

“YOUTH IS A GIFT OF NATURE AND AGE IS A WORK OF ART” - FRAILTY AND QUALITY OF LIFE IN PLWH

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Background:

PLWH over 50 years of age are at increased risk of developing Frailty. Ageing and frailty can impact quality of life and access to care. This presentation discusses results from a community based HIV allied health team and HIV specialist nursing team project on frailty, ageing and QOL. How and when frailty is identified is important as early interventions could improve QOL as PLWH age.

The aims were to determine the prevalence of vulnerability to frailty and frailty (>50 years) and assess quality of life, and to determine PLHIV perspectives on ageing and acceptability of being assessed for frailty.

Methods:

A prospective observational mixed method design. Quantitative arm using validated tools Edmonton Frail Scale and PozQoL Scale and the qualitative arm of semi structured interviews with thematic content analysis.

Results:

66 assessments completed. Age range 50-79 years. 64% are experiencing mild to severe frailty. 27% are vulnerable to frailty. Frailty was consistent across all age groups. The PozQoL Scale indicated that 55% (n=36) scaled at moderate or low QOL with 83% scoring low or moderate on functional QOL. Age and health QOL were moderately negatively correlated ($P=0.009$). The total score on the frailty and QOL scores was negatively correlated ($P=0.004$) i.e. as frailty increased.

From 40 interviews assessment for frailty noted a range of opinions, from concern, ambivalence to being grateful. Themes included the lived experience of ageing, aged care and individual health conditions impacting independence and quality of life.

Conclusion:

PLWH reported assessment for frailty helped them focus on ageing well and consider their quality of life and planning for the future. This study demonstrated that we should be routinely screening PLWH >50 years for frailty. Multidisciplinary strategies will be developed to support ageing with HIV and reduce the impacts of frailty in this population.

Disclosure of Interest Statement:

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