Nursing Roles and Resources in Rehabilitation: Coordinating Care of Persons Living with HIV

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Outline

• Introduction to CWGHR
• Prevalence of Disablement
• Rehabilitation Response
• Interprofessional Learning Project
• Future plans
Learning Objectives

• To present the results and resources from a national capacity building project for rehabilitation professionals on HIV/AIDS

• To consider the role and opportunities for nursing in meeting the rehabilitation needs of persons living with HIV
What is CWGHR?

Canadian Working Group on HIV and Rehabilitation

- National, multi-sector working group
- Addresses rehabilitation issues in the context of HIV
- Centred on the needs of people living with HIV
Goals of CWGHR

• Rehabilitation programs and resources for people living with HIV
• Innovation and excellence in the field of disabilities episodic and cyclic in nature
• Research and education to promote awareness of / access to rehabilitation programs and services
• Address the needs and concerns of families, caregivers, communities and people living with HIV-related disabilities
Rehabilitation in the Context of HIV

- People are living longer lives with HIV
- Multisystemic disease affecting neurological, cardiorespiratory and musculoskeletal systems
- Increasing prevalence of impairments, activity limitations and participation restrictions
- Unpredictable cycles of wellness and illness
- Rehabilitation to optimize the individual's participation in active living

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The Need

BC Prevalence Study


http://www.hqlo.com/content/2/1/46
Conclusions

• Demonstrated remarkably high prevalence of disablement among persons living with HIV in British Columbia
  ▪ At least 80% experienced at least one impairment, activity limitation or participation restriction in the past month.
  ▪ High prevalence of mental health issues

• Demonstrated need for rehabilitation among persons living with HIV
The Response

Canadian Providers Survey


Fact Sheets [www.hivandrehab.ca](http://www.hivandrehab.ca)

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Rehabilitation: Definition

“a dynamic process, including all prevention and/or treatment activities and/or services that address body impairments, activity limitations and participation restrictions for an individual”

- Broad definition, containing maintenance, restoration, and enhancement of well-being among those living with HIV
- Involved at any stage of the disease process along a wellness and illness continuum
- Client-centred
- Goal focused

61% rehabilitation professionals had never knowingly served an HIV positive client.

Of the 39% RP who had ever served an HIV positive client…
- on average only saw 4 clients in past year and
- 75% stated that < 25% of rehab issues were HIV related.
HIV & Rehabilitation: The Canadian Providers Survey Data

Proportion of Rehabilitation Professionals to whom HIV Specialists referred within the past year

- social workers
- community-based ASCs
- physical therapists
- occupational therapists
- physiatrists
- speech-language pathologists
Interprofessional Learning in Rehabilitation in the Context of HIV: Stakeholder Capacity Building Through Development of New Knowledge, Curriculum Resources and Partnerships
Purpose

To increase the capacity of rehabilitation professionals to respond to the rehabilitation needs of people living with HIV/AIDS in Canada
Project objectives

1. To develop new and enhance existing knowledge-based relationships
2. To increase awareness of existing and new curriculum resources, educational initiatives, programs & tools
3. To increase knowledge & skills related to HIV among rehab professionals
Initial Steps

• Advisory Committee
• Partnerships
  National rehabilitation organizations
  National HIV organizations
  Academic Sites and Community Members
• Literature Review
Model of Intersecting Components of Curricula in the Phase I Compendium

Section A: Interprofessional HIV Curriculum Specific to Rehabilitation Professionals

Section B: HIV Curriculum Specific to Rehabilitation Professionals (no IPE)

Section C: Interprofessional HIV Curriculum for Health Care Professionals (may or may not include rehab professionals)

Section D: HIV Curriculum for Health Care Professionals (may or may not include rehab professionals)

Curricula Not Specific to Rehabilitation Professionals

Curricula Specific to Rehabilitation Professionals

HIV/AIDS

Rehab Professionals

Other Health Care Professionals

IPE
Key Informants

- People Living with HIV
- Rehabilitation professionals
- Curriculum experts
- Academics
- Placement coordinators
- Policy makers
- IPE networks
Themes

• Curriculum Content
  • HIV 101
  • Rehabilitation related impairments, activity limitations and participation restrictions and strategies to address them
  • Issues related to sensitive practice

• Curriculum Delivery
  • Engaging people living with HIV as educators
  • Providing useable information in a practical form
  • Problem based
  • Interprofessional
Course Goals

• To increase knowledge and skills related to HIV among rehabilitation professionals
• To increase the capacity of rehabilitation professionals to respond to the rehabilitation needs of people living with HIV
• To enhance interprofessional practice among rehabilitation professionals to collaboratively respond to the rehabilitation needs of people living with HIV
Course Format

• Interprofessional

• Case based learning

• Involved persons living with HIV and rehabilitation professionals as co-faculty
Project Activity

• Completed three pilot courses
• Evaluated and integrated feedback
• Summary of References and Resources
• Knowledge Transfer/Dissemination
Course Evaluation

Level of Agreement with Evaluation Statements

- I have a better understanding of rehabilitation needs of people living with HIV: 73.5% strongly agree, 32.4% agree, 2.9% neutral, 2.9% disagree, 0% strongly disagree.
- I will be able to apply the content of this course to my everyday work: 64.7% strongly agree, 32.4% agree, 2.9% neutral, 2.9% disagree, 0% strongly disagree.
- I feel confident that I have the ability to provide rehabilitation services to people living with HIV: 64.7% strongly agree, 32.4% agree, 2.9% neutral, 2.9% disagree, 0% strongly disagree.
- After this course, I will feel more comfortable working with people who are HIV-positive: 26.5% strongly agree, 23.5% agree, 5.9% neutral, 2.9% disagree, 0% strongly disagree.
Course Evaluation

<table>
<thead>
<tr>
<th>Percentage of Participants</th>
<th>100%</th>
<th>80%</th>
<th>60%</th>
<th>40%</th>
<th>20%</th>
<th>0%</th>
</tr>
</thead>
<tbody>
<tr>
<td>I found the use of case studies to be an effective learning tool.</td>
<td>44.1%</td>
<td>67.6%</td>
<td>85.3%</td>
<td>76.5%</td>
<td>82.4%</td>
<td>73.5%</td>
</tr>
<tr>
<td>I found the interprofessional approach to be an effective way of discussing HIV rehabilitation</td>
<td>35.3%</td>
<td>26.5%</td>
<td>11.8%</td>
<td>11.8%</td>
<td>14.7%</td>
<td>23.5%</td>
</tr>
<tr>
<td>This course was interesting.</td>
<td>11.8%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>I would recommend this course to my colleagues.</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>I feel that participation in this course was a valuable use of my time.</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
<td>2.9%</td>
</tr>
<tr>
<td>Overall, the course delivery was effective.</td>
<td>20%</td>
<td>40%</td>
<td>60%</td>
<td>80%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Overall, this course met my expectations.</td>
<td>40%</td>
<td>60%</td>
<td>80%</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
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Course Evaluation

Extent to which course goals were met

<table>
<thead>
<tr>
<th>Course Goal</th>
<th>Percentage of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Goal 1: To increase knowledge and skills related to HIV among rehabilitation professionals</td>
<td>21.2% completely, 6.1% very much, 3.0% somewhat, 18.2% a little, 69.7% not at all</td>
</tr>
<tr>
<td>Course Goal 2: To increase the capacity of rehabilitation professionals to respond to the rehabilitation needs of people living with HIV/AIDS</td>
<td>70.0% completely, 10.0% very much, 0.0% somewhat, 9.1% a little, 6.0% not at all</td>
</tr>
<tr>
<td>Course Goal 3: To increase knowledge and understanding of interprofessional learning to enhance collaborative patient centred practice</td>
<td>70.0% completely, 10.0% very much, 0.0% somewhat, 9.1% a little, 6.0% not at all</td>
</tr>
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Future Opportunities

• Sustainability:
  Integrate into entry to practice curriculum
  Mentorship program
  Distance learning module

• Rehab & HIV self/community advocacy tools

• Best Practice Guideline development

• Future areas for Research/Education/Practice/Policy

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Future opportunities

- Adapting the course with nurses to integrate rehabilitation – partnership with CANAC
- Especially rural, remote and underserved communities
- Promote interprofessional approach where possible and appropriate
- Suggestions for including nurses
Rehabilitation Opportunities

• Across lifespan
  Paediatrics ➔ Elder care

• Across health care settings
  Acute, long term, community, rehab, private practice

• Across specialty areas
  Musculoskeletal, Cardio-respiratory, Neuroscience

• New considerations
  Equality, accessibility, marginalization etc.

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Interprofessional Roles

Body Function and Structure

Impairments:
• pain, weakness, decreased range of motion, cognition

Interventions:
• sensory modifications, pain management, strengthening and conditioning, exercise and positioning, cognitive strategies
Interprofessional Roles

Activity

Limitations:

• Difficulty walking, unable to drive, dependent for personal hygiene, managing a medication schedule

Interventions:

• Assistive device prescription, driving assessments, ADL strategies, support for household upkeep
Interprofessional Roles

Participation

Restrictions:

• Employment or return to work issues, difficulty in education, volunteering, social network

Interventions:

• Task/job modification, skills training, advocacy, mentorship, peer support

Canadian Working Group on HIV and Rehabilitation
Acknowledgements

• Project Advisory Committee
• Project Partners
  including nursing representation
• Canadian Working Group on HIV and Rehabilitation
• Public Health Agency of Canada (PHAC)
Thank You

www.hivandrehab.ca