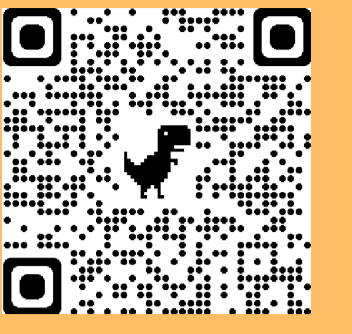




QUALITY OF LIFE IN A NEW HIV NURSING TOOL



Embedding quality of life into HIV nursing assessment – case study of a community nursing service in Melbourne, Australia

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Key assessment domains

- Contact tracing/partner notification
- HIV exposure history, understanding of diagnosis
- Education, counselling, peer support needs
- Immigration status
- Medical history, CD4 count and viral load
- Sexual health
- Mental health, cognition including depression scale; substance use
- General health – eyes, hearing, dental, pain
- Medications
- Social history – especially re homelessness, legal issues
- International HIV Dementia screen
- **PozQoL – quality of life**



Program Background

The HIV Team at Bolton Clarke was established in 1985 and has a formal Partnership with Thorne Harbour Health to provide integrated services, education and health promotion to people with HIV across metropolitan Melbourne

In 2015 the HIV Program was integrated with the Homeless Persons Program at Bolton Clarke.

The HIV team cares for all people living with HIV including long term survivors, newly diagnosed, asylum seekers and refugees from 31 different countries.

Summary



Photo courtesy Canva

Coinciding with the introduction of a new electronic health record, the HIV Clinical Nurse Consultants developed a new assessment tool for people living with HIV specifically for the community nursing context.

In line with the goals of the 8th National HIV Strategy, we embedded a quality-of-life assessment (PozQoL) within the HIV Assessment tool.

Effectiveness

The assessment tool was finalised in 2020. All HIV clients undergo the assessment upon admission, or upon review if they are a long-term client.

The tool is currently being utilised, with 80 assessments completed to date.

Evaluation is ongoing and will enable nurses to focus on developing care plans to support and enhance quality of life.

Summary scores in PozQoL

Score range	Low QoL	Moderate QoL	High QoL	Very High QoL
PozQoL (total score)	≤ 36	37- 45	46 - 53	≥ 54
Health concerns	≤ 6	7 – 9	10 – 12	≥ 13
Psychological	≤ 10	11 – 13	14 – 16	≥ 17
Social	≤ 6	7 – 9	10 – 12	≥ 13
Functional	≤ 9	10 - 11	12 – 14	≥ 15

What is PozQoL?



PozQoL is a validated quality of life scale for people with HIV. It was developed through a project of the Australian Research Centre in Sex, health and Society, ViiV Healthcare, the National Association of people with HIV (NAPWHA), Living Positive Victoria, Positive Life NSW and Queensland Positive People. It is licensed under a Creative Commons Attribution License for non-commercial uses.



The Project was built on the principles of Greater Involvement of People Living with HIV (GIPA). It is available in multiple languages.

Australian HIV services expressed a need for better ways to evaluate their impact. More specifically, they needed an easier way to measure whether their programs improved people's quality of life (QoL).

This information derives from the **PozQoL** website. Thanks to Dr. Graham Brown.

Reference: Brown, G., Mikołajczak, G., Lyons, A. Power, J, Drummond, F, Cogle, A, Allan, B, Cooper, C & O'Connor, S. Development and validation of PozQoL: a scale to assess quality of life of PLHIV. *BMC Public Health* 18, 527 (2018). <https://doi.org/10.1186/s12889-018-5433-6>

Innovation and Significance

The HIV nursing assessment tool facilitates streamlined nursing assessment by specialist nurses whilst linking into broader organisational assessments to enable holistic and responsive care planning for people living with HIV.

Embedding the PozQoL tool within the assessment contributes to monitoring and evaluation of the program. It will inform ways to help people living with HIV attain improvements in their quality of life, and enable better evaluation of the impact of community nursing supports for people living with HIV.

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