



CLINICAL GUIDELINES PROGRAM

NEW YORK STATE DEPARTMENT OF HEALTH AIDS INSTITUTE | HIV · HCV · SUBSTANCE USE · LGBT HEALTH

Guidance for Addressing the Needs of Older Patients in HIV Care

July 2020

Table 1: The “5M” Assessment Domains for Older People With HIV and Selected Tools and Resources		
Assessment	Source	Tools and Resources
MIND		
Cognition	Hartford Institute for Geriatric Nursing	The Lawton Instrumental Activities of Daily Living (IADL) Scale
	Montreal Cognitive Assessment (MoCA)	MoCA [®] Test (Note: As of September 2020, registration and training will be required)
	Alzheimer’s Association	Alzheimer’s Disease Pocketcard app: Available for download through the Apple App Store or Google Play
	Mini-Cog [®]	Mini-Cog [®] Screening for Cognitive Impairment in Older Adults
Social isolation, loneliness	Campaign to End Loneliness	<ul style="list-style-type: none"> Report: The Psychology of Loneliness Information and Research on Loneliness Resources
	University of California San Francisco (UCSF) Stress Measurement Network	Stress Measurement Toolbox
Mental health	Calculate by QxMD	Patient Health Questionnaire (PHQ-4): Ultra-Brief Screening for Anxiety and Depression
	Substance Abuse and Mental Health Services Administration (SAMHSA)	Growing Older: Providing Integrated Care for an Aging Population
	CDC > HIV Basics	Facts about HIV Stigma
MOBILITY		
Gait, balance, activity level, fall risk, exercise	Alzheimer’s Association	Katz Index of Independence in Activities of Daily Living (ADL)
	CDC > STEADI: Stopping Elderly Accidents, Deaths, and Injuries	<ul style="list-style-type: none"> Algorithm for Fall Risk Screening, Assessment, and Intervention Preventing Falls in Older Patients: Provider Pocket Guide Functional Assessments
	Article [Phelan, et al. 2015]	Assessment and Management of Fall Risk in Primary Care Settings
	American College of Sports Medicine	Exercise is Medicine [®] Health Care Providers’ Action Guide
	Article [Montoya, et al. 2019]	Evidence-Informed Practical Recommendations for Increasing Physical Activity Among Persons Living With HIV
Frailty	Comprehensive Geriatric Assessment	Tool Kit, including Frailty Assessment



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MULTIMORBIDITY		
Management of multiple chronic conditions	Article [Boyd, et al. 2019]	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
Bone health	Article [Brown, et al. 2015]	Recommendations for Evaluation and Management of Bone Disease In HIV
	Article [Biver, et al. 2019]	Diagnosis, Prevention, and Treatment of Bone Fragility in People Living With HIV: A Position Statement From The Swiss Association Against Osteoporosis
	Systematic review and meta-analysis [Starup-Linde, et al. 2020]	Management of Osteoporosis in Patients Living With HIV—A Systematic Review and Meta-Analysis
Continance	National Association for Continance	Resources for Healthcare Providers
Food insecurity	United States Department of Agriculture (USDA) > Food Insecurity in the U.S.	Survey Tools
Obesity and lipohypertrophy	Article [Lake, et al. 2017]	Practical Review of Recognition and Management of Obesity and Lipohypertrophy in Human Immunodeficiency Virus Infection
MEDICATIONS		
Polypharmacy and drug-drug interactions	Article [O'Mahony, et al. 2015]	STOPP/START criteria for potentially inappropriate prescribing in older people: version 2
	University of Liverpool > HIV Drug Interactions	HIV Drug Interactions Checker
	NYSDOH AI Clinical Guidelines Program	<ul style="list-style-type: none"> • ART Drug-Drug Interactions • ARV Dose Adjustments for Hepatic and Renal Impairment
	Article [AGS 2019]	American Geriatrics Society 2019 Updated AGS Beers Criteria® for Potentially Inappropriate Medication Use in Older Adults
MATTERS MOST		
Sexual health	NYSDOH AI Clinical Guidelines Program	GOALS Framework for Sexual History Taking
Advance directives	NYSDOH	<ul style="list-style-type: none"> • Appointing Your Health Care Agent in New York State (with fillable Health Care Proxy form) • Medical Orders for Life-Sustaining Treatment (MOLST)
Working with family caregivers	United Hospital Fund > Next Step in Care	Toolkits, Guides, and More for Health Care Providers
Elder abuse	New York State Coalition on Elder Abuse	<ul style="list-style-type: none"> • Understanding Elder Abuse • Research & Education
	National Center on Elder Abuse	<ul style="list-style-type: none"> • Suspect Abuse > Get Help • Reporting Abuse
Quality of life	CDC: Health-Related Quality of Life	CDC HRQOL-14 “Healthy Days Measure



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Pain management	Article [Bruce, et al. 2017]	2017 HIVMA of IDSA Clinical Practice Guideline for the Management of Chronic Pain in Patients Living With HIV
Palliative care	Article [Harding 2018]	Palliative Care as an Essential Component of the HIV Care Continuum
Prognosis	Yale School of Medicine > Veterans Aging Cohort Study (VACS)	VACS Index Calculator
	UCSF	ePrognosis Calculator

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