

# Identifying physical health challenges in HIV

## Use of the Patient Generated Index to Identify Physical Health Challenges among People Living with HIV

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### INTRODUCTION

Physical health challenges are common among people living with HIV



These challenges are associated with increased fall risk, greater mortality, and reduced health-related quality of life

Individualized measures provide unique information that is not captured by standardized health-related quality of life measures

### PURPOSE

To estimate the prevalence of physical health challenges from areas that patients spontaneously report as substantially affecting their quality of life

### METHODS

We administered the Patient Generated Index (PGI) to 866 people living with HIV (mean age 53 years; mean years living with HIV 16.8; women 15.7%)

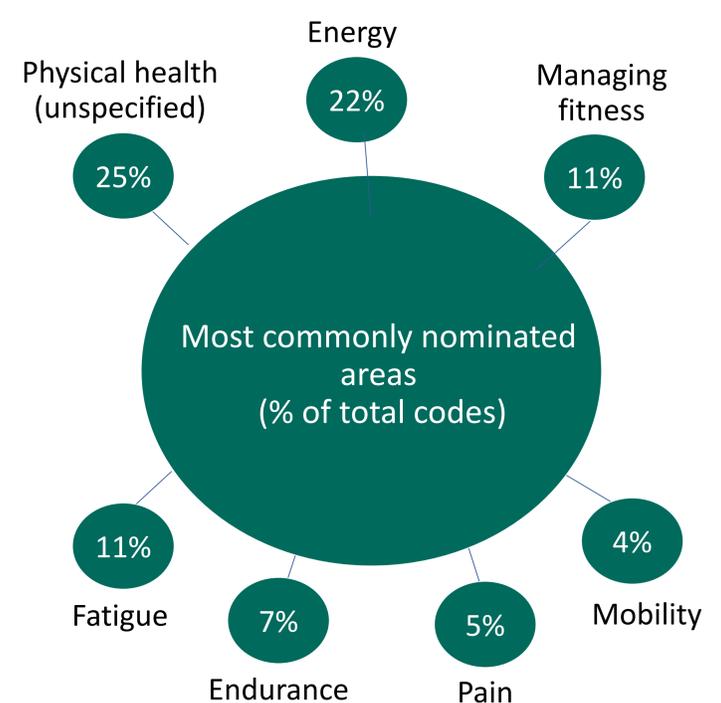
Participants indicated the 5 most important areas of their lives affected by HIV

Text threads were coded according to the World Health Organization's International Classification of Functioning, Disability, and Health (ICF)

We tabulated the rate and content of nominated physical health challenges

### RESULTS

**29%** of respondents nominated at least one physical health problem [n = 248, 95% CI (26, 32%)]



### DISCUSSION

Almost 1/3 of people living with HIV from the Brain Health Now cohort spontaneously report physical health challenges

The PGI can be used to identify the unique physical health challenges of people living with HIV and those in need of a patient-centred rehabilitative approach



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