

Impact of the covid-19 pandemic on the adherence of HIV patients

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Background and importance

In 2020 Spain was involved in the SARS-CoV-2 pandemic. This situation entailed in the dispensing of drugs from pharmacy services to patients' homes. This way of reaching the patient facilitated the access to antiretroviral treatment (ART) in this difficult situation. However, due to the social stigmas, certain patients did not consent to access this dispensing system.

Material and methods

Observational retrospective study, included patients HIV-positive who received ART during the first alarm state in Spain during COVID-19 pandemic and in the same period of 2019.

$$\% \text{ adherence} = \frac{\text{dispensed galenic units}}{\text{planned galenic units}} \times 100$$

Aim and objectives

The objective is to study how adherence to antiretroviral treatment was affected in HIV-positive patients during the months of the first alarm state in Spain (March 14 to June 21, 2020); because during those period ART was home dispensation.



Collected data were: sex, age and variables related to pharmacological treatment.

To **measure adherence**, an indirect method was used, comparing the dispensations made in the hospital pharmacy of the hospital of León during the studied period and the same dates of the previous year.

Results

- 444 patients (77.93%).
- Median age 54 years (45 – 59).
- 83 (18.69%) patients change ART.
- 38.55% (n=32) carried out a simplification of ART in 2020.

No medication dispensations during 2020: 38 patients

	2019	2020
Mean adherence	91.89% (CI90.44-92.90)	90.25% (CI87.61-92.90)
Adherence > 95%	67.12% (n=298)	86.71% (n=385)

- 27: unknown reason.
- 6: spending the confinement outside the city.
- 4: died.
- 1: did not accept home dispensation.

Conclusion and relevance

The implementation of home dispensing could have positively influenced adherence in HIV-positive patients. It is necessary to evaluate in the future that the implementation of new telepharmacy programs can have a positive influence on adherence.



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