

## Quality Care for People Aging with HIV through Nurse-led Care Coordination

### Executive Summary

People aging with HIV are likely to face a myriad of challenges: clinical, psychosocial, financial, and logistical. Aging with HIV is a complex mix of long-term treatment effects, early onset of general aging, comorbidities and other confounding factors including mental health and psychosocial factors that affect quality of life. Aging persons living with HIV (PLWH) have experienced tremendous loss, stigma and discrimination, including within the healthcare system. It is imperative that these experiences not be repeated as geriatric providers are now called to provide care.

Nurses have a long history of coordinating patient care, before the terms care coordination, case management and navigation were known. As PLWH are aging and their care becoming more complex, their challenges multi-layered, and their resources less robust, the need for compassionate and effective nurse managed care is critical. But it may not be HIV nurses providing this care.

**PROJECT GOAL** The Association of Nurses in AIDS Care (ANAC) is developing a multi-year, multi-dimensional educational program with the overall goals of:

- Ensuring that aging PLWH are provided the best possible care regardless of the setting.
- Achieving optimal nurse led care coordination for aging PLWH by nurses/nurse practitioners in settings where older patients are served.
- Supporting self-care and patient wellness for aging PLWH
- Maintaining optimal quality of life for people who are aging with HIV.

ANAC will focus on providing educational programming that focuses on expanding knowledge of the myriad clinical and social co-morbidities faced by aging PLWH and the skills and strategies for care coordination of this complex care by nurses. As part of this project, ANAC has cultivated an expert advisory committee of nurse experts, people living and aging with HIV, and other members of the healthcare team. This team is developing educational modules on various aspects of HIV and aging for nurses, nurse practitioners and other members of the healthcare team. They will be available in 2020 and cover clinical, care coordination, systems and logistics, patient self-management, and related advocacy and policy topics. CNE credits will be provided.

ANAC has partnered with major gerontology nursing organizations and numerous nationally recognized schools of nursing with gerontology programs to deliver this education to nurses, nurse practitioners and nursing students across the U.S. who specialize in gerontology.

Given that nurses can shape the development of health policy through their experiences and as trusted sources of health information, a policy and advocacy component is also included. We support a collaborative approach with others working in HIV and aging, sharing best practices and opportunities for cross project learning and collaboration to further optimal outcomes for PLWH as they age.