

EFFECTIVENESS OF DOLUTEGRAVIR/LAMIVUDINE DUAL THERAPY IN HIV PATIENTS WITH SUBOPTIMAL ADHERENCE RATES

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1 BACKGROUND AND IMPORTANCE

Dolutegravir/lamivudine (DTG/3TC) dual therapy is an effective and well-tolerated HIV treatment strategy that simplifies therapy. Real-world evidence on its effectiveness in patients with suboptimal adherence remains limited, warranting further evaluation.

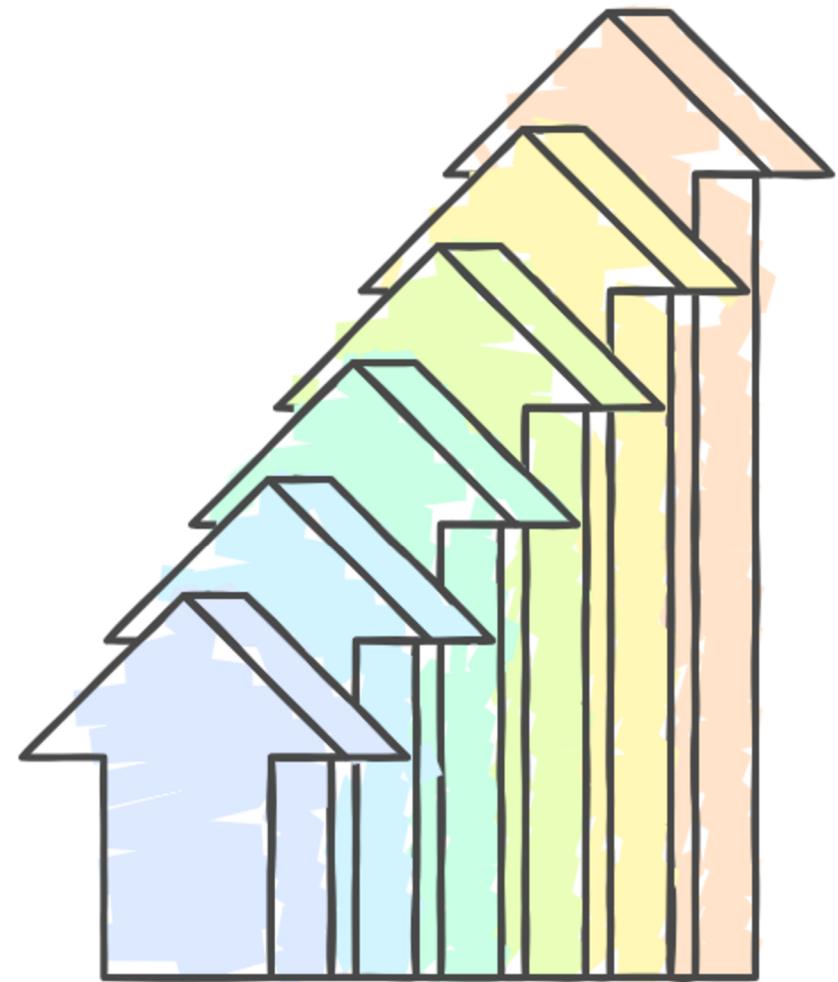
2 AIM AND OBJECTIVES

This study aimed to evaluate adherence to DTG/3TC in HIV patients and its relationship with treatment effectiveness.

3 MATERIALS AND METHODS

Study Methodology for DTG/3TC Therapy Effectiveness

- Identify Patients**
Select patients treated with DTG/3TC
- Calculate MPR**
Determine adherence using medication counts
- Stratify Adherence Groups**
Divide patients into high and low adherence groups
- Assess Viral Load**
Measure viral suppression in patients
- Evaluate CD4+ T-cell Counts**
Determine immunological response
- Perform Statistical Analysis**
Compare adherence groups for significant differences



4 RESULTS

Variable	Adherence >90% (n=284)	Adherence <90% (n=62)	p value
Proportion of total sample	82.08%	17.92%	—
Mean MPR (%)	91.6 ± 6.4	84.2 ± 5.8	—
Undetectable viral load, n (%)	267 (94.01%)	58 (93.55%)	0.78
Undetectable viral load + CD4+ >500 cells/mm ³ , n (%)	185 (65.14%)	45 (72.58%)	0.32

5 CONCLUSIÓN

Dolutegravir/lamivudine showed high effectiveness in patients with adherence rates above 90%, and comparable virological suppression in those below 90%. These findings suggest that the regimen maintains robust viral control even with suboptimal adherence. Although confirmation in larger cohorts is needed, DTG/3TC appears to be a resilient therapeutic option across different adherence levels.

