BIOPSYCHOSOCIAL ASSESSMENT

ARREAL

• WHAT DO YOU WANT TO KNOW ABOUT ARREAL?
• BASED ON WHAT HE SAID, WHAT DO YOU THINK YOU SHOULD ASK MORE ABOUT?
• WHAT OTHER AREAS NEED TO BE ASSESSED?
Biopsychosocial Assessment

- An integrative assessment of an individual
- Brings together medical, psychological, developmental, social, familial, educational, economic, and cultural factors to form a comprehensive understanding of the individual
Biological

- Patients with HIV are living longer and developing other illnesses
  - Consequences of medications
  - Direct effect of HIV
  - Aging

Biological causes include:

- HIV-related medical problems
- Non-HIV related illnesses that have CNS manifestations
- Neuropsychological manifestations of HIV
- Non-HIV related medical problems
- Side effects of medications
What do you need to know?

• Medical history (records)
• Recent changes or events
• Current T-helper cell counts, viral load assays, and other markers of immune function and changes within the last 3 months
• Medical history of HIV
• Medical history unrelated to HIV

• Medications prescribed and being taken and side effects
• Adjunctive treatments
• Self-care practices
• Names of caregivers
• What does the person does when sick
• Comfort with medical provider
• Explanation of treatment options
• Sensitivity to pain
• Care for other conditions
HIV-related syndromes and mental health

- Sleep disorders

- Pain
HIV-related syndromes and mental health

- Sleep disorders
- Pain
- Endocrine Disorders

Adherence to Treatment

- Male sex, white ethnicity, older age, higher income, higher education and literacy correlate with adherence
- Psychosocial variables
- Side effects and restrictions associated with HIV medications
- Patient-provider relationship
- One determinant of adherence may influence another
Psychological

• Nearly half of a nationally representative sample with HIV screened positive for a psychiatric disorder
• Nearly 40% reported illicit drug use during the previous 12 months
• Women with HIV report a high proportion of depressive symptoms
What do you need to know?

- Pre-HIV psychological functioning
- HIV-related psychological symptoms
- Current or past experiences with mental health professionals
- Use of psychiatric medications and psychoactive substances
- Emotional reaction to HIV infection

Psychological Issues

- Depression
  - Risk factor
  - Complicating factor
  - Diagnosis is difficult because symptoms overlap
  - Substance use mimics and contributes to depression
Psychological Issues

• Mania
• Grief and Bereavement

Psychological Issues

• Mania
• Grief and Bereavement
• Anxiety
Psychological Issues

- Mania
- Grief and Bereavement
- Anxiety
- Psychosis

Psychological Issues

- Mania
- Grief and Bereavement
- Anxiety
- Psychosis
- Somatization
- Anger and guilt
Psychological Issues

- Mania
- Grief and Bereavement
- Anxiety
- Psychosis
- Somatization
- Anger and guilt
- Sexual functioning
- Quality of life
Assessing Quality of Life

- When did you find out that you are HIV-positive?
- How did you spend your time before you became HIV-positive?
- Back then, how satisfied were you with your life?
- How do you spend your time now?
- How satisfied are you with your life?
- How do you see yourself spending time in the future?
- How would you like to live your life differently?
- If you were able to accomplish those goals, how satisfied would you be with your life?
Social

- Stigma
- Discrimination
- Disclosure

- Family, friends, and intimate relationships
  - Family structure
  - Attitudes and perceptions
  - Concerns of individual and family - burden and responsibility
  - Quality and quantity of social support
• Community resources and involvement
• Access to health care
• Immigration status
• Spirituality

• Culture
  • Family
  • Helping relationships
  • Communication
  • Sexuality
  • Reproductive issues
  • Drug use
  • Death and dying
  • Spirituality
Coping Skills

- **Problem-focused coping** - thoughts and behaviors that actively seek problem resolution

- **Emotion-focused coping** - strategies geared toward alleviating immediate emotional distress without directly confronting the source

Questions to Assess Coping

- In the past, when you've had to face challenges, how did you respond?
- How did you react when you first found out you were HIV-positive? How do you deal with it differently today than when you first found out?
- What do you do to make yourself feel better?
- What would make things more manageable for you? What has worked in the past? What hasn't worked as well?
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