Intrinsic Capacity in Older Adults Living with HIV through a health promotion resource

My Smart Age with HIV (MySAwh) is a multi-center prospective ongoing study designed to empower older adults living with HIV (OALWH) to achieve healthy aging. It is based on evaluation of HIV variables, a standardized comprehensive geriatric assessment and patient-related outcomes gathered at study visit and by mean of an Internet of Medical Thing framework (IoMT) that includes a fitness tracking wearable device and a dedicated smart phone app (MySAwh App).

Paradigm shift from disease to functional ability assessment in OALWH

Objective

We aimed to characterise longitudinally negative and positive health features in OALWH in different geographical regions. Negative health features were conceptualised as deficit accumulation and described by mean of frailty and Healthy index assessed in the clinic (conceptual model 1). Positive health features were conceptualised as functional ability and described by Intrinsic Capacity and Environment and assessed using Internet of Medical thing framework (conceptual model 2).

Results

- This study emphasises the need of a multidimensional evaluation of HIV disease and health status of OALWH collecting disease-centered and functional-centered constructs both at the clinic and using a IoMT framework.
- MySAwh offers insight regarding the paradigm shift from disease to functional ability assessment in OALWH.
- We observed significant heterogeneity in OALWH recruited in Italy, Australia and China which underline the need to consider in aging assessment different geographical determinants of health including anthropometric and environmental variables.
- During 9 month follow up interim analyses we did not observed any significant change in FN, HI, IC and we observed an expected worsening of PI (mainly related to professional retirement and higher fragility in family cohesion).

Conclusions

- Regardless of an increase in non-infectious co-morbidities the non-significant progression of PI can be considered as a positive outcome. These data need to be confirmed at the end of the study (18 months follow up). The presence of a Health Coach that provided information about Hi/IC change motivated patients to be personally empowered to improve life style.
- The key result of this study was the possibility to operationalize Healthy Aging into a IC and PI assessment tool. Measuring Healthy Aging has the potential to substantially modify the way in which clinical practice is conducted focusing on residual wellness rather than a “reactive” identification and treatment of deficits.