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Poster #15

Positively Aging With HIV: Impact of a Targeted Initiative on Holistic Care

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BACKGROUND

- Older people with HIV (PWH) face complex challenges related to comorbidities, frailty, and psychosocial wellness.
- **Goal**: Assess holistic wellbeing of older PWH and use targeted education to support HIV healthcare professionals (HCPs) in addressing these needs.

METHODS

Patient Perspective: A 2025 national patient survey of older PWH to identify care gaps.

HCP Intervention: Four HIV clinics participated in:
- Baseline surveys
- Audit-feedback session to review baseline data and develop action plans
- Follow-up session in 4 to 6 months

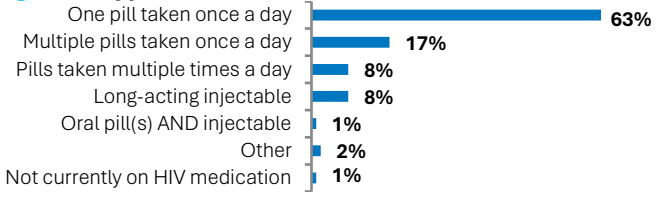
Evaluation: HCPs completed pre-session, post-session, and longitudinal 4- to 6-month surveys.

DEMOGRAPHICS

National Survey of Older PWH Demographics (N = 235)

- **Median age:** 62 years
- **Gender:** 57% male, 40% female, 3% nonbinary
- **Race/ethnicity:** 43% Black/African American, 43% White/Caucasian, 9% Hispanic/Latino, 2% Native American/Alaskan Native, < 1% Asian/Pacific Islander, 3% other/not answered
- **Time living with HIV:** 83% > 20 years, 10% 11 to 20 years, 4% 5 to 10 years, 1% < 5 years, 2% unsure
- **Sexual orientation:** 46% gay/lesbian, 39% heterosexual, 6% bisexual, 4% queer/sexually fluid, 2% pansexual/asexual, 3% other/not answered

Figure 1. Type of HIV Medications Used



NATIONAL PATIENT SURVEY RESULTS (N = 235)

Mental well-being and social isolation are major barriers to holistic wellness in older PWH

Figure 2. Self-Reported Social Determinant of Health (SDOH) *(Past 3 Months)*

69% of older PWH experienced at least 1 negative SDOH

49% of older PWH reported isolation or loneliness

31% of older PWH lack social support

Figure 3. Factors Most Impacting Overall Health

51% Mental health challenges

49% Physical health conditions

High ART adherence persists alongside unmet needs in holistic care and care coordination

Figure 4. Prioritized Health Behaviors

66% Taking ART as prescribed

43% Supporting mental well-being

40% Attending medical visits

37% Engaging in physical activity

Figure 5. Self-Reported Missed ART *(Past Month)*

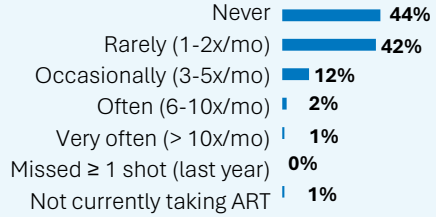


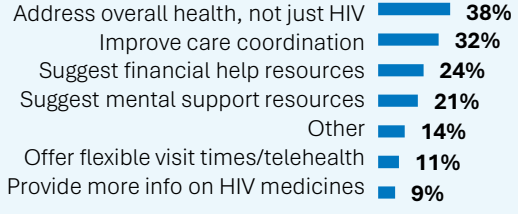
Figure 6. Top Service Needs

34% Mental health, substance use disorder services

31% Food/housing assistance

31% Legal/financial assistance, advanced care planning

Figure 7. Priorities for Improving HIV Care



HCP INTERVENTION RESULTS

Figure 8. Baseline Gaps: HCPs Rating Clinic Performance as Good or Excellent (N = 61)

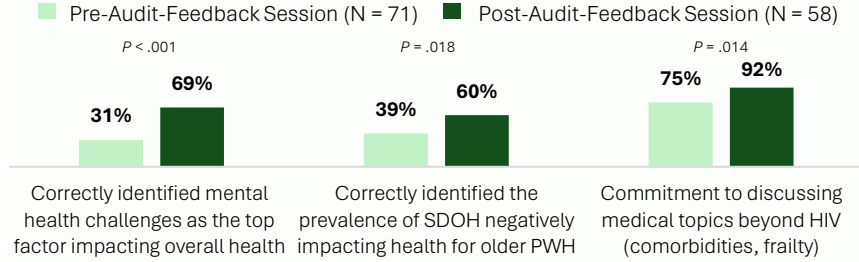
69% Mental Health Care

56% Frailty Prevention/Care

53% Care Coordination

Targeted education successfully corrected HCP underestimation of holistic challenges and improved commitment to comprehensive care

Figure 9. Changes in HCP Perceptions of Mental Health, SDOH, and Comprehensive Care



Correctly identified mental health challenges as the top factor impacting overall health

Correctly identified the prevalence of SDOH negatively impacting health for older PWH

Commitment to discussing medical topics beyond HIV (comorbidities, frailty)

Educational interventions translated into measurable practice changes: enhanced screening and improved care coordination

Figure 10. Top HCP-Reported Actions Taken, Follow-Up Session (N = 17)

49% Improved SDOH screening and offering resources to address barriers

18% Improved screening/ referrals for comorbidities

Figure 11. Long-Term Impact on Practice, Follow-Up Survey (N = 13)

100% Increased confidence in addressing SDOH and functional status concerns

77% Improved patient engagement and ART adherence

69% Improved facilitation of referrals and wraparound services

69% Improved integrating wellness goals into care

DISCLOSURES

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