

# **HIV/NCD Comorbidity in Sub-Saharan Africa: The Need for a Synergistic Health Care Model**

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# HIV Care and Implications

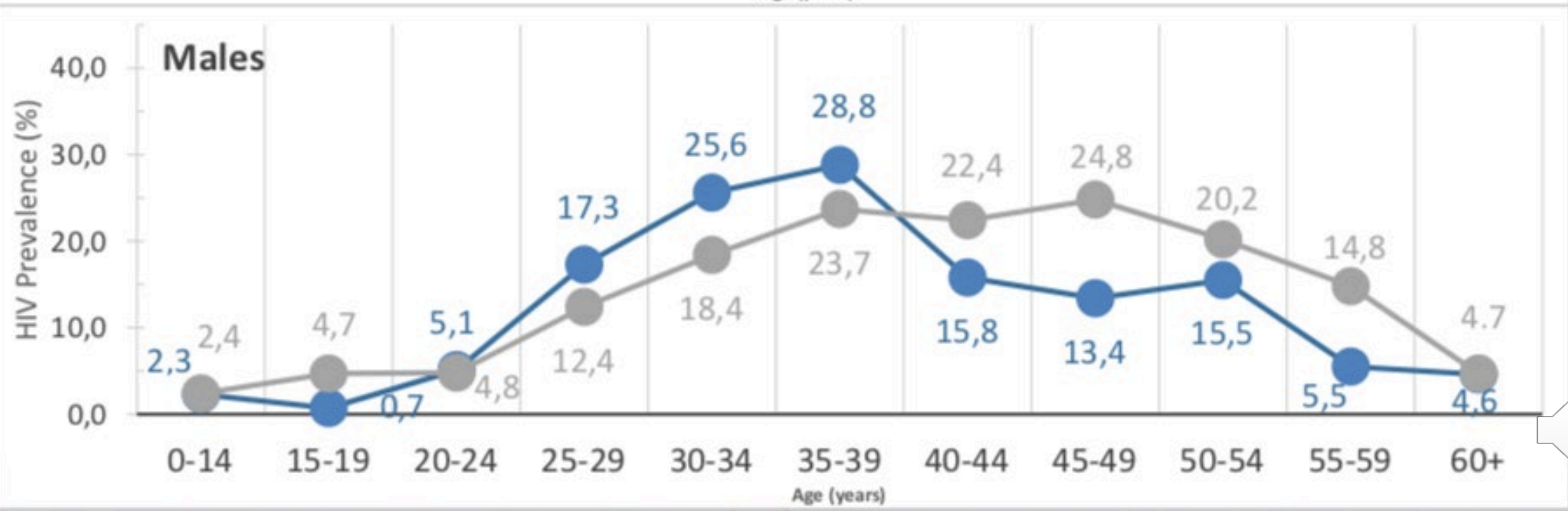
- ❑ ART utilization in South Africa has led to an aging population of PLHIV
- ❑ Routine testing enables early utilization of ART
- ❑ Benefits of routine testing:
  - ❑ Decrease new infections
  - ❑ Increase knowledge of prevention, transmission and treatment
  - ❑ Decrease in risky sexual behaviors
  - ❑ Decrease in HIV stigma



# Noncommunicable Disease Care and Implications

- ❑ 60% global deaths are a result of NCD's
  - ❑  $\frac{3}{4}$  in low- or middle- income countries
- ❑ Frequent and routine screening necessary for early treatment
- ❑ Early treatment leads to proper NCD care
- ❑ Minimize global burden





# HIV and NCD Comorbidity

- ❑ PLHIV have mortality rate 15 times higher than those who do not have HIV
  - ❑ Half of deaths in the population living with HIV are a result of NCDs
- ❑ HIV accelerates the aging process, increasing susceptibility to NCDs
- ❑ Need for an integrated care model of HIV and NCDs



# Methods

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- ❑ 30 South African individuals over 50 years old
- ❑ Khayelitsha (n=18) and Agincourt (n=12)
- ❑ 7 HIV+ / 23 HIV-
- ❑ Testing and Risk History Calendar (Developed by Schatz & Knight)

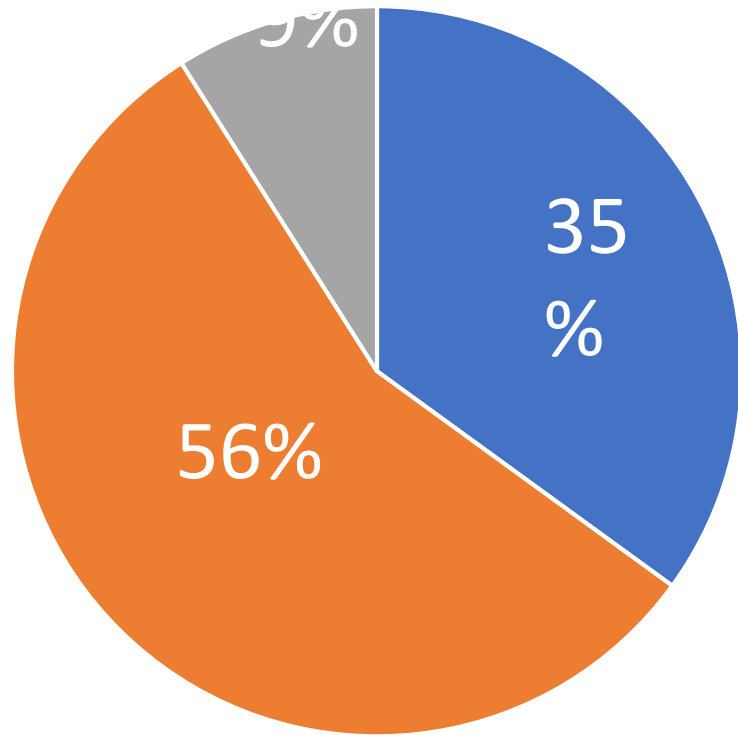


## TESTING & RISK HISTORY CALENDAR\*

**N.B: The following is a truncated SAMPLE FILLED IN version of the Testing & Risk History Calendar instrument. The full TRHC instrument started in June 2009 and ended in May 2019 and included an additional set of timelines on health/health care utilization, and a set of survey questions on HIV Testing.**

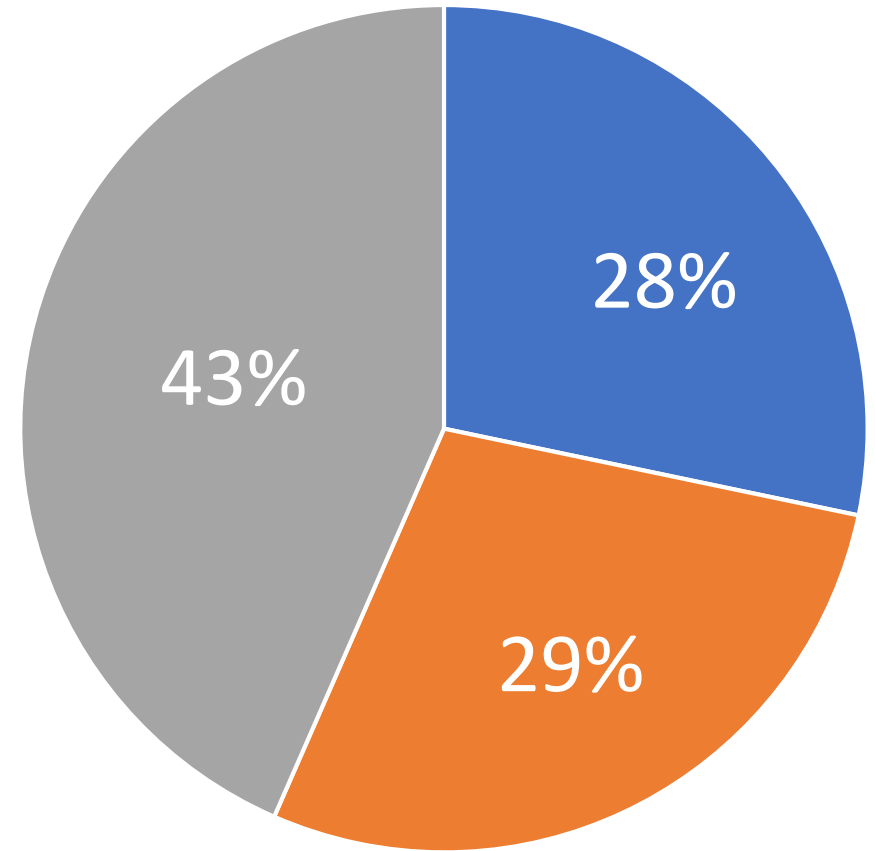
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7 Pension/Grants														OA-----												-----OA																							
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## HIV Negative Participants



n = 23

## HIV Positive Participants



n = 7

■ 0 NCD's ■ 1 NCD ■ 2 NCDs





Total Number of HIV  
Tests:  
73

Total Number of  
HIV- Tests:  
62

Total  
Number  
of HIV+  
Tests:  
11

Total  
Number of  
Missed  
Opportunit  
ies for HIV  
Testing:  
16



# Discussion – HIV and NCD Comorbidity Association

- ❑ Having 2 comorbidities: PLHIV vs those not living with HIV
- ❑ R.R.= 4.77
- ❑ HIV is a major risk factor for NCD's
- ❑ Many missed opportunities
- ❑ Calls for synergistic healthcare model
- ❑ Ease global burden of NCD's



# Conclusion

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- ❑ HIV increases susceptibility to NCDs
- ❑ Those engaging frequently in health care are not being tested
- ❑ Synergistic model is needed to ensure complete coverage of care
- ❑ Established practice of routine testing
- ❑ A synergistic health care model is essential in providing care to aging HIV+ population in South Africa



# Thank You

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- ❑ Dr. Enid Schatz of University of Missouri Department of Public Health
- ❑ Those who helped fund my attendance:
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  - ❑ University of Missouri's Undergraduate Research Office
  - ❑ LuShawna Gerdes, of Family Physicians Inquiries Network

