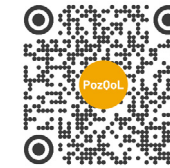


What is PozQoL?

PozQoL complements clinical indicators and provides a structured way to track wellbeing over time.

PozQoL is a short, validated tool designed to measure the quality of life for people living with HIV (PLHIV). It supports patient-centred care by identifying strengths and areas of need across four key domains—health, psychological wellbeing, social relationships and functional wellbeing.

Scan here to find out
more about PozQoL



CLINICAL CONSIDERATIONS



When and how often to deliver PozQoL

- Ideally completed every 6–12 months as part of routine care
- May be useful to complete following major changes in health, treatment, or life circumstances

Integration into clinic visits

- Can be completed before or during routine appointments
- Attach to nurse-led intake or monitoring processes where possible

Who should deliver PozQoL?

- Clinic nurses are often best placed to introduce and administer the tool, given their key role in patient education, monitoring and support
- In clinics without a practice nurse, PozQoL can also be introduced and completed as part of a GP Management Plan (GPMP) or GPMP review

Clinic workflow suggestion

- Introduce during intake if possible, or at an early appointment
- In nurse-free settings, use GPMP or GPMP review appointments to complete the tool
- Allow time for private completion
- Follow up with discussion during the consultation if needed

INTRODUCING PozQoL TO PATIENTS



Barriers to consider

- Some patients may perceive PozQoL as part of a research study rather than as a clinical support tool
- Patients may worry about being judged or having their answers shared inappropriately

How to address these concerns

- Emphasise confidentiality
- Frame PozQoL as a tool which benefits patients to verbalise needs that may not otherwise arise in conversation
- Reassure patients there are no right or wrong answers

Conversation starters for clinicians

"This short survey helps us understand how you are going more broadly, not just with your HIV treatment."

"Sometimes it is hard to bring up things that are affecting your wellbeing. This tool gives us a way to check in together."

"Your answers will help us support you better. If you are unsure about a question, you can ask for clarification."

PATIENT CONSIDERATIONS



What patients should know before completing PozQoL

- Participation is voluntary
- It is designed to help improve their care
- It should only take a couple of minutes
- Their answers are confidential and used to guide support, not to assess or judge

Language and accessibility

- PozQoL is available in more than 30 languages and can be found by scanning the QR code above
- Patients should be offered a translated version if preferred
- Assistance should be available for patients who need support with reading or comprehension

Cultural sensitivity

- Be mindful that experiences and perceptions of wellbeing vary across cultural backgrounds
- Encourage patients to interpret items in a way that makes sense to them

Managing emotional responses

- Some patients may find certain questions challenging
- Be ready to offer support, acknowledge feelings, and connect patients with appropriate services if needed

THE PozQoL TOOL

Items	Scoring (Not at all → Extremely)	Domain
1. I am enjoying life.	1 → 5	Psychological
2. I worry about my health.	5 → 1	Health Concerns
3. I lack a sense of belonging with people around me.	5 → 1	Social
4. I feel that HIV prevents me from doing as much as I would like.	5 → 1	Functional
5. I feel good about myself as a person.	1 → 5	Psychological
6. Having HIV limits my opportunities in life.	5 → 1	Functional
7. I worry about the impact of HIV on my health.	5 → 1	Health Concerns
8. I feel in control of my life.	1 → 5	Psychological
9. I am afraid that people may reject me when they learn I have HIV.	5 → 1	Social
10. Managing HIV wears me out.	5 → 1	Functional
11. I feel that HIV limits my personal relationships.	5 → 1	Social
12. I fear the health effects of HIV as I get older.	5 → 1	Health Concerns
13. I am optimistic about my future.	1 → 5	Psychological

INTERPRETING RESULTS AND REFERRAL PATHWAYS

Domain	A person with a low score in this domain may be	They might benefit from	Suggested referrals
Psychological	Experiencing poor mental health, for example: <ul style="list-style-type: none"> Low mood Negative outlook about themselves, their life, or their future 	<ul style="list-style-type: none"> Further discussion about their mental health Assessment using diagnostic mental health tools 	<ul style="list-style-type: none"> Counselling services Community rehabilitation and support services Care and support
Social	<ul style="list-style-type: none"> Experiencing some difficulties in relationships with other people Experiencing HIV-related discrimination Lacking a sense of belonging and support 	Meeting PLHIV peers, who can assist in: <ul style="list-style-type: none"> Overcoming isolation due to fear of stigma Managing disclosure and confidence 	<ul style="list-style-type: none"> Peer support Peer navigation Care and support
Health Concerns	<ul style="list-style-type: none"> Currently experiencing some difficulties managing their health Concerned that their health will deteriorate due to HIV – even if they are enjoying good health at the moment 	<ul style="list-style-type: none"> Discussing treatment options or revisions Speaking with PLHIV peers about managing HIV Information about maintaining good health with HIV 	<ul style="list-style-type: none"> Medical services Health promotion Peer education Care and support Counselling
Functional	<ul style="list-style-type: none"> Experiencing some difficulties with incorporating HIV into their everyday life Lacking functional independence Experiencing some financial distress 	<ul style="list-style-type: none"> Meeting PLHIV peers Community or financial support or advice 	<ul style="list-style-type: none"> Community / Peer support Financial and housing assistance Personal development

HOW TO SCORE PozQoL

Scoring method

For items 1, 5, 8, 13, keep original scores:

- Not at all = 1
- Slightly = 2
- Moderately = 3
- Very = 4
- Extremely = 5

Reverse-score all other items:

- Not at all = 5
- Slightly = 4
- Moderately = 3
- Very = 2
- Extremely = 1

Scoring

Overall PozQoL score

- Add all 13 items
- Divide by 13

Domain scores

- Add the items relevant to each domain
- Divide by the number of items answered

Domain	Measures	Items	Minimum answers needed
Overall	Overall quality of life	All	11 – no more than 1 missing from any one domain
Psychological	Outlook on their sense of self, life, and future	1, 5, 8, 13	3 of 4
Social	Personal and social life	3, 9, 11	2 of 3
Health concerns	Feelings about own health	2, 7, 12	2 of 3
Functional	Living a 'normal' life	4, 6, 10	2 of 3

- Average scores range from 1 to 5
- **Scores 4 or above** indicate good or very good quality of life
- **Scores around 3** indicate moderate quality of life – 'okay' but with room for improvement
- **Scores below 3** indicate that additional support is needed

Scan here to find peer support services within your jurisdiction - or visit www.napwha.org.au/hiv-peer-support

