DURATION AND REASONS FOR CHANGING THE FIRST ANTIRETROVIRAL THERAPY: AN 8-YEAR FOLLOW-UP
Ramos-Aparicio R, Rodríguez-Carrero R, Ortoll-Polo V, Zapico I, Puente P
rosana.ramos@sespa.princast.es
Hospital San Agustín, Hospital Pharmacy, Avilés, Spain

BACKGROUND
Failure of first highly active antiretroviral therapy (HAART) reduces both the duration and the chances of viral control in subsequent regimens, due to cross-resistance and common toxicity between and within classes of anti-retroviral drugs.

PURPOSE
To measure the duration of the first HAART prescribed in a population of human immunodeficiency virus (HIV) infected patients and to address factors leading to therapy changes.

MATERIAL AND METHOD
Retrospective, observational study which included HIV-infected patients over 18 with no previous HAART and who started their therapy in a regional hospital between January 1st, 2003 and December 31st, 2008. The follow-up lasted until December 31st, 2010. A descriptive analysis was performed and Kaplan-Meier curves were used to assess the duration of the first HAART.

RESULTS
58 patients started HAART
12 of them with no changes at the end of the study period
Duration of the first HAART:
- 509 days (median time)
- 721 days excluding treatment simplification as a cause of switching therapy

CONCLUSIONS
Duration of the first HAART remains short, especially considering it is supposed to be the longest therapy, since, currently, this treatment is expected to be chronic. Adverse events are the main cause of withdrawal, so their prevention and mitigation should be one of the cornerstones of our activity as pharmacists.