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Fitness tracking wearable devices and a dedicated smart phone app (MySAwH App) to predict quality of life in PLWH: a multi-centre prospective study

Guaraldi G1, Orsini M2, Caselgrandi A1, Malagoli A1, D’Imprima F3, Milic J1,4, Ghinelli F3, Martoglia R5, Mandreoli F5, Ferrari D3, Liu G6, Bloch M7

1 Modena HIV Metabolic Clinic, University of Modena and Reggio Emilia, Italy
2 DataRiver Srl
3 University of Modena and Reggio Emilia, Modena, Italy
4 Clinical and Experimental Medicine PhD Program, University of Modena and Reggio Emilia, Modena, Italy
5 Department of Mathematics, University of Modena and Reggio Emilia, Italy
6 Faculty of Medicine, The Chinese University of Hong Kong
7 Holdsworth House Medical Practice, Sydney, NSW, Australia

Objective
My Smart Age with HIV (MySAwH) is a multi-centre prospective ongoing study based on collection of physical function data and patient-related outcomes through a dedicated smart-phone app (MySAwH App). Our objective was to describe health changes assessed with frailty index (FI), collected by health professionals, and a health measure called intrinsic capacity (IC) index which explores 5 different health domains: locomotion, vitality, sensory, cognition, psychosocial. FI and IC were used to predict quality of life (QoL) and health score (HS) at follow-up.

Methods
We included 261 PLWH >50 years from Italy (128), Australia (100) and Hong Kong (33). Baseline and follow-up (9 months) were performed. Frailty was measured with a 36-item FI, while 27-item IC index was self-assessed with fitness tracking wearable devices and a MySAwH app. QoL and HS were evaluated with EQ5D5L questionnaire.

Results
Mean age was 56.94 years; 88.12% men. Median CD4 was 657 c/µL (480-817 IQR) and 252 (98.05%) patients had undetectable HIV viral load. Mean FI at baseline and
follow-up were 0.22 (±0.1) and 0.2 (±0.09) respectively, p<0.001. Mean IC at baseline and follow-up were 0.69 (±0.12) and 0.71 (±0.12), p=0.27. Median QoL at baseline and follow-up were 0.88 (0.8-1 IQR) and 0.9 (0.83-1 IQR), p<0.03. Mean HS at baseline and follow-up were 7.6 (±1.68) and 7.63 (±1.56), p<0.001. In a multivariate logistic model, predictors for a good HS at follow-up were baseline IC (OR=6.74, 3.86-11.77) and recruitment site (Hong Kong (OR=1.25, 1.01-1.54)). Predictors for QoL were baseline IC (OR=7.62, 4-14.51) and recruitment site (Hong Kong (OR=1.33, 1.05-1.69)).

**Conclusion**

FI and IC are performative tools that can be used in research and clinical setting to describe respectively disease and health status in PLWH. IC score in comparison to FI displayed higher sensitivity to predict both QoL and self-perceived health in PLWH.