

## Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC) Fall 2017 / Winter 2018 E-Update (March 2018)

### New CIHRRC Members

The **Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC)** welcomes four new members. **Jenita Chrysostoum** and **Rachel Aubry** are research coordinators in the Department of Physical Therapy at the University of Toronto, Canada, working with Kelly O'Brien on the Community-Based Exercise Study. **Rachel Aubry** is also the new CIHRRC Coordinator and will be the main contact for any CIHRRC related information or inquiries. **Emer McGowan** is a physiotherapist and Postdoctoral Fellow at Trinity College in Dublin focusing on leadership in physiotherapy. **Brian Ellison** is a very active member of the community in Toronto, Ontario. Brian donates his time volunteering at Aids Committee or Toronto, the AIDS Bereavement and Resiliency Project of Ontario, REALIZE, and West Park Healthcare. He is also a Human Services Counselor with a focus on Addiction and Mental Health.

### Upcoming Events



**4<sup>th</sup> International Forum:**  
**HIV Rehabilitation Research and Intersectoral Policy Dialogue**  
Advancing Research, Policy and Practice for Healthy Aging

Saturday June 16, 2018  
8:00am-5:00pm  
Li Ka Shing Knowledge Institute  
St. Michael's Hospital  
Toronto, Ontario, Canada

The Canada-International HIV and Rehabilitation Research Collaborative (CIHRRC) and *Realize* invite you to an International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue.

Join researchers, clinicians, students, community organization representatives, people living with HIV, and international speakers to translate research, evidence and knowledge on rehabilitation interventions to promote successful aging with HIV.

Submit an abstract for poster presentation.

Registration \$125.00 / \$75.00 for *Realize* members.  
Click here for registration and abstract submission details:  
<http://www.realizecanada.org/en/our-work/annual-forums/2018-forum>

For more information, please contact Janet London at *Realize* at [jlondon@hivandrehab.ca](mailto:jlondon@hivandrehab.ca) or the CIHRRC Coordinator at [cihrrc@utoronto.ca](mailto:cihrrc@utoronto.ca).

### 4th International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue Saturday June 16, 2018 Toronto, Ontario, Canada

CIHRRC and *Realize* will co-host the **4th International Forum on HIV and Rehabilitation Research and Intersectoral Policy Dialogue**. Join researchers, clinicians, students, community organization representatives, and people living with HIV to translate research, evidence and knowledge on HIV, aging and rehabilitation. The Forum, is funded by the **Canadian Institutes of Health Research (CIHR) Aging Institute**, the **Canadian Association for HIV Research (CAHR)** and **Canadian Society for International Health (CSIH)**, and supported by **St. Michael's Hospital**. The Forum will include a series of dynamic research evidence panel sessions translating evidence on rehabilitation interventions emerging from countries such as Canada, the UK, United States and Ireland. Forum speaker sessions will be filmed and edited (in-kind) by **Three Flying Piglets, Gay Men's Health Collective (GHMC)** and uploaded to the CIHRRC Knowledge Translation and Exchange (KTE) Library for broader dissemination.

- **When:** Saturday June 16, 2018
- **Time:** 8:00am – 5:00pm
- **Where:** Li Ka Shing Knowledge Institute, St. Michael's Hospital, Toronto, Ontario.
- **Registration Fee:** \$125.00 (\$75.00 for *Realize* Members)
- **Click here to register:** <http://www.realizecanada.org/en/our-work/annual-forums/2018-forum/#registration>
- **For more information, contact Rachel Aubry (CIHRRC Coordinator) at** [cihrrc@utoronto.ca](mailto:cihrrc@utoronto.ca)

## **Realize 20th Anniversary Celebration and Elisse Zack Award of Excellence in HIV & Rehabilitation**

On the evening of **Friday June 15th, 2018**, *Realize* will celebrate 20 years as a leader in improving rehabilitation services for people living with HIV through research, education, policy and practice.

**When:** Friday June 15, 2018 at 6pm

**Where:** Li Ka Shing Knowledge Institute, St. Michael's Hospital

**Click here to register to attend the reception** (note there is no charge to attend):

<http://www.realizecanada.org/en/our-work/annual-forums/2018-forum/#registration>

## **Announcements**

### **Research Updates from Puja Ahluwalia, Kate Murzin and Wendy Porch (*Realize*)**

#### **Environmental scan of rehabilitation and mental health services that support people aging with HIV in Canada**

**What did they do?** *Realize* conducted a web-based survey to identify the types of rehabilitation, mental health, and aging-related services offered by Human Immunodeficiency Virus (HIV), Hepatitis C Virus (HCV) and Sexually Transmitted and Blood-Borne Infections (STBBI) organizations across Canada. 50/133 responses (38%).

**What did they find?** The vast majority of organizations (96%) reported offering at least one mental health service (most common was peer support groups). Approximately two-thirds (65%) of organizations reportedly offered at least one service of relevance to people aging with HIV, but only eight organizations tailored these services specifically for people over the age of 50. Group support and education were the most common approaches for aging-related interventions. Just over half (60%) offered at least one rehabilitation/wellness program, with chronic disease self-management programs as the most prevalent. Most commonly cited reasons for not offering mental health and/or rehabilitation/wellness programming was that these were not within the organization's mandate. Results suggest that community-based organizations may struggle to prioritize rehabilitation services and quality of life supports for people living with HIV, HCV and STBBIs.

**What's Next?** *Realize* will introduce educational tools to support their efforts in 2018.

---

### **Research Updates from the Community-Based Exercise (CBE) Study**



The aim of the Community-Based Exercise (CBE) Study is to evaluate the implementation of a community-based exercise (CBE) intervention with adults living with HIV in the 'real world' community. This is an interrupted time series study design where participants take part in bimonthly fitness and questionnaire assessments across three phases: Phase 1 - Baseline Monitoring (8 month) involving no intervention; Phase 2 - Intervention (6 months) that involves engaging in a combination of aerobic, resistance, balance and flexibility exercise 3 times per week, with weekly supervision by a fitness instructor at the Toronto YMCA, and monthly educational sessions; and Phase 3 - Follow-up (8 months) where participants are encouraged to continue to exercise independently 3 times per week. Currently 66 participants remain enrolled in the study now entering the follow-up phase. Results will provide a better understanding of the impact of CBE on health outcomes for adults living with HIV and the implications for sustainability of interventions into the community. This study is funded by the Canadian Institutes of Health Research (CIHR) HIV/AIDS Community-based Research Program. **Click here for more information on the study protocol:** <http://bmjopen.bmj.com/content/6/10/e013618>

## Knowledge Translation

### Where and How does Physical Therapy Fit? Integrating Physical Therapy into Interprofessional HIV Care



Matthew Andrews, Stephanie Cudd, Heather deBoer, Ellie Leung, and Alana Petrie examined the role of physical therapy in HIV care. They completed this qualitative study under the supervision of Kelly O'Brien (University of Toronto) and Soo Chan Carusone (Casey House) in partial fulfillment of their Master of Science in Physical Therapy degree at the University of Toronto. Results of this work will help inform the role of physical therapy in **Casey's Houses** newly launched **Day Health Program for adults living with HIV**.

Click [here](#) to access the complete fact sheet summary.

#### Where and How Does Physical Therapy Fit?

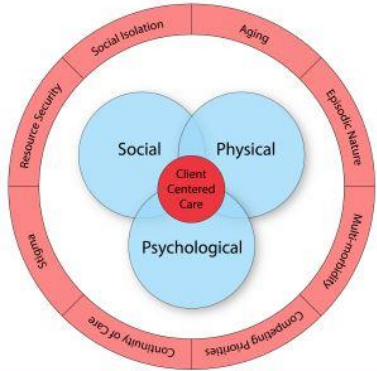
Integrating Physical Therapy into Interprofessional HIV Care: A Research Study

Heather deBoer (University of Toronto), Matthew Andrews (University of Toronto), Stephanie Cudd (University of Toronto), Ellie Leung (University of Toronto), Alana Petrie (University of Toronto), Soo Chan Carusone (Casey House), Kelly O'Brien (University of Toronto)

What is Physical Therapy?	How can it help in HIV care?	What was the purpose of this research study?
It is a health profession dedicated to improving quality of life by providing services that develop, restore and maintain movement and functional ability.	Living with HIV can come with complex health challenges. Studies have shown that physical therapy techniques can have positive effects on balance, cardiovascular fitness, strength, mood and neuropathic pain.	To investigate the role of PT in HIV care from the perspectives of healthcare professionals and people living with HIV.
For our study, we recruited:	 13 adults living with HIV	 12 health care professionals
We conducted:	Focus Groups	Interviews
We asked about:	Knowledge about PT, including experiences with or as a physical therapist.	Perceived roles of PT in interprofessional HIV care.
		Recommendations for introducing PT into a day health program for people living with HIV.

#### Framework of Physical Therapy Role in HIV Care

We developed a framework to describe the multi-dimensional and client centered role of physical therapy in HIV care





*“It's not just your physical well-being, it's also your emotional and your psychological well-being... you can't have the emotional... without the physical well-being, and you can't have the physical well-being without the emotional well-being and that it's just another aspect of HIV care (Participant Living with HIV #6)”*

#### What did we find?

- PTs have a role in client-centred HIV care by addressing health challenges in overlapping physical, social and psychological domains (3 overlapping bubbles in the centre)
- The role of PT can be influenced by 8 factors (the outer circle) that can interact with the 3 overlapping health domains. E.g. PT can help reduce the effect of Social Isolation on health domains by providing group sessions.

#### Why does this matter?

- Physical Therapists have an important role in HIV care - they can address psychological and social health issues in addition to physical health challenges for people living with HIV.
- Physical therapy can offer individualized and goal-oriented approaches to care and can help people get back to important activities in their lives.

## Conference Presentations

### Canadian Association for HIV Research (CAHR) Conference (April 26-29th, 2018, Vancouver, BC)

CIHRRC members will be at CAHR presenting on research related to HIV and rehabilitation.

Abstracts that will be presented will include (but are not limited to)

- deBoer H, Andrews M, Cudd S, Leung E, Petrie A, **Chan Carusone S**, and **O'Brien, KK**. Where and how does Physiotherapy fit? Integrating Physiotherapy into Interprofessional HIV Care.
- O'Brien KK**, **Chan Carusone S**, **Solomon P**, Davis AM, **Murzin K**, Tang A, Bayoumi AM. Motivating factors, goals, and expectations among adults living with HIV prior to engaging in a community-based exercise intervention in Toronto, Canada.
- Solomon P**, **O'Brien KK**, **Nixon S**, Letts L, **Baxter L**, Gervais N. A Qualitative Longitudinal Study of Episodic Disability Experiences of Older Women Living with HIV.

- **Dagenais M, Cheng D, O'Brien KK.** Wireless Physical Activity Monitor Use Among People Living with HIV: A Scoping Review.
- **Worthington C, O'Brien KK, Solomon P, Ibanez-Carrasco F, Baxter L, Chan Carusone S, Yates T.** Use of Mental Health and Addictions Providers among People Living with HIV in Canada: Results from the HIV, Health and Rehabilitation Survey (HHRIS).

### **British HIV Association (BHIVA) Spring Conference (Edinburgh, UK April 17-20<sup>th</sup> 2018)**

Darren Brown and colleagues will present following abstracts at the upcoming Spring British HIV Association (BHIVA) conference in Edinburgh: <http://www.bhiva.org/AnnualConference2018.aspx>

- Introducing the “five times sit to stand” test into a group rehabilitation intervention for adults living with HIV in the United Kingdom
- Self-reported function and disability of people living with HIV and/or cancer during acute hospital admissions in the United Kingdom, using the World Health Organization Disability Assessment Schedule (WHODAS) 2.0

For more information, please contact Darren Brown at [Darren.Brown@chelwest.nhs.uk](mailto:Darren.Brown@chelwest.nhs.uk).

Other abstracts presented at BHIVA by CIHRRRC members include:

- Bristowe K, Clift P, James R, Platt M, **Josh J**, Sullivan A, Whetham J, Nixon E, Post F, Murtagh FEM, Kall M, McQuillan K, **Ni Cheallaigh C, Harding R.** A novel patient reported outcome measure for people living with HIV -development, face and content validity and stakeholder views on implementation.

### **CIHRRRC Website Updates**

<http://cihrrc.hivandrehab.ca/index.php>

Updates to the CIHRRRC website are made approximately 7 times per year. Please feel free to send updates from your work on HIV and rehabilitation research you wish to share on the CIHRRRC website or in the newsletter.

### **CIHRRRC Steering Committee**

Kelly O'Brien [kelly.obrien@utoronto.ca](mailto:kelly.obrien@utoronto.ca)

Esther McDonnell [Esther.McDonnell@chelwest.nhs.uk](mailto:Esther.McDonnell@chelwest.nhs.uk)

Francisco Ibáñez-Carrasco [ibanezCarraF@smh.ca](mailto:ibanezCarraF@smh.ca)

Patty Solomon: [Solomon@mcmaster.ca](mailto:Solomon@mcmaster.ca)

Cathy Worthington [worthing@uvic.ca](mailto:worthing@uvic.ca)

Tammy Yates [tyates@hivandrehab.ca](mailto:tyates@hivandrehab.ca)

If you are interested in becoming a member of the CIHRRRC Steering Committee, please contact Kelly O'Brien.

**Stay Tuned!** Next Issue of CIHRRRC E-Update Fall 2018! You can also follow us on **Twitter @CIHRRRC!**

For more information on these activities and/or the CIHRRRC, please contact Rachel Aubry CIHRRRC Coordinator, at [cihrrc@utoronto.ca](mailto:cihrrc@utoronto.ca) or visit the CIHRRRC website at <http://cihrrc.hivandrehab.ca/>

**ACKNOWLEDGEMENTS:** CIHRRRC gratefully acknowledges the financial support of **Realize** and the Canadian Institutes of Health Research (CIHR).