

Implementation of the PozQoL in a Specialty Pharmacy Setting: Assessing the Impact of Pharmacist Interventions to Improve Quality of Life in People with HIV

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BACKGROUND

- People with HIV (PwHIV) face unique challenges, including stigma and mental health issues, that can significantly impact quality of life (QoL).¹
- Incorporating the measurement of QoL into the management of PwHIV can be a way to evaluate disease impact, assess for challenges being faced, and provide assistance as necessary.
- The PozQoL is a 13-item, validated tool that holistically measures the health, functional, social, and psychological well-being of PwHIV, informing better resource allocation and policy development.²
- The PozQoL has shown a positive impact on the lives of PwHIV by improving services and support through targeted QoL assessments.³
- The PozQoL helps track QoL changes over time, supporting effective interventions and contributing to the reduction of stigma associated with HIV via robust data collection that can guide pharmacies in providing essential training resources.³
- Specialty pharmacies have high-touch relationships with PwHIV taking antiretroviral medications and are ideally positioned to measure and act on QoL information from PwHIV.

OBJECTIVES

- To assess the impact of interventions performed by specialty pharmacists aimed at improving QoL in PwHIV.

METHODS

This descriptive study evaluates a quality improvement initiative that was implemented at two specialty pharmacies from July 2023 to April 2024.

Study Set-up and Design

Specialty pharmacies were selected to pilot the quality improvement initiative based on a high volume of HIV patients.

Configuration changes were made to each participating pharmacy's instance of the TherigySTMSM patient management system to incorporate QoL measurement with PozQoL into the workflow for managing PwHIV.

PozQoL was administered to patients 18 years or older with a diagnosis of HIV and on HIV therapy clinically managed by a specialty pharmacist. Low or Moderate scores in any domain were flagged as opportunities for pharmacists to make an intervention based on their clinical judgement.

Pharmacist interventions could be with the patient, prescriber, and/or another healthcare provider, and each was documented within TherigySTM. All interventions also documented the level of impact on the patient's healthcare and the pharmacist's time.

Patient follow-up was recommended based on the original PozQoL score:
 Low QoL score: No sooner than 2 months
 Moderate QoL score: 3 months
 High to Very High QoL score: 6 months

Data was gathered in May 2024 for analysis, including PozQoL scores, the number and types of interventions created from PozQoL, the recommendations made, the outcomes of these interventions, and the change in score from their latest PozQoL at the end of April 2024. Descriptive statistics were used for all measures.

METHODS

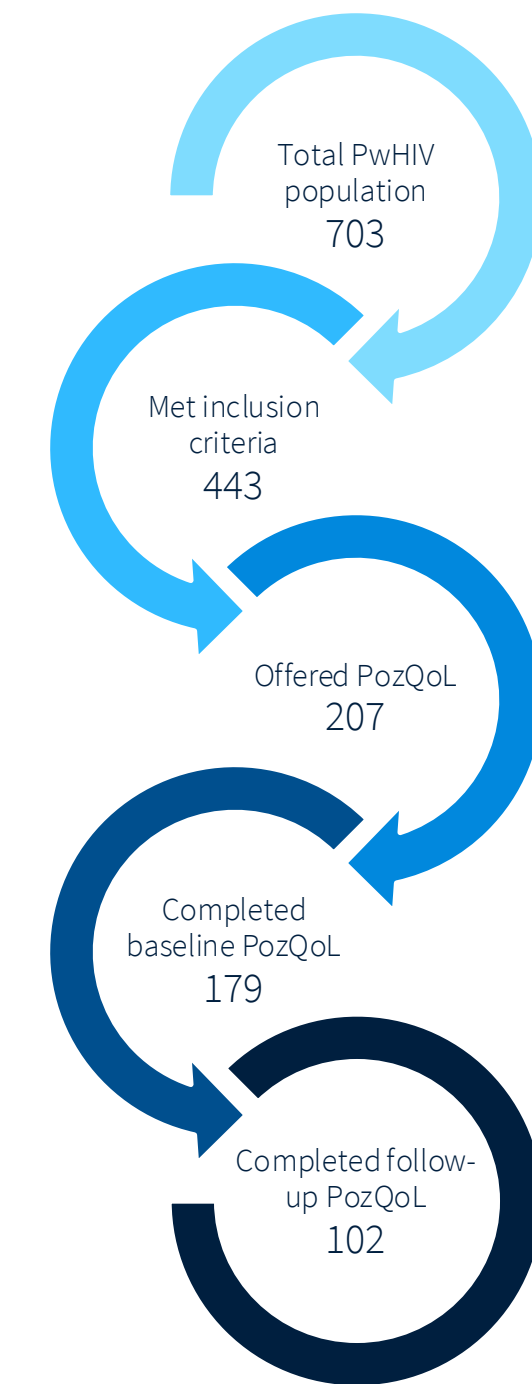


Figure 1: Study sample

Quality of Life Measurement - PozQoL²

We would like to ask you about your health, relationships, life satisfaction, and wellbeing. Please indicate how much the following statements apply to you on a scale from 1 (not at all) to 5 (extremely).

Psychological

Includes mood, coping, hope for or fear of the future, and self-worth.



I am enjoying life.
 I feel good about myself as a person.
 I feel in control of my life.
 I am optimistic about my future.

Health

About how someone feels about their own health. It includes health-related worries and energy. It also includes how easy they find it to manage HIV and HIV treatment.



I worry about my health.
 I worry about the impact of HIV on my health.
 I fear the health effects of HIV as I get older.

Social

About personal and social life. It includes feelings of belonging, support, and social stigma.



I lack a sense of belonging with people around me.
 I am afraid that people may reject me when they learn I have HIV.
 I feel that HIV limits my personal relationships.

Functional

About whether a person feels that they can live what they would call a 'normal' life. It includes independence, meaningful occupation, and good standard of living.



I feel that HIV prevents me from doing as much as I would like.
 I feel in control of my life.
 I am optimistic about my future.

RESULTS

179 patients were administered a baseline PozQoL, and 102 patients received at least one follow-up PozQoL by the end of April 2024. Of those who responded, 72 (40%) patients scored low (n=33) or moderate (n=57) on any domain at baseline.

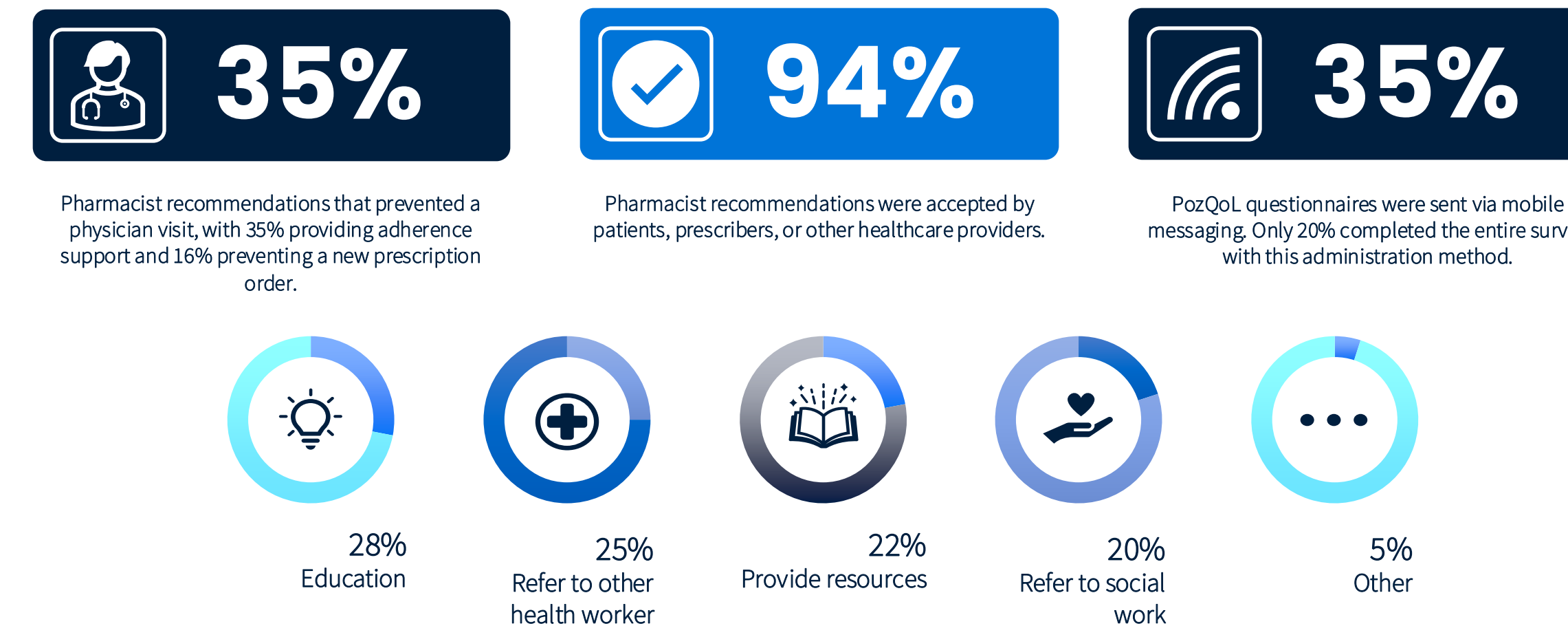
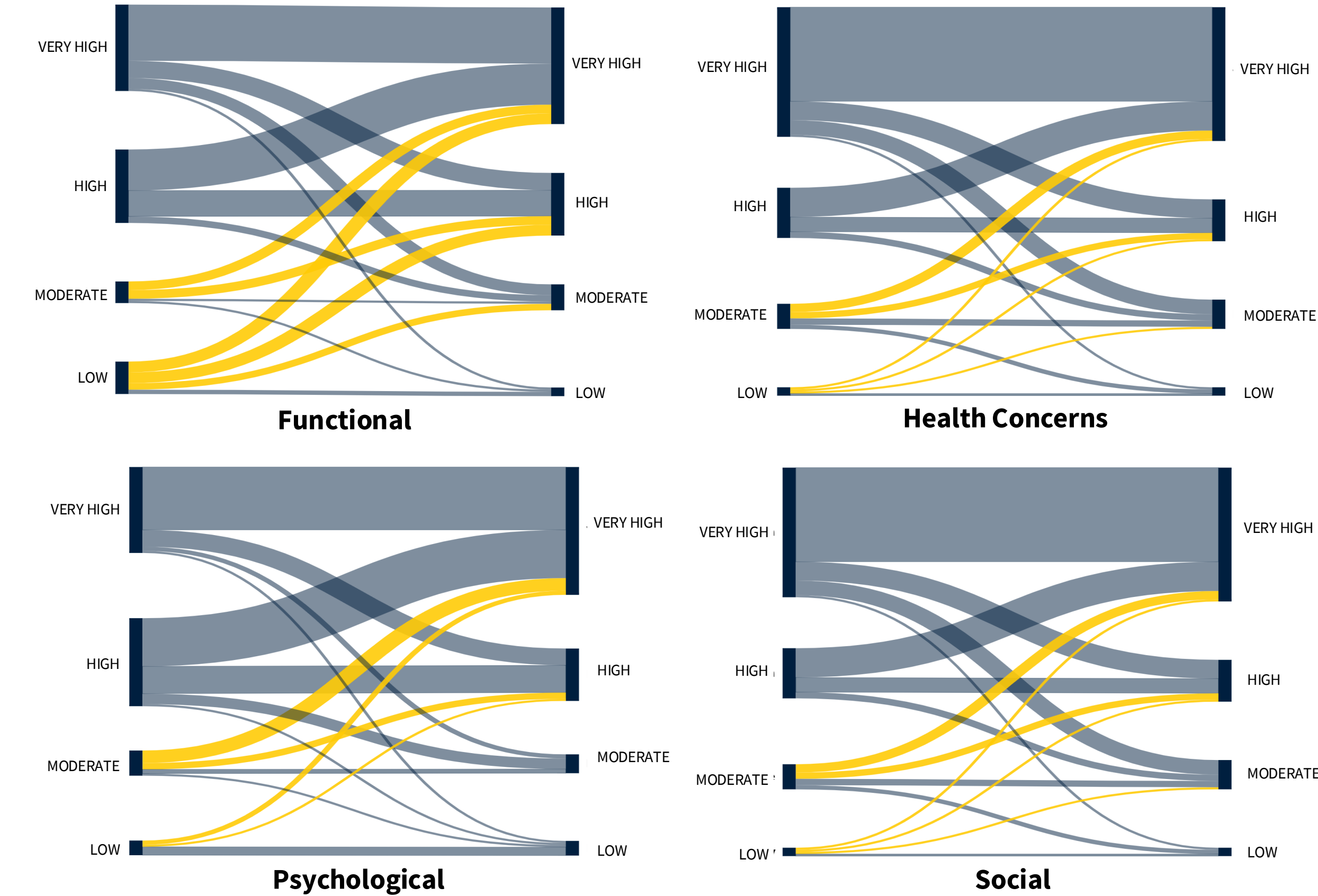


Figure 2: Pharmacist intervention recommendations (n=33)

RESULTS

Figure 3: Change in PozQoL score category, per domain, after pharmacist intervention



In those with a low or moderate baseline score, 72% (n=18) of functional, 56% (n=19) of health concerns, 63% (n=12) of psychological, and 63% (n=10) of social improved to a higher category at follow-up (* average 120 days).

CONCLUSION

- This pilot project demonstrated how specialty pharmacists could utilize information gathered using the PozQoL to identify areas where PwHIV were experiencing low or moderate QoL.
- Pharmacists were able to make targeted interventions and recommendations to support these areas of need, which had a high level of acceptance from the patients and their other healthcare providers.
- Moving forward, there may be potential for implementing PozQoL via mobile messaging, suggesting an avenue for expanding its reach. This could further facilitate meaningful changes and interventions for patients within specialty pharmacy services.
- Future work should focus on offering the PozQoL in different languages within the specialty pharmacy setting and determining the impact of these targeted interventions on a larger population using inferential statistics.

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