

Persistence and adherence to integrase inhibitors-based antiretroviral treatment in naïve-HIV patients

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Background and importance

The aim of antiretroviral therapy (ART) is to suppress HIV replication, thereby reducing the risk of opportunistic infections and preventing transmission. Pharmacists play a key role in patient education, adherence support and monitoring treatment effectiveness and tolerance.

Aim and objectives

To **evaluate persistence and adherence** to ART based on **integrase inhibitors** in HIV-naïve patients at 6 and 12 months. Additionally, the study aims to evaluate reasons for discontinuation and adverse events (AEs).

Material and methods

This was an **observational** and **retrospective study** conducted in a tertiary hospital with a multidisciplinary team including clinical pharmacists involved in the follow-up of HIV patients. We included patients who were diagnosed with HIV infection between 08/2022-07/2024 and who started integrase inhibitors-based ART.

Data were collected from clinical records and pharmacy claims. Patients who moved to another healthcare centre within the first year of follow-up were excluded.

To determine medication adherence, we measured the proportion of days covered (PDC), where a threshold $\geq 90\%$ is used to identify optimal adherence to ART according to Pharmacy Quality Alliance.

Results

High persistence to initial ART was observed at 6 and 12 months (Figure 1). Adherence was consistently high, with $\geq 90\%$ PDC in most patients. Viral suppression and CD4 recovery improved over time (Figure 2).

Figure 1

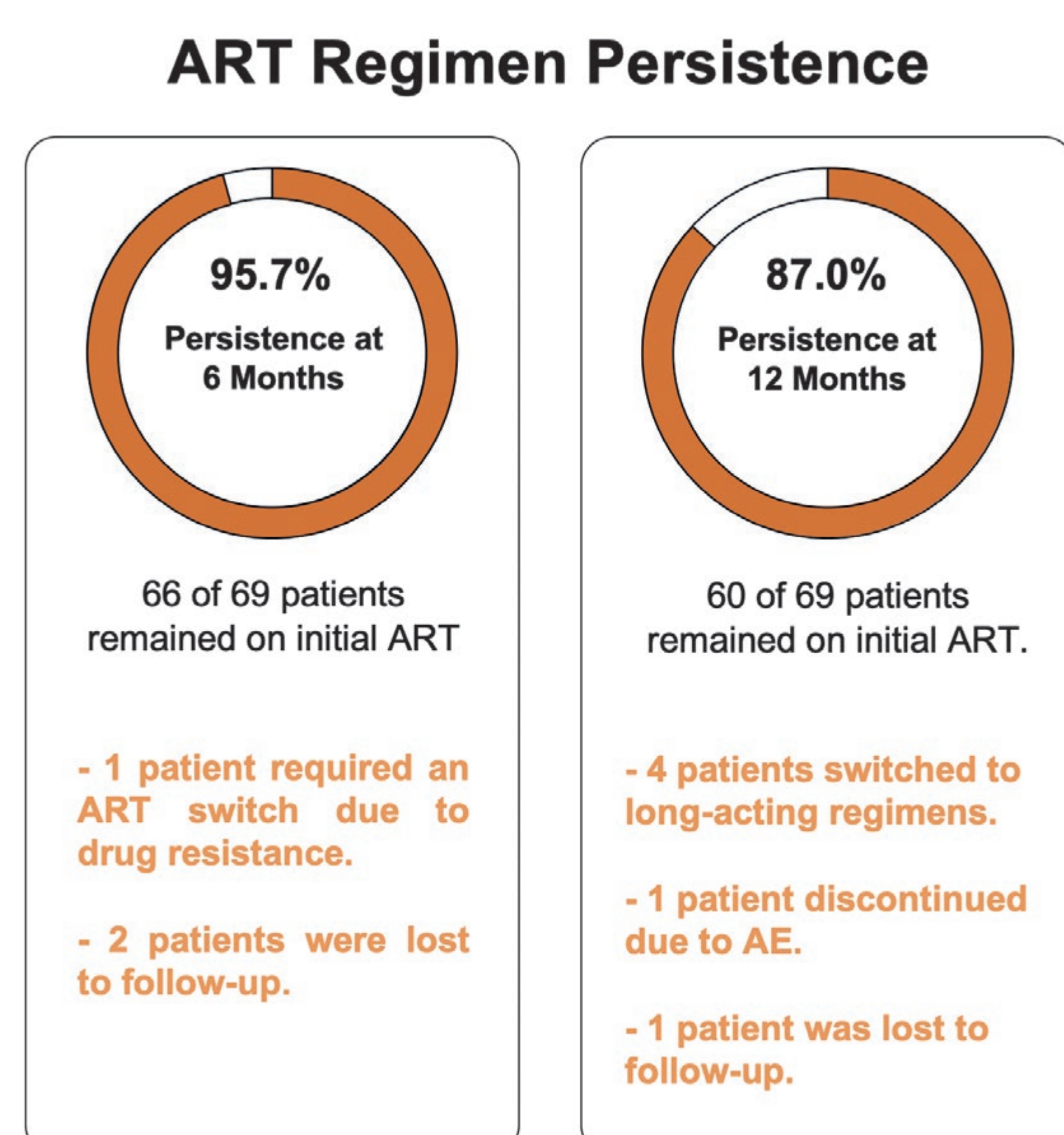
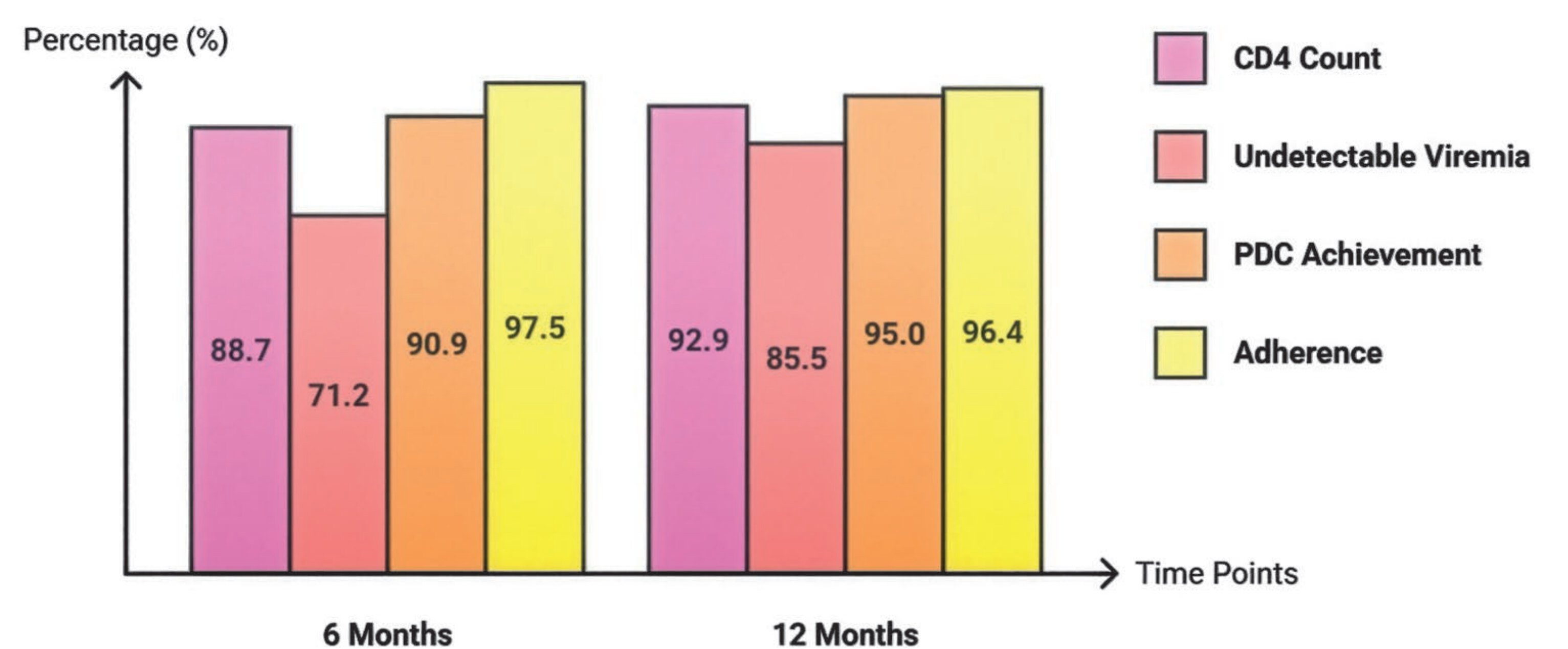


Figure 2



Conclusion and relevance

Our cohort of HIV-naïve patients showed **high levels of persistence and adherence to integrase inhibitor-based ART during their first year**. These findings show the effectiveness and tolerability in naïve patients in real-world conditions. They also suggest the benefits of follow-up by a multidisciplinary team.

