

RESEARCH GRANT SPOTLIGHT...



CSHP FOUNDATION

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“Cardiovascular Risk Awareness in HIV-infected Patients”

Dr. Christine Hughes and co-investigator Dr. Sheri Koshman received a CSHP Foundation Research Grant of \$6,882 in 2011.

Q: How did the concept/idea for your research project come about?

A: The risk of cardiovascular disease is higher in HIV-infected individuals due to a number of factors, including the effects of the virus, medications, and lifestyle. We were interested in determining how common CVD risk factors were in our population and whether patients were aware of their risk factors.

Q: Please briefly describe your research project and what it revealed.

A: Using questions based on the Canadian Heart Health Survey, we conducted a telephone survey of HIV-infected patients 40 years of age and older. The outcomes we evaluated included prevalence and knowledge of CVD risk factors, as well as barriers to reducing risk. Using the Framingham risk score, 27% of the patients were considered high risk. Smoking (58%), hypertension (23%) and dyslipidemia (22%) were the most common CVD risk factors. Overall patient CVD risk factor knowledge in our study was low as compared to other studies. The most common reported barriers to reducing CVD risk were lack of motivation, chronic disease or physical disability, and lack of energy.

Q: How will your research impact patient care?

A: Previous research has shown that knowledge of CVD risk factors is a prerequisite for changing behaviours and also that CVD risk is difficult for patients to understand. This research has demonstrated that greater efforts are needed to assist HIV-infected patients in understanding CVD risk factors and ways to reduce risk.

Q: What role did this CSHP Foundation research grant play in supporting your project?

A: Research funding is very competitive in Canada, and it is especially challenging to find funding that can support smaller research projects. Without this research grant we would not have been able to complete this work which has important implications for patient care.

Q: Why is an organization like the CSHP Foundation important to hospital pharmacists?

A: The CSHP Foundation provides funding opportunities for projects and educational opportunities that otherwise would not be supported. This is important in supporting the mission of CSHP and advancing hospital pharmacist practice and as well as the profile of pharmacists as researchers.

Publication and Presentations: Hughes CA, Koshman S, Sahajpal R. Prevalence and awareness of cardiovascular disease risk factors in HIV-infected patients. Presented as an oral abstract at the 24th Annual Conference on HIV/AIDS Research, Toronto, ON, Apr 30-May 3, 2015. Published: Can J Infect Dis Med Microbiol 2015;26 (suppl B):O010.

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