HIV, Aging, and Comorbid Conditions: Case-Based, Online Education Improves HIV/ID Specialists’ Management Strategies

SIMI T. HURST, PHD; SUSAN L. SMITH, PHD, Medscape, LLC, New York, NY, USA

BACKGROUND
Over half of people living with HIV are now over 50 years of age1. As the life expectancy of people with HIV continues to increase, issues related to aging, comorbidities, and polypharmacy come into play, and the implications of lifelong antiretroviral therapy (ART) use become even more pressing, further complicating patient care.2,3 This study assessed the ability of online continuing medical education (CME) to improve HIV/infectious disease (ID) specialists’ ability to develop a comprehensive care strategy for aging men and women living with HIV.

RESULTS

% CORRECT PRE/POST RESPONSES TO ALL QUESTIONS

<table>
<thead>
<tr>
<th></th>
<th>PRE-ASSESSMENT</th>
<th>POST-ASSESSMENT</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>MCNEMAR’S CHISQ TEST</td>
<td>&lt;.0001</td>
<td></td>
<td></td>
</tr>
<tr>
<td>AVERAGE % OF CORRECT RESPONSES</td>
<td>50%</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>TOTAL AVERAGE CONFIDENCE SHIFT</td>
<td>54%</td>
<td>55%</td>
<td>54%</td>
</tr>
</tbody>
</table>

PLANNED CHANGES INCLUDED:
- Management of ART modification to minimize adverse events
- Minimization of drug-drug interactions
- ART modification to minimize adverse events

CONCLUSION
- Participation in this online, interactive, case-based educational intervention significantly improved ID specialists’ ability to address the needs of aging patients living with HIV. Key areas of improvement included:
  1. Management of comorbid conditions
  2. Minimization of drug-drug interactions
  3. ART modification to minimize adverse events

Overall, these findings highlight the positive impact of well-designed online education and its potential utility in improving the care provided for persons living with HIV.

REFERENCES

ACKNOWLEDGMENTS
This CME/CE/CPE-certified activity was supported by an independent educational grant from Medscape, LLC. For more information, please contact Simi T. Hurst, PhD, Senior Director, Clinical Strategy, Medscape, LLC, 1010 Avenue of the Americas, New York, NY 10036, shurst@medscape.net.