

PROPOSAL FOR COLLABORATION

Title	MULTIDICIPLINAR COLLABORATION PROJECT BETWEEN HOSPITALS IN THE BARCELONA REGION
Dates	From 29 th March 2023 to 29 th of November 2023 – Sessions last Wednesday every two months
Format	On -line
Language	Castellano / Catalan
Organizing Entity	Fundación FLS de lucha contra el sida y las enfermedades infecciosas FLS-Science
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RATIONALE

HIV-infected population is aging in those countries in which effective antiretroviral therapy is available. In fact, predictive models suggest that 70% of this population will be 50 years old or over in 2030 in EEUU^{1,2}. Consequently, one of the main concerns of physicians during the last decade has been the management of age-related comorbidities such as renal impairment, cardiovascular disease (CVD), neurocognitive impairment, cancers, osteoporosis etc. Adding to the complications associated with HIV infection, most of these age-related comorbidities manifest at a higher prevalence in people living with HIV (PLWH) than among uninfected subjects of similar age³⁻⁹.

The aging process induces a gradual deterioration of physiological functions, inducing a decrease in the reserve capacity of all organs and systems, and leading to a poor or inappropriate response to stressors¹⁰⁻¹². This process, over time, encircles physical, psychological and social changes bringing to frailty and other geriatric syndromes¹³⁻¹⁵. Collaboration in all the related areas is essential to provide an improved management of the elder PLWH. By hosting interdisciplinary meetings in which professionals of different areas of expertise from the Barcelona area (Germans Trias i Pujol University Hospital and Hospital del Mar) expose their views and current research on the field, it is expected that fruitful projects and exchange of ideas will emerge.

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Background and Organization overview

The **Fundación FLS de lucha contra el sida, las enfermedades infecciosas y la promoción de la salud y la ciencia** is a non-profit Infectious Disease organization based in Barcelona, since 1992 dedicated to Healthcare, Research and Education.

FLS is in the HIV Unit at the Germans Trias i Pujol University Hospital, a public hospital managed by the Institut Català de la Salut (Catalan Health Institute). Several of the activities carried out involve collaboration between FLS and the hospital's regular staff. Similarly, FLS works closely with the Institute for AIDS Research, IrsiCaixa, focused on basic research to understand the mechanisms of HIV infection and find new therapies. This collaborative work facilitates the transfer of knowledge between health professionals and clinical and basic researchers, a unique benchmark worldwide.

FLS is an HIV referral center and one of the most academic and clinically active clinics of its type in Spain. It currently has 110 staff including physicians and scientists working on COVID, HIV, the immune system and cancer, human papillomavirus, STI's, tropical neglected diseases, global health, and aging. It has approximately 50 ongoing clinical research studies and provides clinical care to approximately 4000 patients.

A dedicated research line focuses on the increasing older population, a consequence of greater survival. The research group led by Eugenia Negrodo, and integrated by Diana Hernández Anna Bonjoch, Patricia Echeverría, Cora Lose, and a nurse team led by Jordi Puig Ana Martínez and Sandra González, has extensive experience in the study of complications associated with HIV and antiretroviral treatment. Specifically it works on the identification and resolution of adverse effects, complications associated with the virus and systemic inflammation. The team leads the cohort of HIV-infected patients ≥ 50 years (Over-50 cohort), through monitoring of premature pathologies associated with aging, and collaborates with national and international groups in different projects. The creation of this cohort (Cohort Over-50) aims to prevent comorbidities, treat them early, and improve the quality of life of these patients. It is also aiming to detect other problems associated with older patients, beyond comorbidities, such as social problems, frailty, sensory deficits, etc. Dr. Eugenia Negrodo and her team collaborate with national and international groups in different projects and are in charge of multiple studies and events related to aging in the HIV-infected population.

The MAR Health Park is a large and complete services organization and one of the most dynamic hubs of healthcare knowledge, education and research in Barcelona. Hospital del Mar is the main healthcare facility at the institute, with a complete range of healthcare and tertiary services, and equipped with technologies that assure the most advanced practices are undertaken.

The collaboration between Dr. Negrodo's team and Hospital del Mar as Invited Guests Speakers for a Collaboration program emerges after a previous training experience in April 2022, which reported positive outcomes. During these seminars, participants obtained a multidisciplinary viewpoint of the management of elder HIV patients in terms of frailty, geriatric syndromes, social and psychological aspects, and were able to discuss management strategies in difficult-to-treat elder patients with HIV infection. Since then, professional

relationships between the institutions have been solidified and regular meetings are expected to happen on a periodic basis.

Scope and objectives of the program:

The objective of the Collaboration program is to provide a formal framework for a highly personalized educational activity for physicians/nurses in the management of elder HIV infected patients and its associated comorbidities. It is expected that the activities developed under this program will foster scientific exchange of high value and potential emerging collaboration projects. Furthermore, this program will improve both the clinical and teaching practice of the participants.

The program is also an opportunity to create an ongoing collaborative network between the trainees and the FLS experts' physicians and researchers.

After participating in this program, participants will be able to:

- Have multidisciplinary approach to the management of elder HIV patients such as: frailty, geriatric syndromes, social and psychological aspects.
- Learn how to implement a comprehensive patient's care program.
- Discuss management strategies in difficult-to-treat elder patients with HIV infection.
- Design and discuss innovative and collaborative clinical or epidemiological trials.

Program content and calendar

The program is structured in 5 different sessions (10hrs) that cover expert talks, epidemiologic seminars, uncovered needs and all the aspects to be considered for building multicenter collaborations and set an ideas hub for innovative projects in the elder HIV-infected population, specifically in the particular patient populations of discussion by the experts.

Each session will be structured as follows:

15.30- 16.00	State of knowledge of the patient populations for discussion
16.00- 17.00	Expert's project and/or invited guest speaker presentation
17.00- 17.30	Discussion forum

- **State of knowledge of the patient populations for discussion:**

Each session will touch upon relevant topics for the study population such as frailty, comorbidities, polypharmacy or geriatric syndromes.

- **Expert talk and/or invited guest speakers presentation:**

It would cover talks from psychologists, social workers, nutritionists and nurses specialized in providing care to elder patients, in relation with the projects presented for grouped discussion. In each session, an expert and/ or guest speaker will introduce their current or prospective research lines related to the population of interest for the day. Aside from experts from Eugenia Negredo's team, experts from the Hospital del Mar will be invited guests for presentation of their research projects.

- **Discussion forum:**

Experts and participants will engage in discussions aimed at: **i)** identifying knowledge gaps; and at **ii)** generating scientific exchange around the mechanistical rationale of age-related comorbidities in elder PLWH, and ways to improve care in this patient population.

Faculty and coordination of the course

To implement the program, a multi-disciplinary team of recognized experts will be in charge of the different curricula sessions which combine theoretical learning and discussion/workshop sessions.

All Faculty are from the Infectious Diseases Department and Fundación FLS, University Hospital Germans Trias i Pujol, Badalona, Barcelona. Spain.

Program Coordinator: Eugènia Negredo. MD, PhD.

Faculty:

- Diana Hernandez, Researcher
- Ana Martínez, Nurse
- Jordi Puig, Nurse
- Carla Estany, Nutricionist
- Carmina Rodríguez Fumaz, Psychologist

Target audience

The program is designed for attendees that fulfill the following requirements: fully trained physicians with several years of medical practice specialized in infectious diseases and HIV who wish to gain insights in multilevel care of elder patients with HIV infections and create a framework for future collaborations and scientific exchange.

Facilities and resources

The sessions will be online bi-monthly (every 2 months) from 15.30 to 17.30 the last Wednesday of the month. The web-platformed is managed by FLS-Science and is accessible only through login and password credentials. The program is online based. Participants will only need access to a computer with internet and desirably a webcam.

The Program Coordinator with the assistance of administrative staff will arrange the participation of the selected clinicians, the development of the materials, the logistics and organizational arrangements of the activities.

Sponsorship options

SPONSORSHIP OPTIONS	Amount	Gold	Silver	Bronze
Logo in the downloadable program of the training sessions hosted in the website	1500 €	✓	✓	✓
Clickable logo in the organization website linked to the sponsor site	1500 €	✓	✓	
Sponsoring acknowledgments in all sessions and materials	1000 €	✓		
Logo in the newsletters and confirmation emails to attendees	500 €	✓	✓	
Total Amount		4.000 €	3.000 €	1.000 €