

Background

- With aging comes a myriad of medical and psychosocial needs which are accentuated for HIV infected patients.
- Data on the needs of older HIV infected patients are sparse, especially among minority populations not enrolled in research studies.

Methods

- Study conducted at the RMR CORE Center from March-May 2016.
- Study staff designed a 63 question survey to determine the needs and priorities of patients ≥50 years living with HIV.
- Patients completed paper-based surveys while waiting for Primary Care appointments, or could take surveys home and mail them in.
- Surveys were disseminated by Peer Educators, CORE Center staff members who are former and current patients.
- Surveys were available in English and Spanish, and one bilingual Peer Educator focused on recruiting Spanish speaking participants.

Results

- 389 patients completed the surveys; 349 (90%) in English and 40 (10%) in Spanish.
- Median respondent age was 56 years. 17% were female; 72% were African American, 15% were Hispanic, and 10% were Caucasian.
- 73% of patients were diagnosed with HIV over 10 years before, with 41% diagnosed over 20 years ago.
- 97% were on HAART.
- 41% completed high school, 23% had finished some college.
- 28% were employed part or full time.

Results

**Table 1: CO MORBIDITIES AND SELF RATED HEALTH**

|   | ENGLISH SURVEYS N=349 |     | SPANISH SURVEYS N=40 |      | OVERALL N=389 |     |
|---|-----------------------|-----|----------------------|------|---------------|-----|
|   | N                     | %   | N                    | %    | N             | %   |
| Do you consider yourself to be overweight?        | 85                    | 25% | 8                    | 21%  | 93            | 25% |
| Do you smoke cigarettes currently?                | 159                   | 48% | 2                    | 5%   | 161           | 44% |
| If yes, have you ever tried to quit?              | 112                   | 74% | 2                    | 100% | 114           | 74% |
| If you smoke, are you interested in quitting now? | 102                   | 71% | 1                    | 50%  | 103           | 71% |
| Have you ever been diagnosed with cancer?         | 42                    | 13% | 4                    | 11%  | 46            | 12% |
| Do you have Diabetes?                             | 53                    | 16% | 10                   | 25%  | 63            | 17% |
| Do you have Hepatitis C?                          | 88                    | 26% | 3                    | 8%   | 91            | 24% |
| Do you have high cholesterol or high lipids?      | 76                    | 22% | 8                    | 20%  | 84            | 22% |
| Do you have high blood pressure?                  | 146                   | 44% | 16                   | 41%  | 162           | 44% |
| Do you have any kidney problems?                  | 36                    | 11% | 6                    | 16%  | 42            | 12% |
| Do you have a history of depression?              | 135                   | 43% | 13                   | 39%  | 148           | 42% |
| Would you rate your health today as:              |                       |     |                      |      |               |     |
| excellent   | 35                    | 11% | 1                    | 3%   | 36            | 10% |
| very good   | 119                   | 36% | 5                    | 14%  | 124           | 34% |
| fair  | 146                   | 44% | 25                   | 71%  | 171           | 47% |
| poor  | 27                    | 8%  | 4                    | 11%  | 31            | 9%  |
| very poor   | 3                     | 1%  | 0                    | 0%   | 3             | 1%  |

**Table 2: MEDICATIONS, HOUSING AND FALLS**

|   | ENGLISH SURVEYS N=349 |     | SPANISH SURVEYS N=40 |     | OVERALL N=389 |     |
|---|-----------------------|-----|----------------------|-----|---------------|-----|
|   | N                     | %   | N                    | %   | N             | %   |
| ≥4 prescribed medications every day?                              | 179                   | 53% | 22                   | 55% | 201           | 54% |
| Do you take vitamins/supplements/non prescribed medications ? YES | 154                   | 45% | 17                   | 43% | 171           | 45% |
| Do you have your own place to live?                               | 238                   | 68% | 37                   | 97% | 275           | 71% |
| Do you live alone?  | 162                   | 48% | 11                   | 28% | 173           | 46% |
| Who is your main caregiver?                                       |                       |     |                      |     |               |     |
| Myself  | 276                   | 81% | 33                   | 83% | 309           | 81% |
| Relative  | 28                    | 8%  | 5                    | 13% | 33            | 9%  |
| How many falls have you had in the last 12 months?                |                       |     |                      |     |               |     |
| 0   | 241                   | 70% | 37                   | 95% | 278           | 73% |
| 1-2   | 77                    | 22% | 1                    | 3%  | 78            | 20% |
| 3+  | 25                    | 7%  | 1                    | 3%  | 26            | 7%  |
| If 1 or more, do you report this to anyone?                       |                       |     |                      |     |               |     |
| Yes, always   | 45                    | 45% | 1                    | 50% | 46            | 45% |
| Sometimes   | 24                    | 24% | 0                    | 0%  | 24            | 24% |
| No, never   | 31                    | 31% | 1                    | 50% | 32            | 31% |
| Do you have memory problems or concerns?                          | 116                   | 34% | 16                   | 42% | 132           | 34% |
| If yes, have you talked to your doctor about it?                  | 72                    | 65% | 6                    | 46% | 78            | 63% |
| Who do you talk to about your health problems?                    |                       |     |                      |     |               |     |
| No One  | 52                    | 15% | 10                   | 25% | 62            | 16% |
| Family  | 150                   | 43% | 12                   | 30% | 162           | 42% |
| Friends   | 86                    | 25% | 9                    | 23% | 95            | 25% |
| Clinic Staff  | 188                   | 54% | 23                   | 58% | 211           | 55% |
| Other   | 29                    | 8%  | 2                    | 5%  | 31            | 8%  |

**Table 3: WHAT ARE YOUR CONCERNS?**

|   | ENGLISH SURVEYS N=349 |     | SPANISH SURVEYS N=40 |     | OVERALL N=389    |     |
|---|-----------------------|-----|----------------------|-----|------------------|-----|
|   | N                     | %   | N                    | %   | N                | %   |
| Please select your top FIVE (5) concerns. |                       |     |                      |     |                  |     |
| living with HIV                           | 210 <sup>1</sup>      | 65% | 11                   | 28% | 221 <sup>2</sup> | 61% |
| HIV disclosure/ stigma                    | 105                   | 33% | 21 <sup>4</sup>      | 54% | 126 <sup>5</sup> | 35% |
| other medical concern                     | 115 <sup>5</sup>      | 36% | 10                   | 26% | 125              | 35% |
| mental health                             | 128 <sup>4</sup>      | 40% | 15 <sup>5</sup>      | 39% | 143 <sup>4</sup> | 40% |
| housing                                   | 136 <sup>3</sup>      | 42% | 12                   | 31% | 148 <sup>3</sup> | 41% |
| retirement planning                       | 85                    | 26% | 22 <sup>2</sup>      | 56% | 107              | 30% |
| sexual health                             | 88                    | 27% | 10                   | 26% | 98               | 27% |
| memory issues                             | 93                    | 29% | 11                   | 28% | 104              | 29% |
| who will care for me in old age?          | 103                   | 32% | 22 <sup>2</sup>      | 56% | 125              | 35% |
| money concerns                            | 196 <sup>2</sup>      | 61% | 26 <sup>1</sup>      | 67% | 222 <sup>1</sup> | 61% |

**Table 4: COMMUNICATION, INTEREST IN HEALTHY AGING ACTIVITIES**

|  | ENGLISH SURVEYS N=349 |     | SPANISH SURVEYS N=40 |     | OVERALL N=389 |     |
|--|-----------------------|-----|----------------------|-----|---------------|-----|
|  | N                     | %   | N                    | %   | N             | %   |
| Do you have a phone? ( select all that apply)            |                       |     |                      |     |               |     |
| Yes, in my house   | 79                    | 24% | 4                    | 10% | 83            | 22% |
| Yes, a cell phone  | 276                   | 83% | 34                   | 85% | 310           | 83% |
| No   | 22                    | 7%  | 4                    | 10% | 26            | 7%  |
| Do you use text messaging?                               |                       |     |                      |     |               |     |
|  | 197                   | 63% | 20                   | 54% | 217           | 62% |
| Do you use any of the following?                         |                       |     |                      |     |               |     |
| Facebook   | 128                   | 54% | 15                   | 38% | 143           | 56% |
| Twitter  | 29                    | 32% | 1                    | 3%  | 30            | 12% |
| Instagram  | 23                    | 17% | 1                    | 3%  | 24            | 9%  |
| Other  | 110                   | 22% | 5                    | 13% | 115           | 45% |
| If yes, how often?                                       |                       |     |                      |     |               |     |
| Daily  | 87                    | 51% | 10                   | 52% | 97            | 52% |
| 2-3 times a week   | 39                    | 23% | 4                    | 21% | 43            | 23% |
| 1 time a week  | 17                    | 10% | 4                    | 21% | 21            | 11% |
| A few times a month                                      | 26                    | 15% | 1                    | 5%  | 27            | 14% |
| Where do you access information on the Internet?         |                       |     |                      |     |               |     |
| Cell Phone   | 156                   | 53% | 15                   | 68% | 171           | 55% |
| Personal Computer  | 93                    | 32% | 12                   | 55% | 105           | 33% |
| Public Computer  | 50                    | 17% | 4                    | 18% | 54            | 17% |
| Other  | 65                    | 22% | 3                    | 14% | 68            | 22% |
| Do you belong to any clubs or groups?                    |                       |     |                      |     |               |     |
|  | 64                    | 20% | 9                    | 24% | 73            | 20% |
| Are you interested in participating in...                |                       |     |                      |     |               |     |
| studies at CORE about HIV and Aging?                     | 210                   | 62% | 25                   | 66% | 235           | 62% |
| meetings or seminars on issues related to aging at CORE? | 156                   | 50% | 16                   | 50% | 172           | 50% |
| a focus group  | 154                   | 48% | 18                   | 47% | 172           | 48% |
| an exercise class at CORE                                | 130                   | 41% | 17                   | 50% | 147           | 42% |
| a nutrition counselling program at CORE?                 | 151                   | 50% | 18                   | 53% | 169           | 50% |

Results

- Spanish speaking respondents were more likely to have their own place to live (p<.000). Caucasian and Hispanic respondents were more likely to have their own place than African American respondents (p<.000)
- English speaking respondents were more likely to live alone (p=.021)
- Both Caucasian and African American respondents were more likely to report falling than Hispanic respondents (p<.000).
- English survey respondents were more likely to smoke cigarettes (p<.000) and more likely to report having Hepatitis C (p=.013).
- English survey respondents were more likely to rate their health better (p=.003)

Conclusions

- Older HIV infected minority patients in our urban clinic have many concerns, both HIV and non-HIV related.
- These patients are not a homogenous group, and differences by primary language, race, and gender need to be explored further
- Many aging HIV+ patients live alone, and the interplay of co-morbidities, poly-pharmacy, memory issues, and falls places them at an increased risk for non-independent living at an earlier age than the general population.
- Text messaging and social media to promote health aging initiatives in older HIV infected adults should be utilized .
- Initiatives around healthy aging are being planned at the CORE Center as a result of this needs assessment study.

Supported by Rush CDEHA (Center of excellence in disparities in HIV and aging. P20 MD006886-01. Special thanks to our peer educators and all the CORE center patients who participated in this study.