

Analysis of the antiretroviral treatment adherence

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Objectives: To evaluate ART adherence in our hospital's HIV patient cohort and its effect on the efficacy of ART; as well as to determine the effect of several treatment-dependant factors.

Methods: Period of time: July to November 2011

Population: HIV patients taking ART who came to the infectious diseases outpatients.

Adherence to treatment(%): difference between units of medicines that should have been dispensed and units that were recorded in the Pharmacy service as having been dispensed in the last year.

Collected variables: sex, age, daily number of tablets, dose regimen (QD, BD), ART combination (NRTI, NNRTI, PI/r), adherence and viral load (VL).

Adherent patient =adherence \geq 90%. The ART was considered effective when VL was \leq 50 copies/mL.

Results:

N=835, 566 men (67.9%), 268 women (32.1%)

•Mean age= 46.7 \pm 8 years

•Mean Adherence= 92.2 \pm 11.3%

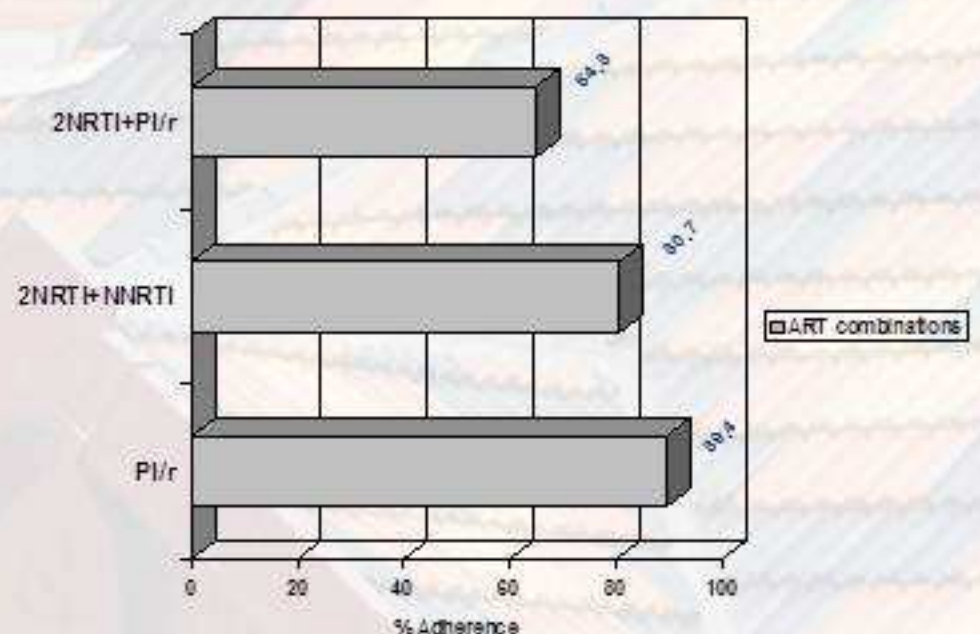
•Adherent patients= 76.3%

•Mean tablets/day: adherent patients= 3.2
non-adherents= 3.7

•Dose Regimen: QD= 80.2% and BD= 72.2%

•Efficacy of ART: 89.5% of adherent patients

70.1% of non-adherent patients



Conclusion: The success of the ART is considerably higher in adherent patients (89.5%) than in non-adherents patients (70.1%).

Simplifying the ART (QD, fewer tablets) is a strategy able to increase the number of adherent patients. Monotherapy with PI/r improves the adherence to ART.