

Wake Forest University

Winston-Salem, NC

The Initiative

The Emerging Strategies to Improve Health Outcomes for People Aging with HIV (Aging with HIV) Initiative supports and evaluates 10 demonstration sites as they implement groundbreaking interventions that seek to improve whole-person care of people with HIV ages 50 and older served by the Ryan White HIV/AIDS Program (RWHAP).

The Program

Wake Forest University implemented geriatric screening assessments among people with HIV 50 years and older in their Infectious Diseases Specialty Clinic through the following activities:

- Screening for frailty with the electronic frailty index
- Characterizing frailty in a subset of aging persons using geriatric screening assessments
- Creating care plans and referrals as indicated to address pre-frailty and frailty.
- Testing a customized physical activity and nutrition plan

Notable Client Outcomes



Significant increase in client resilience



Significant decrease in client depression



No unmet mental health care needs at endline

Total clients completing the evaluation: 43

Implementation Lessons Learned

Wake Forest benefited from a number of facilitators and worked as a team to overcome several barriers.

Facilitators



Team collaboration and warm handoffs between assessments and care delivery created a smooth and enjoyable patient experience.



Tailored workflows to guide client interactions aided in service delivery and strengthened communication between providers.

Challenges



A **major IT infrastructure upgrade**, moving from one electronic health record system to another, delayed programming of the electronic frailty index (eFI) used for screening.



Gaps in **clinic accessibility and transportation** created challenges for making and keeping appointments.



Staff struggled to consistently **motivate clients** to maintain ongoing engagement in physical activity and nutrition planning programs.



For more information, contact Caryn Morse, MD
cmorse@wakehealth.edu
<https://targethiv.org/aging>