



USAID
FROM THE AMERICAN PEOPLE

RESPOND



fhi360
THE SCIENCE OF IMPROVING LIVES

Technical guidance and evidence based recommendations for HIV testing, treatment initiation and adherence

Shirley Ko, Pact
Danielle Darrow de Mora, FHI360

Looking back

- 30 years since first HIV case
- 39 million AIDS related deaths
- 2 million new infections in 2014
- Breakthroughs have included:
 - Combination anti-HIV therapy mid-1990s
 - Treatment as prevention 2015
 - PrEP
- BUT...gap remains between evidence and practice

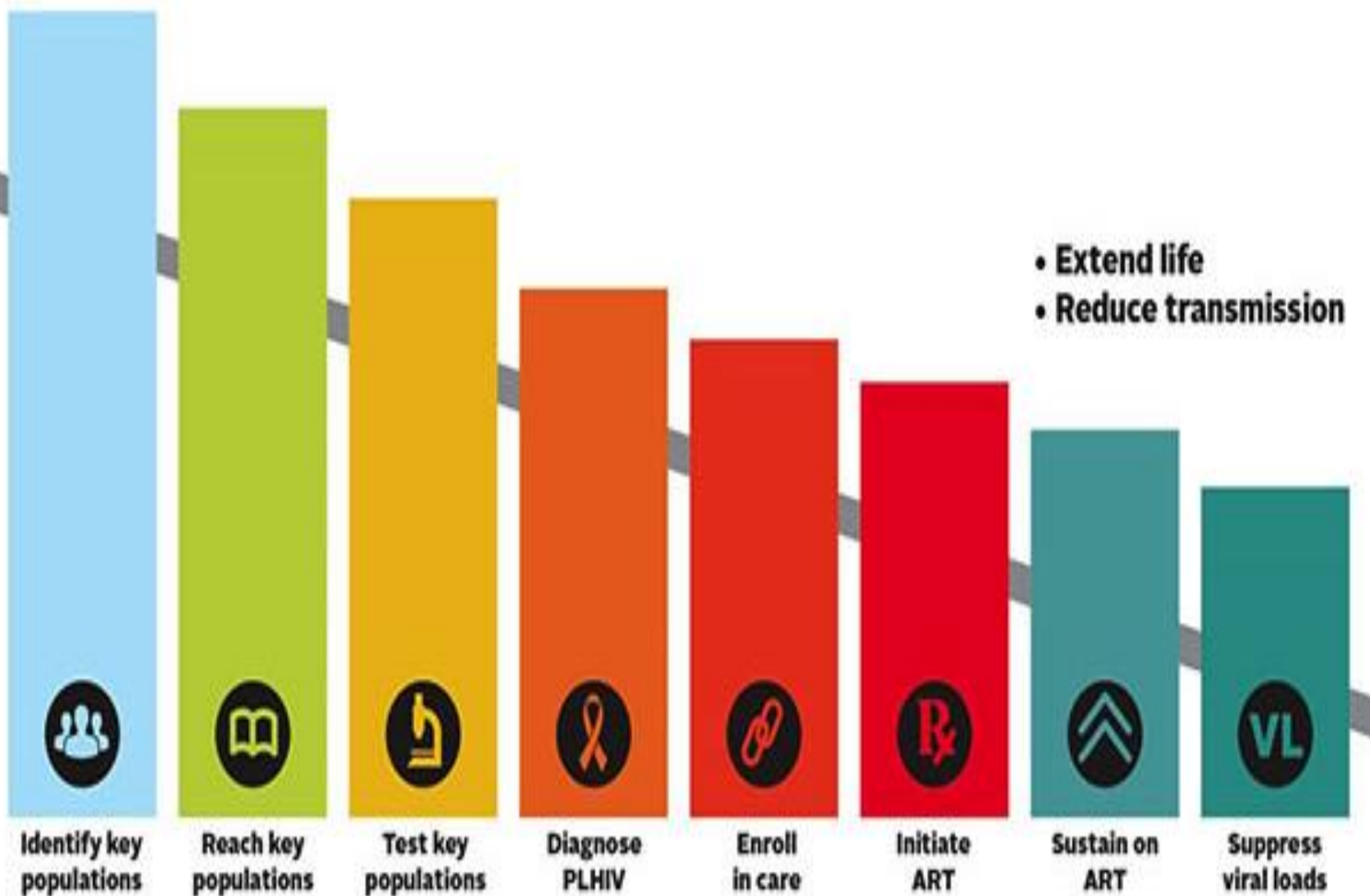


USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Prevention care and treatment cascade



PEPFAR Priorities

- New approaches to identifying and retaining patients in care for maximum impact and achievement of sustained viral suppression.
- Treating people as soon as they are diagnosed and implementing followup intervals that improve retention.



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Testing (first 90)

- Expanded provider-initiated testing (PITC)/opt-out in clinical settings
- Self or supervised self-testing
- New testing venues if yields are high (e.g., pharmacies, work place)
- Integrating community outreach, clinical services, and programs to reach key and priority populations



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Treatment (second 90)

- Test and Treat/Test and START
- Immediate initiation of treatment after diagnosis
- Provide patients with multiple months of medications and increased follow-up intervals
- Challenges: ARV supply, HIV care system, policies



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Care (third 90)

- Alternative service delivery models to improve retention and adherence
 - Task shifting, community delivery
- 80 percent of patients can follow less expensive, differentiated service delivery follow-up and yearly viral loads.
 - Only a few patients who are ill or have complicated cases will need more intensive management.



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES

Improved care efficiencies

- Reduction in laboratory testing (e.g., eliminating routine CD4 tests, fewer or no chemistries, and reliance on viral load)
- Initiation of ART by lower-level cadres, clinic visits every 6-12 months for follow-up, and dispensation of 6 months of ARVs.
 - allowing current treatment site to add 50–75 percent more clients on treatment with the same facility personnel and cost.



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

VL testing

- With viral load suppression being the 3rd 90, viral load testing is of importance
- Test and start removes the step of CD4 or VL assessment prior to treatment
- Treatment effectiveness monitored through VL and CD4 monitoring unnecessary



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Evidence for adherence and retention?

- Literature review of hundreds of articles on experimental and non experimental studies with adherence or retention as primary outcome
- Strongest evidence for:
 - Individual and group adherence counseling
 - Treatment support (advocates)
 - Mobile reminders
 - Patient tracking
 - Community ARV provision
 - Service integration (HIV, TB, STI)
 - Health service decentralization
 - Task shifting



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Key populations

- Recommendations relevant to key populations but require tailoring
- PWID, MSM, PLHIV and sexual partners of all above are neglected and at greatest risk
 - Hard to reach (but not always tried to be reached)
 - Effectively engaging these groups in HCT and linking those positive to care could transform HIV in Ukraine



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

IAPAC

- Guidelines developed by International Association of Providers of AIDS Care (IAPAC) November 2015
- Developed for care providers, policymakers, affected communities, organizations and health systems involved in implementing HIV care
- Systematic literature search to identify quantitative evidence
- Resulted in 36 recommendations across 6 “domains” that are generalizable across populations and settings and guidance on issues specific to key populations

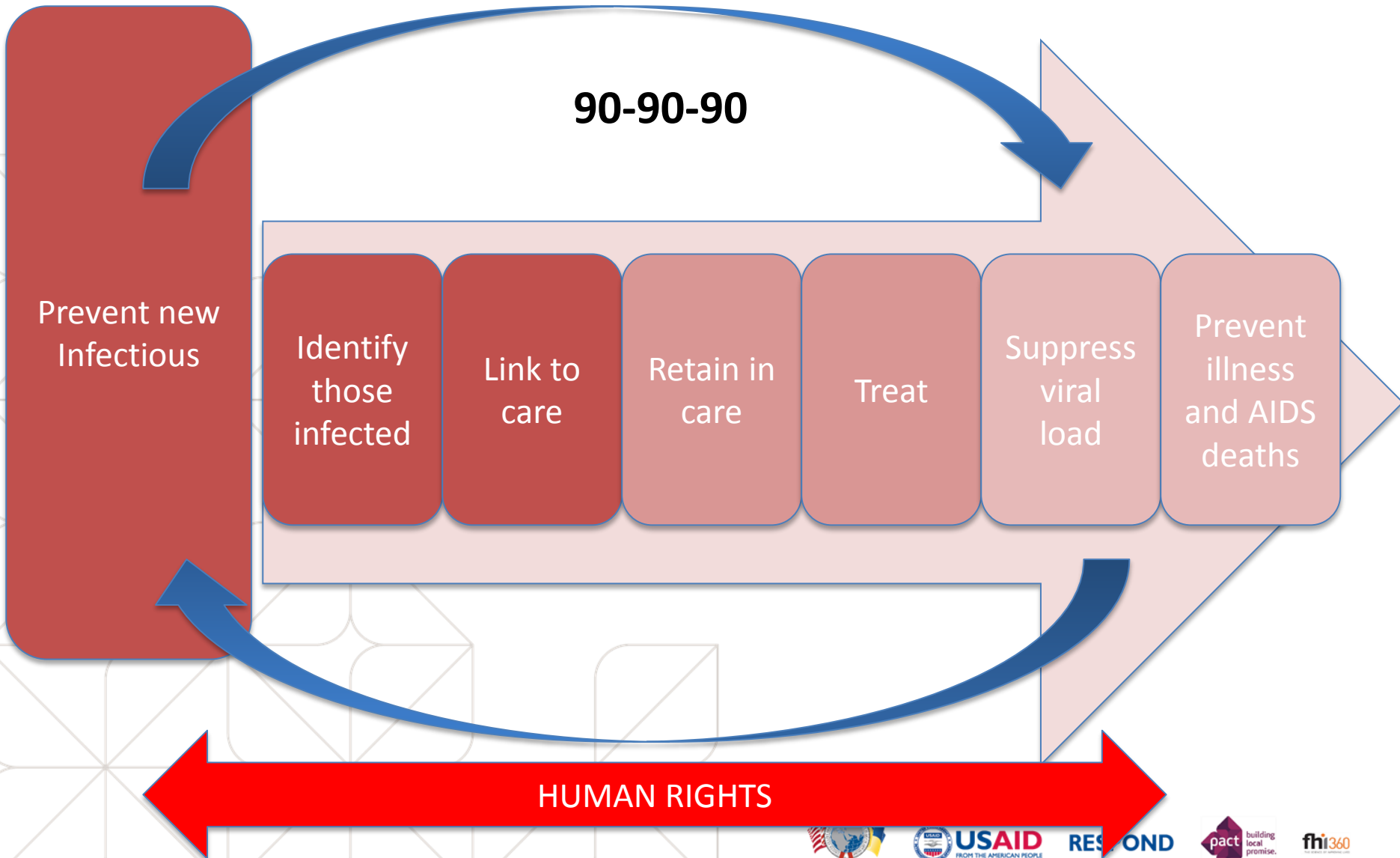


USAID
FROM THE AMERICAN PEOPLE

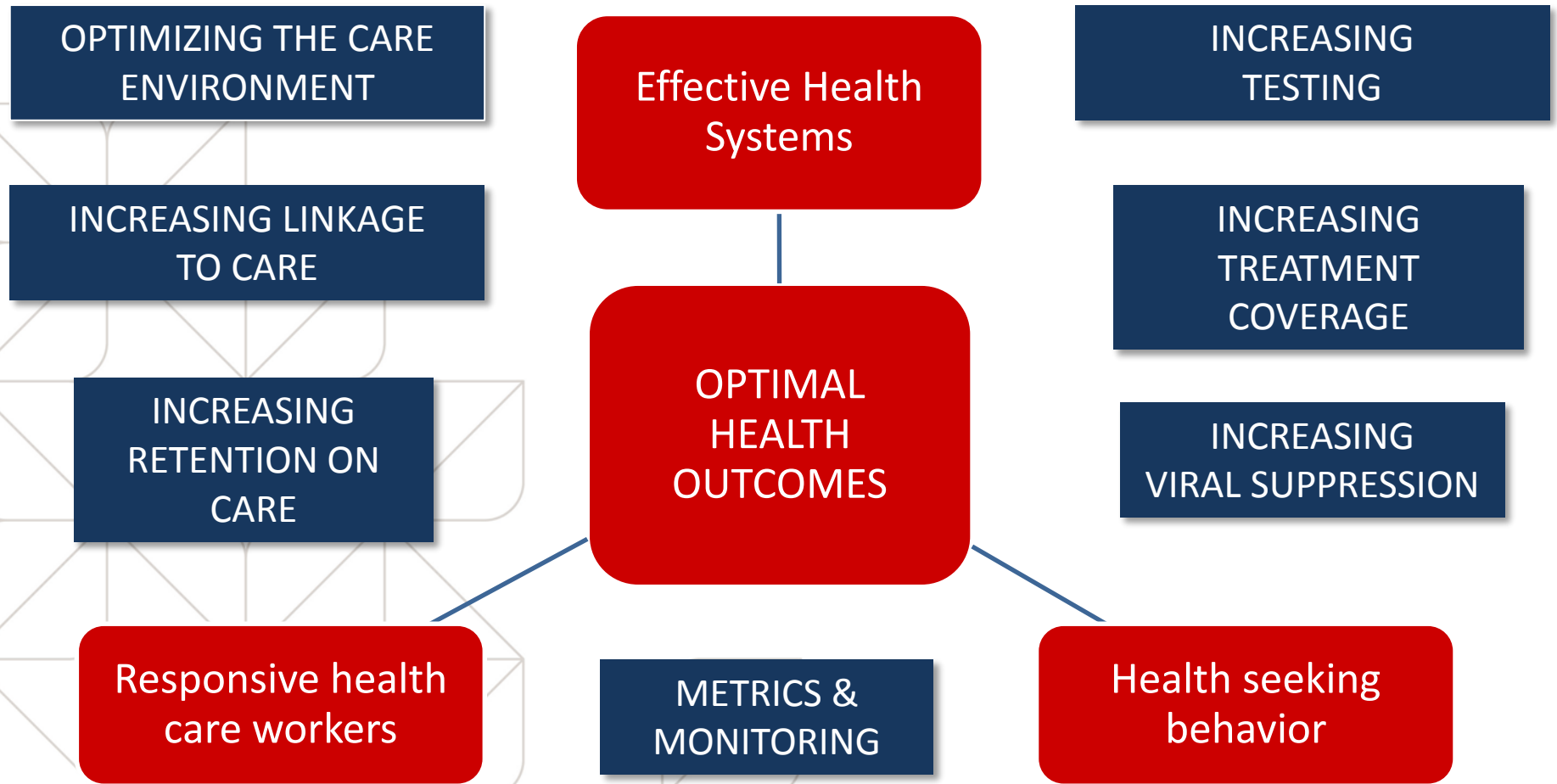


fhi360
THE SCIENCE OF IMPROVING LIVES

PROMOTING INTERVENTIONS ACROSS THE HIV CARE CONTINUUM



Optimal HIV Care



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Optimizing the HIV Care Environment

- Laws criminalizing conduct of MSM, transgender individuals, substance users and sex workers not recommended
- Enable PLHIV to take responsibility for their care (e.g. self-management, user-driven care)
- Shift/share tasks from physicians to appropriately trained health providers (e.g. nurses and associate clinicians) for ART initiation and maintenance
- Engage community in every step across the HIV care continuum



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Increasing HIV Testing Coverage & Linkage to Care

- Routinely offer opt-out counseling to all individuals who present at health facilities
- Offer community-based HIV testing to reach populations less likely to access facility-based testing
- Offer HIV testing to partners of newly diagnosed individuals
- Provide immediate referral to HIV care following HIV-positive diagnosis
- For high-risk individuals testing negative, offer PrEP in addition to free condoms, risk reduction education and PEP
- Use case managers and patient navigators to increase linkage to care



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Increasing HIV Treatment Coverage

- Offer immediate ART after HIV diagnosis, irrespective of CD4 count
- Provide viral load testing at least every 6 months (preferred tool for monitoring ART response)
- Test for HIV drug resistance at entry into care or prior to ART initiation, or when virologic failure is confirmed
- Offer community-located ART distribution



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Increasing Retention in Care, ART Adherence & Viral Suppression

- Conduct systematic monitoring of retention in HIV care for all patients – this is a quality indicator
- Conduct routine adherence monitoring for all patients
- Use information & communication technologies to support patient self-care
- Educate patients about and offer support for ART adherence & keeping clinic appointments
- Neither DAART nor directly observed ART is recommended
 - Community outreach-based DAART recommended for PWID and released prisoners at high risk of non-ART adherence



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES

Guidance for MSM

- Develop and adopt standards for the provision of culturally competent care and the dissemination of information/educational materials in clinical programs for all MSM
- Address medical mistrust, promote confidentiality, and minimize stigma
- Offer community-based support services to reach MSM who may not access HIV testing services in clinical settings
- Offer screening for STIs in all relevant anatomical sites; screen for viral hepatitis and vaccinate susceptible MSM for HAV and HBV
- Facilitate linkage to care of MSM youth at HIV testing sites through direct referral to MSM peer navigators



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Guidance for PWID

- Scale-up evidence-based treatment for substance use, in particular opioid substitution therapies
- Implement time-limited DAART with substance users at high risk of non-ART adherence
- Conduct comprehensive and integrated assessments for and provide treatment of co-morbid psychiatric illnesses, in particular depression, among substance users



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Resources

- RESPOND has translated guidelines into Ukrainian – available at meeting
- Full text of guidelines (in English) available at:
<http://jia.sagepub.com/content/early/2015/10/23/2325957415613442.abstract>
- Visit www.iapac.org to stay up-to-date on guidelines updated and guidelines-related activities



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Translating evidence into practice

- How to prioritize among the breadth of recommendations given resources constraints?
- Based on our experience working Ukraine, recommend several priorities:
 - Medical providers
 - Sexual partners
 - MSM
 - Adherence for PWID



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

HCT and referrals by medical providers

- Provider initiated HCT; routine testing/opt out
- Include TB patients, presumptive TB patients, STI patients
- Test and Treat requires expedited registration of HIV case and linkage to treatment



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES

Sexual Partners

- Existing clients in HIV services are important link to new infections
 - Ideal to reach partners before transmission or in early/acute stages
- Interventions that identify partners through clients and link them to HTC and care have strong potential
- Partner notification and testing program is feasible, acceptable and can identify high proportion of HIV-infected patients previously unaware of status.



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Identifying and Reaching Sexual Partners

- Voluntary partner notification using patient referral preferred method
- Provider referral is effective in ensuring notification and treatment for HIV and other STI (20% seropositivity among contacted partners)
- Randomised trial identified found that index patients given a choice of method – patient or provider referral – had more partners tested for HIV than those who used patient referral alone



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES

Partner Notification – Promising Practices

- Routine clinical guidelines for routine partner notification
- Include partner notification as part of HIV counseling training for health providers
- Offer choice of method – provider referral, patient referral or combination
- Offer couples counseling

For PWID:

- Coaching of PWID index patients by counsellors to notify their partners
- Provider calling client's steady sex partners on telephone to arrange for counseling appointment

Risk network analysis/contact tracing for identification of casual sex partners



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES

Local solutions

- **RESPOND** and local partners collaborating to apply global evidence to Ukraine
 - Quality Improvement collaborative
 - Behavioral and service delivery interventions
 - Data driven programming



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

HCT and linkage to care for sexual partners of PLHIV

- Despite the potential yield of new cases from testing sexual partners of PLHIV, little attention paid to sexual partners due to resource constraints
 - How can task shifting and non clinical interventions help?
- Sexual partners intervention developed by RESPOND and Network
- Do we have any data from the Network grantees implementing these interventions?



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

HCT and linkage to care for PWID and sexual partners

- Sexual partners intervention developed through RESPOND NGO partnership
- Do we have any data from the Network grantees implementing these interventions?



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

HCT and linkage to care for MSM

- MSM communities require innovative and integrated methods to reach and test.
- **RESPOND** designed an MSM intervention based on recommended approaches
 - Social media
 - Linking online and in person services
 - System navigation



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Reach, test, link model for MSM

Find/Reach

- Online social networking site pages (Facebook, vKontakte)
- Geodating sites blogs, adverts and peer profiles (Grinder, Hornet)
- Mgroups (social networks)
- Sexual partners outreach (once identified from MSM living with HIV)

Motivate to test

- Motivational counseling and messaging on online social networking site pages and geodating sites
- Motivational counseling in Mgroups
- Sexual partner counseling (once identified from MSM living with HIV)

Test and Diagnose

- NGO based rapid testing
- AIDS Center confirmatory testing
- Mgroups (with onsite testing)
- Friendly Doctor
- Sexual partners testing

Link to services

- HIV services navigation
- Referral and accompany
- Friendly Doctor
- Online social networking and geodating sites link to service information



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE CENTER FOR COMMUNITY-ENGAGED RESEARCH

Difficulties in Treatment Adherence for PWID

- PWID have increased risk of HIV infection, have higher rates of disease progression and higher HIV/AIDS mortality rates due to increased co-morbidities and poor access to antiretroviral therapy
- Adherence among PWID lower than other populations
 - Studies have found that over 50% of PWID fail to achieve level of adherence required for viral suppression
 - Strategies to improve adherence are urgently required



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Psychosocial determinants of adherence in PWID

- Self efficacy, outcome expectations, risk behaviors
- Ongoing injection drug use,, social and structural factors (incarceration and homelessness)
- Reasons for missing ART dose: Side effects (51%)
- 34% said ART daily regimen hard to adhere to



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

MMT and Improved ART Adherence

- MMT programs have been found to be effective in improving ART adherence and viral suppression among PWID
 - MMT enrollment → decreases incidence of ART discontinuation and improves treatment outcomes
- MMT offers good entry point for HIV care and repeated HIV counseling – “one-stop service”
 - Regular contact with medical system, positive patient provider relationship, opportunities for management of side effects, access to counseling and other programs
 - Regular monitoring of CD4+ cell count and/or viral load
 - Decreased relapse into drug use
 - Reduced mortality among HIV+ PWID receiving ART and MMT



USAID
FROM THE AMERICAN PEOPLE



fhi360
THE SCIENCE OF IMPROVING LIVES

Behavioral Interventions for Adherence

- Studies have shown adherence requires behavioral change and cognitive change (perceptions of self efficacy)
- Interventions that focus on reducing impact of side effects and increase patient's coping skills related to HIV treatment side effects
- Peer support groups and trained “expert patients” to provide HIV counseling
- Individual case management support for PWID from caseworkers (Alliance for Public Health's Community Initiated Treatment Intervention pilot in Ukraine)



USAID
FROM THE AMERICAN PEOPLE



building
local
promise.

fhi360
THE SCIENCE OF IMPROVING LIVES