Disclosure

I have no vested interests that relate to this presentation.

Nor do I have any relationships with:
  pharmaceutical companies
  biomedical device manufacturers
  and/or other corporations

Whose products or services are related to pertinent therapeutic areas.
Learning Objectives

Discuss Perceived and Actual Barriers to Care/Adherence

Challenges in care within healthcare systems

Barriers to receive, engage, and retain individuals in care
Optimal ARV regimen for treatment-naive
2 NRTIs + a drug from one of 3 drug classes:
NNRTI, boosted PI, or an INSTI
cognizant of interpreting statements
requires use of ARV regimens with at least 2,
preferably 3, active drugs from 2 or more drug classes
patients should receive 3 active drugs from 2 or more classes
multiple studies:
• dual therapy does not offer long-term HIV viral suppression
all of the recommended regimens in the guidelines
• contain 3 medications from at least 2 classes of HIV medications
• do not recommend mono or dual therapy
Treatment Interruptions

Stopping Meds for a short time (<1 to 2 days) medical/surgical procedures

Stopping medications for > 2 days can place the client at risk for developing resistance each component is metabolized at a different rate stopping all drugs simultaneously
• may result in functional monotherapy
Half-Life

[A] vs time for a 1st order process

Concentration of A

Time (arbitrary units)

[A]₀

[t₁/₂]

50% removed

75% removed

87.5% removed
Additional Issues

Accurate adherence is key:
- sustained HIV suppression
- reduced risk of drug resistance
- improved overall health
- improved quality of life, and survival
- decreased risk of transmission
- critical determinant of long-term outcome

- Poor adherence:
  - major cause of therapeutic failure

- Skipping medications
  - easier for drug resistance
  - limiting treatment options
  - increased risk of transmission
  - increased rate of hospitalization
  - longer hospital stays
Challenges, Needs and Resources

- External and Internal Barriers
- Disease Management
- Delivering Standard of Care
- Resources & Community Partners
Education

I. Stigma & Discrimination
   - Denial, fear, low self-esteem
   - Misinformation / Mixed
     - Family, friends, church
     - Providers, work, media
   - Trust of the system

II. Legal issues
   - Title 16-5-60

III. Hawthorne Effect
    - STDs & safe sex
    - Pharmacy issues
      - Understanding medications
      - Refilling medications
    - Clinic policies
      - Calling for appropriate medical issues
      - Avoiding refilling ART i.e. ER
    - Knowing one’s health
      - CD4 / viral load
Case Management

"Life 101"

- Unstructured lifestyle
- Fear of disclosure
- Lack of support
  - family, friends, church
  - providers, work, media
- Loss of entitlements/insurance
- Consistent access to care
  - Incarceration

- Transportation
- Housing
- Daily necessities
- Inaccessible clinics
  - Hours of operation
  - Travel for specialist
- Substance use & abuse
- Disbanding myths
Transition Spots in Life

- Family & Household Changes
- Pregnancy & Parenting
- Change in health status
- Dating
- Marriage
- Family Planning
- Entry into college & work force
- Death – family/friends
- Sexual Debut
- Use & Abuse of new substances
- Graduation
- Sexual Identity
- Health insurance
Delivering Standard of Care

Cultural competency

Gender issues

Restitution / Parthenon house

Sex education: mixed messages
- Family, friends, church
- Providers, work, media

Co-morbidities
- Mental health

Discuss alternative care
- Avoiding hydrogen peroxide

- Improving communication
  - Provider & client
  - Provider & provider

- Keeping abreast of guidelines

- Avoid filling other provider meds

- PEP
- PrEP
- Treatment as prevention

- TeleHealth
Resources & Community Partners

PUSH
- Health Inform Exchange
- source HUB
- Cautious Care Clinics
- Testing
- Prevention
- Clients & Staff
- Electronic Health Records
- Can be a barrier
- NO HIV CARE

• www.panfoundation.org
• www.panfoundation.org/hiv-aids
• health.state.ga.us/programs/stdhiv/adap.asp
• www.rxassist.org
• www.needymeds.org
• www.goodrx.com
• www.rxoutreach.org
• www.publix.com/pharmacy/free-medications.do
Georgia DPH Resource HUB

One place to find HIV care

gacapus.com

1-800-551-2728

Eligibility  HIV Testing
Resources  Medical

https://www.gacapus.com/p/
Persons with HIV Engaged in Selected Stages of the Continuum of Care, United States

- Diagnosed: 82%
- Linked to care: 66%
- Retained in care: 37%
- Prescribed ART: 33%
- Viral Suppression: 25%

Hall et al. XIX International AIDS Conference, 2012
ART, antiretroviral therapy
Cases

Some Now – Some Later

Call: Wrong Med

Wrong Dr. – Wrong Orders

Wrong Dose – Wrong Dr.

• Shipping delay: “no big deal”

• ER: “Just Fill It”

• Pregnant: 5 is better than 3

• Who knows who wrote for that
Virtual Genotype/Phenotype

1. genotype
Genotype tests look to see how the structure of a sample of your HIV may have changed.

2. phenotype
Phenotype tests see whether HIV drugs still work to control your type of HIV.
Thank you

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November 19, 2014

African Proverb
If you want to go quickly
Go Alone
If you want to go further
Go Together