

# **PozQol: Use of a validated Patient Reported Outcome Measure (PROM) to assess quality of life for people living with HIV at Western Sydney Sexual Health Centre**

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## **Background:**

The PozQol tool assesses quality of life (QOL) in people living with HIV (PLHIV). We explored the relationship between baseline PozQol scores and socio-demographic/clinical parameters for PLHIV at Western Sydney Sexual Health Centre.

## **Methods:**

Baseline PozQol scores and retrospective socio-demographic/clinical data were extracted from 188 patients' electronic medical records (September 2020 to March 2022). Data were analysed in Stata 16 to perform descriptive analysis and identify associations using logistic regression. The study was approved by WSLHD's Ethics committee.

## **Results:**

The 188 patients' socio-demographic characteristics were as follows: gender (77.7% cis-male, 21.3% cis-female, 1.1% transwomen); median age 42 years (range 20-71), born overseas (67.0%), English-speaking (85.1%), Medicare eligible (84.4%), employed (85.9%). Clinical parameters studied included: time from HIV diagnosis ( $\leq 5$  years, 33.0%;  $>5$  and  $\leq 20$  years, 58.5%;  $>20$  years, 8.5%), viral load  $\leq 20$  copies/ml (92.0%), CD4 count  $>500$  cells/ul (83.5%), history of HIV-related disease (24.5%),  $\geq 1$  comorbidity (63.8%), history of mental health disorder (22.9%). Overall, 58.6% reported high or very high QOL. Low health QOL was significantly associated with being born overseas and CD4 counts  $<500$  cells/ul. Low psychological QOL was significantly associated with unemployment, a viral load  $>20$  copies/ml, other comorbidities, and mental health diagnoses. Low social QOL was significantly associated with unemployment. Low functional QOL was significantly associated with Medicare ineligibility and unemployment. Access to Medicare reduced the risk of a low score in any domain (aOR 0.28, 95%CI 0.11-0.70) whilst a viral load of  $>20$  copies/ul increased the risk of a low score in any domain (aOR 3.76, 95%CI 1.16-12.23).

## **Conclusion:**

Using PozQol in an Australian clinical setting allows greater insight into the socio-demographic and clinical influences on QOL. Understanding these factors allows the tailoring of clinical interventions to improve QOL for PLHIV.

## **Disclosure of Interest Statement:**

The authors have no conflicts of interest to declare