background reference: O'Mahony D, O'Sullivan D, Byrne S, et al. [STOPP/START criteria for potentially inappropriate prescribing in older people: version 2](#). Age Ageing. 2015 Mar;44(2):213-8.
- ii. [Beers criteria](#) for potentially inappropriate medications were updated in 2019.
- iii. [Medications and Older Adults](#) (Health in Aging). This site has educational materials for patients.

### Sexual Health

- i. \*Santi D, Brigante G, Zona S, Guaraldi G, Rochira V. [Male sexual dysfunction and HIV--a clinical perspective](#). Nat Rev Urol. 2014 Feb;11(2):99-109.
- ii. \*[Sexual Health in HIV and Aging](#). Online review from 2017.
- iii. \*Andany N, Kennedy VL, Aden M, Loutfy M. [Perspectives on menopause and women with HIV](#). Int J Womens Health. 2016 Jan 11;8:1-22.
- iv. [GOALS Framework for Sexual History Taking](#). NYSDoH AIDS Institute Clinical Guideline. A general guideline that is appropriate for older patients.



## Stigma

- i. \*Andersson GZ, Reinius M, Eriksson LE, et al. [Stigma reduction interventions in people living with HIV to improve health-related quality of life](#). Lancet HIV. 2019 Nov 22. pii: S2352-3018(19)30343-1. doi: 10.1016/S2352-3018(19)30343-1.

## Smartphone Applications

- I. \*University of Liverpool HIV [Drug Interaction Checker](#) (also online)
- II. \*Veterans Aging Cohort Study ([VACS](#)) Prognostic calculator
- III. Alzheimer's Association [Pocketcard app](#) (covers screening, behavioral management, patient resources, driving safety and links to clinical studies)
- IV. [Safe Older Drivers](#) (American Geriatrics Society with National Highway Traffic Safety Administration)