

# Cardiovascular Disease in Patients with Well Controlled HIV

## Module 2 Zoom Activities



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# #1: Interprofessional CVD Care (IPE)

Objective: Develop and explain recommendations to optimize a patient's cardiovascular health using an interprofessional team-based approach



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# Case

James is a 50-year-old man with long-standing, well controlled HIV on 3TC, AZT, and r/LPV who presented to the clinic for routine HIV care. His last HIV RNA one month ago was undetectable, and his pill count shows that he is very adherent to his ART. James explained that he was having poor erections, and he was very frustrated and embarrassed. He had a history of high blood pressure not on treatment and smoked 8-10 cigarettes per day.

*Imagine you are part of a team evaluating a patient like James who has a number of CVD risk factors.*

# Multidisciplinary discussion

STEP 1: Spend 5 minutes reviewing Table 3 of the 2020 WHO HEARTS Technical Package “Management of total CVD risk” (available in both the “no labs” and “lab based” documents in additional learner materials).

STEP 2: Conduct multidisciplinary rounds – Allow each health profession in your group to suggest recommendations for James’s care that relate to their profession/expression. Fill out the provided table as a group with recommendations for each specified area of CVD care.

*Use both handouts on the STRIPE HIV site for this activity.*

# Breakout rooms

15 minutes



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# Debrief

<b>CVD Care Area</b>	<b>Recommendation</b>
Physical activity	
Dietary changes	
Smoking cessation	
Avoiding harmful alcohol	
Blood pressure	
ART regimen	
Goal HIV RNA	
Weight control	
Lipid lowering agent	
Hypoglycemic agent	

# Answers

CVD Care Area	Recommendation
Physical activity	Increase aerobic exercise <ul style="list-style-type: none"><li>• &gt; 150 min/week</li></ul>
Dietary changes	Less salt and total fat intake <ul style="list-style-type: none"><li>• &lt;1tsp salt a day and &lt; 2000 calories/day</li></ul>
Smoking cessation	Complete cessation of all tobacco products should be the goal <ul style="list-style-type: none"><li>• Stopping all at once more effective than “weaning” cigarettes</li></ul>
Avoiding harmful alcohol	Stopping any amount that leads to detrimental health and social consequences <ul style="list-style-type: none"><li>• Goal <math>\leq 1</math> standard drink daily</li></ul>
Blood pressure	Decrease BP <ul style="list-style-type: none"><li>• Goal of &lt;140/90 or &lt;130/80 if diabetic or risk is &gt;30%</li></ul>
ART regimen	Change regimen that does not include a PI and has fewer lipid effects <ul style="list-style-type: none"><li>• Consider TDF/FTC/DTG</li></ul>
Goal HIV RNA	Undetectable <ul style="list-style-type: none"><li>• Persistent viral replication may be tied to inflammation</li></ul>
Weight control	Weight loss is desirable if overweight <ul style="list-style-type: none"><li>• Goal BMI of 20-25</li></ul>
Lipid lowering agent	Consider initiation for CVD risk >30% or diabetes or individuals with persistently elevated cholesterol* (total cholesterol >8 mmol/L) despite lipid lowering diet <ul style="list-style-type: none"><li>• Atorvastatin or Simvastatin</li></ul>
Hypoglycemic agent	Consider if FBS > 7 mmol/L <ul style="list-style-type: none"><li>• Metformin</li></ul>

# #2: Team-based discharge (IPE)

Objective: Develop and explain recommendations to optimize a patient's cardiovascular health using an interprofessional, team-based approach



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# Case

Joyce is a 38-year-old woman with 12 years of well controlled HIV who presents to a rural triage clinic with acute onset left-sided weakness of 6 hours duration and is found to have a stroke. After several days of hospitalization, Joyce's condition improves. You are preparing to discharge her from the hospital.

# Small group discussion questions

1. Who would you engage to support Joyce after she is discharged?
2. In what ways do you envision these individuals supporting Joyce?

*Refer to the Zoom handout on the STRIPE HIV site for these questions when in your breakout group.*

# Breakout rooms

10 minutes



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Reflection



Key Points?

