



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

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(Updated 12/13/2022)

This toolkit is designed for clinicians and other professionals who care for people aging with HIV and long-term survivors of any age. 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 (Many of the materials are available in Spanish)**

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

[National Resource Center on LGBTQ+ Aging \(SAGE\)](#)

[HIV and Aging \(The Well Project – “a unique and comprehensive focus on women and girls.”\)](#)

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

[HIV in the United States by Age \(CDC\)](#)

[Aging with HIV \(HIV.gov\)](#)

### **Materials for Health Care Professionals**

#### **Examples of Geriatric HIV Programs**

- I. [\\*Davis AJ, Greene M, Siegler E, et al. Strengths and Challenges of Various Models of Geriatric Consultation for Older Adults Living with HIV. Clin Infect Dis. 2021 Aug 6:ciab682.](#)
- II. [\\*Pereira B, Mazzitelli M, Milinkovic A, Casley C, Rubio J, Channa R, Girometti N, Asboe D, Pozniak A, Boffito M. Evaluation of a Clinic Dedicated to People Aging with HIV at Chelsea and Westminster Hospital: Results of a 10-Year Experience. AIDS Res Hum Retroviruses. 2022 Mar;38\(3\):188-197.](#)
- III. [\\*Tan JY, Greene M, Blat C, et al. Examining the Impact of the Golden Compass Clinical Care Program for Older People with HIV: A Qualitative Study. AIDS Behav. 2021 Oct 27:1–10.](#)

#### **General Resources**

- I. [\\*Clinical Guidelines Program of the NYS DOH AIDS Institute: “Guidance for Addressing the Needs of Older Patients in HIV Care”](#)
- II. [\\*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. See Special Patient Populations.](#)
- III. [\\*Grantmakers in Aging’s “Moving Ahead Together: A Framework for Integrating HIV/AIDS and Aging Services”](#)

- IV. HRSA has created two reference guides on Optimizing HIV Care for People Aging with HIV: "[Putting Together the Best Health Care Team](#)" and "[Incorporating New Elements of Care](#)"
- V. \*The American Academy of HIV Medicine (AAHIVM) provider education center has a [page](#) devoted to HIV and aging.
- VI. [\\*Uncharted Territory: A Report into the First Generation Growing Older with HIV](#) (Terrance Higgins Trust)
- VII. 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. \*Greene M, Justice AC, Covinsky KE. [Assessment of geriatric syndromes and physical function in people living with HIV](#). Virulence. 2017 Jul 4;8(5):586-598. doi: 10.1080/21505594.2016.1245269
- II. Tatum et al. [Geriatric Assessment: An Office-Based Approach](#). Am Fam Physician. 2018; 97(12):776-784.
- III. Tinetti M, Huang A, Molnar F. [The Geriatrics 5M's: A new way of communicating what we do](#). J Am Geriatric Soc. 2017; 65:2115.

### 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](#)

### Cognition

- I. [MoCA](#) (Montreal Cognitive Assessment). Training is now 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](#).

### 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. [PROMIS®](#) measures have also been developed for research but may be useful in clinical settings

IV. [WHOQOL-HIV BREF](#)

V. [WHO Disability Assessment Schedule 2.0](#) (WHODAS 2.0)

## **Nutrition**

- I. [National Resource Center on Nutrition and Aging](#) has information for providers and consumers
- II. [Food Security Screening and Referral Toolkit](#) (AARP Foundation/IMPAQ, 2016)
- III. \*McLinden T, Stover S, Hogg RS. [HIV and Food Insecurity: A Syndemic Amid the COVID-19 Pandemic](#). AIDS Behav. 2020 Oct;24(10):2766-2769.

## **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. [FRAX](#) is 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; 72(5):513-20.
- II. \*Reviews with useful algorithms for detection and management of low bone density and osteoporosis:
  - i. Brown TT, Hoy J, Borderi M, et al. [Recommendations for evaluation and management of bone disease in HIV](#). Clin Infect Dis. 2015; Apr 15;60(8):1242-51.
  - ii. Frey D, Kressig RW, Lamy O, et al. [Diagnosis, prevention, and treatment of bone fragility in people living with HIV: a position statement from the Swiss Association against Osteoporosis](#). Osteoporos Int. 2019 May;30(5):1125-1135.
  - iii. McGinty T, Mallon P. [Protecting bone in long-term HIV positive patients receiving antiretrovirals](#). Exp Rev Anti-infect Ther. 2016;14(6):587-99.

### **Caregiving**

- III. Screening tools for caregiving burden
  - i. Bédard M, Molloy DW, Squire L, et al. [Zarit Burden Interview: A New Short Version and Screening Version](#). Gerontologist. 2001; 41(5):652-7.
  - 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. [Caregiver Action Network](#)
  - iii. [VA Caregiver Support](#)
  - iv. [Family Caregiver Alliance](#)
  - v. National Institute on Aging [Caregiving Resources](#)

## **Chemical Dependency**

- I. SAMSHA (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;7:94.
- III. \*Chayama KL, Ng C, McNeil R. [Addressing treatment and care needs of older adults living with HIV who use drugs](#). J Int AIDS Soc. 2020 Aug;23(8):e25577.
- IV. \*Womack JA, Justice AC. [The OATH Syndemic: opioids and other substances, aging, alcohol, tobacco, and HIV](#). Curr Opin HIV AIDS. 2020 Jul;15(4):218-225.

## **COVID-19 and HIV**

- I. [\\*COVID-19 and HIV – CDC](#)
- II. [\\*Guidance for COVID-19 and Persons with HIV – HIV.gov](#)
- III. [\\*AIDS Institute Monkeypox and Covid-19 Updates](#)
- IV. [\\*NIH COVID-19 Treatment Guidelines: Special Considerations in People with Human Immunodeficiency Virus](#).
- V. [\\*Spinelli MA, Jones BLH, Gandhi M. COVID-19 Outcomes and Risk Factors Among People Living with HIV](#). Curr HIV/AIDS Rep. 2022 Oct;19(5):425-432.

## **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; 33:931-9.

## **Falls/Gait/Mobility**

- 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.
- IV. [Short Physical Performance Battery](#) (SPPB)
- V. [Evidence-based Falls Prevention Programs](#) (National Council on Aging)

## **Frailty**

- I. \*Eke, U.A., Mohanty, K., Gruber-Baldini, A.L. et al. [Frailty and Aging in HIV— Status Post 13 Years of National Awareness](#). *J Frailty Aging* (2022).
- II. \*Falutz J, Brañas F, Erlandson KM. [Frailty: the current challenge for aging people with HIV](#). *Curr Opin HIV AIDS*. 2021 May 1;16(3):133-140.
- III. \*Jones HT, Levett T, Barber TJ. [Frailty in people living with HIV: an update](#). *Curr Opin Infect Dis*. 2021 Nov 18.

- IV. Morley JE, Vellas B, van Kan GA, et al. [Frailty Consensus: A Call to Action](#). J Am Med Dir Assoc. 2013; 14(6):392-7. This review offers multiple validated screening tools.

### **Incontinence**

- I. Reviews and Guidelines (nonsurgical)
  - i. Denisenko AA, Clark CB, D'Amico M, Murphy AM. [Evaluation and management of female urinary incontinence](#). Can J Urol. 2021 Aug;28(S2):27-32.
  - ii. Gacci M, Sakalis VI, Karavitakis M, et al. [European Association of Urology Guidelines on Male Urinary Incontinence](#). Eur Urol. 2022 Oct;82(4):387-398.
- II. Patient Resources
  - i. [National Association for Continence](#)
  - ii. [Simon Foundation](#)
  - iii. [Kegel exercises](#)
  - iv. [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 Toolkit](#) 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. The [Caringinfo](#) website has more information about decision making
  - 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. New York State [eMOLST](#) registry
  - iii. [Durable power of attorney for healthcare](#) – New Jersey

### **Medicare & 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](#)

### **Medications and 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 Aging. 2015; 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.
- IV. \*Back D, Marzolini C. [The challenge of HIV treatment in an era of polypharmacy](#). J Int AIDS Soc. 2020 Feb;23(2):e25449.

- V. \*Richterman A, Sax PE. [Antiretroviral Therapy in Older People with HIV](#). Curr Opin HIV AIDS. 2020; 15:118-25.

### **Monkeypox and HIV**

- I. [CDC information for the public](#)
- II. IDSA/HIVMA. [Monkeypox in the US: Resources for HIV clinicians](#).
- III. \*Curran KG, Eberly K, Russell OO, et al. [HIV and Sexually Transmitted Infections Among Persons with Monkeypox — Eight U.S. Jurisdictions, May 17–July 22, 2022](#). MMWR Morb Mortal Wkly Rep 2022;71:1141–1147.

### **Nursing Homes/Hospice**

- I. Goodkin K, Kompella S, Kendell SF. [End-of-Life Care and Bereavement Issues in Human Immunodeficiency Virus-AIDS](#). Nurs Clin North Am. 2018 Mar;53(1):123-135.
- II. Olivieri-Mui B, McGuire J, Griffith J, Cahill S, Briesacher B. [Assessing the Quality of Human Immunodeficiency Virus Care in Nursing Homes](#). J Am Geriatr Soc. 2020 Jun;68(6):1226-1234

### **Pain**

- I. \*Bruce RD, Merlin J, Lum PJ, et al. 2017 HIVMA/IDSA [clinical practice guideline](#) for the management of chronic pain in patients living with HIV. CID. 2017; 65:e1-37.
- II. Scope of Pain (Boston University) has published a [list of resources](#).
- III. American Academy of Family Physicians (AAFP) [Chronic Pain Toolkit](#)

### **Perinatally diagnosed adults**

- I. \*Flynn P, Abrams EJ. [Growing up with perinatal HIV](#). AIDS. 2019; 33(4):597-603
- II. \*Ritchwood TD, Malo V, Jones C, et al. [Healthcare retention and clinical outcomes among adolescents living with HIV after transition from pediatric to adult care: a systematic review](#). BMC Public Health. 2020 Aug 3;20(1):1195.
- III. \*Yusuf H, Agwu A. [Adolescents and young adults with early acquired HIV infection in the United States: Unique challenges in treatment and secondary prevention](#). Expert Rev Anti Infect Ther. 2021 Apr;19(4):457-471.

### **Sexual Health**

- I. \*Andany N, Kennedy VI, Aden M, Loutfy M. [Perspectives on menopause and women with HIV](#). Int J Womens Health. 2016; 8:1-22.
- II. \*King EM, Prior JC, Pick N, et al. [Menopausal hormone therapy for women living with HIV](#). Lancet HIV. 2021 Sep;8(9):e591-e598.
- III. \*Santi D, Brigante G, Zona S, Guaraldi F, Rochira V. [Male sexual dysfunction and HIV – a clinical perspective](#). Nat Rev Urol. 2014 Feb;11(2):99-109.
- 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. 2020; 7(2):e129-40.
- II. \*Brown MJ, Adeagbo O. [HIV and Aging: Double Stigma](#). Curr Epidemiol Rep. 2021 Mar 12:1-7. doi: 10.1007/s40471-021-00265-6



## Older Women and HIV

- I. \*Adimora AA, Ramirez C, Poteat T, Archin NM, Averitt D, Auerbach JD, Agwu AL, Currier J, Gandhi M. [HIV and women in the USA: what we know and where to go from here](#). Lancet. 2021 Mar 20;397(10279):1107-1115.
- II. \*Womack JA, Brandt CA, Justice AC. [Primary care of women aging with HIV](#). J Midwifery Womens Health. 2015 Mar-Apr;60(2):146-57.
- III. \*Pond RA, Collins LF, Lahiri CD. [Sex Differences in Non-AIDS comorbidities among people with Human Immunodeficiency Virus](#). Open Forum Infect Dis. 2021 Nov 3;8(12):ofab558

## Smart Phone Applications

- I. \*University of Liverpool HIV iChart [Drug Interaction Checker](#) (website includes Covid-19 drug interactions; also online)
- II. \*Veterans Aging Cohort Study ([VACS](#)) Prognostic calculator
- III. [Safe Older Drivers](#) (American Geriatrics Society with National Highway Traffic Safety Administration)
- IV. *inPractice*® HIV (Clinical Care Options)
- V. [HIVAIDS Treatment, Prevention, and Research](#)
- VI. NYS AIDS Institute Clinical Guidelines Program