

Opportunities to reduce health risks for people with HIV and high levels of multimorbidity

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Complexity of HIV in Regional NSW (CHiRN)

- Consented cohort study in MNC and NC PFSHS
- Aim – Describe the features of a highCIRS (upper quartile) group
- CIRS
 - 14 body systems scored 0-4 based on severity of conditions
 - Associated with age, past AIDS
 - Correlates with VACS, number of medications, number of chronic conditions
 - Better predictor of unplanned admissions than the above

	Low/Mid CIRS (n=231)	HighCIRS (n=55)	p
Range CIRS scores	0-10	11-21	
Mean age (yrs)	52.2	61.5	<0.001
Duration of HIV (yrs)	16.9	23.3	<0.001
Gender (% male)	90.5	92.7	0.740
Prevalence of conditions			
Vascular disease	32.0	65.5	<0.001
Osteoporosis	4.3	20.0	<0.001
Diabetes	1.7	10.9	0.001
Renal disease	1.3	10.9	<0.001
Mental Health	22.5	36.4	0.033
Drug and alcohol	11.5	12.7	0.759
Total no. of prescribed medications	3.54	8.34	<0.001
No. of ARV prescribed	1.64	2.23	<0.001
Protease inhibitor use (%)	18.6	41.8	<0.001
No. of ARV changes in previous 5 years	1.60	1.16	0.003
Shared care (%)	48.1	72.7	0.001
No. of GP letters in previous year	0.5	1.3	<0.001

Opportunities

- Annually complete CIRS
- Complex case discussions
- Change ARVs
 - Potential to reduce multimorbidity eg lipids
 - Reduce the risk of DDIs
- Communication with GP
 - DDI with injectable/inhaled/nasal steroids
- Fracture prevention
 - Reduce alcohol/medications