

## PRECEPTORSHIP Modena HIV Metabolic Clinic (MHMC)

9-10-11-12 marzo 2026

Modena

**Sede:** Clinica Metabolica del Policlinico di Modena, via del Pozzo, 71 - 41100 Modena

**ID ECM:** 120-471306/1

**Crediti ECM:** 29,9

**Ore formative:** -23h

**N. Partecipanti:** 10

**Discipline accreditate:** MEDICO CHIRURGO: Malattie Infettive

**Obiettivo formativo:** 18 – (Contenuti tecnico-professionali (conoscenze e competenze) specifici di ciascuna professione, di ciascuna specializzazione e di ciascuna attività ultraspecialistica, ivi incluse le malattie rare e la medicina di genere);

**Area tematica:** Frailty, Polypharmacy, Deprescribing strategies, ART and polypharmacy, HAND, HABI and dementia in PWH, PROs, Cardiometabolic risk and HTE patients, HIV genotypic resistance test in HTE patients, Long acting strategies

**Responsabile Scientifico:** Giovanni Guaraldi, Modena

### Acronimi:

- HABI: HIV-associated brain injury
- HAND: HIV-associated neurocognitive impairment
- HTE: Heavily Treatment-Experienced
- HIV: Human Immunodeficiency Virus
- ID: Infectious diseases
- IMT: Intima-Media Thickness
- MASLD: Metabolic dysfunction-associated steatotic liver disease
- PWH: Patient with HIV
- PROs: Patient-Reported Outcomes

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### RATIONALE

Future projections estimate that the proportion of older people (aged  $\geq 50$  years) **living with human immunodeficiency virus (PWH)** is growing and this number is expected to keep increasing.

Global aging is accompanied by an increased prevalence of age-related comorbidities, multimorbidity, polypharmacy, cognitive decline, depression, bone impairment, and frailty that are detected more frequently and/or occur at an earlier age among PWH, compared with the general population.

In this context, a geriatric assessment could provide a complete view of a patient's function, cognition, and health, and it could improve prognosis, treatment decisions and could enhance quality of care.

Furthermore, management of the older PWH includes the importance of an early diagnosis and treatment, preventative measures for comorbidities: simplifying medication regimen thereby reducing the burden of polypharmacy, and frailty.

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In this perspective, the concept of appropriateness of medication prescribing, feasibility of deprescribing, assessment of physical performance and frailty have become a challenge to the correct management of older PWH.

Modena HIV Metabolic Clinic (MHMC) Preceptorship program offers a 4 days educational program with both clinical activities with **clinical practice** and **lectures**, and it aims:

- to provide knowledge to clinicians to tailor treatment regimens according to age, HIV duration, multimorbidity, polypharmacy and vaccination in older PWH;
- to recognise prevent and manage frailty and geriatric syndromes in older PWH;
- to discuss the importance of patient reported outcomes measurements and their applications in aging clinic;
- to offer strategies that may improve the future management of people aging with HIV through the presentation of a patient centred clinical approach.

**Participants will acquire skills in clinical evaluation through daily rotations in the following multidisciplinary areas:**

- **Skills in Clinical Evaluation 1:** Frailty, physical performance, and transient elastography
- **Skills in Clinical Evaluation 2:** Cognitive assessment
- **Skills in Clinical Evaluation 3:** Nutritional assessment and IMT evaluation

## Scientific PROGRAM

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### First Day 1: 9 March 2026

|             |                                                                                                                                                                                               |
|-------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.30-9.00   | Registrazione dei partecipanti                                                                                                                                                                |
| 9.00-9.30   | How MHMC was born, how it grows   <a href="#">G. Guaraldi</a>                                                                                                                                 |
| 9.30-11.00  | <b>Skills in Clinical Evaluation 1, 2, 3)</b> <a href="#">M. Belli</a> , <a href="#">M. Conti</a> , <a href="#">G. Guaraldi</a> , <a href="#">A. Lattanzi</a> , <a href="#">L. Sighinolfi</a> |
| 11.00-11.30 | Coffee break                                                                                                                                                                                  |
| 11.30-13.00 | Final clinical evaluation with ID tutor (Multidisciplinary assessment 1, 2, 3) <a href="#">G. Cuomo</a> , <a href="#">G. Guaraldi</a> , <a href="#">M. Menozzi</a> , <a href="#">J. Milic</a> |
| 13.00-14.30 | Lunch                                                                                                                                                                                         |
| 14.30-17,30 | Classroom activity                                                                                                                                                                            |

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**14.30–14.50 State of the Art in Cardiovascular Risk Evaluation in People Living with HIV – G. Guaraldi**

(overview of REPRIEVE, ART-related risk, and statin prescription within an integrated clinical perspective)

### **14.50–15.10 Cardiological Contribution in the Management of Complex and Difficult-to-Treat Patients – M. Manicardi**

(imaging and cardiovascular risk enhancers in the multidisciplinary evaluation)

15.10-15.20 Q&A, discussion | All

15.20-15.35 Clinical case with obesity, high CVD risk (event), sexual dysfunction, MASLD – [J. Milic](#)

15.35-16.00 Obesity, treatment in PWH – [C. Greco](#), [M. Belli](#)

16.00-16.10 Discussion

16.10-16.35 Sexual dysfunction and hypogonadism in PWH – [S. De Vincentis](#)

16.35-16.45 Discussion | All

16.45-17.10 MASLD – [J. Milic](#)

17.10-17.30 Discussion and closing remarks of the 1<sup>st</sup> day

## **Second Day: 10 March 2026**

### **8.45-9.00 – Verifica presenze**

9.00-9.30 Clinical Evaluation of Aging in People with HIV in the Context of Geroscience – G. Guaraldi

9.30-10.30 **Skills in Clinical Evaluation** 1, 2, 3) [M. Belli](#), [M. Conti](#), [G. Guaraldi](#), [A. Lattanzi](#), [L. Sighinolfi](#)

10.30-11.00 Coffee break

11.00-13.00 Final clinical evaluation with ID tutor (Multidisciplinary assessment 1, 2, 3) [G. Cuomo](#), [G. Guaraldi](#), [M. Menozzi](#), [J. Milic](#)

13.00-14.30 Lunch

14.30-17.30 Classroom activity

14.30-14.50 The comprehensive Geriatric assessment. [C. Mussi](#)

14.50-15.10 The transition from Frailty to Intrinsic Capacity | [G. Guaraldi](#)

15.10-15.20 Q&A, discussion | All

15.20-15.35 Clinical case presentation – focus on PP, osteoporosis, neurocognitive, geriatric syndromes – [J. Milic](#)

15.35-16.00 From HIV associated neurocognitive impairment to HIV associated brain injury and dementia in PWH– [A. Calcagno](#)

16.00-16.10 Discussion

16.10-16.35 Osteoporosis, fracture risk assessment and treatment – [V. Rochira](#)

16.35-16.45 Discussion

16.45-17.10 A multidisciplinary Ai supported quality improvement intervention to manage polypharmacy in aging people with HIV – [J. Milic](#)

17.10-17.30 Discussion and closing remarks of the 2<sup>nd</sup> day

### Third Day: 11 March 2026

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#### 8.45-9.00 – Verifica presenze

9.00-9.30 The transition from metabolic diseases to metabolic health – G. Guaraldi

9.30-10.30 **Skills in Clinical Evaluation** 1, 2, 3) [M. Belli](#), [M. Conti](#), [G. Guaraldi](#), [A. Lattanzi](#), [L. Sighinolfi](#)

10.30-11.00 Coffee break

11.00-13.00 Final clinical evaluation with ID tutor (Multidisciplinary assessment 1, 2, 3) [G. Cuomo](#), [G. Guaraldi](#), [M. Menozzi](#), [J. Milic](#)

13.00-14.30 Lunch

14.30-17.00 Classroom activity

14.30-15.00 The Future of HIV Treatment: ART Progress, Present Challenges, and Long-Acting pipeline – [C. Mussini](#)

15.00-15.10 Q&A, discussion | All

15.10-15.25 Clinical case presentation – focus on HTE and cardiometabolic risk – [J. Milic](#)

15.25-15.55 HIV genotype resistance test in HTE patients: clinical use in daily practice – [C. F. Perno](#)

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15.55-16.05 Discussion

16.05-16.25 Clinical case presentation – focus on weight gain in ART-experienced PWH – [M. Menozzi](#)

16.25-16.45 A metabolic health framework to interpret weight gain studies in people with HIV – [J. Milic](#)

16.45-17.00 Discussion and closing remarks of the 3<sup>rd</sup> day

#### Fourth Day: 12 March 2026

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##### 8.45-9.00 – Verifica presenze

9.00-9.30 Moving from research to clinical practice: how to use PROs at the bedside. [G. Guaraldi](#)

9.00-10.30 **Skills in Clinical Evaluation** 1, 2, 3) [M. Belli](#), [M. Conti](#), [G. Guaraldi](#), [A. Lattanzi](#), [L. Sighinolfi](#)

10.30-11.00 Coffee break

11.00-13.00 Final clinical evaluation with ID tutor (Multidisciplinary assessment 1, 2, 3) [G. Cuomo](#), [G. Guaraldi](#), [M. Menozzi](#), [J. Milic](#)

13.00-13.30 Post test evaluation and Closing remarks | [G. Guaraldi](#)

13.30-14.00 **compilazione Questionario di Apprendimento e di Valutazione Qualità Percepita**

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| Nome e Cognome  | Laurea               | Specializzazione                     | Affiliazione                                                                                                              |
|-----------------|----------------------|--------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
| Michela Belli   | Dietetica Dietista   | Nutrizione e Dietetica in Nefrologia | Clinica Metabolica<br>Struttura complessa<br>Malattie Infettive<br>Policlinico di Modena                                  |
| Andrea Calcagno | Medicina e chirurgia | Malattie infettive                   | Professore associato,<br>Dipartimento di Scienze Mediche,<br>Malattie Infettive,<br>Università Piemonte Orientale, Novara |

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|--------------------|------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|
| Mariagrazia Conti  | Scienze dell'alimentazione, Dietistica                     | Dietistica                                                                | Tecnico Dietista AOU Policlinico Modena                                                                                                        |
| Gianluca Cuomo     | Medicina e chirurgia                                       | Malattie infettive                                                        | Dirigente Medico presso Azienda Ospedaliera Universitaria di Modena                                                                            |
| Sara De Vincentis  | Medicina e chirurgia                                       | Endocrinologia                                                            | Dottoranda presso la Scuola di Dottorato in Clinical ad Experimental Medicine, Università di Modena e Reggio Emilia (XXXV ciclo)               |
| Carla Greco        | Medicina e chirurgia                                       | Scienze dell'alimentazione                                                | Unità di Endocrinologia, Dipartimento di Scienze Biomediche, Metaboliche e Neuroscienze, Università di Modena e Reggio Emilia, Modena          |
| Giovanni Guaraldi  | Medicina e chirurgia                                       | Malattie infettive                                                        | Professore Associato, Dipartimento di Medicine e Specialità Mediche, Università degli Studi di Modena e Reggio Emilia – Modena e Reggio Emilia |
| Antonella Lattanzi | Scienze delle Professioni Sanitarie Tecniche Assistenziali | Tecnico di Fisiopatologia Cardiocircolatoria e perfusione Cardiovascolare | Tecnico di Fisiopatologia Cardiocircolatoria e perfusione Cardiovascolare AOU Modena                                                           |
| Marcella Manicardi | Medicina e chirurgia                                       | Cardiologia                                                               | Ricercatrice Università degli Studi di Modena e Reggio Emilia – Modena e Reggio Emilia                                                         |

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|------------------|----------------------|--------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Marianna Menozzi | Medicina e chirurgia | Malattie infettive | Infettivologa<br>Policlinico di Modena                                                                                                                                                                                                                      |
| Jovana Milic     | Medicina e chirurgia | Malattie infettive | Assegnista di ricerca,<br>Dipartimento Chirurgico,<br>Medico,<br>Odontoiatrico e di Scienze Morfologiche con interesse Trapiantologico, Oncologico e di Medicina Rigenerativa,<br>Università degli Studi di Modena e Reggio Emilia - Modena e Reggio Emilia |
| Chiara Mussi     | Medicina e Chirurgia | Geriatria          | Professore Associato,<br>Dipartimento di Scienze Biomediche, Metaboliche e Neuroscienze sede ex-Medicina, Endocrinologia, Metabolismo e Geriatria,<br>Università degli Studi di Modena e Reggio Emilia - Modena e Reggio Emilia                             |
| Cristina Mussini | Medicina e chirurgia | Malattie Infettive | Professore Ordinario di Malattie Infettive<br>Dipartimento Chirurgico<br>Medico<br>Odontoiatrico e di Scienze Morfologiche<br>Università degli Studi di Modena e Reggio Emilia<br>Direttore SC                                                              |

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|----------------------------|-------------------------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                            |                         |                                       | Malattie Infettive<br>Azienda<br>Ospedaliero-<br>Universitaria<br>Policlinico di<br>Modena                                                                                                                                                 |
| Carlo<br>Federico<br>Perno | Medicina e<br>chirurgia | Oncologia                             | Professore<br>Ordinario di<br>Microbiologia<br>UniCamillus<br>International<br>Medical<br>University di<br>Roma, Direttore<br>UO Microbiologia<br>ed Immunologia<br>Diagnostica<br>IRCCS Ospedale<br>Pediatrico<br>Bambino Gesù di<br>Roma |
| Vincenzo<br>Rochira        | Medicina e<br>chirurgia | Endocrinologia e<br>Malattie Ricambio | Professore<br>Dipartimento di<br>Scienze<br>Biomediche,<br>Metaboliche e<br>Neuroscienze -<br>Università di<br>Modena e Reggio<br>Emilia                                                                                                   |
| Laura<br>Sighinolfi        | Psicologia              | Psicologia                            | Psicologo<br>Azienda<br>Ospedaliero<br>Universitaria di<br>Modena                                                                                                                                                                          |

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