

**AIDS
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**AFC Case Manager
Training:
Working with Older Adults
Living with HIV/AIDS
(OALWHA)**

Session 3: Physical Health

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Session Goals

Participants will be able to independently use their learning to...

- *Understand unique factors of the physical aging process among older adults living with HIV/AIDS*
- *Understand the interaction of the aging process with health conditions and how to adapt case management strategies based on changes in clients' physical health*
- *Assess clients' physical health and safety and link clients to supports as needed*

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What You Should Be Able to Do or Know

Case Managers will understand/know about...	Case Managers will be skilled at...
Basic information about physical aging process and common aging issues (Dispel myths of aging) <ul style="list-style-type: none"> ○ Including distinctions between frailty and physical disability 	Case management around other health conditions than just HIV (comorbidities, mental health, etc.) and with other systems involved in a client's care
A client's basic health history <ul style="list-style-type: none"> ○ Short- or long-term effects of medications ○ Other therapies (physical, occupational, etc.) 	Discerning how often to meet with the client based on assessments
Interaction of aging and other health/medical conditions or comorbidities	Effectively involving the client in goal-setting and effectively overcoming resistance to physical health care and safety recommendations (i.e., move to assisted living, surrendering driver's license, etc.)
Changes in and benefits of exercise and quality nutrition	Effectively meeting and conducting case management with more than just the client (i.e., family member, paid care provider, advocate)

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Key Terms/Definitions

- Aging
- Frailty
- Polypharmacy

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"Of course I've gained weight.
That's why it's called growing older!"

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Overview of the aging process

Crabby Road 7-26-06

Age has its advantages.
Too bad I don't remember
what they are.

Can include:

- A decline of physical ability (deterioration in hearing, sight and mobility)
- Changing appearance (such as wrinkles and graying or loss of hair)
- Decreased mental agility (efficiency of retaining and processing information, old or new)

Aging is an inevitable process that progresses with varying speed in people and for different reasons.

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The Aging Process

- Begins at birth
- Medical assessments can measure aging
- Most body systems have a considerable capacity, making it possible to age without illness until advanced ages
- When aging results in chronic illness, it does not have to diminish quality of life

FrailtyAIDS
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- Frailty is associated with higher rates of long-term diseases and disability, most likely due to a continuing underlying process of inflammation within multiple body systems, as well as poorer general health.
- Frailty is characterized by multiple pathologies, including weakness, low physical activity, and slow motor performance.
- This geriatric syndrome also occurs among HIV-infected persons, albeit at a younger age.

How aging differs for someone living with HIV/AIDSAIDS
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- HIV infection appears to speed up the aging process.
- HIV-infected clients may be more prone to organ system injury and comorbid conditions
- Monitoring and intervention generally needs to begin at a much earlier age.

Key Issues: Aging with HIV/AIDSAIDS
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- Antiretroviral Therapy (ART) is less effective
- Increasingly affected by chronic illnesses
- Greater 10-year risk of cardiovascular events
- Higher rates of:
 - *Low bone mineral density (BMD)*
 - *Certain cancers that typically occur at older ages; increased risk for anal cancer*
 - *Neurocognitive and psychiatric problems, including depression.*

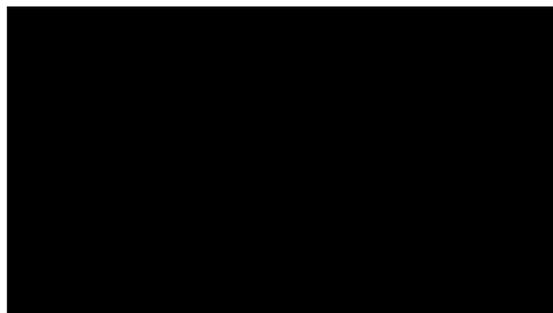
Physical Health May Vary Considerably AIDS FOUNDATION OF CHICAGO

Long-term survivors' physical health concerns may vary considerably compared to someone newly diagnosed.

The following short video highlights how concerns may vary depending on how long a person has lived with HIV.

Physical Health May Vary Considerably, cont'd. AIDS FOUNDATION OF CHICAGO

For the long-term survivors: Chronic Illness – The New Normal



Newly diagnosed clients AIDS FOUNDATION OF CHICAGO

Case manager efforts might focus on helping clients:

- Find and access health care professionals. Prompt medical care prevents the onset of AIDS and life-threatening, AIDS-related conditions.
- Find appropriate emotional and social supports as they face the decisions around sharing their diagnosis to reduce
 - Isolation
 - HIV stigma

Identify strategies to modify physical and sexual health behaviors to sustain health, reduce the spread of the disease.

Understanding how to apply this knowledge to case management decision-making AIDS FOUNDATION OF CHICAGO

Check for Understanding:
Think about your current (or past) clients and their care plan goals. How might you modify their goals based on your knowledge of the physical effects of aging with HIV?

Dental and Eye Health AIDS FOUNDATION OF CHICAGO

- Certain dental conditions are more common among older adults living with HIV
- About 70% of those living with HIV will experience an opportunistic infection or eye condition during their lifetime with the disease

Alcohol and Drug Use AIDS FOUNDATION OF CHICAGO

For a client living with HIV, drug and alcohol use can significantly affect their health and well-being.
It can complicate their HIV care and treatment by interfering with adherence and making meds less effective.
It can also put them at risk of transmitting the virus to others.

Quarterly screenings/assessments to detect physical changes due to aging and HIV AIDS FOUNDATION OF CHICAGO

Viral Load	Bone function + Vitamin D
CD4 count	Blood glucose levels
Red + White blood cells	Urine test
Liver + kidney function	Blood pressure
STIs (Sexually Transmitted Infections)	Skin check
Lipids/fats	Dental exams/teeth cleaning

Annual assessments and screenings to detect physical changes due to aging and HIV AIDS FOUNDATION OF CHICAGO

Eye/ear/dental exams
 Prostate exams
 Pelvic/cervical exams
 Mammograms
 Screening for cognitive decline

Understanding Polypharmacy and Aging with HIV AIDS FOUNDATION OF CHICAGO

- Side effects and drug interactions increase with age.
- Not everyone experiences polypharmacy in the same way.
- Case managers should note that any new or unusual symptoms might be related to medication even if the drug has been taken for a long time and should quickly refer clients for medical visit to assess.



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Polypharmacy: An Example



- Cardiac conditions are some of the most common comorbidities among OALWHA
- Healthcare providers will need to ensure cardiac medications and HIV medications don't interact in harmful ways
- How can case managers help?
 - *Coordinate care regularly across prescribing healthcare providers*
 - *Ensure everyone is "in the loop"*
 - *Communicate changes in medications and dosage over time*

AGING IS NOT ALL DOOM AND GLOOM!



Check for Understanding

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The following quiz will assess your understanding of the material we have covered so far.

Keys to Aging Well

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Research indicates that only a portion of longevity is genetically determined and the rest of it depends on lifestyle and environmental factors.

Therefore, case managers can play a vital role in helping clients engage in advanced planning that allows an older adult living with HIV/AIDS to age well.

Advanced planning should include recognition and acceptance of individual risks and regular reinforcement of lifestyle improvements (as appropriate).

Benefits of Physical Exercise for OALWHA

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- Protects against frailty and chronic conditions associated with aging
- Helps maintain independent living
- Improves mood and alleviates stress
- Promotes cognitive functioning
- Slows the deterioration of immune functioning that is a natural part of aging
- Reduces inflammation and supports antibody production

Health management includes:

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- Vaccinations
- Routine dental care
- Exercise programs
- Dietary changes
- Cessation of smoking, drug use
- Reduction in consumption of alcohol
- Housing, safety, and mobility considerations
- Appropriate on-going social activity
- Reducing anxiety (including securing financial arrangements and pensions, making a will and even deciding on funeral arrangements)
- Regular clinic and dental visits



"Gravity has lowered my chest, my stomach and my butt. Why hasn't it lowered my cholesterol?!"

Strategies for educating and advocating related to physical health: AIDS FOUNDATION OF CHICAGO

- Keep physical health information simple
- Use a team-based approach for health advocacy/education
- Teach clients about aging and changes to physical health by using strategies that fit a client’s individual needs
- Account for the possibility of an older client’s low experience, but high interest, in technology

Learning Assessment AIDS FOUNDATION OF CHICAGO

Demonstrate how to effectively apply knowledge of physical health to modify case management approach:

Tina is a 60-year-old African American female. Tina has been in and out of jail several times over the past 2 decades, usually on prostitution or possession charges. While in jail, she always tests for STIs and HIV/AIDS. She has repeatedly tested positive for chlamydia and has received treatment numerous times. Despite treatment for the STI, she continues to test positive.

During her most recent incarceration she was diagnosed with pelvic inflammatory disease, had an abnormal Pap smear, and tested positive for HIV. Other than being a little underweight she looks good and states that she feels fine with the exception of some abdominal pain.

She is dating a new boyfriend and reports having some friends but that they don’t stay in close contact.

Complete “Sess03 Activity 2Physical Health.Case.Scenario_Tina.doc”. Submit your completed work by email to trainings@aidschicago.org or fax to 312-784-9052.

Resources for Clients AIDS FOUNDATION OF CHICAGO

Staying Healthy with HIV
http://hiv.age.org/wp-content/uploads/2016/07Aging_with_HIV_FinalCorrect.pdf

Aging with HIV
<https://www.hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/aging-with-hiv>

PLUS Magazine –interview with Roy Ferguson
<http://www.hivplusmag.com/long-term-survivors/2017/2/08/aging-hiv-roy-ferguson>

CDC Immunization Recommendations for adults with HIV
<https://www.cdc.gov/vaccines/adults/rec-vac/health-conditions/hiv.html>

National Institutes of Health HIV, AIDS, And Older People website
<https://www.nia.nih.gov/health/publication/hiv-aids-and-older-people>

National LGBT Cancer Network database of LGBT-friendly Cancer Screening/Treatment Facilities (Nationwide) <http://cancer-network.org/programs/out-and-surviving/>

Resources for Case Manager

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HIV in Older Adults: A Quick Reference Guide

<http://www.hivguidelines.org/clinical-guidelines/hiv-and-aging/hiv-in-older-adults-a-quick-reference-guide-for-hiv-primary-care-clinicians/>

Guidelines for the Prevention and Treatment of Opportunistic Infections in HIV-Infected Adults and Adolescents

<https://aidsinfo.nih.gov/guidelines/html/4/adult-and-adolescent-opi-prevention-and-treatment-guidelines/0>

NIH Information about Dental Conditions

<https://www.nidcr.nih.gov/OralHealth/Topics/HIV/MouthProblemsHIV/>

Spanish version: <https://www.nidcr.nih.gov/OralHealth/Topics/HIV/Problemasorales.htm>

Conclusions/Take Aways

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- Aging occurs at different rates in people, regardless of disease but aging of a person with HIV seems accelerated
- A person's age in years only partly determines what happens in aging. Much of aging can be influenced by lifestyle and environmental choices.
- The importance of exercise in staying healthy and preventing frailty is significant. Case managers must be prepared to offer strategies for age-appropriate exercise to clients.
- Case managers play an important role in detecting and monitoring indicators and warning signs of physical health
- Drastic or sudden changes in a client's physical health will intensify the need for case manager involvement
- During your time working with clients, it is possible for clients to see positive changes in their health, especially if the case manager effectively provides support, advice, and referrals that foster well-being

Session Evaluation

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- Please take a moment to complete our session evaluation...

*Thank
You*

Session Evaluation Questions		AIDS FOUNDATION OF CHICAGO		
1. After completing this session, how would you rate your capacity in the following areas working with older adults (ages 50 and older) living with HIV/AIDS?				
	Excellent capacity	Good capacity	Limited capacity	No capacity
a. Understanding the unique physical health needs of HIV in older adults				
b. Using strategies to support clients in creating plans that foster health and well-being.				
c. Assessing physical health conditions common among older adults				
d. Assessing medication adherence and strategies for promoting motivation for adherence				
e. Understanding the interaction of aging and HIV/AIDS as it relates to physical health.				

Session Evaluation Questions		AIDS FOUNDATION OF CHICAGO		
	Very confident	Somewhat confident	Not very confident	Not at all confident
2. This session highlighted content knowledge and skills useful in working with older adults living with HIV/AIDS. How confident are you that you could apply this knowledge/skill set related to physical health in your case management practice?				
3. What more do you want to know about physical health considerations when working with older adult clients living with HIV/AIDS?				
4. What can we do to make this session better in the future?				

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