

What is the HIV, Health and Rehabilitation Survey (HHRs)? A web-based survey with adults living with HIV in Canada asking about disability, concurrent health conditions, and rehabilitation services use.



WHAT CONCURRENT CONDITIONS DO PEOPLE LIVING WITH HIV HAVE?

KEY MESSAGES

- 72% of HHRs participants were living with 2 or more health conditions in addition to HIV.
- Common concurrent health conditions HHRs participants were living with in addition to HIV included mental health conditions (43%), muscle pain (34%), and joint pain (31%).
- Compared with younger adults living with HIV (<50 years), older adults (≥50 years of age) were living with a higher median number of concurrent health conditions (4 versus 2).



43%

were living with a mental health condition, such as depression or anxiety



34%

were living with muscle pain



31%

were living with joint pain, i.e. arthritis

KEY MESSAGES

- 21% of HHRs participants saw a Physical Therapist (PT), Occupational Therapist (OT), Speech-Language Pathologist (SLP) or Psychiatrist in the past year. Of those who accessed rehabilitation services, 71% felt that the interventions helped reduce, minimize or prevent their health challenges in the past year. The majority (46-55%) felt they needed to see their rehabilitation professional more often.
- 27% of HHRs respondents accessed Complementary or Alternative Therapy or Medicine (CAM); of which 62% felt it was beneficial to reduce, minimize or prevent their health related challenges with HIV. The majority of HHRs respondents accessed an AIDS Service Organization (ASO) (64%) or Community-Based Organization (CBO) (40%) in the past year, of which 71% and 66% felt accessing ASO and CBO organizations improved their overall health, respectively.
- There were no differences in the proportion of participants who accessed rehabilitation service providers (traditional, CAM, or ASO and CBO) among younger versus older participants.

WHAT REHABILITATION SERVICES DO PEOPLE LIVING WITH HIV USE?



17%

had visited a physiotherapist or physical therapist in the past year



6%

had visited an occupational therapist in the past year



3%

had visited a speech-language pathologist in the past year

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KEY MESSAGES

- Uncertainty and worrying about future health was a key issue reported by participants in the HHRs. It also appears to directly and indirectly predict mental health symptoms and challenges to social inclusion for adults living with HIV.
- Compared with younger participants, participants 50 years or older reported more physical health symptoms and difficulties with day-to-day activities.

WHAT HEALTH-RELATED CHALLENGES DO PEOPLE LIVING WITH HIV REPORT?



Uncertainty (highest presence and severity scores on the HIV Disability Questionnaire)



Mental-Emotional Symptoms (second highest presence score)



Challenges to Social Inclusion (third highest presence score)

WHAT LIVING STRATEGIES DO PEOPLE LIVING WITH HIV EMPLOY?

KEY MESSAGES

- In the absence of formalized rehabilitation services, HHRs participants were engaging in a variety of daily living strategies to minimize, prevent or reduce health challenges associated with living with HIV.
- Living strategies included a combination of social and positive attitudinal strategies dealing with HIV (e.g. spending time with friends and family; accepting that health can fluctuate living with HIV; positive outlook).
- 40% of HHRs participants who used living strategies felt they helped reduce, minimize or prevent the challenges of living with HIV.



92%

take medications as discussed with doctor most (few times a week) or all of the time (everyday)



37%

exercise most (few times a week) or all of the time (everyday)



65%

make sure to eat healthy most (few times a week) or all of the time (everyday)

ABOUT THE HIV, HEALTH AND REHABILITATION STUDY

What is rehabilitation? Any services or providers who address or prevent the physical, cognitive, mental, emotional or social health challenges experienced by people living with HIV which can include (but is not limited to) physiotherapy or occupational therapy, complementary services and services from community-based organizations.



What is the HHRS? A cross-sectional web-based survey with adults living with HIV in Canada.

Who could participate? Any adult (18 years or older) living with HIV in Canada able to read and understand English.

How were participants recruited? Recruitment included a partnership with 28 community-based organizations and clinics across Canada. Organizations sent out a series of emails and e-blasts to their members, supplemented by posters, flyers, penguin video and word of mouth between October 2013 and August 2014. Participants received a \$25 electronic gift card for completing the survey.

For more information, visit <http://bit.ly/hivandrehab>.

For more information on the community-engaged process of the HHRS go to: <http://bit.ly/cbrcase>.

Who participated in the HHRS study?

| Participant Characteristics (n=941) | N (%) |
|---|------------|
| Gender | |
| Men | 740 (79%) |
| Women | 159 (17%) |
| Other | 34 (4%) |
| Age (years) (Median Range) | 48 (19,73) |
| ≥50 years | 405 (43%) |
| Geographical Region | |
| Ontario | 671 (72%) |
| British Columbia | 139 (15%) |
| Quebec and Nunavut | 57 (6%) |
| Atlantic Canada (Nfld and Labrador, PEI, NS, NB) | 46 (5%) |
| Prairies (AB, SK, MB) | 25 (3%) |
| Born in Canada | 692 (75%) |
| Live Alone | 511 (61%) |
| Median Year of Diagnosis | 2000 |
| Currently Working for Pay (full or part time) | 350 (37%) |
| Average Gross Yearly Income < \$20 000 | 449 (48%) |
| Taking antiretroviral therapy | 851 (91%) |
| Receiving care from an HIV doctor or clinic | 848 (91%) |

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WHO IS THE HHR S TEAM?

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HHR S Team Knowledge Users: Tammy Yates / Stephen Tattle / Elisse Zack (Canadian Working Group on HIV and Rehabilitation (CWGHR)), Will Chegwidan (National Hospital for Neurology and Neurosurgery, University College Hospitals), Patriic Gayle (Three Flying Piglets), Larry Baxter (Community Member), Greg Robinson (Community Member), Tara Carnochan/Dawn James/Tammy Reimer (Nine Circles Community Health Centre), Rosalind Baltzer Turje/Patrick McDougall (Dr. Peter AIDS Foundation), Ayesha Nayar & Nkem Iku (Research Coordinators, University of Toronto).



HHR S Team Collaborators: Toronto PWA Foundation (Murray Jose-Boerbridge), Casey House (Soo Chan Carusone), Positive Living Society of British Columbia (Wayne Campbell/Adam Reibin), AIDS Coalition of Nova Scotia (Liz Harrop-Archibald/Laura Toole).

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For more information on the HHR S Study and the Canada-United Kingdom HIV and Rehabilitation Research Collaborative: Please visit <http://cuhrrc.hivandrehab.ca>.

