



Guidance: Addressing the Needs of Older Patients in HIV Care

May 2023

Table 1: Assessment Domains for Older People With HIV and Selected Tools and Resources	
Area for Assessment	Tools and Resources
<i>Functional Deficits and Geriatric Syndromes</i>	
Basic activities of daily living (general)	Katz Index of Independence in Activities of Daily Living : bathing, dressing, toileting, grooming, transferring, locomotion
Instrumental activities of daily living	The Lawton Instrumental Activities of Daily Living (IADL) Scale : telephone, transportation, housekeeping, medication management, financial management, meal preparation
Continence	<ul style="list-style-type: none"> National Association for Continence Urinary incontinence in women: evaluation and management [Hu and Pierre 2019] (provides links to 3 different brief screening tools)
Exercise prescription	<ul style="list-style-type: none"> ACSM Exercise is Medicine® Health Care Providers' Action Guide Evidence-informed practical recommendations for increasing physical activity among persons living with HIV [Montoya, et al. 2019]
Frailty	CGA Toolkit Plus: Frailty
<i>Mental Health</i>	
Cognition	<ul style="list-style-type: none"> MoCA Test (Registration and training are required) Alzheimer's Association Alzheimer's Disease Pocketcard app (available for download through the Apple App Store or Google Play) Mini-Cog® Quick Screening for Early Dementia Detection
Social isolation, loneliness	Multiple screening tools and interventions are available through: <ul style="list-style-type: none"> Campaign to End Loneliness UCSF Stress Measurement Network
Other areas (e.g., depression, anxiety, stigma)	<ul style="list-style-type: none"> Patient Health Questionnaire-4 (PHQ-4): Ultra-Brief Screening for Anxiety and Depression SAMHSA Growing Older: Providing Integrated Care for an Aging Population CDC HIV Stigma and Discrimination
<i>Comorbidities and Medications</i>	
Managing multiple chronic conditions	Decision making for older adults with multiple chronic conditions: executive summary for the American Geriatrics Society Guiding Principles on the Care of Older Adults with Multimorbidity [Boyd, et al. 2019]
Primary care of specific comorbidities	NYSDOH AI guideline Comprehensive Primary Care for Adults With HIV
ART choices and drug-drug interactions	<ul style="list-style-type: none"> University of Liverpool HIV Drug Interactions Checker NYSDOH AI Resource: ART Drug-Drug Interactions NYSDOH AI guideline Selecting an Initial ART Regimen > ARV Dose Adjustments for Hepatic or Renal Impairment

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Medication choices and polypharmacy	<ul style="list-style-type: none"> • STOPP/START criteria for potentially inappropriate prescribing in older people: version 2 [O'Mahony, et al. 2015] • American Geriatrics Society 2019 Updated AGS Beers Criteria® for Potentially Inappropriate Medication Use in Older Adults [American Geriatrics Society 2019]
Bone health	Management algorithms: <ul style="list-style-type: none"> • Recommendations for evaluation and management of bone disease in HIV [Brown, et al. 2015] • Diagnosis, prevention, and treatment of bone fragility in people living with HIV: a position statement from the Swiss Association against Osteoporosis [Biver, et al. 2019] • Management of osteoporosis in patients living with HIV: a systematic review and meta-analysis [Starup-Linde, et al. 2020]
Nutrition (food insecurity, obesity, undernutrition)	<ul style="list-style-type: none"> • USDA Food Security in the U.S. > Survey Tools • HIV and antiretroviral therapy-related fat alterations [Koethe, et al. 2020]
<i>Quality of Life</i>	
Advance directives	NYSDOH: <ul style="list-style-type: none"> • Health Care Proxy: Appointing Your Health Care Agent in New York State (includes fillable form) • Medical Orders for Life-Sustaining Treatment (MOLST) and eMOLST
Caregiving (requiring and providing)	Next Step in Care Toolkits, Guides, and More for Health Care Providers
Elder mistreatment	<ul style="list-style-type: none"> • New York State Coalition on Elder Abuse • National Center on Elder Abuse > Elder Abuse Screening Tools for Healthcare Professionals
Overall health, pain management	<ul style="list-style-type: none"> • CDC HRQOL-14 “Healthy Days Measure” • 2017 HIVMA of IDSA Clinical practice guideline for the management of chronic pain in patients living with HIV [Bruce, et al. 2017]
Palliative care, prognosis, and end-of-life plans	<ul style="list-style-type: none"> • Palliative care as an essential component of the HIV care continuum [Harding 2018] • Prognostic tools: <ul style="list-style-type: none"> – VACS Index Calculator – UCSF ePrognosis Calculators – Prognostic indices for older adults: a systematic review [Yourman, et al. 2012]
Sexual health and menopause	<ul style="list-style-type: none"> • NYSDOH AI GOALS Framework for Sexual History Taking • NYSDOH AI Guidance: Adopting a Patient-Centered Approach to Sexual Health • Clinical considerations for menopause and associated symptoms in women with HIV [Looby 2023] • Sexual health history: techniques and tips [Savoy, et al. 2020]
<p>Abbreviations: ACSM, American College of Sports Medicine; AGS, American Geriatrics Society; ART, antiretroviral therapy; ARV, antiretroviral medication; CDC, Centers for Disease Control and Prevention; CGA, Comprehensive Geriatric Assessment; GOALS, Give Offer Ask Listen Suggest; HIVMA, HIV Medicine Association; HRQOL, Health-Related Quality of Life; IDSA, Infectious Diseases Society of America; MoCA, Montreal Cognitive Assessment; NIH, National Institutes of Health; NYSDOH AI, New York State Department of Health AIDS Institute; SAMHSA, Substance Abuse and Mental Health Services Administration; UCSF, University of California San Francisco; VACS, Veterans Aging Cohort Study.</p>	

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