Thursday April 6, 2017

Self-Management Interventions in HIV Rehabilitation
Addressing Research Priorities in HIV, Aging and Rehabilitation Research and Practice

HÔTEL BONAVENTURE MONTRÉAL
CAHR Conference, Montreal, Quebec, Canada

The Forum is funded by a Planning Grant from the Canadian Institutes of Health Research (CIHR), Aging Institute.

Wi-Fi Access:
Network: Montreal
Password: cahr2017
Welcome and Introductions

Kelly O’Brien
University of Toronto

Claire Kendall
Bruyère Research Institute, University of Ottawa

Patty Solomon - Facilitator
McMaster University
Acknowledgements

Canadian Institutes of Health Research (CIHR), Institute of Aging

Canadian Association for HIV Research (CAHR)

The Living with HIV (LHIV Team)

Realize (formerly the Canadian Working Group on HIV and Rehabilitation (CWGHR))

Lisa Boucher, PhD Candidate

Bruyère Research Institute, University of Ottawa
Grant Team

- Kelly O’Brien (University of Toronto)
- Kate Murzin (Realize)
- Francisco Ibáñez-Carrasco (Ontario HIV Treatment Network)
- Patty Solomon (McMaster University)
- Richard Harding (King’s College, London)
- Julian Falutz (McGill University)
- Larry Baxter (Community Member)
- Darren Brown (Chelsea and Westminster Hospital; RHIVA)
- Esther McDonnell (Chelsea and Westminster Hospital; RHIVA)
- Colm Bergin (St. James’s Hospital, Dublin)
Rapporteurs

• Lisa Boucher
  Bruyère Research Institute, University of Ottawa
• Alex Terpstra
  Ontario HIV Treatment Network
• Eugene Nam
• Ontario HIV Treatment Network
• Andrew Eaton
  AIDS Committee of Toronto (ACT)
GIPA Principle

• Principle focused on the right to self-determination of people living with HIV and participation in the decision making processes that affect their lives.

• GIPA is not a project or program

• GIPA aims to enhance the quality and effectiveness of the AIDS response.
Meeting Twitter Feed - #RehabHIV

CIHRRC - @cihrrc
CAHR - @cahr_ACRV
Realize - @HIVandRehab
RHIVA - @RehabHIV

LHIV site: www.lhiv.can
Special Symposia – CAHR Conference

Friday April 7, 2017: 5:00-6:00pm

Where does Rehabilitation fit in the HIV Care Cascade?

Kate Murzin (Realize) – Moderator
Matthew Halse (AIDS Community Care Montreal – ACCM)
Larry Baxter (Community Member, Halifax)
Esther McDonnell (Chelsea and Westminster Hospital)
Colm Bergin (Trinity College Dublin; St. James’s Hospital, GUIDE Clinic)
Julian Falutz (McGill University)
Kelly O’Brien (University of Toronto)
Introduction – How did we get here?
The CIHRRRC – Realize -- LHIV Collaboration

Claire Kendall

Bruyère Research Institute, University of Ottawa

Kelly O’Brien

University of Toronto
Introduction – Advancing Primary Healthcare for Persons Living with HIV in Canada (LHIV)

Figure 2. Living with HIV (LHIV) Innovation Team projects mapped to the Expanded Chronic Care Model

Adapted with permission from Barr et al. (2003) Healthcare Quarterly 7(1): p. 73-82
http://www.longwoods.com/content/16763
What is CIHRRC?

Canada-United Kingdom (now International) HIV and Rehabilitation Research Collaborative

- Founded in 2009
- International research collaborative including people living with HIV, researchers, clinicians, representatives from HIV community organizations and policy stakeholders in Canada, United Kingdom (UK), and most recently expanded to include the United States and other member countries of the European Union (EU) where individuals experience similar types of issues related to disability and rehabilitation research.
Guiding Principles: Forming partnerships and exchanging knowledge among countries with individuals experiencing similar types of disability related to HIV is critical for bridging rigorous and impactful clinical and research knowledge in HIV and rehabilitation.

Research Priorities - 2013 International Forum on HIV and Rehabilitation Research

1. Episodic health and disability
2. Aging with HIV across the life course
3. Concurrent health conditions
4. Access to rehabilitation and models of rehabilitation service delivery
5. Effectiveness of rehabilitation interventions
6. Enhancing outcome measurement in HIV and rehabilitation research

http://bmcinfectdis.biomedcentral.com/articles/10.1186/s12879-014-0724-8
CIHRRC Forum KTE Libraries

http://cihrrc.hivandrehab.ca/forums.php

- Forum Report
- KTE Library with Films of Presentations, Speaker Slides
- Summaries of Evidence
- Photos
- Rapporteur Summaries
- Roadmap of HIV and Rehabilitation Research at CAHR

- 2016 – Special Plenary Session – Living Longer Living well with HIV
  - https://www.youtube.com/watch?v=Tb7uiwtF8UU
Highlights from the Pre-Meeting Scan

Patty Solomon - Facilitator
McMaster University
Goals of the Meeting

• To **define chronic disease self-management** (CDSM) in the context of HIV with HIV;

• To share **lessons learned** about what is going on in chronic disease self-management (CDSM) intervention-based research in rehabilitation in the context of HIV;

• To identify the **current gaps and recommendations** that will inform future CDSM intervention focused research on HIV and rehabilitation with adults living with HIV.

• To explore **partnerships** and appetite for developing a network on CDSM research focused in HIV and rehabilitation;

• To develop a **plan for, and discuss the feasibility** of, a future catalyst grant proposal focused on the implementation and evaluation of a CDSM intervention for adults living with HIV.
Patty Solomon - Facilitator
McMaster University
Self-Management Initiatives

- Community based exercise programs
- PHA “Learning Club” focused on sharing practical advice
- PHA Clinic Visit Personal Health Record
- “Patient Knows Best” Project
- Chronic Disease Self-Management Program
- Systematic review of self-management for pain and symptoms
Self-Management Initiatives

• E-guide on Rehabilitation for PLWH
• Telephone support intervention for better self-management of meds
• Scoping review on self-management in LMIC
• Stanford CDSM Program
• “My Tool Box”
• Positive Self-Management Program (PSMP) for HIV
• “Rehabilitation Can Help You do That”
Key Ingredients of a Self-Management Program

- Patient/client oriented
- Peer support and group initiatives
- Patient/client desire to change
- Action oriented -> setting goals
- Mental and physical components
- Empowerment/building self-efficacy or confidence
- Reflection, problem-solving, decision making
Key Ingredients of a Self-Management Program

- Collaborative/partnering with health care team
- Involves learning and adapting skills
- Need to consider broad determinants of health & context of lives
- Flexible and respectful
- Recognize that change is difficult
- Strength-based
- Evidence-based
Overview of Agenda

Speaker Presentations
1. What does successful aging mean in the context of HIV?
2. What is chronic disease self-management?

Group Discussion
What’s going on in chronic disease self-management intervention research and practice in Canada and Internationally?

Rehabilitation Dimensions in PROMS for HIV & Self-management Strategies – a systematic review

!! Key!! Moving Forward – Establishing a plan for grant proposal
Concrete Outcomes of the Meeting

- New knowledge on Self-Management Intervention research in HIV
- Working definition of self-management intervention in the context of HIV and aging
- New clinical and research partnerships
- Manuscript(s): Examples include...
  - Definition of SM in context of healthy aging with HIV
  - Role for SM interventions in the context of HIV
- Clear next steps on grant proposal development
  - Including identifying team members and roles

- Sticky notes on the tables
  - Ideas, thoughts, perspectives on self-management intervention research in the context of HIV
    - Future directions, research priorities, considerations for moving forward
What does successful aging mean in the context of HIV and rehabilitation?

Dr Cliona Ni Cheallaigh
Mercer’s Institute for Successful Aging
Trinity College Dublin, Ireland
What is chronic disease self-management?

Dr Clare Liddy
Bruyere Research Institute
University of Ottawa
Wellness Break
What’s going on in chronic disease self-management intervention research?

Group Discussion – what are the top 3...

1) Lessons learned in CDSM research?
2) Key components for a CDSM intervention?
3) Important steps / considerations for moving forward for research agenda?
Lunch

#RehabHIV
Welcome Back

Dr Francisco Ibanez-Carrasco

Ontario HIV Treatment Network
Rehabilitation Dimensions in PROMS for HIV & Self-management Strategies – a systematic review

Dr Richard Harding

King’s College London, London, United Kingdom
Where are we at? & Where do we want to go?
Moving Forward with the Research Agenda ....

Break Out Groups
See Guiding Questions....
Wellness Break
Reporting Back & Bringing it All Together
Establishing Plan for Next Steps

Patty Solomon
*McMaster University, Hamilton, Canada*
Reporting Back & Bringing it All Together
Establishing Plan for Next Steps

Andrew Eaton, Rapporteur Extraordinaire
AIDS Committee of Toronto
Outcomes of the Meeting

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- Sticky notes on the tables
  - Ideas, thoughts, perspectives on self-management intervention research in the context of HIV
    - Future directions, research priorities, considerations for moving forward
Don’t Forget to Visit the Realize Booth in the Exhibit Hall!
Evaluation

Yellow paper in your packages.
Please fill them out throughout or at the end of the day.
Thank you for attending & Acknowledgements

http://cihrrc.hivandrehab.ca/

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Coordination - Lisa Boucher, PhD Candidate

Bruyère Research Institute, University of Ottawa
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