Aging and HIV: Key Clinical Issues

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70% of Persons with HIV will be 50 years or older by 2030

Higher Rates of Multiple Comorbidities as PWH Age
(n=3,768)

Women with HIV

Men with HIV

Collins et al. (2023). JAMA
Cardiovascular Disease (CVD)

- 2-fold increased risk of cardiovascular disease in PWH
- Global burden has increased 3x over past 20 years

Type II Diabetes

Overall Prevalence

22.1% among PWH vs 14.9% in persons without HIV (n=90,900)

Birabaharan, et al. Prevalence of Type II Diabetes Mellitus Among Patients Living with HIV in the United States, Open Forum Infectious Diseases 2019
Other Chronic Conditions

Nearly twice the rate of Chronic Kidney Disease

Higher rates of Alzheimer Disease and Alzheimer-Related Dementias

Highest risk of lung cancer in PWH 60 years and older


Pre-Frailty and Frailty Seen More Frequently

Frailty associated with increased risk for poor health, falls, disability, hospitalization, and mortality.

Multiple Factors Impact Aging

- Medications
- Social/Environmental
- HIV
- Inflammation
- Other Conditions
Hypertension and Associated Complications

- **Integrase Inhibitors** (BIC, DTB, RAL, EVG/c) vs **Non-Integrase Inhibitors** (ATV/b, DRV/b, RPV, EFV)

- Of the 9,704 without hypertension at baseline, **30.7% developed hypertension** over 39,993 person-years.

- Integrase Inhibitors ± Tenofovir Alafenamide (TAF) associated with hypertension

There is a GAP in Evidence Based Guidelines

CORRECTIONS

Correction to: 2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients With Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines

In the article by Virani et al, “2023 AHA/ACC/ACCP/ASPC/NLA/PCNA Guideline for the Management of Patients With Chronic Coronary Disease: A Report of the American Heart Association/American College of Cardiology Joint Committee on Clinical Practice Guidelines”

35% reduction in Major Cardiac Events in persons with HIV at “low-to-moderate” risk who were administered pitavastatin
Depression and Anxiety

Percentage of ROAH 2.0 SF Participants Reporting Mental Disorders, Past Year

- Anxiety: 65%
- Depression: 62%
- Bipolar disorder: 12%

Alcohol & Substance Use

• Prevalence of alcohol use 17% in people with HIV >60 y.o.

• Higher morbidity/mortality at lower levels of alcohol consumption among people with HIV vs without HIV

• Impacts cognitive function

• Associated with lower adherence to care continuum

NEARLY TWO-THIRDS OF OLDER ADULTS WITH HIV EXPERIENCE BOTH HIV STIGMA AND AGEISM.
Stigma and Adherence

• Increased HIV stigma associated with increased odds of detectable viral load


Mental Health

- Loneliness
- Reduced energy
- Cognitive Function
- Multi-morbidity
- Social Networks
- Age
- HIV stigma

Cost and Coverage

Prescription abandonment rates
- < 5% when the no out-of-pocket cost
- 45% when cost is > $125
- 60% when cost is > $500

Rose, J (2022). AJMC. Medication Adherence is not a zero sum game
Why Is This Important?

- Quality of Life
- Health Care Costs
- Mortality
Where is the Expertise?

50% INCREASE in demand for geriatricians, 2018-2030

8,220 full-time practicing geriatricians

52.4 Million People 65 yrs +

Adult-Gerontology Nurse Practitioners
15.9% of all Nurse Practitioners

https://www.americangeriatrics.org/geriatrics-profession/about-geriatrics/geriatrics-workforce-numbers
https://www.aanp.org/about/all-about-nps[np-fact-sheet]
Statin Use: Real World Findings

Undertreatment of Hypertension in PWH

- N=2567
- 69% with hypertension
- Only 39.3% prescribed antihypertensive

Are Our Long Term Care Facilities Prepared?

Nearly 64% of long stay NH residents with HIV did not receive an ART regimen during an average observation period of one year.

Other Clinical Challenges and Issues

- 3,753 new HIV diagnosis in persons 55+ yrs in 2022
- Persons diagnosed later have more advanced disease
  - 34% of those diagnosed @ 55 yrs+ had Advanced HIV disease
- Only 36.7% of persons 55 yrs or older in need of PrEP received it
- Multiple opportunities for screening and early detection are often missed

Key Take Aways

Persons aging with HIV experience higher rates of co-occurring conditions that appear at earlier ages

Multiple factors impact aging – social, biologic, physical, cultural, economic

More research and evidence is needed to understand the impact of aging in PWH

We must educate and train the healthcare workforce to care for persons aging with HIV
Thank You

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