

*Mental Healthcare Standards -
Perspectives from the HIV
Clinic, Ljubljana*

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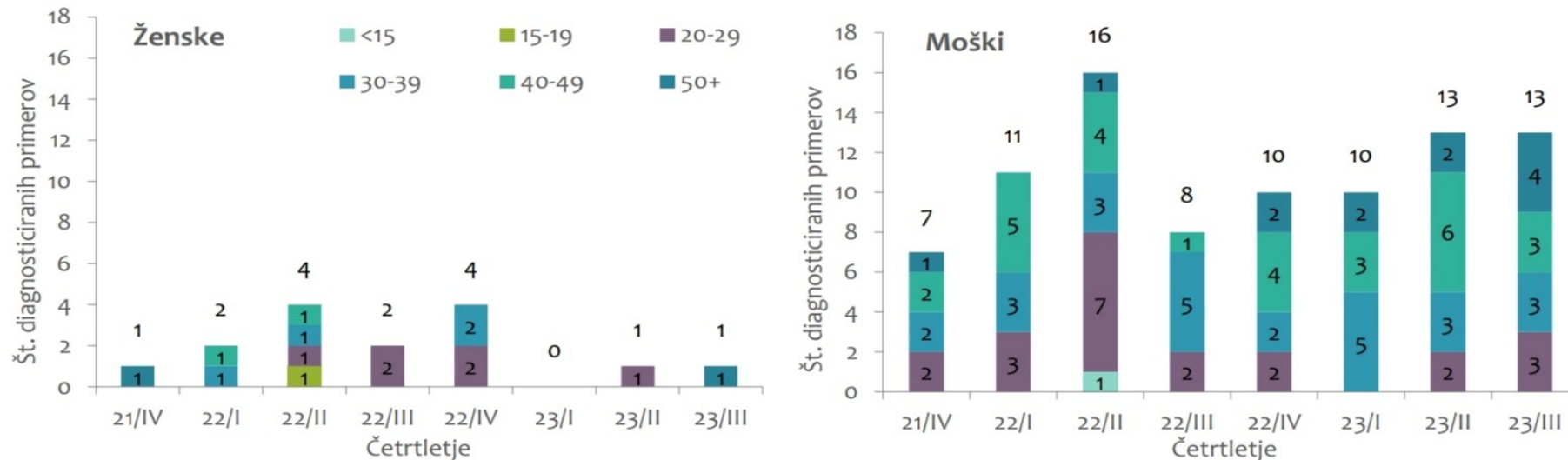
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Epidemiology of HIV in Slovenia

New cases detected 2022: 57 (F12, M45) : 2,8/100.000
2021: 41, 2020: 27

Slika 2: Število prijavljenih primerov okužbe s HIV glede na spol in starost ob prijavi, Slovenija, 4. četrletje 2021 – 3. četrletje 2023

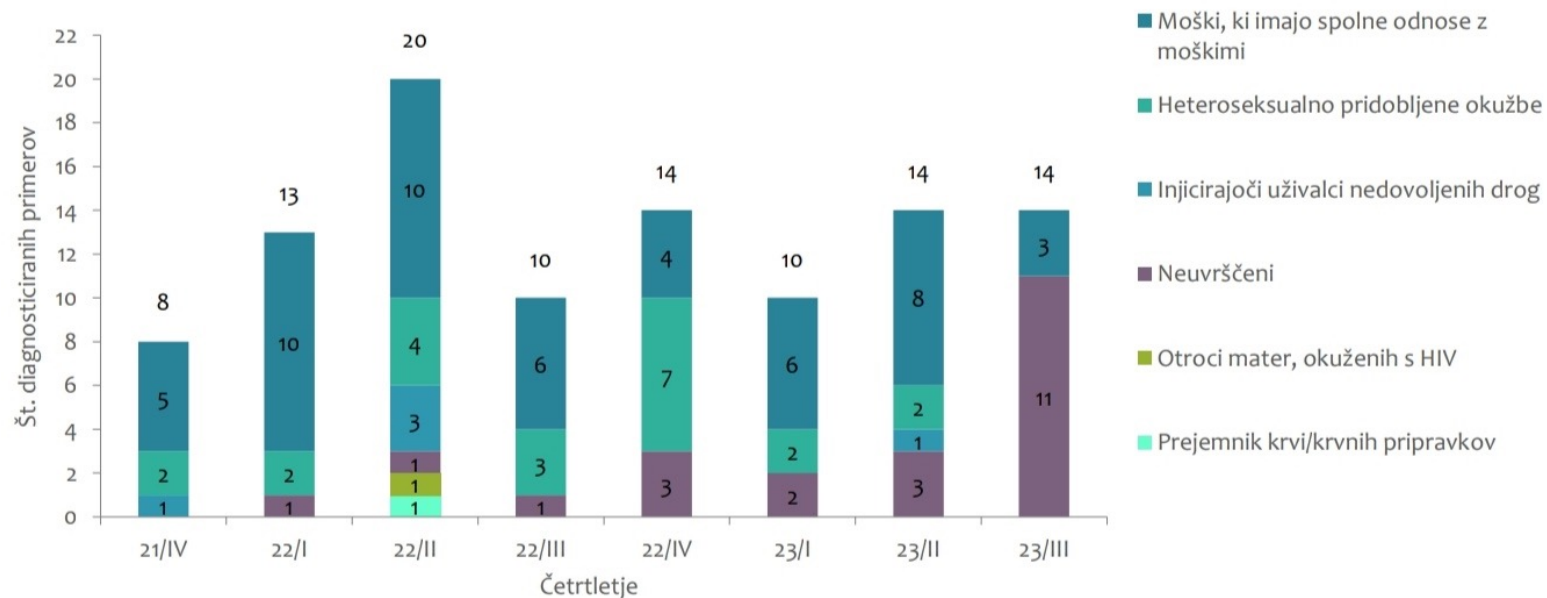


Vir: Zbirka podatkov NIJZ 52. Evidenca pojavnosti infekcije s HIV, aidsa in smrti zaradi aidsa po ZZPPZ, 20. 10. 2023.

Epidemiology of HIV in Slovenia

Majority MSM

Slika 1: Prijavljeni primeri okužbe s HIV glede na kategorije izpostavljenosti, Slovenija, 4. četrletje 2021 – 3. četrletje 2023



Vir: Zbirka podatkov NIJZ 52. Evidenca pojavnosti infekcije s HIV, aidsa in smrti zaradi aidsa po ZZPPZ, 20. 10. 2023.

Psychiatric comorbidities in HIV infection

- **Intertwining of biological, psychological, social factors:**
 - Crisis state and adjustment disorder, PTSD (30%):
 - Crisis is a state of feeling; an internal experience of confusion and anxiety to the degree that formerly successful coping mechanisms fail us and ineffective decisions and behaviors take their place.
 - Anxiety disorders (2-40%): Panic disorder, Generalised anxiety disorder
 - Mood Disorders: Depressive disorder (22-50%), mania
 - Substance use disorders (40-74%): alcohol, illicit drugs, chemsex
 - Psychosis (0,2-15%)
 - Psychoorganic and cognitive disorders: delirium, cognitive impairment, dementia, sleep disturbance (10-50%)

PRIMARY NEUROPSYCHIATRIC DISORDERS

- **HIV NEUROCOGNITIVE DISORDERS**
 - Asymptomatic neurocognitive disorder
 - HIV mild cognitive impairment
 - HIV dementia
- **OTHER HIV NEUROLOGICAL DISORDERS**
 - HIV meningitis
 - HIV vacuolar myelopathy
 - HIV neuropathies:
 - Acute demyelinating Guillain-Barre
 - Progressive demyelinating: mononeuritis multiplex
 - Predominantly sensory polyneuropathy
 - HIV myopathy

SECONDARY NEUROPSYCHIATRIC DISORDERS

- **INFECTIONS:**
 - Toxoplasma, Cryptococcus, CMV
- **NEOPLASMS:**
 - Lymphoma, Kaposi's sarcoma of CNS
- **HIV CEREBROVASCULAR DISORDERS**
- **OTHER TYPES OF DELIRIUM:**
 - Side effects of drugs
 - Hypoxemia, hypercapnia
 - Metabolic and other nutritional disorders

Neuropsychiatric Effects of HIV Antiviral Medications

- Efavirenz: nightmares, insomnia, depression
- Indinavir: insomnia
- Lamivudine: depression
- Nelfinavir: anxiety, insomnia, depression
- Ritonavir: anxiety, agitation, confusion, hallucinations, depression
- Saquinavir: anxiety, irritability, hallucinations
- Zidovudine: depression, agitation, insomnia, mania

Psychological and Social Factors

- Coping with diagnosis: stigma, lifelong, debilitating, death?, wrong assumptions
- Dealing with the environment: overcoming stigma
- Introduction of ART, ART side effects
- Associated diseases/disorders
- Aging with HIV

Mental Health Interventions

- Psychoeducation
- Psychotherapy: problem solving, cognitive behavioral, interpersonal, mindfulness, relaxation techniques, motivational interview (substance use)
- Psychopharmacotherapy:
 - Benzodiazepines, antidepressants, mood stabilizers, antipsychotics
 - Interactions with ART and other drugs
- Referrals:
 - Substance dependence specialist center
 - Social work interventions
 - Community services: support groups, buddy program.

Integrating (Mental Health) Services for PLHIV

HIV Clinic:

Anonymous HIV test -> counselling, education

HIV treatment -> mental health monitoring



Psychiatrist

Clinical Psychologist

Substance dependence specialist



Community service for PLHIV (NGOs)

Social Service Centers

Case Study

- Male, 42 y.o., employed
- First appointment: march 2017, anxious-depressive disorder, mild cognitive complaints at work, performance anxiety at work, work overload.
- Previous psychiatric therapy: Psychiatrist (antidepressant), CBT (hospital).
- History: meningitis at 6 month, emotional lability, impulsiveness, problems with school work.
- Th: Antidepressant and CBT, problem solving, relaxation techniques.
- Persistent anxiety and mild cognitive problems -> neurocognitive testing showed some neurodevelopmental problems (ADHD) apart anxiety.
- Constant emotional relational problems with regular lover/partner -> problem solving psychotherapy, CBT.
- August 2023 new HIV infection detected: crisis intervention.

Dilemmas

- HIV prevention during psychiatric/psychotherapeutic treatment failed?
- HIV specialist referred him to psychologist, no knowledge of ongoing psychiatric treatment?

Thank you for your attention

- Questions?

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