

EFFECTIVENESS AND SAFETY OF ANTIRETROVIRAL TREATMENT SIMPLIFICATION TO DOLUTEGRAVIR+LAMIVUDINE OR DOLUTEGRAVIR+RILPIVIRINE IN OLDER ADULTS WITH HUMAN IMMUNODEFICIENCY VIRUS



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BACKGROUND AND IMPORTANCE

- Bitherapies are a simplification strategy for antiretroviral treatment (ART) used in patients with human immunodeficiency virus (HIV) infection with undetectable viral load (VL < 50 copies/mL).

AIM AND OBJECTIVES

- To evaluate the effectiveness and safety of simplification to dolutegravir+lamivudine (DTG+3TC) or dolutegravir+rilpivirine (DTG+RPV) bitherapy in HIV older adults with a previous 3-drug regimen ART.

MATERIALS AND METHODS

Retrospective descriptive study was conducted (January 2019-August 2022)



HIV patients aged over 50 years in ART with DTG+3TC or DTG+RPV

Data collected

- ❖ Sex and age
- ❖ Polypharmacy (if prescribed 6 or more drugs)
- ❖ Actual and previous ART
- ❖ Treatment duration in bitherapy
- ❖ Reasons for change to bitherapy

Effectiveness:

- ✓ VL (copies/mL) and CD4 levels (cells/mL) were collected at three different periods:
 - Prior to change to bitherapy
 - 6 and 12 months after switching

Safety:

- ✓ Adverse effects (AE)
- ✓ Treatment discontinuations

RESULTS

- Thirty-six patients (58.3% men) with mean age 61.6 (range 52-80) years were evaluated.

• **Polypharmacy: 47.2%** of cases
Mean of **8.9** (6-14) drugs/patient

- ❖ 50% with DTG+RPV
- ❖ 50% with DTG+3TC

Previous ART:

- ❖ 2 nucleoside reverse transcriptase inhibitors (NRTI)+1 integrase inhibitor (INI): **58.3% patients**
- ❖ 2 NRTI+1 non-nucleoside reverse transcriptase inhibitor (NNRTI): **25%**
- ❖ 2 NRTI+protease inhibitor (PI): **13.9%**
- ❖ 1 NRTI+1 NNRTI+1 PI: **2.8%**

Reasons for change:

69.4%: simplify number of drugs

30.6% avoid AE associated with previous ART

- Mean treatment duration in bitherapy: **23** (12-58) months.

AEs recorded:

Sleep disturbances (8.3%)

Weight gain (5.6%)

- No treatment discontinuation occurred.

	Undetectable VL	Mean CD4 (cells/ml)
Prior to change to bitherapy	100%	758.8
After 6 months	100%	720.2
After 12 months	100%	730.8

CONCLUSION AND RELEVANCE

- ART simplification maintained effectiveness 12 months after switching, with undetectable VL and stable CD4 levels.
- A low incidence of AEs was reported after simplification. However, longer-term maintenance of virological suppression should be assessed.

