



Séminaire / Seminar

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Empowering people living with Human Immunodeficiency Virus using mHealth

Despite medical successes, HIV care remains complex, especially for an aging population and one where many face multiple psychosocial disadvantages. At the MUHC, my team and I are developing several mHealth solutions to help foster HIV patients' self-management. We are configuring Opal, a patient portal used since 2018 in oncology, for HIV care. For use with Opal, we are creating a new PROM, the I-Score, to detect and help manage barriers to antiretroviral therapy adherence that, through consultations, proved relevant to both patients and clinicians. Furthermore, certain practical barriers to adherence, such as dosing and travelling with medications, will be addressed with our new 'intelligent conversational agent' (ICA), a chatbot named MARVIN (Minimal ARV Interference). Via Facebook messenger, our chatbot engages patients with naturalistic conversations. With such practices as codesign and patient engagement, mHealth may increase its potential to help HIV patients to help themselves.



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