

# Quality Life in the RWHAP

**Individualized ~ Self-perceived ~ Time-specific**

**LaQuanta Smalley, Senior Public Health Analyst  
HIV/AIDS Bureau, Division of Policy and Data**



# The Makings of a Quality of Life (QoL) Framework

---

## Healthy People 2030 Definition

A multi-dimensional, self-determined construct that includes, but is not limited to physical, mental, emotional, and social health and well-being of an individual.

## Framework Selection Priorities

- Alignment with the National HIV/AIDS Strategy Implementation
- Relevance to existing RWHAP/EHE and QoL activities
- Application to circumstances beyond those considered for traditional medical models (e.g., cancer patients, comorbidities, etc.)
- Flexibility so that adoption requires no additional resources to implement, allows recipients to meet basic client needs within the parameters of HAB-funded services, and/or it supports other tiers (above the base tiers) of Maslow's Hierarchy of Need



# Quality of Life Framework



# Quality of Life Framework



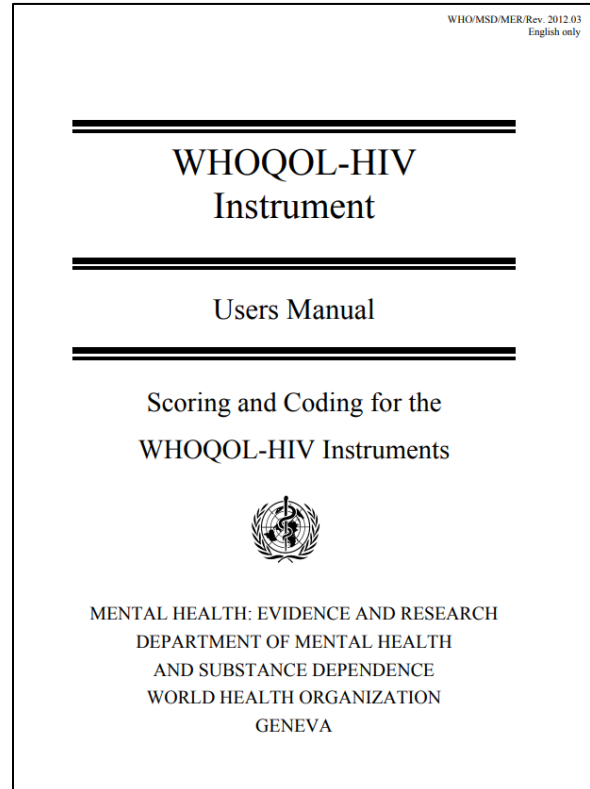
## Physical Domain

*Impact on physical health including comorbidities*

# Physical Domain in Action

**RWHAP service category examples include, but may not be limited to:**

- AIDS Drug Assistance Program
- Outpatient/Ambulatory Health
- Oral Health Care
- Rehabilitation



**Sample Activities:**

- Provider Assessments
- Emphasis on Symptom Reviews
- Screening Tools



HIV/AIDS Medical Case Management Acuity Assessment  
Massachusetts Department of Public Health  
Boston Public Health Commission



# Quality of Life Framework



## Emotional Domain

*General health perceptions, mental health, behavioral health*

# Emotional Domain in Action

RWHAP service category examples include, but may not be limited to:

- Mental Health
- Psychosocial Support

Sample Activities:

- Depression screening
- Cognitive Processing Therapy: E2i
- Trauma-informed Care Training

National HIV Curriculum [Sign In or Register](#)

Antiretroviral Medications > Course Modules > Question Bank > Tools & Calculators > Mini-Lectures > Symptom Guides > HIV Resources >

### Mental Health Screening

- Anxiety: GAD-2
- Anxiety: GAD-7
- Dementia: IHDS
- Depression: PHQ-2

### Depression: PHQ-9

- PTSD: PC-PTSD-5

### Substance Use Screening

- Alcohol: AUDIT-C
- Alcohol: CAGE
- CAGE-AID
- Drug Use: TICS
- Opioid: Risk Tool

### Clinical Calculators

## Patient Health Questionnaire-9 (PHQ-9) [Share](#)

The PHQ-9 is a multipurpose instrument for screening, diagnosing, monitoring and measuring the severity of depression.

Over the **last 2 weeks**, how often have you been bothered by the following problems?

	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
2. Feeling down, depressed or hopeless	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
3. Trouble falling asleep, staying asleep, or sleeping too much	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
4. Feeling tired or having little energy	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
5. Poor appetite or overeating	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3
6. Feeling bad about yourself - or that you're a failure or have let yourself or your family down	<input type="radio"/> 0	<input type="radio"/> +1	<input type="radio"/> +2	<input type="radio"/> +3

# Quality of Life Framework

## Social Domain

*Positive relationships, meaningful social support, tangible and informational resources*





# Social Domain in Action

RWHAP service category examples include, but may not be limited to:

- Non-Medical Case Management
- Other Professional

## Sample Activities:

- Peer Navigation
- Support Groups
- Specialized Counseling Models (e.g., peer counselors)

University of California San Francisco

About UCSF Search UCSF UCSF Health

Healthy Divas

>> About >> Preparing >> Implementing >> Sustaining

Photo: CDC

1 of 5

<https://healthydivas.ucsf.edu/>

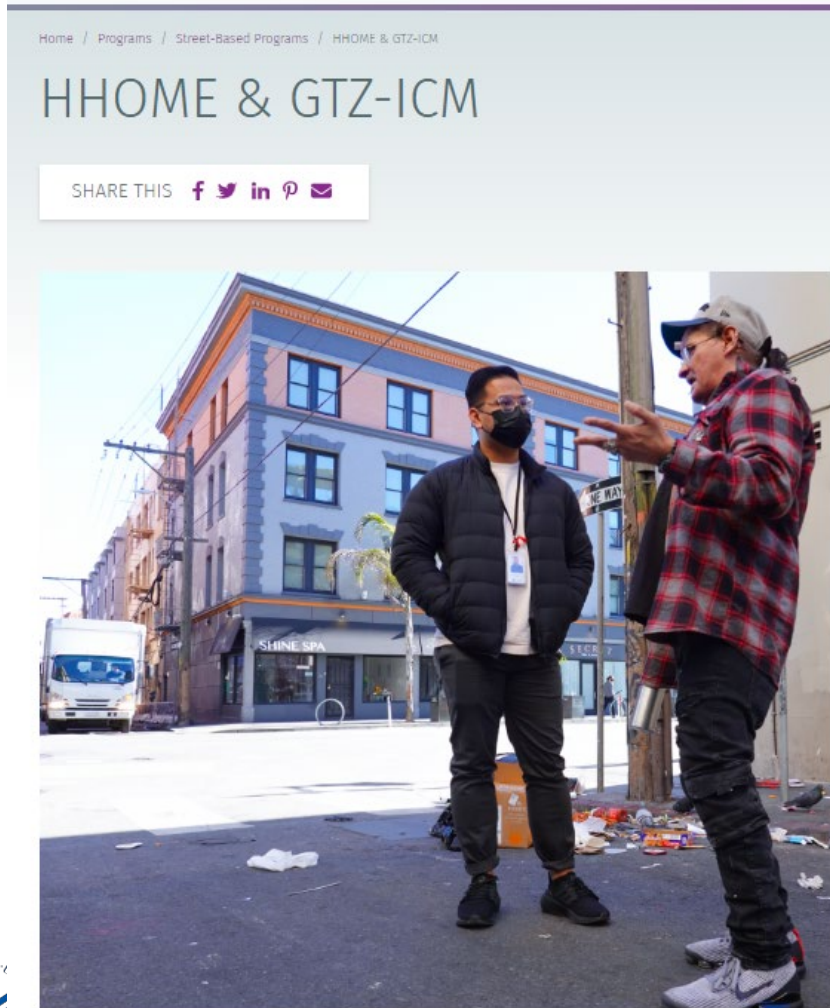
# Quality of Life Framework



## Environmental Domain

*The “place” for life and social activities,  
environmental exposures*

# Environmental Domain in Action



**RWHAP service category examples include, but may not be limited to:**

- Housing
- Emergency Financial Assistance
- Medical Transportation
- Other Professional

**Sample Activities:**

- Medical Home for Multiply Diagnosed HIV-Positive Homeless Populations
- Homeless Health Outreach Mobile Engagement (HHOME)

# Quality of Life Framework

## Structural Domain

*Systemic policies, processes, or  
conditions for securing basic needs*



# Structural Domain in Action

---

**RWHAP service category examples include, but may not be limited to:**

- Food Bank/Home Delivered Meals
- Health Insurance Premium and Cost Sharing Assistance
- Legal

**Sample Activity:**

- PACT Food Assistance Program



# Quality of Life Framework

## Key Messages

- HAB is committed to promoting QoL in partnership with staff and stakeholders.
- This commitment is one of many ways we bring the HAB Vision, Mission, and Strategic priorities to life.
- We welcome opportunities to join with communities and our federal partners to align our QoL activities and build a common agenda.
- The new HAB QoL Framework is one tool that can be used to increase and share our knowledge of this important construct that significantly impacts our vision of realizing *optimal HIV care and treatment for all to end the HIV epidemic in the U.S.*



# Contact

---

## LaQuanta Smalley, MPH, BSN, RN

Senior Public Health Analyst

Clinical & Quality Branch, Division of Policy & Data

(301) 443-0995

[lsmalley@hrsa.gov](mailto:lsmalley@hrsa.gov)

