

PROximity: Digitization in the active listening of the HIV patient. Mental Health as a care priority.

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INTRODUCTION

The increased life expectancy of people with HIV due to the efficacy of the antiretroviral therapy, implies an ageing associated with an increase of socio-sanitary problems that affect the quality of life of these patients (neuropsychiatric problems, metabolic problems...).

A specific clinical management model based on health outcomes, monitoring of clinical and functional status, treatment monitoring and assessment of the impact of the pathology through patient perspective.

There are several barriers that hinders the implementation of this kind of model, such as the registration of clinical information in an unstructured and non-standardized way, which difficults the generation of evidence and debate among professionals to implement best practices. Furthermore, too many HIV specific Patient Reported Outcomes (PROs) are complex to manage in daily clinic.

HOPES, certified partner of ICHOM in Spain for 24 months, incorporates through PROximity the patient's voice in the care process to improve health outcomes, through the Clinic Screening Tool (CST), a new PRO that can detect quality of life problems in eight domains: cognitive problems, depression, sleep problems/fatigue, physical symptoms, stigma, sexual satisfaction, perceived social support and material deprivation.

METHODS

To approach this situation, PROximity implementates Value Based Healthcare (VBHC) through an interoperability between hospital systems in coordination with the Madrid regional health services, with the active contribution of the patient in their own care process with a validated methodology and with coordinated efforts of a multidisciplinary team: physicians, pharmacists, nursery...The project also implements alerts based on different threshold of CST answers and laboratory parameters.

For the informatic approach, a specific ad hoc platform co-developed with national experts has been installed in the Hospital Universitario Puerta de Hierro Majadahonda to allow a practical approach of the VBHC in our system, considering PROs and CROs.

This platform has been installed and integrated in coordination with SERMAS, DGSIES, Madrid Digital and Hospital engineering team, and has the endorsement of the Health Outcomes Pillar of SEDISA's Observatory of Value-Based Health Management. The integration circuit can be observed in the next image:

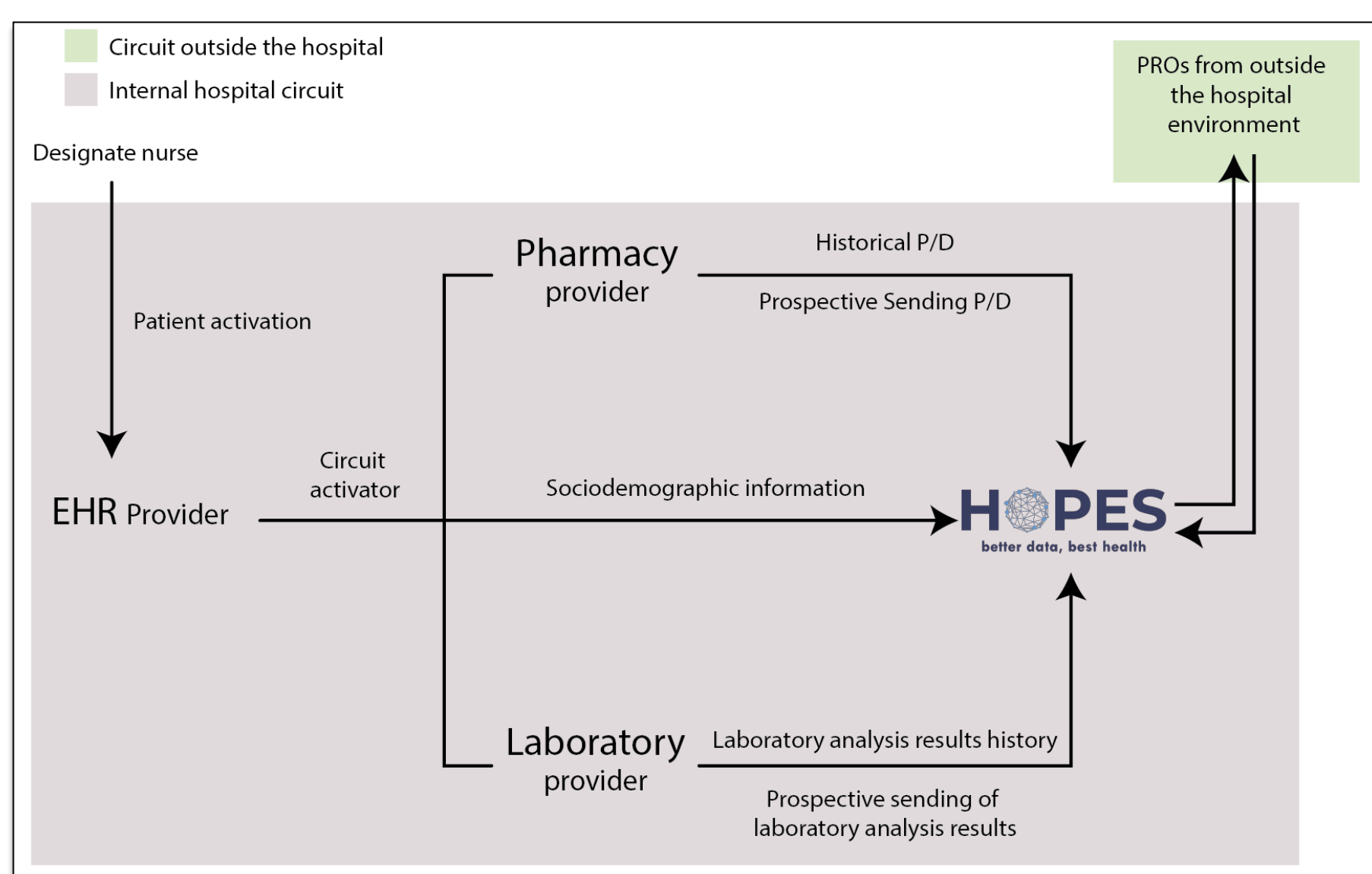


Image 1. Integration circuit

To incorporate patients' voice, a prospective and randomized clinical study is in progress, with study group (50 patients) and control group (50 patients). For 1 year, the PROs WHO-QoL bref and the newly developed CST, which measures 8 areas that impact the quality of life of the people living with HIV, will be answered by the patients following the next process:

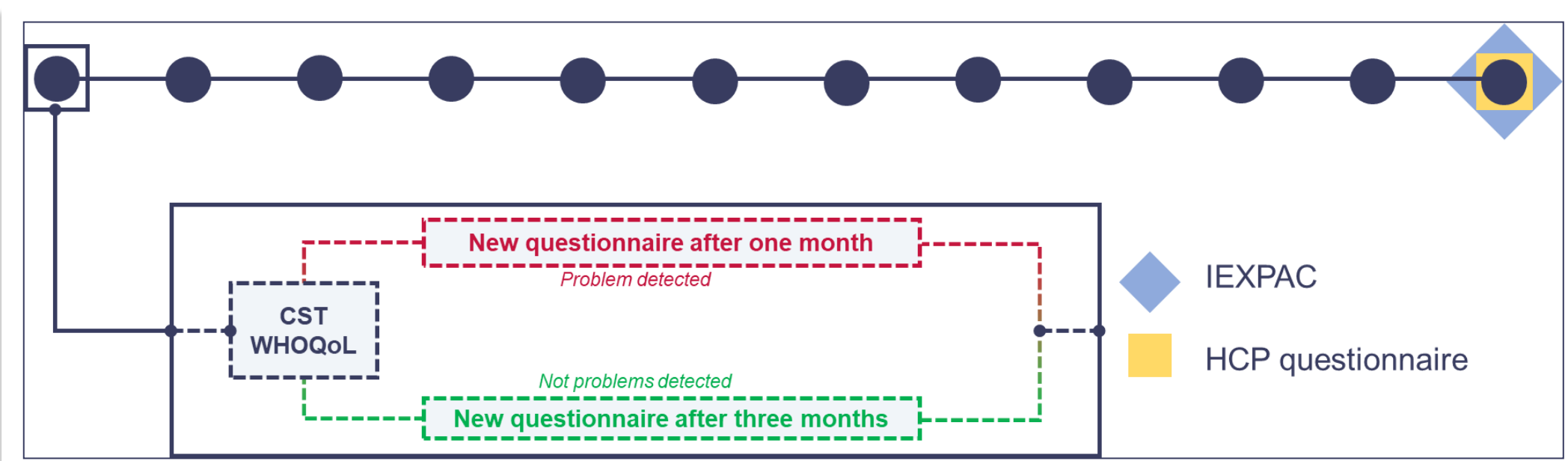


Image 2. Summary outline of the PROs dispatch protocol

RESULTS

Nowadays, 960 patients are being monitored on the platform, and thanks to the informatic integrations, the platform counts with history data from the pharmacy and the laboratory department since 2008:

- > 100.000 prescriptions
- > 36.000 laboratory analyses

Preliminary results of the study:

47.62% response rate for CST.

- 90% of patients showed at least one quality of life related problem
- About 40% of patients manifested mental health problems, such as cognitive impairment and depression
- 70% of patients manifested fatigue / sleep problems

42,86% response rate for WHO-QoL bref, with a mean value of 15,63 points.

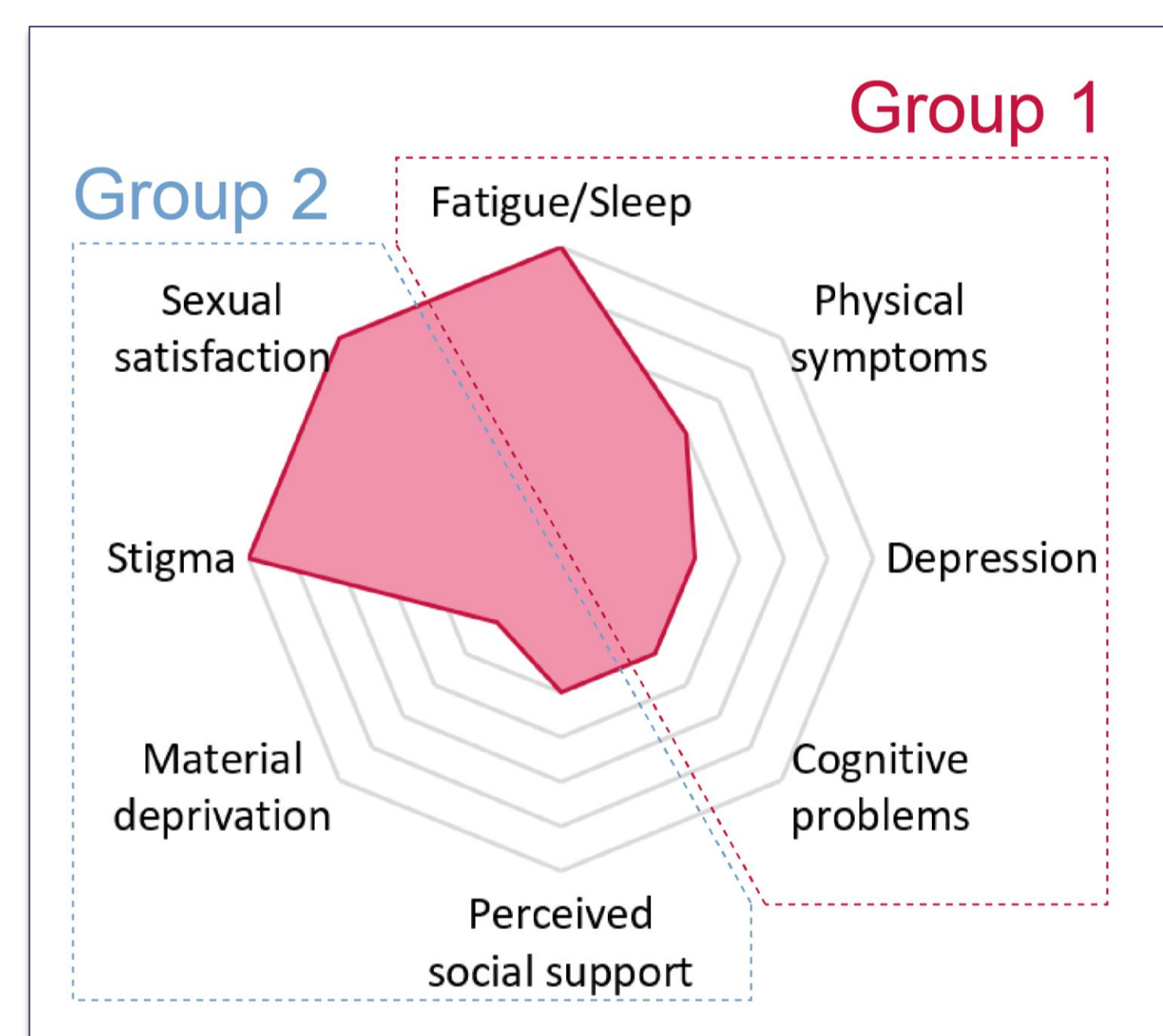


Image 3. Affected areas shown by the CST

CONCLUSIONS

- PROximity increases the knowledge of people living with HIV unmet needs through PROs
- Solid evidence will be generated from a collaborative, comprehensive and multidisciplinary approach to detect patient needs and adjust the care pathway to improve HIV patient's quality of life and wellbeing
- Digital integration positions the patients at the center of the healthcare system allowing them to have an active participation
- Implementing VBHC needs close cooperation, giving credit to the IT departments, whose work is vital.