



*Owen Clinic  
Improvements, New  
Programs and other  
Local Information*

## GETTING TO 90-90-90: THE FLEX CLINIC

In the U.S. the majority of people with HIV are diagnosed (86%). However much less are attend clinic regularly (40%), are taking HIV medications (37%) and have an undetectable HIV viral load (30%).

This lack of engagement and retention in HIV care is the main barrier to meeting the United Nations AIDS (UNAIDS) global goal of 90-90-90

- 90% of persons diagnosed
- 90% of diagnosed persons on HIV medications
- 90% of persons on meds with an undetectable HIV viral load

King County in WA is the only U.S. clinic to achieve 90-90-90. Their MAX clinic has flexible walk in appointments (because life cannot always be planned), case coordination (to help with connecting to mental health, substance use, housing services), food/phone/transportation assistance, and payment for visit attendance and achieving an undetectable viral load.

### **To improve clinic access at Owen we introduce the FLEX clinic!**

On Mondays, Wednesdays and Fridays walk-in appointments are available on first come first serve from 1:00-3:30.

For now, only persons with a greater than a 50% no show rate will be participating in the FLEX clinic.

We hope this new initiative will help in your care.

If you are not aware, we also provide case coordination. Specifically, this involves assistance with food, depression/anxiety and other mental health issues, substance use (including medication assistance treatment or suboxone), and information about housing. Talk to your provider if you are interested in more assistance.

### Important Dates!

5/2 Dining out for life! <https://www.diningoutforlife.com/city/san-diego/>

5/17 HIV/HCV Co-Infection Awareness Day

5/18 National Asian & Pacific Islander HIV/AIDS Awareness Day

5/27 Memorial Day (Clinic closed)



## Thank you for your research participation

You know all those surveys that you fill out? This effort contributes to your care AND is incorporated into a larger database (Center For AIDS Research Network of Integrated Clinical Systems, CNICS) that helps us understand the impact of HIV on health and develop new strategies to improve the lives of people living with HIV.

Dr. Young presented a poster at the American Geriatrics Society conference evaluating how different conditions impact successful aging in persons 50 years and older.

Using three markers of successful aging (healthcare use, quality of life and HIV symptoms) the following factors were associated with more healthcare use, lower quality of life, and more symptoms:

- History of intravenous drug use
- Depression and/or panic disorder
- Taking more than 5 non HIV medications
- moderate to severe lipotrophy

Future work will be done to better understand why these factors affect older people with HIV and to design strategies that improve the management of these issues. Please talk to your care provider if you have concerns about your mental health, and number of medications.

## HIGHLIGHTED RESEARCH OPPORTUNITIES

<http://avrc.ucsd.edu/participate/current-studies>

### HIV CURE

#### PERTURB:

Purpose: Study to see how routine vaccinations affect the HIV reservoir and what this means for future cure.

This study involves routine annual flu and pneumonia vaccines and 28 weeks of follow up

Eligibility includes HIV+ ages 18-50, on HIV treatment for at least a year, no allergies to study vaccines.

Call Marvin at 619-543-8080

### DIFFICULTY TAKING MEDS

#### ACTG 5359 LATITUDE

Purpose: To evaluate the use of long acting injectable HIV medications in people who have difficulty taking pills.

This study will be 2-3 years long.

Eligibility: HIV+ 18 years and older,

willing to take medicine by injection, history of missing clinic appointments or HIV viral load >200 copies/mL.

Call Steve at 619-543-8080

### SLEEP, FATIGUE

Purpose: Sleep apnea is common in HIV. Does it contribute to fatigue or other symptoms? This study involves a sleep study and other procedures.

Eligibility: HIV+, BMI < 35,

Call Nana at 858-246-2154 or email

[sleepresearch@ucsd.edu](mailto:sleepresearch@ucsd.edu)

For more information call the AntiViral Research Center at **619-543-8080** and ask to chat with the Screening Coordinator or email Marvin Hanashiro at [mhanashiro@ucsd.edu](mailto:mhanashiro@ucsd.edu)

### Employee of the Month:

Meet Christopher Lugtu, RN.

Mr. Lugtu chose nursing because it provides him the Opportunity to provide care and service. He performs this role the best way he can and knows he is making a difference in their lives. He chose the Owen Clinic because of the working environment in the clinic. Everyone is very supportive to each other and truly cares about their jobs.

**FUN FACT:** Mr. Lugtu enjoys spending time with his wife, son and daughter whether they are doing laundry, cooking, trying to stay healthy or watching movies. He also loves data night with his wife!

