

Using PozQoL Scores to improve HIV service and outcomes

Specific PozQoL domain scores can help service providers understand more about their clients or patients. This can help them make better decisions about the care they provide. It can also help them understand the kinds of referrals that might have the most benefits for their clients or patients.

The following table provides recommendations for working with PLHIV with low scores in different domains. This table and more information about using PozQoL in practice are available on our website at <https://www.pozqol.org/using-pozqol/>.

Domain	A person with a low score in this domain may be:	They might benefit from:	Suggested referrals:
Psychological*	Experiencing poor mental health, for example: <ul style="list-style-type: none"> ▪ Low mood ▪ Negative outlook about themselves, their life, or their future 	<ul style="list-style-type: none"> ▪ Further discussion about their mental health ▪ Assessment using diagnostic mental health tools 	<ul style="list-style-type: none"> ▪ Counselling services ▪ Community rehabilitation and support services ▪ Care and support
Social	<ul style="list-style-type: none"> ▪ Experiencing some difficulties in relationships with other people ▪ Experiencing HIV-related discrimination ▪ Lacking a sense of belonging and support 	Meeting PLHIV peers, who can assist in: <ul style="list-style-type: none"> ▪ Overcoming isolation due to fear of stigma ▪ Managing disclosure and confidence 	<ul style="list-style-type: none"> ▪ Peer support ▪ Peer navigation ▪ Care and support
Health Concerns	<ul style="list-style-type: none"> ▪ Currently experiencing some difficulties managing their health ▪ Concerned that their health will deteriorate due to HIV — even if they are enjoying good health at the moment 	<ul style="list-style-type: none"> ▪ Discussing treatment options or revisions ▪ Speaking with PLHIV peers about managing HIV ▪ Information about maintaining good health with HIV 	<ul style="list-style-type: none"> ▪ Medical services ▪ Health promotion ▪ Peer education ▪ Care and support ▪ Counselling
Functional	<ul style="list-style-type: none"> ▪ Experiencing some difficulties with incorporating HIV into their everyday life ▪ Lacking functional independence ▪ Experiencing some financial distress 	<ul style="list-style-type: none"> ▪ Meeting PLHIV peers ▪ Community or financial support or advice 	<ul style="list-style-type: none"> ▪ Community support ▪ Financial and housing assistance ▪ Personal development

*** PozQoL is not a diagnostic tool. If you are not a mental health worker but you are concerned about your patient or client's mental health, it is important to refer them to a mental health service.**

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