**Background**

Single-drug regimens (SDR) with a ritonavir-boosted protease inhibitors (PI) could potentially be a regimen simplification to avoid nucleoside reverse transcriptase inhibitor (NRTI) toxicities in patients carrying human immunodeficiency virus (HIV) who fulfill several requirements:

- virologic suppression
- high level of medication adherence
- no previous PI virologic failure
- high CD4 count level (>100 cell/mL).

**Purpose**

To evaluate effectiveness and security of SDR with ritonavir-boosted lopinavir (Lp/r) and ritonavir-boosted darunavir (Dr/r) in HIV-positive patients pre-treated with three-drug regimens (TDR) including NRTI.

**Material and Methods**

Retrospective observational study of HIV-positive patients with treatment switches from TDR to SDR in a second-level hospital.

Data were collected from the Farmatools-Dominion®-Programme and medical records.

Variables included:
- sex
- age
- duration of previous TDR
- plasma viral load (PVL) pre- and post-treatment switching
- PI virologic failure
- CD4 cell count before switching
- months of SDR to date (June’11-September’14).

**Results**

9 patients treated with Lp/r (5 men)
13 patients treated with Dr/r (all men)

All subjects:
- had been treated with TDR during minimum 12 months prior to treatment change
- basal PVL was undetected for at least 6 months before switching
- basal PVL remained undetectable during the entire study
- no presented previous PI virologic failure
- the medium CD4 counts at treatment switch were normal (825±583 cell/mL)
- were treated with SDR for a median period of 22 months.

**Patient characteristics**

- Mean age at the time of the study: 48 ± 6 years.
- 4 patients were HIV/Hepatitis C virus co-infected.
- 2 patients with Lp/r
- 2 patients with Dr/r

Patient with confirmed viral rebound which led to treatment re-intensification with two NRTI included in the previous TDR.

**Conclusions**

- SDR with a ritonavir-boosted PI might be an alternative as effective as traditional combinations.
- It involves a clear benefit for HIV-positive patients because it provides a treatment simplification with minor toxicity and minor interaction number.

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