## 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

<table>
<thead>
<tr>
<th>Area for Assessment</th>
<th>Tools and Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Functional Deficits and Geriatric Syndromes</strong></td>
<td></td>
</tr>
<tr>
<td>Basic activities of daily living (general)</td>
<td><em>Katz Index of Independence in Activities of Daily Living</em>: bathing, dressing, toileting, grooming, transferring, locomotion</td>
</tr>
<tr>
<td>Instrumental activities of daily living</td>
<td><em>The Lawton Instrumental Activities of Daily Living (IADL) Scale</em>: telephone, transportation, housekeeping, medication management, financial management, meal preparation</td>
</tr>
</tbody>
</table>
| Continence                           | *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                | *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*                                                        |
| **Mental Health**                    |                                                                                     |
| Cognition                            | *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:  
                                         *Campaign to End Loneliness*  
                                         *UCSF Stress Measurement Network* |
| Other areas (e.g., depression, anxiety, stigma) | *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* |
| **Comorbidities and Medications**    |                                                                                     |
| 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 | *University of Liverpool HIV Drug Interactions Checker*  
                                         *NYSDOH AI guidelines:  
                                         - ART Drug-Drug Interactions  
                                         - Selecting an Initial ART Regimen > ARV Dose Adjustments for Hepatic or Renal Impairment* |
| Medication choices and polypharmacy  | *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* [AGS 2019] |
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| **Bone health**     | Management algorithms:  
|                     | • 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]  
| **Nutrition (food insecurity, obesity, undernutrition)** | • USDA Food Security in the U.S. > Survey Tools  
|                     | • HIV and antiretroviral therapy-related fat alterations [Koethe, et al. 2020]  
| **Quality of Life** | **Advance directives**  
|                     | NYSDOH:  
|                     | • 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** |  
|                     | • New York State Coalition on Elder Abuse  
|                     | • National Center on Elder Abuse > Elder Abuse Screening Tools for Healthcare Professionals  
| **Overall health, pain management** |  
|                     | • 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** |  
|                     | • Palliative care as an essential component of the HIV care continuum [Harding 2018]  
|                     | • Prognostic tools:  
|                     |   - VACS Index Calculator  
|                     |   - UCSF ePrognosis Calculators  
| **Sexual health and menopause** |  
|                     | • 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]  

**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.

### References


