

The Effect of Untreated/Undertreated Mental Health in PLWHIV in East Central Alabama

Keith Matthews, CRNP
Auburn University College of Nursing
Unity Wellness Center



Logic Model

Outcomes

- Improved viral load suppression - 48% to 84% at 1st month then to 64% at 3rd month)
- Improved mental health scores
PHQ-9 improved ~3.38 pts
GAD-7 improved ~3.06 pts
- Need for SODH assessment - Assessed due to issues with follow-up

Outputs

- Screen and offer treatment to 50 patients
- Follow-up at month 1, 3, & 6

Activities

- Screening for depression and anxiety
- Viral load checks at each appointment
- Multiple treatment options
- Social work to help with counseling referrals
- Social work to asses SODH

Inputs

- Medical Staff - NP, RN, and MA
- Social Workers
- Insurance Assessment _ insured/uninsured
- ART and treatment options
- Mental health screening tools - PHQ-9 and GAD-7
- Barriers to Care - housing, transportation, finances

Introduction

Needs addressed

- Mental health conditions in people living with HIV
- Low medication adherence shown through high viral loads
- Social Determinants of Health that impact people living with HIV

Health Inequity

- HIV Stigma, Income Instability, Unstable Housing, Low Education, Food Insecurity

Impact

- Routine screening for depression and anxiety at appointments
- Improved viral suppression rate
- Increased mental health education
- Assessing social determinants of health for PLWHIV and rural communities
- EAH has implemented mandatory mental screenings at outpatient appointments



Whitney & Ty - UWC Medical Staff

Critical Assessment

- Barriers and Challenges - Patient follow-up
 - Healthcare is complex - importance of addressing SDOH
- Top 5: Sexual Minority, Economic Instability, Lack of Transportation, Unstable Housing, and Food Insecurity & Provider Access
- Major lesson learned:
 - Addressing rural health in more equitable ways
 - Rethinking rural health since the majority of Alabama is rural
- CAB impact:
 - Taking in perspectives of multiple parties in different areas to address major healthcare issues



UWC Social Workers: Philip Kierce, Emily Stubblefield, Hannah Talburt, Victoria Hoehn, & Mollie Jewett

Acknowledgements

Dr. Linda Gibson-Young - Academic Mentor Philip Kierce, LMSW-S, Site Mentor, CAB Memebers, Unity Wellness Center, and ASF mentors, Kristin Boggs and Keaton Johnson

References

