Interprofessional Learning in Rehabilitation in the Context of HIV: Nursing Role in the Rehabilitation of Persons Living with HIV

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Session Outline

- Introduction
- Interprofessional Learning Project
- Rehabilitation Perspectives
- Interprofessional Roles and Opportunities
Session Objectives

• To develop an understanding of the rehabilitation needs of PHAs
• To explore and expand perspectives on the role of rehabilitation in the context of HIV
• To present an interprofessional learning project for rehabilitation professionals
• To consider the role of nursing in meeting the rehabilitation needs of PHAs
What is CWGHR?

- National, multi-sector, not for profit, working group formed in 1998
- Addresses rehabilitation issues in the context of HIV disease
- 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 episodic disabilities
• Generate awareness of and access to rehabilitation 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
Interprofessional Learning in Rehabilitation in the Context of HIV Project

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

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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 and tools
3. To increase knowledge and skills related to HIV among rehab professionals
Emerging Themes

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

• Curriculum Delivery
  • Engaging PHAs as educators
  • Providing useable information in a practical form
Common Framework

International Classification of Functioning, Disability and Health (ICF)

• Impairment
  » Any problem in body function or structure

• Activity Limitation
  » Any difficulty an individual may have in carrying out a task or action

• Participation Restriction
  » Any problems an individual may experience in involvement in life situations
International Classification of Function - ICF (WHO 2001)

Health Condition
(disorder/disease)

Body function & structure
(Impairment)

Activities
(Limitation)

Participation
(Restriction)

Environmental Factors

Personal Factors
Episodic Disability


Episodic Nature

Baseline

Illness

Primary Care, Community Programs

Transitional Care

Acute Care

Specialized Care and Resources

Primary Care, Community Programs

Acute Care
The Need

BC Prevalence Study


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

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Impairments by CD4 level

- Diarrhea
- Reduced libido
- Weakness
- Poor concentration
- Headache
- Chronic fatigue
- Stiff joints
- Decreased endurance
- Poor appetite
- Decreased memory
- Nausea
- Gastric reflux
- Altered sensation
- Shortness of breath
- Wasting
- Constipation

Percent

CD4 <=200
CD4 201 - 500
CD4 >500
All part
Activity Limitation by CD4 level
Participation Restrictions by CD4

- CD4 <=200
- CD4 201 - 500
- CD4 >500
- All part
The Response

Canadian Providers Survey


Fact Sheets www.hivandrehab.ca

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Canadian Providers Survey Data

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

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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