

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

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Canadian Working Group on HIV and Rehabilitation

Groupe de travail canadien sur le VIH et la réinsertion sociale

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

The Need



BC Prevalence Study

Impairments, activity limitations and participation restrictions: Prevalence and associations among persons living with HIV/AIDS in British Columbia. Rusch, Nixon, Schilder, Braitstein, Chan & Hogg. *Health and Quality of Life Outcomes*, 2004, 2:46

<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

Rehabilitation in HIV/AIDS: Development of an Expanded Conceptual Framework. Worthington, Myers, O'Brien, Nixon & Cockerill. *AIDS Patient Care and STDs*, 2005, 19:4, 258-271.

Fact Sheets 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

Rehabilitation in HIV/AIDS: Development of an Expanded Conceptual Framework. Worthington, Myers, O'Brien, Nixon & Cockerill. *AIDS Patient Care and STDs*, 2005, 19:4, 258-271.

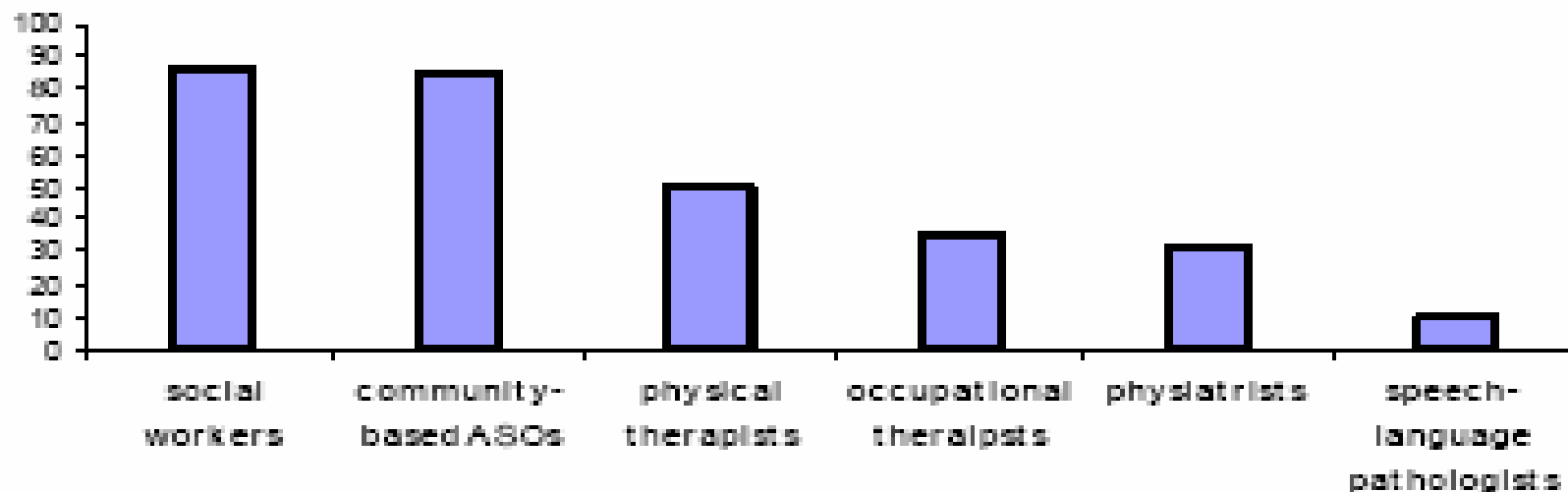
HIV & Rehabilitation: The Canadian Providers Survey Data



- 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





Interprofessional Learning in Rehabilitation in the Context of HIV: Stakeholder Capacity Building Through Development of New Knowledge, Curriculum Resources and Partnerships

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Purpose

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

Project objectives



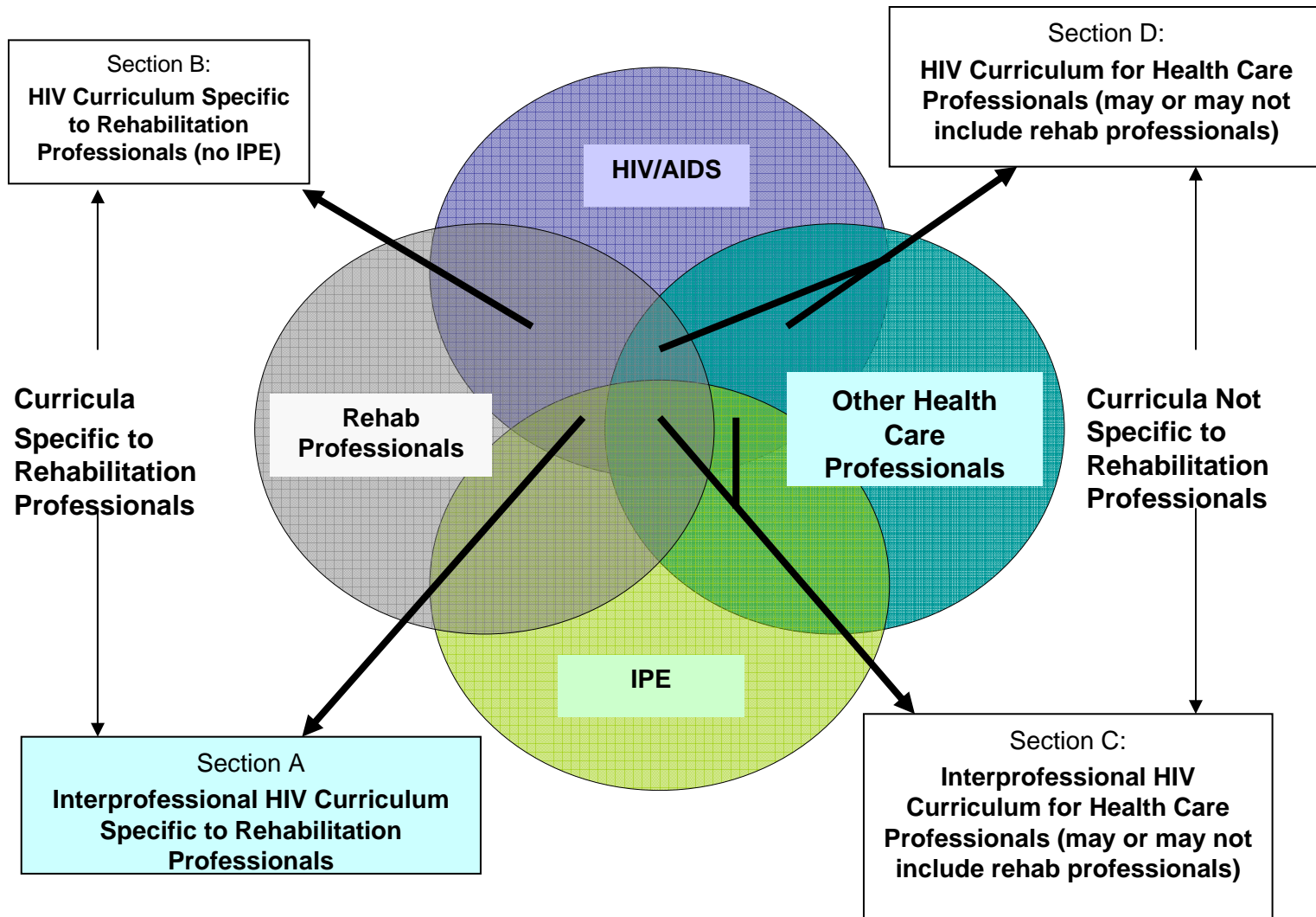
1. To develop new and enhance existing knowledge-based relationships
2. To increase awareness of existing and new curriculum resources, educational initiatives, programs & tools
3. To increase knowledge & skills related to HIV among rehab professionals

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



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

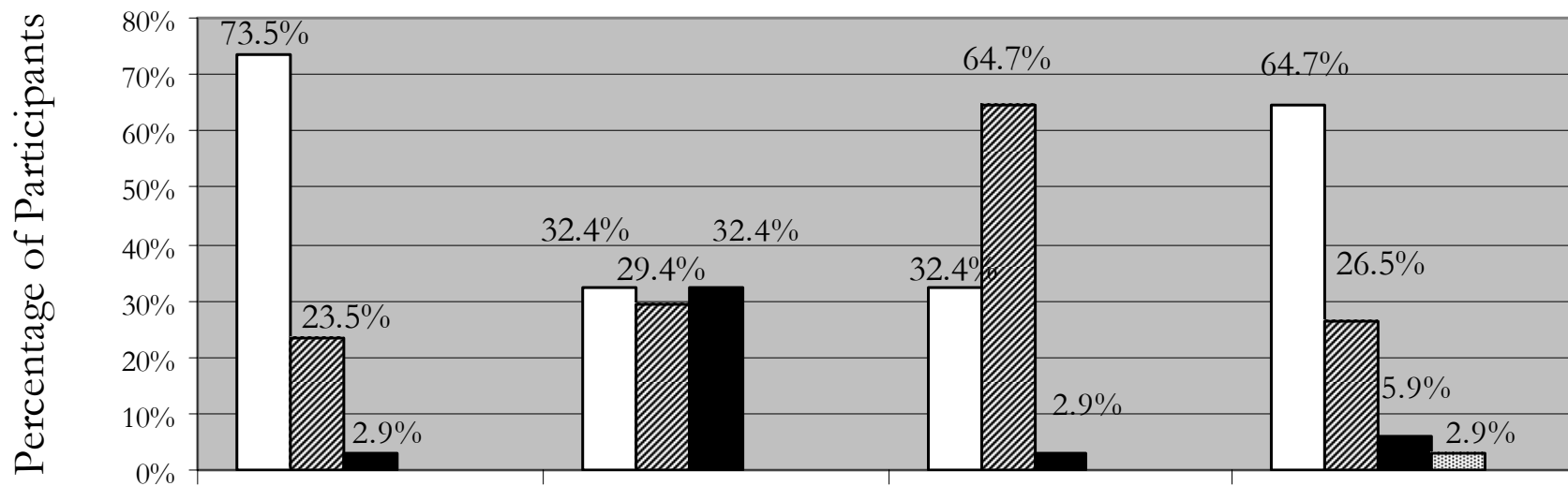


- Completed three pilot courses
- Evaluated and integrated feedback
- Summary of References and Resources
- Knowledge Transfer/Dissemination

Course Evaluation



Level of Agreement with Evaluation Statements



- strongly agree
- ▨ agree
- neutral
- ▤ disagree
- strongly disagree

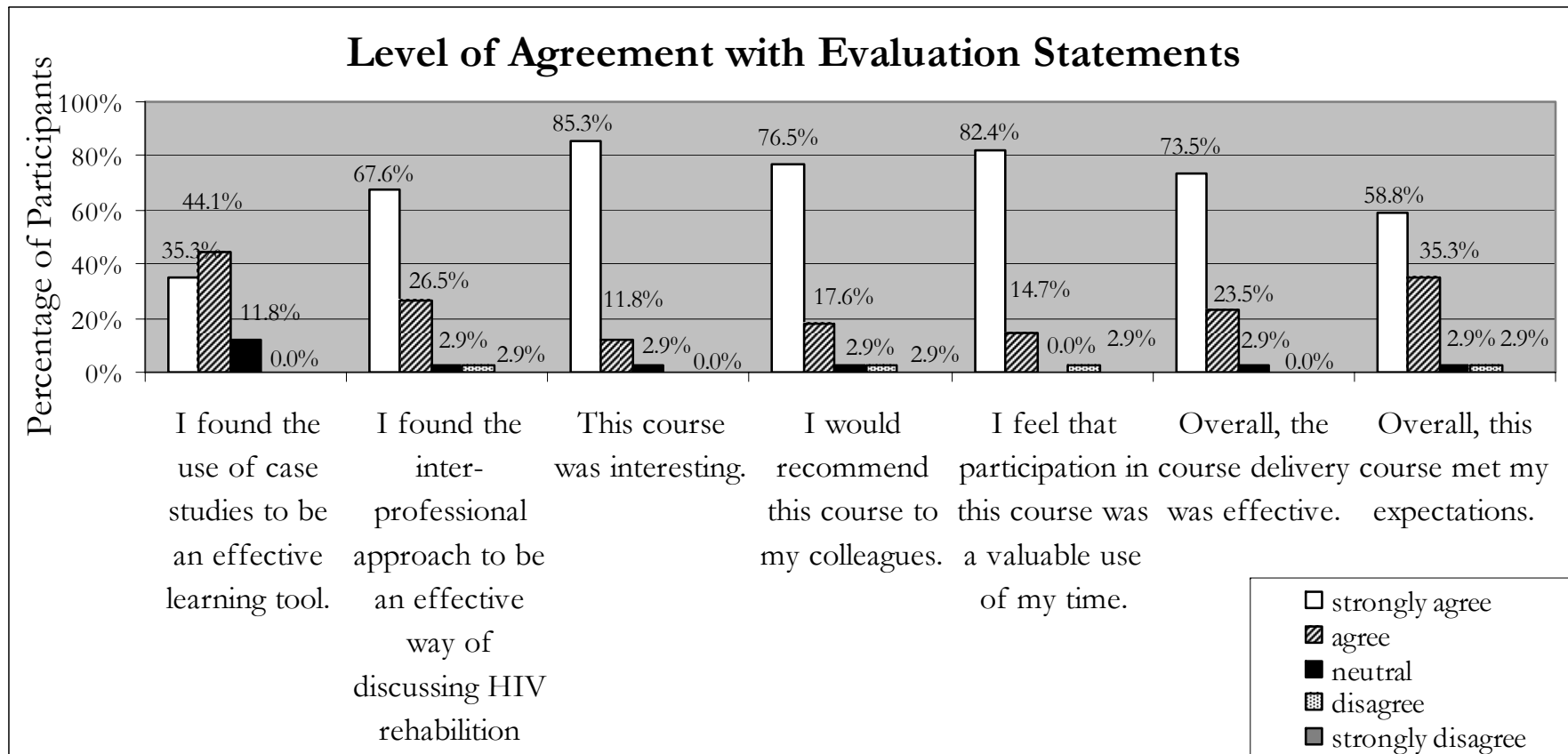
I have a better understanding of rehabilitation needs of people living with HIV.

I will be able to apply the content of this course to my everyday work.

I feel confident that I have the ability to provide rehabilitation services to people living with HIV.

After this course, I will feel more comfortable working with people who are HIV-positive.

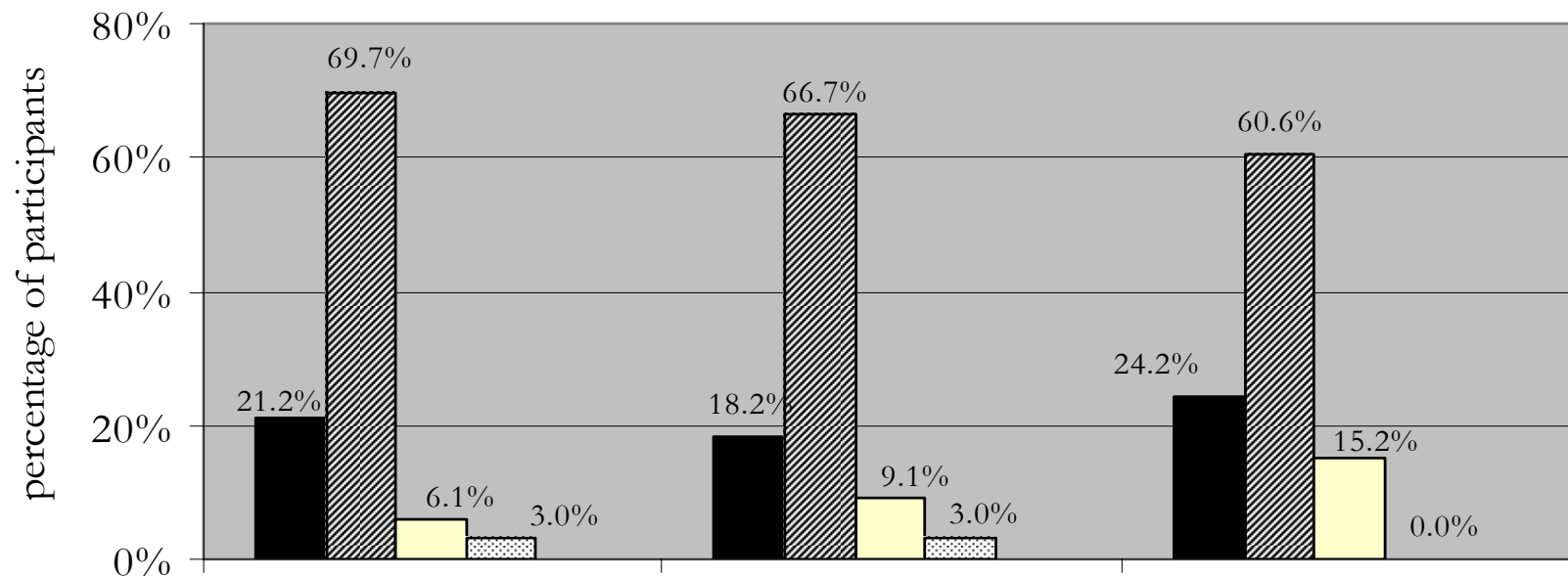
Course Evaluation



Course Evaluation



Extent to which course goals were met



Course Goal 1: To increase knowledge and skills related to HIV among rehabilitation professionals

Course Goal 2: To increase the capacity of rehabilitation professionals to respond to the rehabilitation needs of people living with HIV/AIDS

Course Goal 3: To increase knowledge and understanding of interprofessional learning to enhance collaborative patient centred practice

- completely
- ▨ very much
- somewhat
- ▤ a little
- not at all

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

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.

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

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

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