A MULTIDISCIPLINARY APPROACH TO ANTIRETROVIRAL SIMPLIFICATION IN HIV-INFECTED PATIENTS

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Background: Simplification of antiretroviral treatment (ART) is an option to reduce pill burden, decrease drug toxicities, minimise drug interactions, improve adherence, preserve future treatment options and decrease healthcare costs in the management of treatment experienced HIV infected patients with virological suppression.

Purpose: To investigate the effects of a multidisciplinary approach to simplify ART in treatment experienced HIV infected patients with virological suppression.

Design: Prospective, descriptive, observational study

Material and Methods

- **Multidisciplinary HIV unit**
  - Two infectious diseases doctors
  - One hospital pharmacist

- Selection candidates for ART simplification

- Before simplification

- After simplification

Data Collection

- Demographic characteristics
- Clinical characteristics
- Prior ART history
- Toxicities
- Drug resistance testing
- Viral load
- CD4 T cell count
- Ease of administration
- Virological suppression maintenance
- Tolerability & toxicity
- Adherence and Cost savings

SPSS v21 Statistical analysis

Results

56 ART simplifications in 56 HIV+ patients (15% of patients on ART)

**Baseline Characteristics**

- Median age (years): 50 (IQR 45-53)
- Sex: Men (66%)
- CDC stage C: 41%
- Time since diagnosis: 10 years

**Pill Burden**

- Before simplification: 3 tablets IQR (3-5)
- After simplification: 2 tablets IQR (1-3)

**Time of follow-up** (after simplification)

10,78 ± 3,5 months

**After simplification**

- Adherence: 95%
- Tolerance: Successful
- Adverse effects: Absent

Viral load after simplification

54 (96%)

- <20 copies/ mL
- 20-50 copies/mL

2(4%)

Costs Evaluation

- Simplification Cost reductions (p<0,05)
  - € 10332 monthly
  - € 123984 / year

**Conclusions:**

A multidisciplinary approach contributed to ART simplification that not only maintained virological suppression and adherence but also saved toxicities, facilitated administration and saved costs in treatment experienced HIV infected patients.

No conflicts of interest

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Design: Prospective, descriptive, observational study

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Efficacy of simplification was demonstrated

At the end of the study all viral loads were suppressed