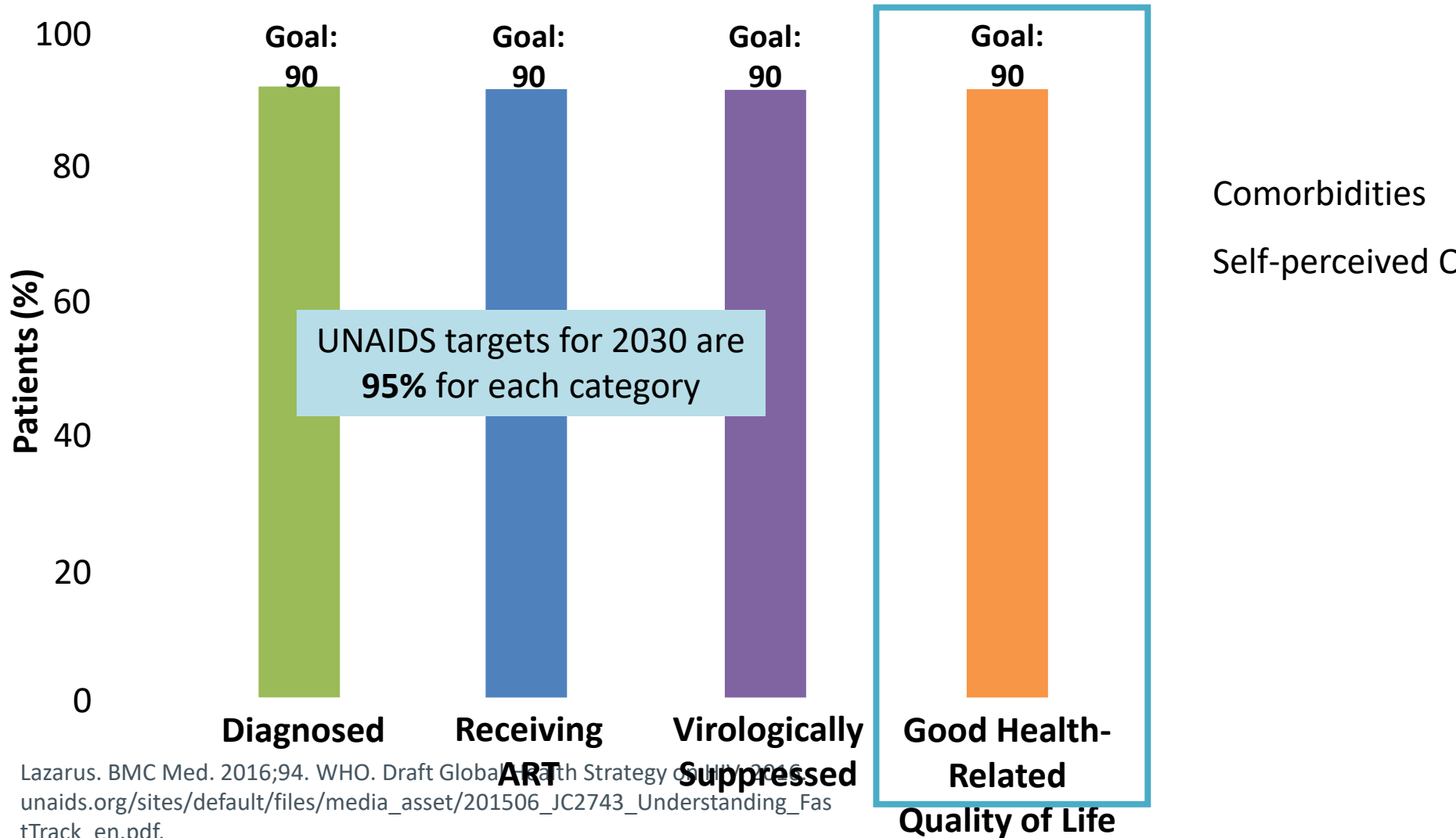


Infezione da HIV / AIDS. Aspetti clinici ed assistenziali

6 febbraio 2025

The “Fourth 90”: Health-Related Quality of Life



Paradigm Shift Beyond Viral Suppression

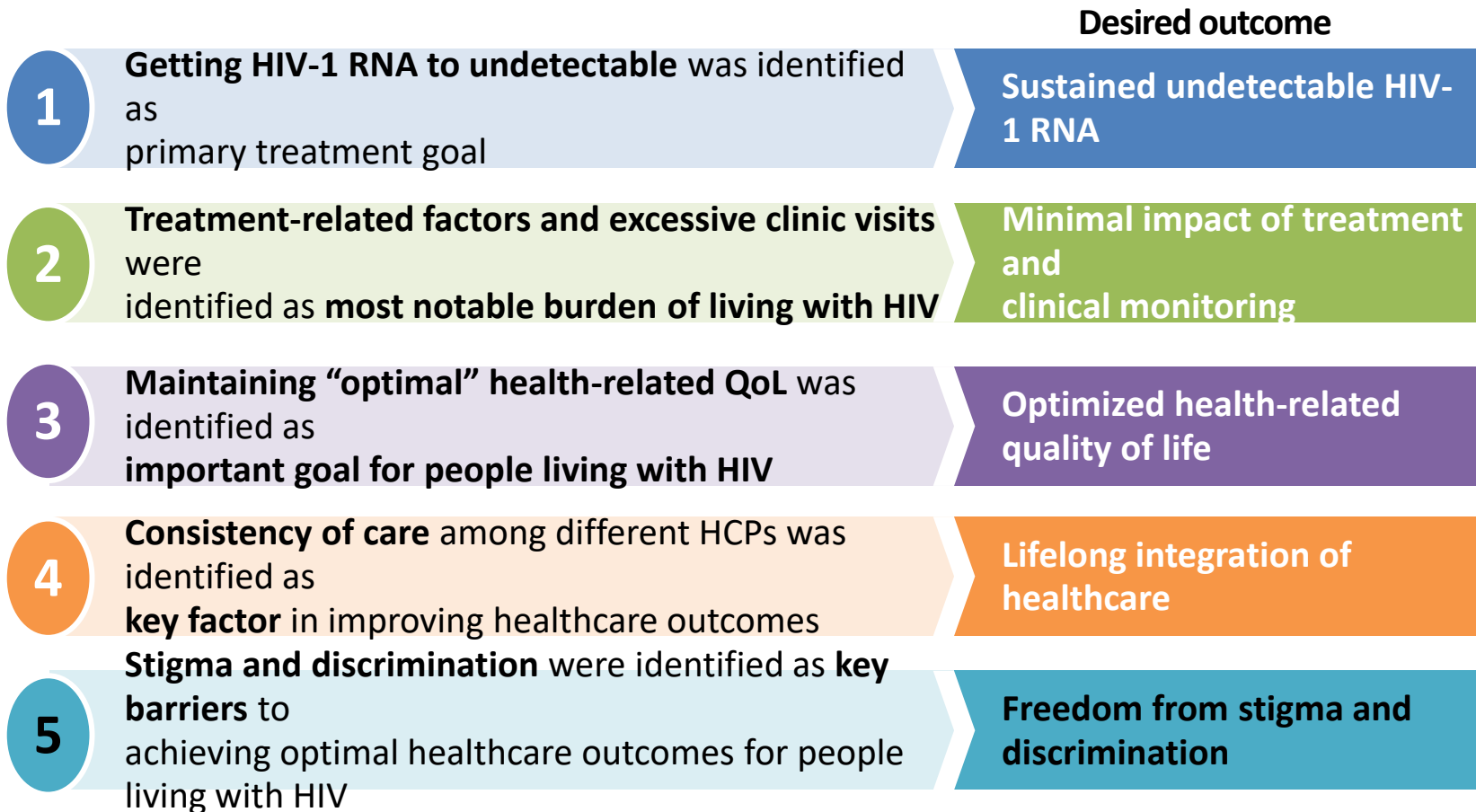


**Focus on ART
and viral
suppression**



**Focus on long-
term well-being
and HRQoL**

5 Pillars to Support Vision for Long-term Success



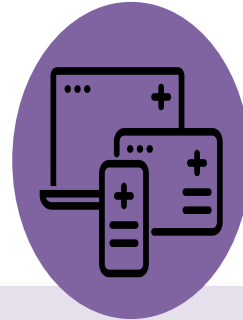
HIV Care: Priority Areas Moving Forward



Integrate patient-reported outcome measures and patient-reported experience measures into clinical practice



People-centered, integrated health service delivery models



Availability of digital health technologies and tools



Recognizing importance of social determinants of health and inequity, stigma and discrimination, mental health, disability, and life rehabilitation

HIV and Aging Health Issues

Medical¹

- Late diagnosis
- Polypharmacy
- Multimorbidity
- Other geriatric syndromes
 - Cognitive impairment³
 - Falls³
 - Frailty⁴

Psychosocial²

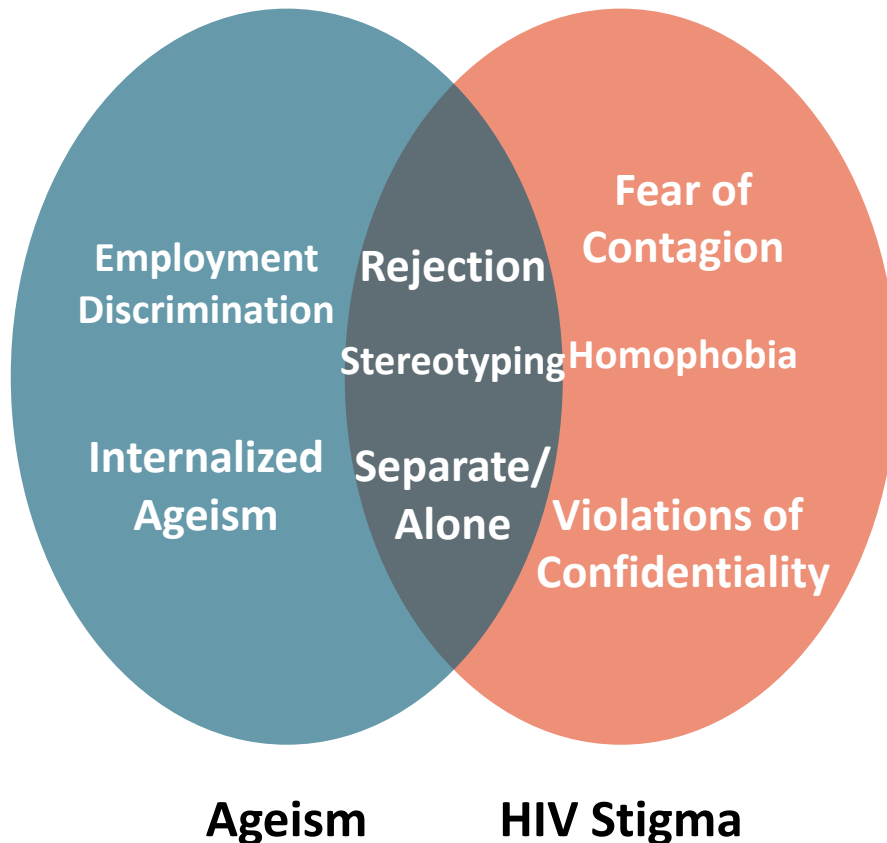
- Mental health
- Substance use
- Stigma
- **Loneliness**
- **Social isolation**

1. [hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/aging-with-hiv](https://www.hiv.gov/hiv-basics/living-well-with-hiv/taking-care-of-yourself/aging-with-hiv).

2. Rueda. Curr Opin HIV AIDS. 2014;9:325. 3. Greene. JAIDS. 2015;69:161. 4. Brothers. Eur Geriatr Med. 2019;10:219.

Ageism and Intersectional Stigmas

Ageism and Intersectional Stigmas



- Disclosure of HIV status (difficult due to experienced or anticipated stigma)
- Types of stigma experienced (tied to how one contracted HIV)
- Experiences of discrimination (withholding of resources, social isolation, HIV status)
- Outcomes associated with stigma (embarrassment, shame, social isolation, withdrawal, depression)
- Influence of aging on social isolation

Mental Health

Impact on Mental Health

- Aging people living with HIV are more likely than younger people living with HIV to experience:

Depression¹

Social
isolation¹

Adverse clinical
outcomes²

Loneliness and
rejection¹

Lower
status
disclosure^{3,4}

1. Bogart. AIDS Behav. 2008;12:244. 2. Logie. AIDS Care. 2009;21:742.

3. Emlet. Gerontologist. 2013;53:963. 4. Emlet. AIDS Patient Care and STDs. 2006;20:350.

Second Annual State of Aging With HIV National Survey: Mental Health

39%

have been diagnosed with **mental health condition**

27%

reported being in **substance abuse recovery**



25%

have been diagnosed with **posttraumatic stress disorder**

~60%

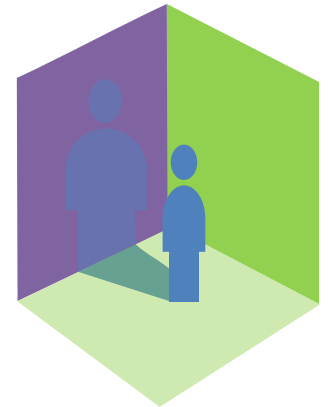
reported **memory loss** issues, of which only 64% had HCPs discuss memory loss with them

~50%

reported **having support** when sick or injured

32%

went 24 hr **without interaction with another person** in past week



Social Isolation and Loneliness

Survey of Older Adults Living With HIV: Loneliness

- 356 people (86.5% male sex at birth) with mean age of 56 yr were surveyed using UCLA 8-item loneliness scale
 - 58% reported symptoms of loneliness
 - 24% mild
 - 22% moderate
 - 12% severe
- Participants identifying as lonely were significantly more likely to smoke, be at risk for drug or alcohol problems, have less social support, have depressive symptoms, and have poor to fair HRQoL compared with nonlonely participants

Take-home Points

- Intersecting stigmas, mental health challenges, social isolation and loneliness are common and significantly impact older people living with HIV
- As people living with HIV age, HIV providers must shift from HIV primacy to addressing the broader concerns of people living with HIV