

HEALTH SCREENING CHECKLIST

Use this list when you talk to your provider. Check off each item when you have addressed it.

Name of my Provider

Date of Appointment

Health Screenings

- Memory
- Mobility and Fall Risk
- Mental Health
 - Depression
 - Loneliness
- Nutrition
- Vision
- Hearing
- Oral Exam

Important Laboratory Tests to Discuss

- HIV Viral Load
- CD4 Count
- Kidney Function – Creatinine
- Lipids

Other Tests

- Bone Density Test – X-ray
- Heart Function – ECG or EKG
- Blood Pressure
- Lung Health – X-ray

RESOURCES

NYSDOH – AIDS Institute



Functional Screening Tool

www.quality.aidsinstituteny.org/QualManage/QualManage/QM_Aging_and_Long_term_Survivors_En



NYS DOH Clinical Guidelines on HIV and Aging

www.hivguidelines.org/guideline/hiv-aging/?mycollection=hiv-care

Education Materials

Living and Aging with HIV (#0103)

health.ny.gov/publications/0103.pdf

Stay Connected. If you are over 50, routine health care is important. (#0178)

health.ny.gov/publications/0178.pdf

You're in Charge, Preparing for your Health Care Appointment (#9897)

health.ny.gov/publications/9897.pdf

A special thanks to the Ending the Epidemic (ETE) Manhattan Regional committee for providing community input in the creation of this piece.

Aging with HIV?
Communication is Key



HIV PRIMARY CARE

One of the most important ways to stay healthy as you age with HIV is to have regular visits with a primary health care provider.

Taking your HIV medication and keeping your viral load undetectable keeps your immune system strong. This supports your overall wellness. Talk with your provider about what matters most to you as you age. Work with them to address any other health conditions you may have, like diabetes, high blood pressure, and/or cancer. Together make a care plan that aligns with your goals and care preferences.



WHAT ARE HEALTH SCREENINGS?

Health screenings are brief exams or activities that your health care team can do with you to check how well your mind and body are working. They will help you and your provider to better understand your overall health. They can help you both to keep an eye on how aging is affecting various areas of your life.

As you age, you may notice changes in your hearing, memory, mobility, and other aspects of your health and daily living. This brochure reviews common health screenings that should be done with older adults living with HIV. If you have concerns about aging, ask your provider to do a health screening related to your concern. Based on the test results, you and your health care team can revise your health plan. Talking about aging with your health care team will empower you to live your best life possible!

TYPES OF HEALTH SCREENINGS



Memory

Memory screenings for older adults can help find issues early. Finding these problems sooner may help you make choices about your future and your health care. Your provider may use a memory test to check for changes in memory. During these screenings your provider may ask you questions such as:

- Do you know today's date?
- What did you do yesterday? Last week?
- Do you know where you are?
- Your provider may tell you several words and ask that you repeat the words later in the visit.

These types of questions test your memory. It will allow your provider to track changes over time.

Mobility



Mobility screenings check your ability to move around safely. These screenings help your health care provider identify risks that can cause accidents or falls. Your provider may screen for mobility by asking a few questions. For example, they may ask how easily you are able to get around and carry out day-to-day tasks. Tell your provider about any parts of your body where you feel pain or weakness so they may focus on these areas.

A common mobility screening is the chair rise test. During this test you will be asked to sit in a chair and then stand up 5 times without using your arms. This test checks your balance and ability to comfortably move around. Your provider can recommend exercises, mobility devices, such as a cane or walker, or therapies to maintain and improve your strength and movement.



Mental Health

Mental Health screenings help find changes in mood and mental health conditions that you may experience. During a visit, your provider may ask you questions about your mood to look for signs of depression. These questions may be:

- In the last 2 weeks, how often have you had little interest or pleasure in doing things?
- In the last 2 weeks, how often have you felt down, depressed, or hopeless?

Screening for depression, anxiety, or other changes in mood help you and your provider have open conversations about your mental wellness.

Feeling alone or isolated can affect your well-being. Social connections with friends and family can help your mental health. To test for loneliness, your provider may ask you questions about how you interact with those around you, and how you feel about it. They may also ask you about your use of alcohol or other substances that can affect your mood. These questions may feel uncomfortable, but it is important to be honest answering them. Talking about these topics can help your provider identify support that you may find helpful to improve your overall wellness.

TYPES OF HEALTH SCREENINGS (cont'd)



Nutrition

Your body’s need for food changes as you age. Nutrition screenings help your health care provider identify areas of your diet that may need to be changed or improved. Checking your weight during visits lets your provider track changes that occur over time. Gaining or losing weight may be due to many different factors. Nutrition screenings help you to work with your provider to develop a personalized approach to eating in ways that will support your overall health and well-being.



Vision

As you age, you may notice differences in your vision. To check your eyesight, health care providers may ask questions and do simple eye exams during your visit. Your provider will ask basic questions. They may ask if you have a hard time seeing, or if you squint your eyes to see things, or to read. You may already have glasses or contacts, but you still may experience vision changes over time. If your provider thinks you may need a full eye exam, they will refer you to an eye doctor. This doctor can check your eyes and give options to improve your vision.




Hearing

You may notice that your hearing has changed over time. To check for changes in hearing, your provider may ask how well you think you can hear, or if you ever have trouble hearing. If you or your provider think you have some hearing loss, they may also do a whisper test. Your provider will use their own voice or a small tool to check the levels of sound you are able to hear. If your provider thinks your hearing is declining, they may suggest several options to help. Some may include using hearing aid devices or a referral to a hearing specialist.


NOTES

RESOURCES

NYSDOH – AIDS Institute



Functional Screening Tool
[www.quality.aidsinstituteny.org/
QualManage/QualManage/
QM_Aging_and_Long_term_
Survivors_En](http://www.quality.aidsinstituteny.org/QualManage/QualManage/QM_Aging_and_Long_term_Survivors_En)



NYS DOH Clinical Guidelines on HIV and Aging
[www.hivguidelines.org/
guideline/hiv-aging/
?mycollection=hiv-care](http://www.hivguidelines.org/guideline/hiv-aging/?mycollection=hiv-care)

Education Materials

Living and Aging with HIV (#0103)
health.ny.gov/publications/0103.pdf

Stay Connected. If you are over 50, routine health care is important. (#0178)
health.ny.gov/publications/0178.pdf

You’re in Charge, Preparing for your Health Care Appointment (#9897)
health.ny.gov/publications/9897.pdf

