

CORE Healthy Aging Initiative (CHAI): Using Community Input to Implement Successful Programming

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Background

- With aging comes a myriad of medical and psychosocial needs which are accentuated for HIV infected patients.
- Data on the needs of older HIV infected patients are sparse, especially among minority populations not enrolled in research studies.
- The Ruth M. Rothstein CORE Center, an infectious diseases clinic in Chicago, conducted a needs assessment through self-administered survey.
- Results, combined with community input, informed programming that reflects the needs of our aging patient population.

Methods

- Study conducted at the RMR CORE Center from March-May 2016.
- Study staff designed a 63 question survey to determine the needs and priorities of patients ≥50 years living with HIV.
- Patients completed paper-based surveys while waiting for Primary Care appointments, or could take surveys home and mail them in.
- Surveys were disseminated by Peer Educators, CORE Center staff members who are former and current patients.
- Surveys were available in English and Spanish, and one bilingual Peer Educator focused on recruiting Spanish speaking participants.
- Results were presented at a Consumer Advisory Board (CAB) meeting in February 2017. The CAB at the CORE Center is comprised of patients and Peer Educators.

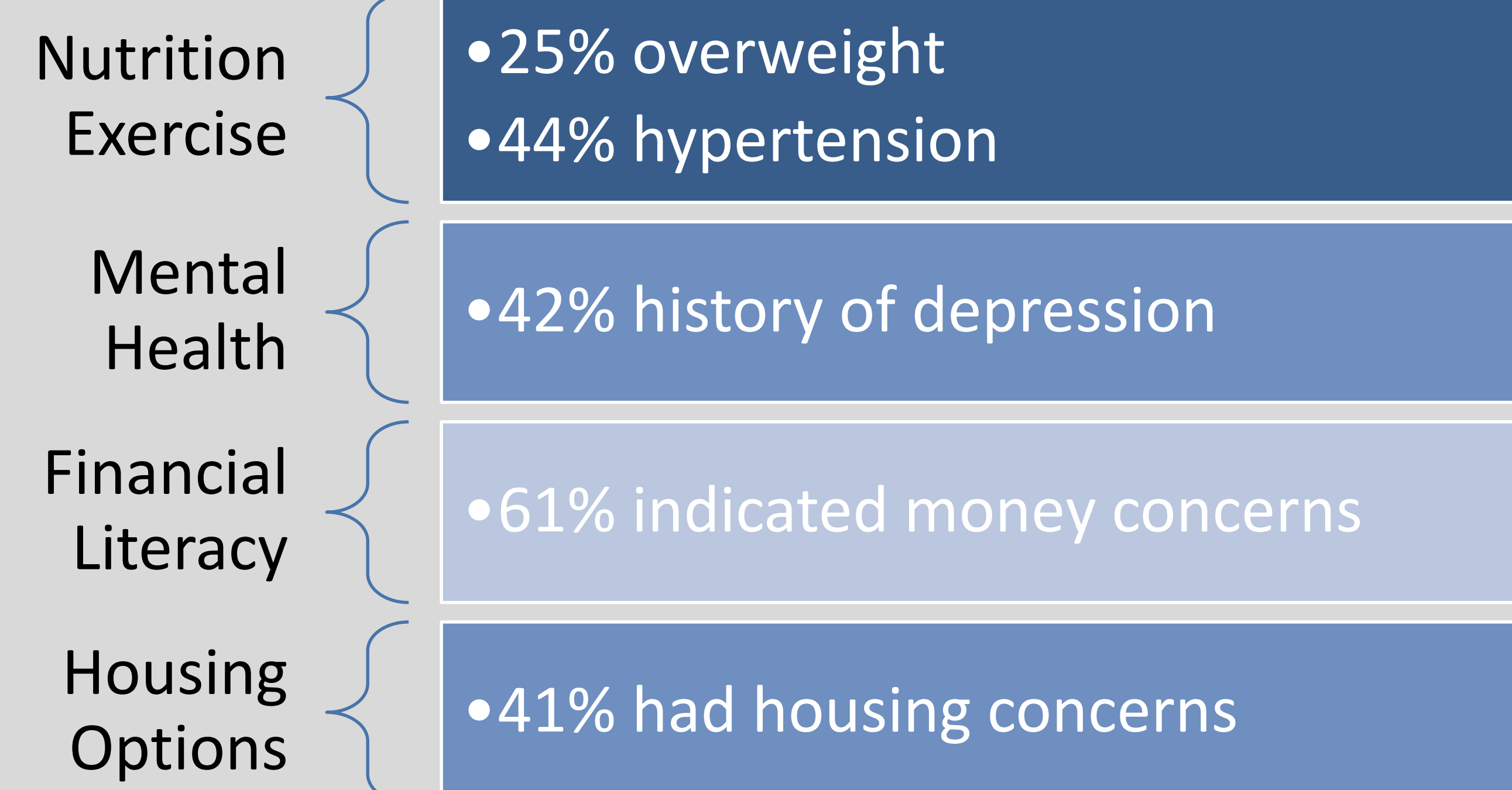
Results

Table 1: CO MORBIDITIES AND SELF RATED HEALTH	ENGLISH SURVEYS N=349		SPANISH SURVEYS N=40		OVERALL N=389	
	N	%	N	%	N	%
Do you consider yourself to be overweight?	85	25%	8	21%	93	25%
Do you smoke cigarettes currently?	159	48%	2	5%	161	44%
If yes, have you ever tried to quit?	112	74%	2	100%	114	74%
If you smoke, are you interested in quitting now?	102	71%	1	50%	103	71%
Have you ever been diagnosed with cancer?	42	13%	4	11%	46	12%
Do you have Diabetes?	53	16%	10	25%	63	17%
Do you have Hepatitis C?	88	26%	3	8%	91	24%
Do you have high cholesterol or high lipids?	76	22%	8	20%	84	22%
Do you have high blood pressure?	146	44%	16	41%	162	44%
Do you have any kidney problems?	36	11%	6	16%	42	12%
Do you have a history of depression?	135	43%	13	39%	148	42%
Would you rate your health today as:						
excellent	35	11%	1	3%	36	10%
very good	119	36%	5	14%	124	34%
fair	146	44%	25	71%	171	47%
poor	27	8%	4	11%	31	9%
very poor	3	1%	0	0%	3	1%

Table 2: MEDICATIONS, HOUSING, AND FALLS	ENGLISH SURVEYS N=349		SPANISH SURVEYS N=40		OVERALL N=389	
	N	%	N	%	N	%
≥4 prescribed medications every day?	179	53%	22	55%	201	54%
Do you take vitamins/supplements/non prescribed medications? YES	154	45%	17	43%	171	45%
Do you have your own place to live?	238	68%	37	97%	275	71%
Do you live alone?	162	48%	11	28%	173	46%
Who is your main caregiver?						
Myself	276	81%	33	83%	309	81%
Relative	28	8%	5	13%	33	9%
How many falls have you had in the last 12 months?						
0	241	70%	37	95%	278	73%
1-2	77	22%	1	3%	78	20%
3+	25	7%	1	3%	26	7%
If 1 or more, do you report this to anyone?						
Yes, always	45	45%	1	50%	46	45%
Sometimes	24	24%	0	0%	24	24%
No, never	31	31%	1	50%	32	31%
Do you have memory problems or concerns?	116	34%	16	42%	132	34%
If yes, have you talked to your doctor about it?	72	65%	6	46%	78	63%

Table 3: WHAT ARE YOUR CONCERNS?	ENGLISH SURVEYS N=349		SPANISH SURVEYS N=40		OVERALL N=389	
	N	%	N	%	N	%
Please select your top FIVE (5) concerns.						
living with HIV	210 ¹	65%	11	28%	221 ²	61%
HIV disclosure/ stigma	105	33%	21 ⁴	54%	126 ⁵	35%
other medical concern	115 ⁵	36%	10	26%	125	35%
mental health	128 ⁴	40%	15 ⁵	39%	143 ⁴	40%
housing	136 ³	42%	12	31%	148 ³	41%
retirement planning	85	26%	22 ²	56%	107	30%
sexual health	88	27%	10	26%	98	27%
memory issues	93	29%	11	28%	104	29%
who will care for me in old age?	103	32%	22 ²	56%	125	35%
money concerns	196 ²	61%	26 ¹	67%	222 ¹	61%

- 389 patients completed the surveys; 349 (90%) in English and 40 (10%) in Spanish.
- Median respondent age was 56 years. 17% were female; 72% were African American, 15% were Hispanic, and 10% were Caucasian.
- 73% of patients were diagnosed with HIV over 10 years before, with 41% diagnosed over 20 years ago.
- CAB members chose program topics based on survey results.



- Monthly programming began March 2017, and averages 20 participants per session. Each 90-minute educational session includes a presentation on a topic of interest, brief exercise instruction, refreshments, a raffle and meditation. Events are free, and ventra cards will now be provided to negate travel costs.

Results

- Evaluation forms collected in March, April, and May 2017 from 40 participants (25 men, 14 women and 1 TGMF ages 50 - 66) using a Likert scale of 1 (Worst) – 5 (Best) revealed that 92% rated the sessions a 5 and 8% a 4.
- 100% indicated they could be contacted by phone/text/email about future events and 95% said they would attend future educational sessions.
- All participants responded yes to "did you learn new information". When asked to comment in the free text section of the evaluation form "What would you change as a result of attending this program?", participant responses included: "Be mindful", "Exercise more", "Become more active", "Change food that I eat", "I will eat more healthy", "Balance diet/no salt", "Stop saying I can't" and "Start doing more active exercise."
- As programming continues, participants have provided ideas and input for future events, including walking groups, and sessions on computer skills, healthy relationships, dealing with loneliness, bone density, cardiovascular health, cancer screening, stroke prevention, smoking cessation, sexual health and vision and hearing loss.

Conclusions

- Older HIV infected minority patients in our urban clinic have many concerns, both HIV and non-HIV related.
- Through community input the CORE Center has successfully implemented programming addressing the concerns of older HIV infected minority patients.
- Patient participation has been steady, due to involvement in planning.