

# The Health Goals for Me framework

A three-step approach towards achieving healthy living with HIV\*

## Healthy living with HIV

means looking beyond the usual clinical parameters and considering a **patient's quality of life (QoL)** – the **'fourth 90'**, a goal that builds on the United Nations Programme on HIV/AIDS (UNAIDS) 90-90-90 treatment target to help end the AIDS epidemic<sup>1,2†</sup>

## QoL in HIV

is a multi-faceted and complex measure – defined by the WHO as an all-encompassing phrase for **"an individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns"**<sup>3‡</sup>

In other words, achieving a better QoL and long-term healthy living in HIV is based on what people living with HIV (PLHIV) have reason to value

## THE HEALTH GOALS FOR ME FRAMEWORK

therefore, aims to achieve the 'fourth 90' by facilitating healthcare professionals (HCPs) and patients working together to mutually agree on individual objectives for care, in a continuous cycle that follows **three key steps**:

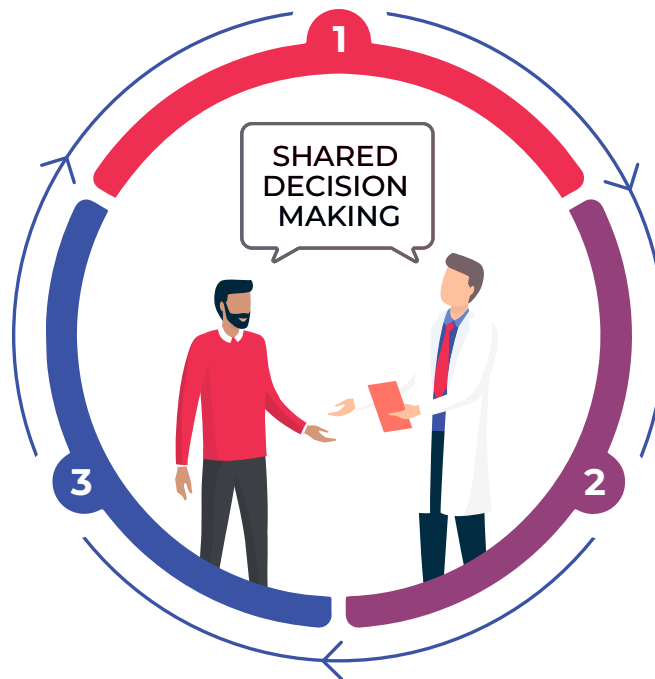
### » ASK & MEASURE<sup>‡</sup>

**Asking the right questions and measuring health data**

**Ask:** Identifying which QoL domains and factors HCPs and people living with HIV (PLHIV) should consider during each visit or consultation

**Measure:** A recommended set of patient-reported outcome measures (PROMs)<sup>§</sup> that HCPs and PLHIV can use to investigate the current status of the QoL domains and factors in question

**» INTERVENTION**  
**Intervening to achieve long-term healthy living with HIV**  
Provide measurements and feedback, and agree on common goals and a hierarchy of interventions between the HCP and PLHIV



### » FEEDBACK & DISCUSS

**Sharing feedback and discussion of management option**

Once measured, give the information back to the patient, continually supporting the individual to share their information and understand its relevance to the choice of appropriate intervention

This framework should become an intrinsic part of HIV care, to ultimately, improve the long-term health and well-being of PLHIV

\*This is a supplementary material based on the full publication from the Moving Fourth Steering Committee entitled 'Moving Fourth chapter 1: A vision towards achieving Healthy Living with HIV beyond viral suppression.' As such, this material is meant to be used in conjunction with the content given within the full publication. Please refer to the full publication for more detail around the principles used in this proposed Health Goals for Me framework.

<sup>1</sup>Since the proposal of the Health Goals for Me framework, UNAIDS have announced an updated 95-95-95 target to help end the AIDs epidemic. Despite this update, the Moving Fourth Steering Committee believe improving QoL remains a key goal to achieve healthy living with HIV. As such, the framework should still be considered an important component of HIV care.

<sup>2</sup>Please refer to the 'Ask & Measure: A Practical Step towards Healthy Living with HIV' publication and 'The Ask & Measure system' infographic for more detail around the proposed Ask & Measure system.

<sup>3</sup>These recommendations are made as part of the Steering Committee's aim to provide practical guidance for the Ask & Measure System. PROMs were chosen from an audit of existing PROMs available in the public domain, as well as PROMs known to the Steering Committee Members based on their own clinical experience. As part of the recommendation selection process, PROMs were assessed and scored against three key criteria – Ease of Use, Validation and Availability. As with all research and review processes, while every effort was made to include all PROMs available under each factor, PROMs that are not widely used and not readily available may have been excluded in the process.

#### References

1. Jeffrey V Lazarus, et al. Beyond viral suppression of HIV – the new quality of life frontier. BMC Med 2016; 14:94. 2. UNAIDS. 90-90-90. An ambitious treatment target to help end the AIDS epidemic. October 2014. Available at: [https://www.unaids.org/sites/default/files/media\\_asset/90-90-90\\_en.pdf](https://www.unaids.org/sites/default/files/media_asset/90-90-90_en.pdf) (accessed September 2022). 3. WHO. Health Statistics and information systems. WHOQOL: Measuring Quality of life. Available at: <https://www.who.int/tools/whoqol> (accessed September 2022).