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# A person-centred framework for eliciting and addressing the drivers of self-perceived quality of life.

## Background

The multi-country Positive Perspectives 2 study, conducted by ViiV Healthcare, found people living with HIV in Australia report **very high satisfaction with treatment** (83%), but experience **lower overall wellbeing** (64%) (Allan et al, 2021).

In response, the National Association of People Living with HIV Australia (NAPWHA) undertook a series of web-based community engagement events to build an understanding of how people with HIV in Australia define good quality of life.

The end result is an Australian Community Accord on Quality of Life for People with HIV, which is both a commitment and a call-to-action for the partners in the Australian HIV response.

The Accord defines a framework, based on thematic analysis of our extensive consultation findings, for identifying and addressing the drivers of self-perceived quality of life in people with HIV. It complements validated standardised measures such as PozQOL and the WHOQOL-HIV scales.

## POSITIVE DRIVERS

### > Meaning

Where HIV fits in your life narrative and what meaning and purpose you can find in living with HIV.

### > Belonging

Feeling a sense of belonging and enough of the kinds of social connection that matter to the person living with HIV.

### > Care

Wholistic HIV care that goes beyond viral suppression and includes the full spectrum of issues and experiences that affect quality of life for people with HIV.

### > Support

Receiving support when times are tough from positive peers and organisations that provide social and support services.

## NEGATIVE DRIVERS

### > Isolation

A prolonged lack of belonging, social contact and connectedness.

### > Stigma

All the many and various ways in which people are devalued as people for having HIV.

### > Distress

Acute or chronic lack of psychological ease in everyday life.

### > Insecurity

Not having secure living arrangements and life circumstances. This includes poverty, insecure or insufficient income, precarious employment, food insecurity, being homeless or unsatisfactory housing.



## The Accord Framework

The Accord calls for action to Advocate, Consider, Address, Reduce, Enhance and Evaluate the drivers of quality of life, including the social determinants of health and health inequities.

Advocate	Quality of life for all people with HIV by 2030		
Consider	Social determinants of quality of life		
Address	Reduce	Enhance	Evaluate
Comorbidities Healthy living Mental health Polypharmacy Treatment literacy Chronic pain	Stigma Isolation Insecurity Distress	Meaning Belonging Support Care	Clients/patients Clinical groups Communities Population

This poster, and the work that has gone into it, is based upon the lives of people living with HIV. Our fight against HIV and AIDS must continue to include people living with HIV and the authors honour these lives both past and present.

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## References

Allan B et al (2021) 'Quantifying unmet treatment needs among people living with HIV in Australia and other countries' in Population Medicine <https://doi.org/10.18332/popmed/143160>.

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