

Envejecer con la infección por VIH: Calidad de vida en el paciente mayor

Fátima Brañas

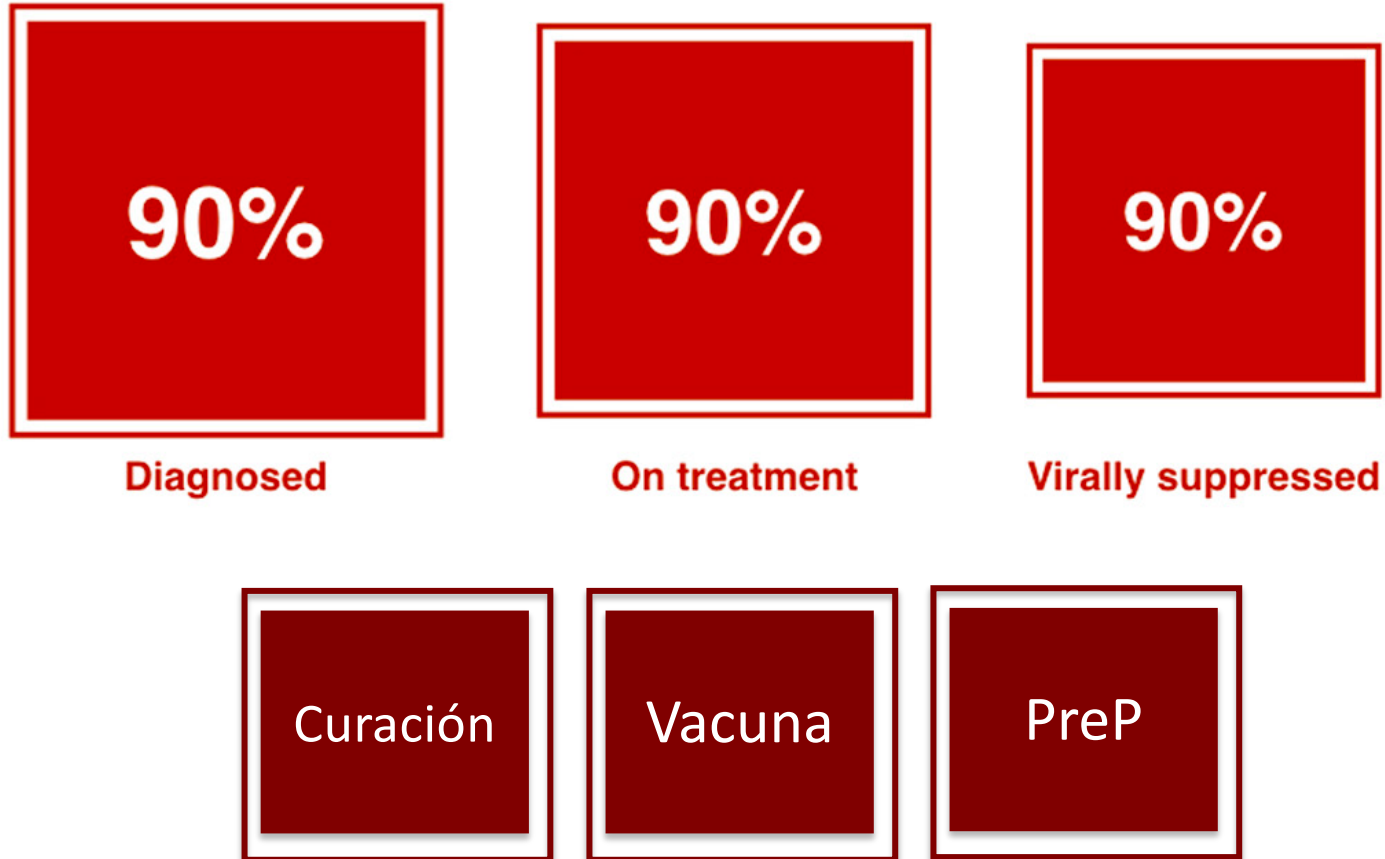
Jefe de Geriatria

Hospital Universitario Infanta Leonor

Profesor Asociado. Universidad Complutense

Madrid

What about the millions of people already living with HIV?



HOY

17.550.000 mayores 50a con VIH

2030

25.623.000 mayores 50a con VIH

13.689.000 mayores 65a con VIH



1. ¿Cómo es la vida de las personas mayores con VIH?

FUNCFRAIL: cohorte española de pacientes con infección por VIH mayores de 50 años para el estudio de la fragilidad y la función física.

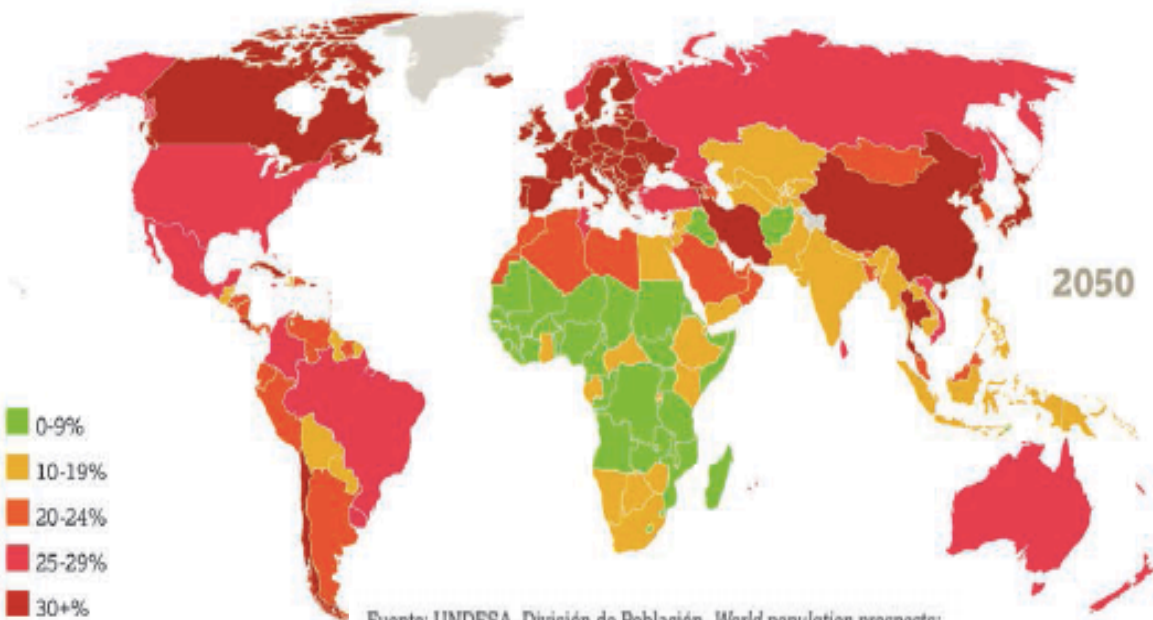
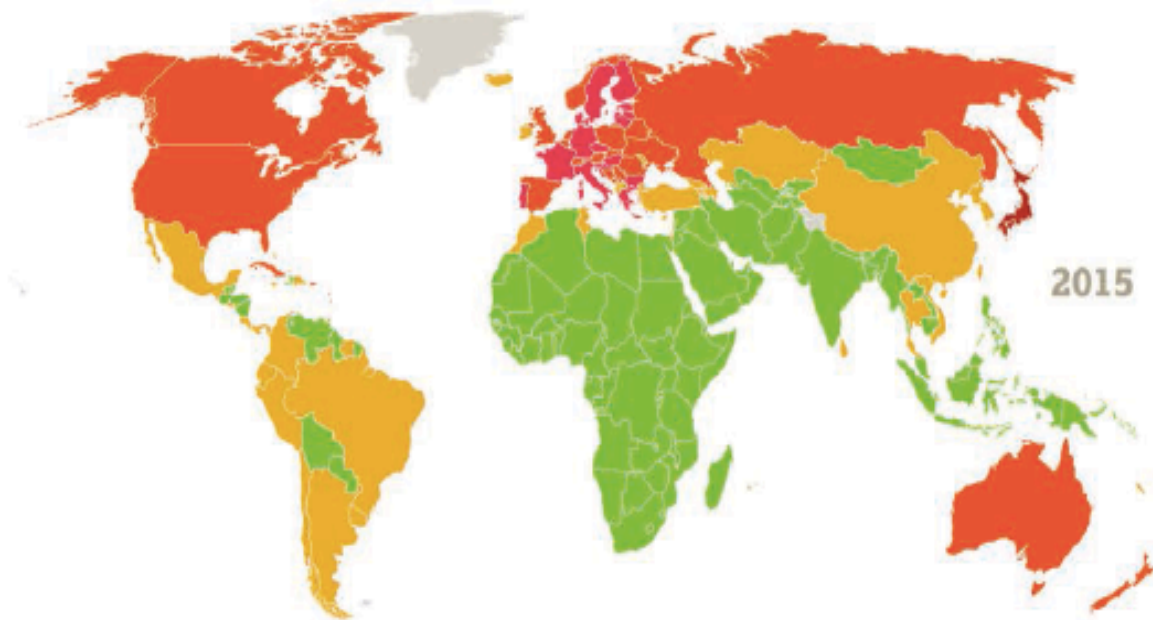
91.2%

CV indetectable

27.7%

No está satisfecho con su vida

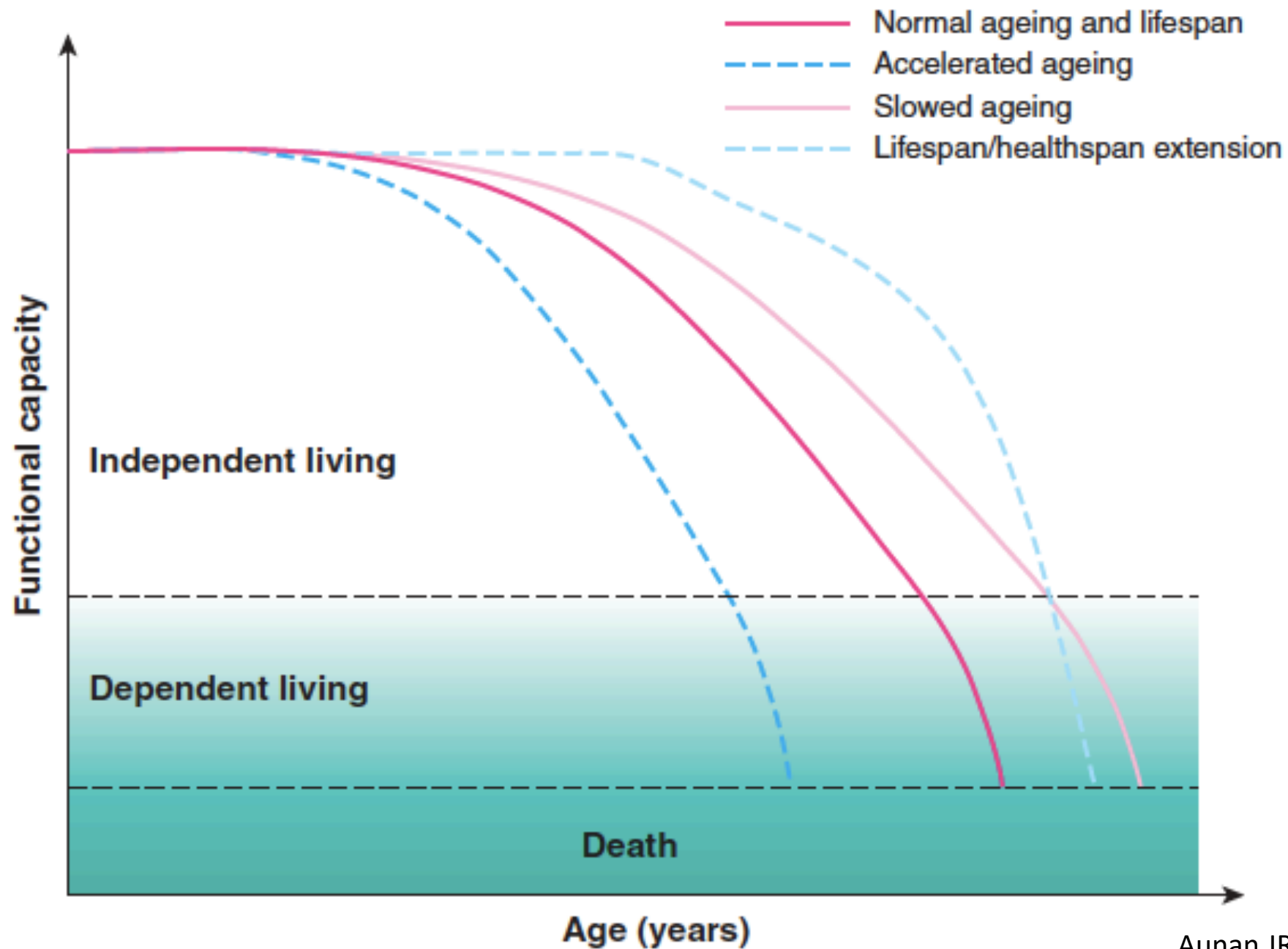
2. La indetectabilidad debe ser el punto de partida imprescindible no el final



- 0-9%
- 10-19%
- 20-24%
- 25-29%
- 30+%
- Sin Datos

Fuente: UNDESA, División de Población, *World population prospects: the 2015 revision ("Perspectivas de la población mundial: revisión al 2015")*, edición del DVD, 2015





¿Qué significa para tí envejecer bien?

1. Óptimo control de las comorbilidades
2. Mantener una situación funcional y mental que me permita tener una vida autónoma y activa
3. No tomar ninguna medicación
4. Vivir en el centro

¿Qué significa para tí como médico que tus pacientes envejezcan bien?

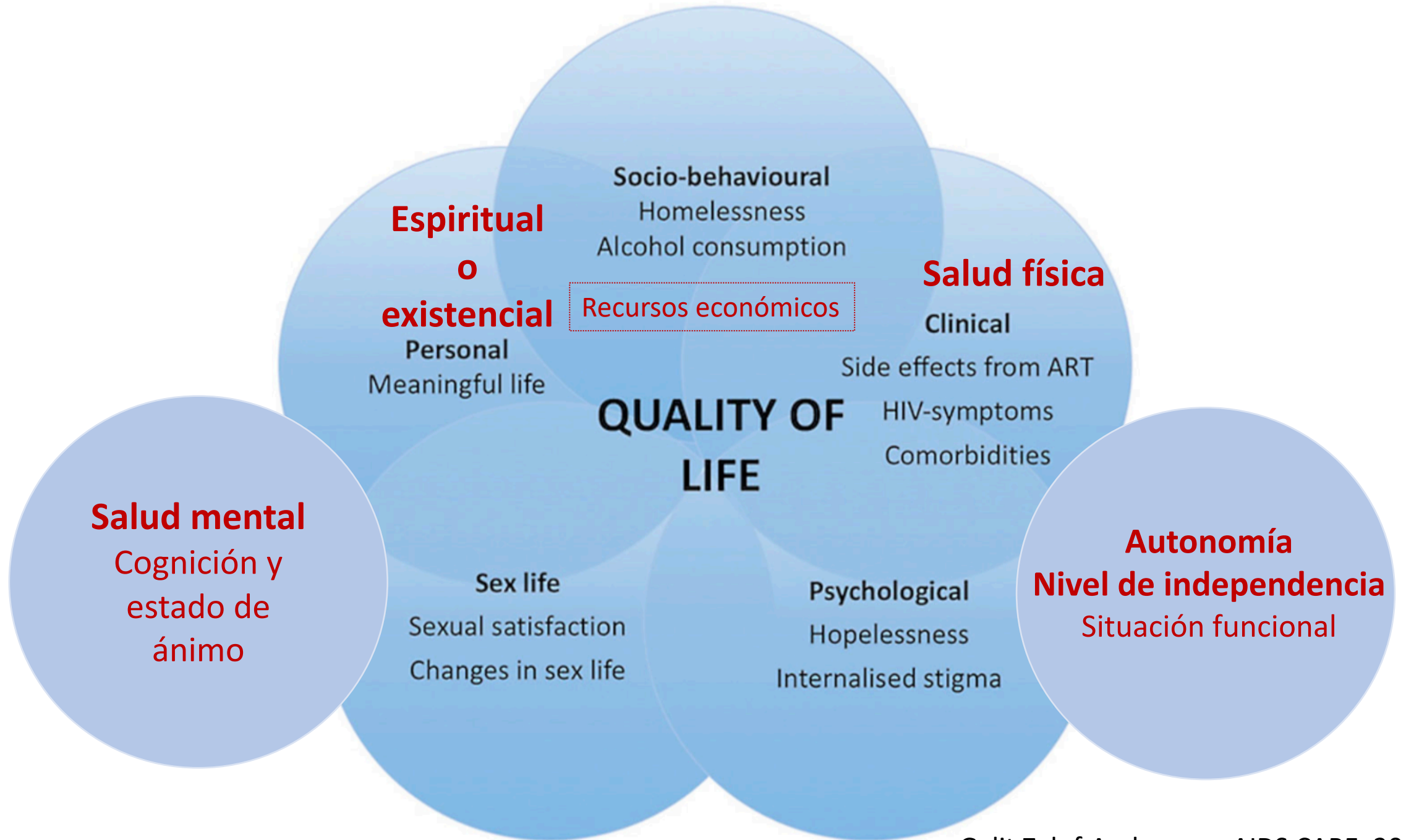
1. Óptimo control de las comorbilidades
2. Mantener una situación funcional y mental que me permita tener una vida autónoma y activa
3. No tomar ninguna medicación
4. Vivir en el centro



Beyond viral suppression of HIV – the new quality of life frontier



Figure 1. Significant components for quality of life among people living with HIV in a context of good treatment outcomes.





Paciente



Diálogo – escucha - empatía

Tiempo

WHOQOL-HIV BREF

| | | Very poor | Poor | Neither poor nor good | Good | Very good |
|-------|--|-----------|------|-----------------------|------|-----------|
| 1(G1) | How would you rate your quality of life? | 1 | 2 | 3 | 4 | 5 |

| | | Very dissatisfied | Dissatisfied | Neither satisfied nor dissatisfied | Satisfied | Very satisfied |
|--------|---|-------------------|--------------|------------------------------------|-----------|----------------|
| 2 (G4) | How satisfied are you with your health? | 1 | 2 | 3 | 4 | 5 |

The following questions ask about **how much** you have experienced certain things in the last two weeks.

| | | Not at all | A little | A moderate amount | Very much | An extreme amount |
|------------|--|------------|----------|-------------------|-----------|-------------------|
| 3 (F1.4) | To what extent do you feel that physical pain prevents you from doing what you need to do? | 1 | 2 | 3 | 4 | 5 |
| 4 (F50.1) | How much are you bothered by any physical problems related to your HIV infection? | 1 | 2 | 3 | 4 | 5 |
| 5 (F11.3) | How much do you need any medical treatment to function in your daily life? | 1 | 2 | 3 | 4 | 5 |
| 6 (F4.1) | How much do you enjoy life? | 1 | 2 | 3 | 4 | 5 |
| 7 (F24.2) | To what extent do you feel your life to be meaningful? | 1 | 2 | 3 | 4 | 5 |
| 8 (F52.2) | To what extent are you bothered by people blaming you for your HIV status | 1 | 2 | 3 | 4 | 5 |
| 9 (F53.4) | How much do you fear the future? | 1 | 2 | 3 | 4 | 5 |
| 10 (F54.1) | How much do you worry about death? | 1 | 2 | 3 | 4 | 5 |

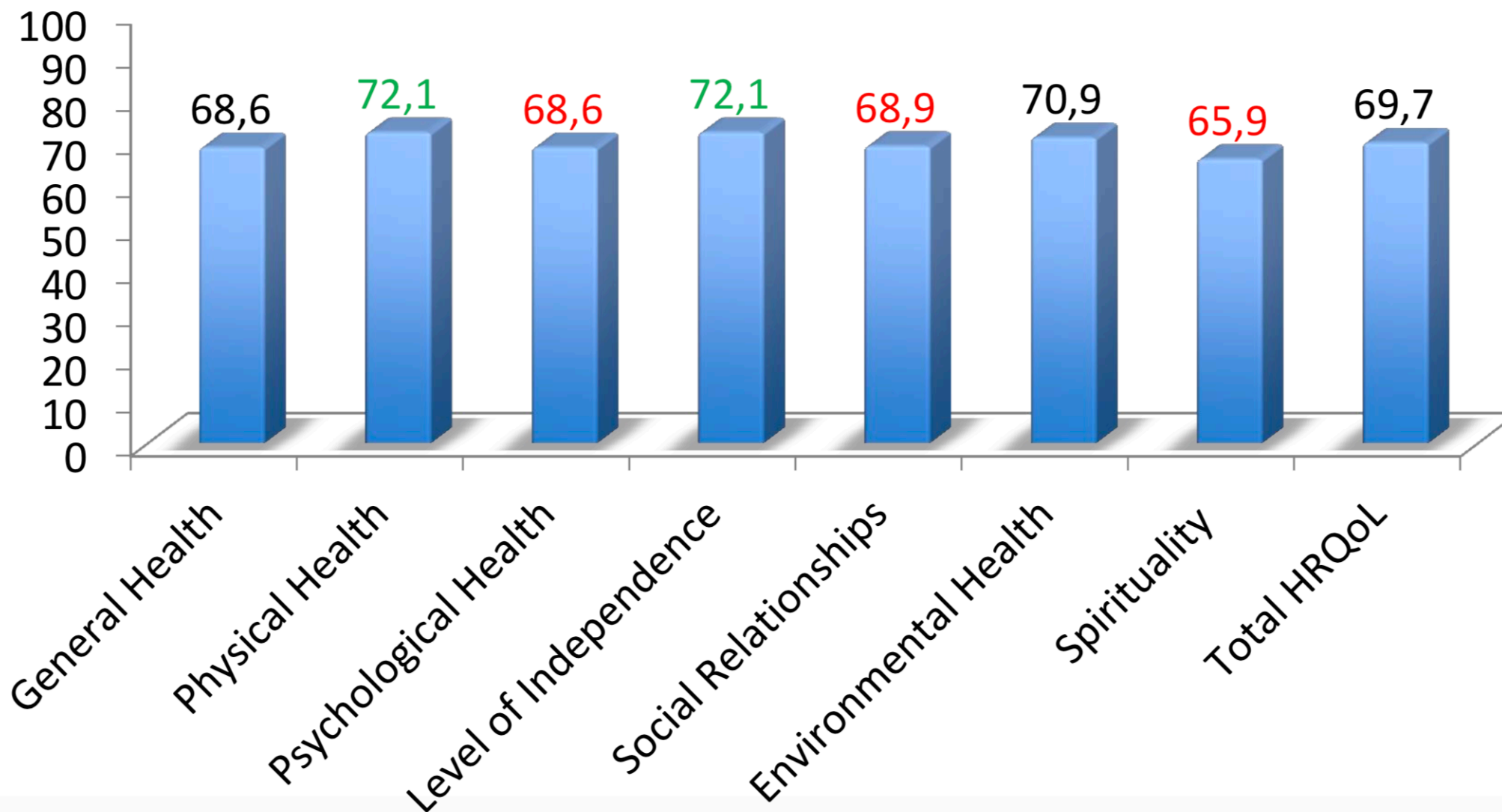
| | | Not at all | A little | A moderate amount | Very much | Extremely |
|------------|---|------------|----------|-------------------|-----------|-----------|
| 11 (F5.3) | How well are you able to concentrate? | 1 | 2 | 3 | 4 | 5 |
| 12 (F16.1) | How safe do you feel in your daily life? | 1 | 2 | 3 | 4 | 5 |
| 13 (F22.1) | How healthy is your physical environment? | 1 | 2 | 3 | 4 | 5 |

The following questions ask about **how completely** you experience or were able to do certain things in the last two weeks.

| | | Not at all | A little | Moderately | Mostly | Completely |
|------------|--|------------|----------|------------|--------|------------|
| 14 (F2.1) | Do you have enough energy for everyday life? | 1 | 2 | 3 | 4 | 5 |
| 15 (F7.1) | Are you able to accept your bodily appearance? | 1 | 2 | 3 | 4 | 5 |
| 16 (F18.1) | Have you enough money to meet your needs? | 1 | 2 | 3 | 4 | 5 |
| 17 (F51.1) | To what extent do you feel accepted by the people you know? | 1 | 2 | 3 | 4 | 5 |
| 18 (F20.1) | How available to you is the information that you need in your day-to-day life? | 1 | 2 | 3 | 4 | 5 |

Health-related quality of life of people with hiv living in Spain

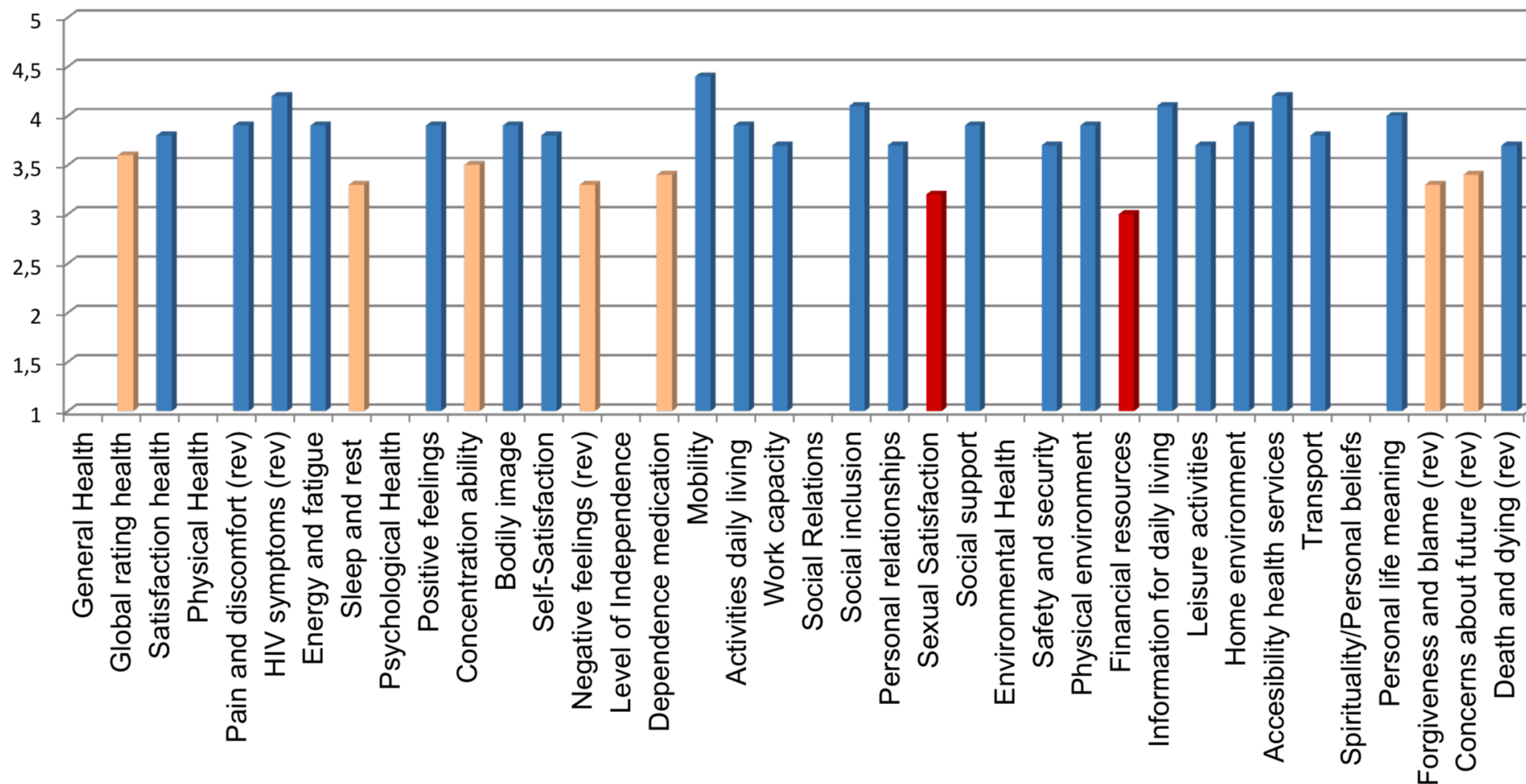
1462. Edad media 45 ± 10



Fuster MJ.

Health-related quality of life of people with hiv living in Spain

1462. Edad media 45 ± 10



Fuster MJ.

Valoración Integral

Comorbilidad
Y POLIFARMACIA

Revisión y replanteamiento
de fármacos en cada visita

Otros
síndromes
geriátricos

Caídas
Dolor
Sueño
¿Qué tal comes?

Función
cognitiva y
estado de
ánimo

Memoria, concentración
Estado de ánimo

Situación
social, estilo
de vida,
prioridades

¿Qué te preocupa?
¿Con quién vives?
¿Tienes apoyos?
¿Cuáles son tus prioridades?

FUNCIÓN
FÍSICA,
fragilidad

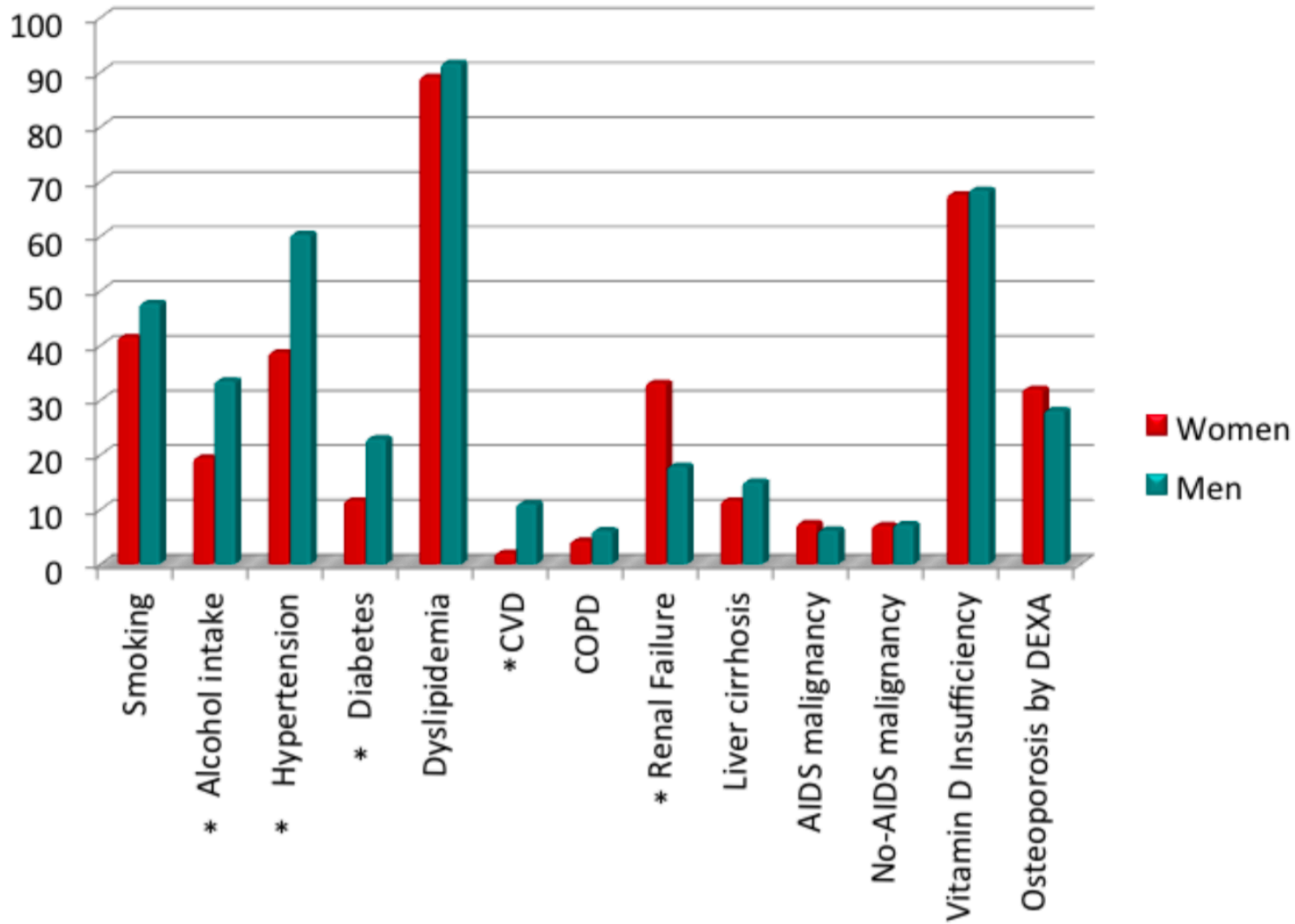
Velocidad de marcha
SPPB
Fragilidad
Actividad Física



**No existe EL paciente
mayor VIH**

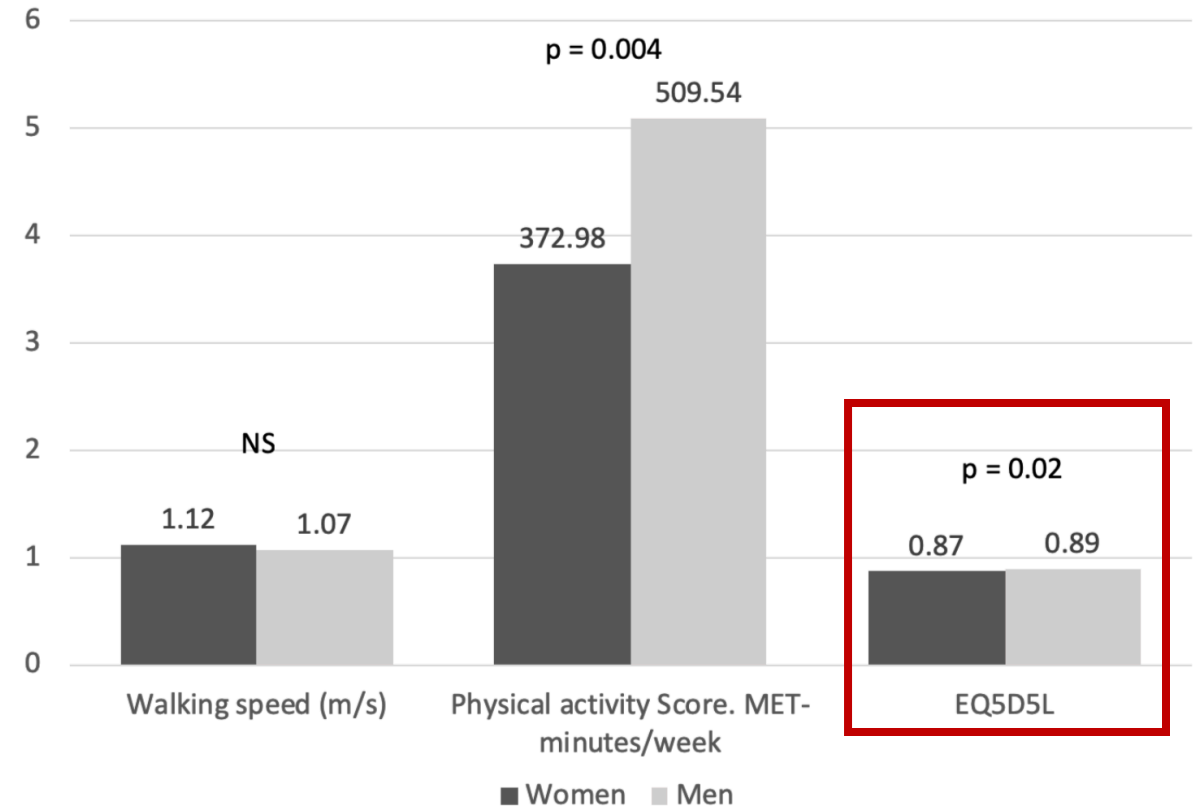
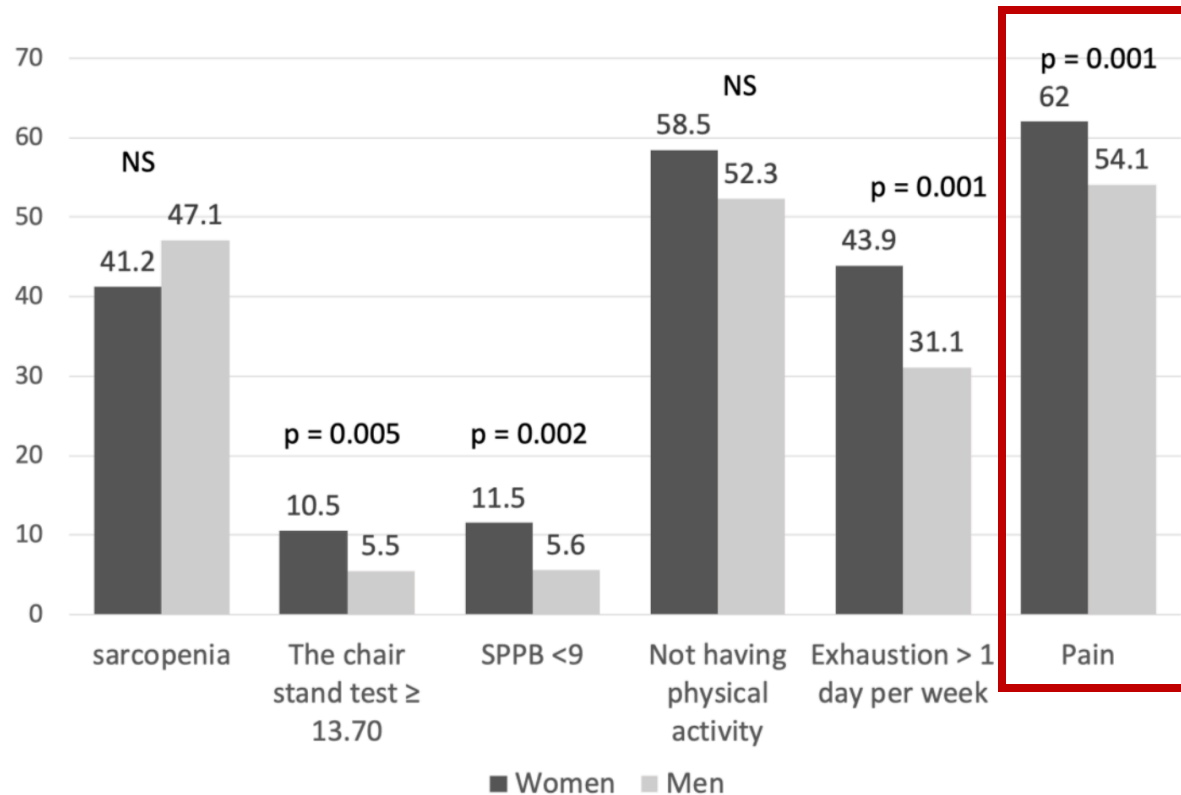
| | Total | Women | Men | p |
|---|--------------|--------------|--------------|--------|
| Patients. N (%) | 1126 | 284 (25.2) | 842 (74.8) | |
| Age. Mean (SD) | 56.7 (5.76) | 55.7 (5.6) | 57.09 (5.7) | 0.002 |
| Age ≥ 65 years. N (%) | 115 (10.2) | 26 (9.2) | 89 (10.6) | NS |
| Years of known HIV duration. Mean (SD) | 23.6 (7.3) | 24.7 (6.5) | 23.2 (7.5) | 0.003 |
| • <10 years. N (%) | 78 (7) | 11 (4) | 67 (8.1) | |
| • 10-20 years. N (%) | 230 (20.8) | 50 (18.1) | 180 (21.7) | 0.017 |
| • >20 years. N (%) | 797 (72.1) | 216 (78) | 581 (70.2) | |
| B or C CDC category. N (%) | 605 (53.7) | 164 (57.8) | 441 (52.4) | 0.001 |
| Nadir CD4+ T-cell Median (IQR) | 195 (107) | 191 (190) | 195 (157) | NS |
| Undetectable HIV RNA. N (%) | 862 (76) | 211 (74.2) | 651 (77.3) | NS |
| Current CD4+ T-cell Median (IQR) | 714 (178) | 758 (367) | 699 (356) | 0.03 |
| CD4/CD8 ratio. Median (IQR) | 0.87 (0.6) | 1.01 (0.61) | 0.83 (0.5) | 0.0001 |
| Frailty Index. Mean (SD) | 0.17 (0.09) | 0.18 (0.09) | 0.17 (0.09) | NS |

FIGURE 1. Comorbidity



SEX DIFFERENCE IN PEOPLE AGING WITH HIV

A. Sarcopenia, muscle strength, physical performance, physical activity and quality of life (pain) (%) B. Physical performance (walking speed) physical activity and quality of life (EQ5D5L) (mean)





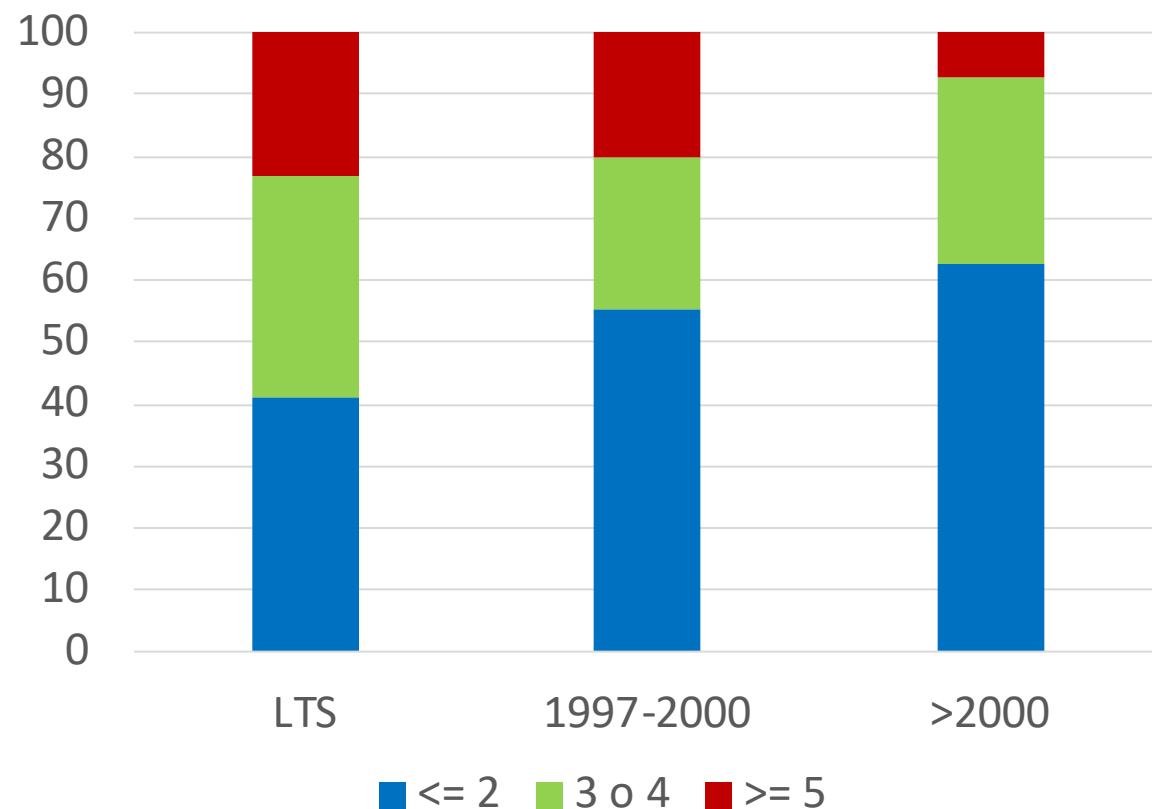
LONG-TERM PRE-HAART SURVIVORS OF HIV: A SPECIFIC GROUP WITH SPECIFIC NEEDS

F. Brañas¹, M. Ramírez², MJ. Galindo³, M. Torralba⁴, P. Ryan¹, F. Dronda⁵, I. Machuca⁶,
C. Busca⁷, A. Antela⁸, J. Vergas⁹, MJ. Bustinduy¹⁰, A. Cabello¹¹, M. Sánchez-Conde⁵.

¹Hospital Universitario Infanta Leonor. Universidad Complutense. Madrid. ²Hospital Universitario Gregorio Marañón. Madrid. ³Hospital Clínico Universitario de Valencia. Valencia. ⁴Hospital Universitario de Guadalajara. Guadalajara. ⁵ Hospital Universitario Ramón y Cajal. Irycis. Madrid. ⁶Hospital Universitario Reina Sofía. Córdoba. ⁷Hospital Universitario La Paz. Madrid. ⁸Complejo Hospitalario Universitario de Santiago. Santiago. ⁹Hospital Clínico San Carlos. Madrid. ¹⁰Hospital Universitario Donostia. San Sebastián. ¹¹Fundación Jiménez Díaz. Madrid. SPAIN.

| TABLE 2. COMORBIDITY | Year of HIV diagnosis | | | p |
|---|-----------------------|-----------|-----------|--------------|
| | LTS (\leq 1996) | 1997-2000 | > 2000 | |
| | N (%) | N (%) | N (%) | |
| Hypertension | 88 (32.8) | 31 (35) | 49 (27.5) | NS |
| Diabetes | 43 (16) | 16 (18) | 18 (10.2) | NS |
| Dyslipidemia | 119(44.6) | 47 (52.8) | 72 (40.4) | NS |
| Ischaemic heart disease | 24 (9.1) | 6 (6.7) | 11 (6.2) | NS |
| Cerebrovascular disease | 11 (4.1) | 2 (2.2) | 4 (2.2) | NS |
| COPD | 37 (14.1) | 12 (13.5) | 6 (3.4) | 0.001 |
| Chronic kidney failure | 20 (7.6) | 8 (9) | 9 (5.1) | NS |
| Current cancer (\leq 5y) | 20 (7.5) | 5 (5.6) | 14 (7.9) | NS |
| Cancer in the past (> 5y) | 26 (9.7) | 1 (1.1) | 13 (7.3) | 0,029 |
| Depression | 56 (20.9) | 14 (15.7) | 19 (10.7) | 0.018 |
| Psychiatric disorders | 40 (15) | 5 (5.7) | 6 (3.4) | 0.000 |
| Osteoarticular pathology | 70 (26.2) | 16 (18.2) | 29 (16.5) | 0.035 |
| Fragility fractures | 16 (6.1) | 2 (2.3) | 4 (2.3) | NS |
| Polypharmacy (\geq 5) | 69 (25.5) | 22 (25) | 28 (15.6) | 0.038 |

Figure 2. Number of comorbidities

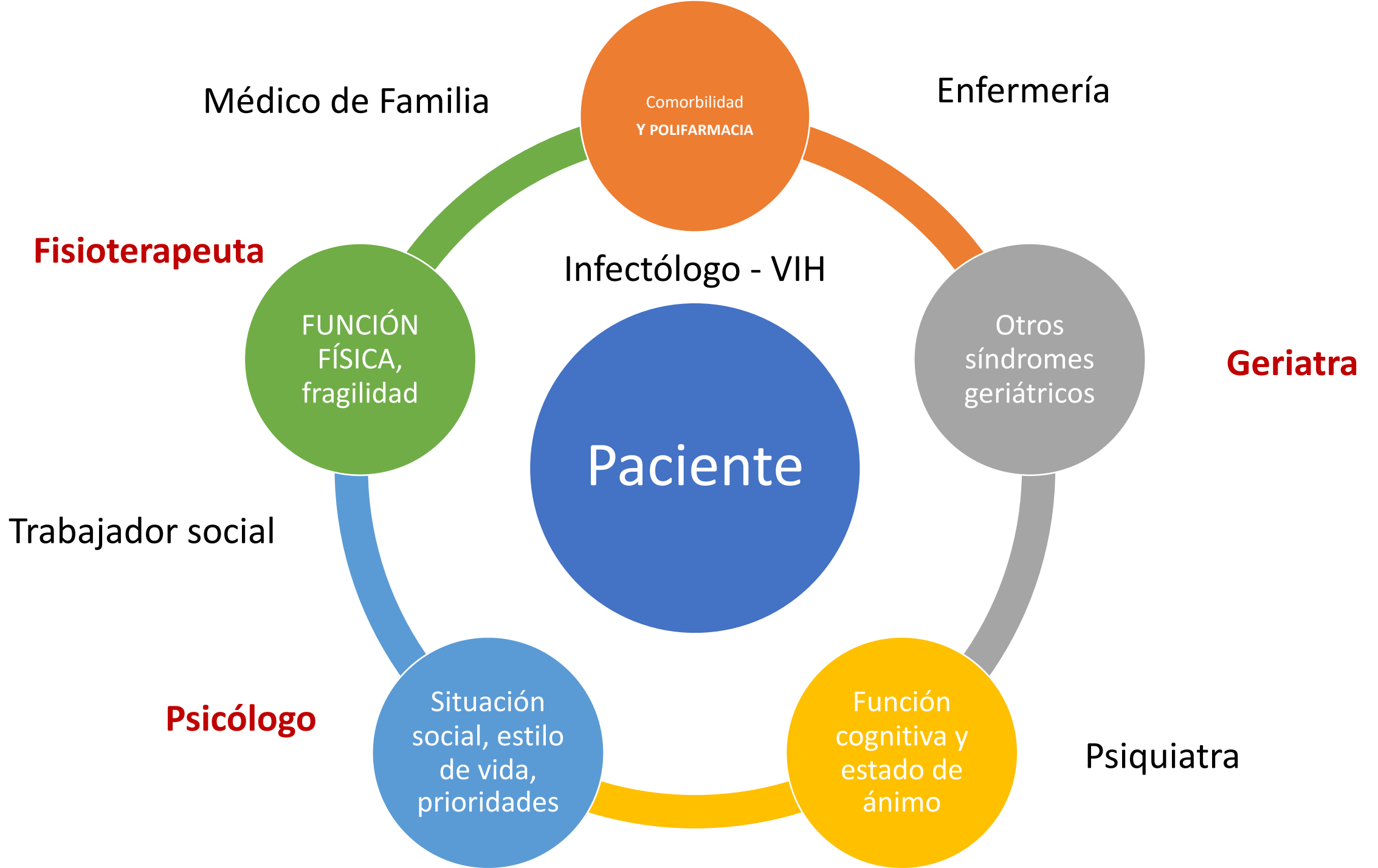


Data unpublished

| TABLE 3.b COMPREHESIVE GERIATRIC ASSESMENT | Year of HIV diagnosis | | | P |
|---|-----------------------|-----------|-----------|-------|
| | LTS (≤ 1996) | 1997-2000 | >2000 | |
| | N (%) | N (%) | N (%) | |
| Not satisfied with his/her life | 56 (37.1) | 11 (23.4) | 14 (14.7) | 0.001 |
| Self-reported quality of life | | | | 0.025 |
| • Very good | 9 (10.6) | 10 (27.8) | 20 (32.3) | |
| • Good | 46 (54.1) | 18 (50) | 32 (51.6) | |
| • Moderate | 25 (29.4) | 7 (19.4) | 9 (14.5) | |
| • Poor | 5 (5.9) | 1 (2.8) | 1 (1.6) | |
| In pain | 43 (48.3) | 12 (33.3) | 20 (32.3) | NS |
| Living | | | | 0.010 |
| • Alone | 72 (30.1) | 28 (35) | 70 (43.2) | |
| • With partner | 105 (43.9) | 31 (38.8) | 73 (45.1) | |
| • With relatives | 60 (25.1) | 21 (26.3) | 19 (11.7) | |
| • Nursing home | 2 (0.8) | 0 | 0 | |
| Not Social contacts | 76 (31.1) | 21 (25.3) | 41 (24) | NS |
| Not Social supports | 85 (34.7) | 27 (32.9) | 48 (28.1) | NS |

Data unpublished

| TABLE 3.a COMPREHESIVE GERIATRIC ASSESSMENT | Year of HIV diagnosis | | | P |
|--|-----------------------------|--------------------|----------------|-------|
| | LTS (\leq 1996) N (%) | 1997-2000 N (%) | >2000 N (%) | |
| Able to walk independently (FAC 5) | 263 (97.7) | 86 (96.6) | 175 (98.8) | NS |
| Barthel Index 100 | 262 (96.3) | 85 (95.5) | 175 (98.8) | NS |
| Reporting falls in the last year | 48 (17.6) | 21 (23.6) | 22 (12.4) | NS |
| SPPB | 54 (19.9) | 15 (16.9) | 28 (15.9) | NS |
| • ≤ 9 | 217 (80.1) | 74 (83.1) | 148 (84.1) | |
| • >9 | | | | |
| Gait speed | | | | 0.011 |
| • < 0.8 m/s | 10 (3,7) | 8 (9,0) | 9 (5,1) | |
| • 0.8-1.2 m/s | 173 (63,6) | 45 (50,6) | 87 (49,4) | |
| • > 1.2 m/s | 89 (32,7) | 36 (40,4) | 80 (45,5) | |
| MOCA test | 28 (10.4) | 12 (13.5) | 26 (14.8) | NS |
| • < 20 | 112 (41.5) | 36 (40.4) | 77 (43.8) | |
| • 20-25 | 130 (48.1) | 41 (46.1) | 73 (41.5) | |
| • ≥ 26 | | | | |
| Geriatric Depression Scale Short-Form (GDS-SF) | | | | 0.011 |
| • ≤ 5 | 182 (66.9) | 62 (71.3) | 144 (81.4) | |
| • 6-9 | 49 (18) | 16 (18.4) | 22 (12.4) | |
| • 10-15 | 41 (15.1) | 9 (10.3) | 11 (6.2) | |





Muchas gracias