

Building Blocks

A CATIE Webinar Series

Starting HIV Treatment

From guidelines to practice

Date:

Thursday March 6th, 2014, 1-2pm EST

Presented by:

Michael Bailey

Director, Program Delivery, CATIE



Sylvain Beaudry

Info-treatment Program, ACCM



Starting treatment

- What is HIV treatment?
- When should HIV treatment be started?
- Developing a treatment strategy

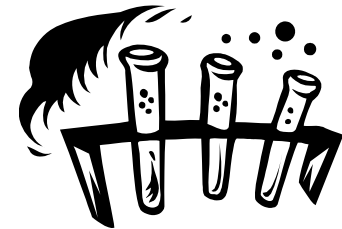
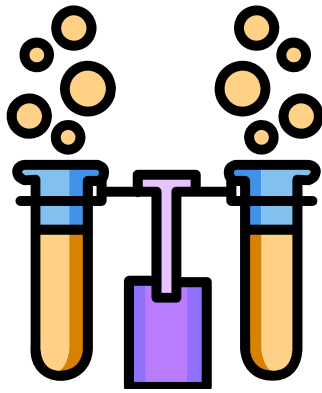
What is HIV Treatment ?

- Antiretroviral therapy (ART) is a combination of antiretrovirals (ARVs)
- Antiretroviral therapy (ART) is not a cure for HIV
- How long a combination works depends on not developing resistance

Other effects of Antiretroviral Therapy

- Reduction of onward transmission of HIV
- Post-Exposure Prophylaxis (PEP)
- Pre-Exposure Prophylaxis (PrEP)

CD4 counts and Viral Load



A history of antiretroviral therapy

- Treating opportunistic infections (1980s)
- Monotherapy (1987 – 1996)
- Combination therapies—'hit early, hit hard' (1996 to 2000)
- 'Wait and see' (to late 2000s)
- Post-SMART, waiting for START...

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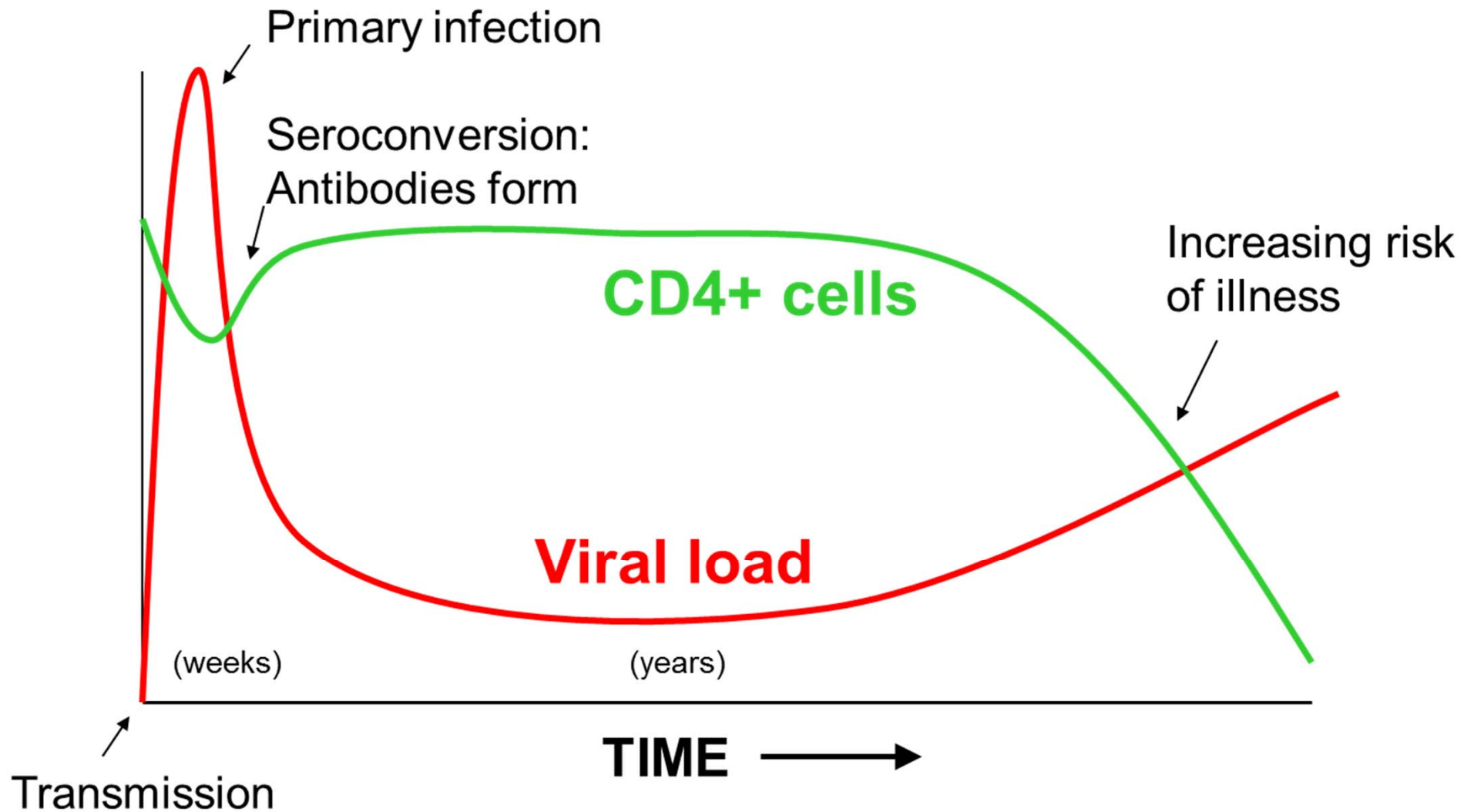
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Typical untreated HIV disease



The Goals of Antiretroviral Therapy

The goals of ART are:

- to reduce viral load to undetectable
- to maintain or increase CD4 cell counts
- to ensure quality of life

When should treatment be started?

When should treatment be started?

The bottom line:

- HIV treatment should be made when the person living with HIV is ready.

HIV treatment guidelines

HIV treatment guidelines:

- Present standards of care based on current knowledge
- Influence health policy concerning access to treatment and the use of screening tools
- Serve as an educational reference
- Influence clinical research



HIV treatment guidelines

(cont.)

- When to begin or change an antiretroviral therapy
- First-line treatment
- Subsequent and alternate treatments
- Treatment for pregnant women
- Adherence
- Drug interactions and side effects

When to start:

Current DHHS Guidelines

- **CD4 count above 500:** Starting is worth considering
- **CD4 count between 350 and 500:** Starting is recommended
- **CD4 count below 350** (or if you've ever had an AIDS-defining illness): Start as soon as possible



Preferred First-line Regimens

DHHS Guidelines 2013

Preferred regimens: those with optimal and durable efficacy, favorable tolerability and toxicity profile, and ease of use

NNRTI based	Atripla
Boosted PI based	Prezista/r + Truvada
	Reyataz /r+ Truvada
Integrase inhibitor based	Isentress+ Truvada
	Stribild
	Tivicay + Truvada



DHHS. Available at: <http://aidsinfo.nih.gov/Guidelines>.

The great debate...

Just how early should treatment be started...

Benefits versus risks...

Benefits to starting treatment earlier

Research continues to show the negative effects of untreated HIV on the body:

- generalized inflammation may cause permanent damage to the immune system
- earlier therapy increases survival
- newer HIV drug combinations are less toxic and easier to take

More potential benefits...

- Decreased severity of side effects (i.e. peripheral neuropathy and lipodystrophy), slower progression of HPV-associated cancers
- Decreased risk of cardiovascular, kidney & liver diseases and cancers
- Decreased risk of HIV transmission to others... (HN052 study)

Potential risks of early treatment

- Possible development of treatment-related side effects and toxicities
- Development of drug resistance and incomplete viral suppression resulting in the loss of future treatment options
- Development of resistances and reduced treatment options if not adherent

Developing a treatment strategy

How might we help in the development of a good treatment strategy?

Strategies for starting treatment

- Get the best care possible
- Chose a medication schedule you can live with
- Plan for possible side effects
- Be prepared mentally
- Plan for next steps

For further information....

- CATIE website: www.catie.ca
- CATIE inquiries:
 - Monday - Thursday 10 am – 6 pm (Eastern Time).
416-203-7122 or 1-800-263-1638
 - Questions @ catie.ca
- CATIE Publications:
 - Managing Your Health
 - Practical Guide to HIV Drug Treatment
 - CATIE Fact Sheets





my
life
with
hiv

ma
vie
avec
le
vih

 ACCM 514 527-0928 / treatment@accmontreal.org

Are you starting or thinking of starting antiretroviral treatment? Need more information about treatment? My Life With HIV is for you.

This free program aims to improve your knowledge of HIV and treatment through a series of 6 workshops.

You will learn how treatment works, why and when to start, how to deal with possible side-effects, disclosure — everything you need to know before starting treatment.

To register, or for more information, please contact AIDS Community Care Montreal (ACCM).

Avez-vous tout juste débuté votre traitement antirétroviral ou êtes-vous sur le point de commencer ? Vous voulez vous informer sur le traitement ? Ma Vie avec le VIH s'adresse à vous.

Ce programme gratuit consiste en une série de 6 ateliers qui vise à augmenter vos connaissances sur le traitement antirétroviral et le VIH.

Vous allez apprendre comment fonctionne le traitement, pourquoi et quand commencer, gérer les effets secondaires possibles, le dévoilement, et tout ce que vous avez besoin de savoir avant de commencer.

Pour vous inscrire, ou pour plus d'information, communiquez avec AIDS Community Care Montréal (ACCM) Sida bénévole Montréal.

 **ACCM** *514 527-0928 / treatment@accmontreal.org*

A national program in partnerships with;
Un programme national en partenariat avec;

Advisory committee / Comité consultatif

Kamilla Petrosyan, MD, MPH & Jessica Dolan,
AIDS Community Care Montreal / Sida Bénévoles Montréal
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Sophie Wertheimer, **CATIE**
Ken Monteith, **COCQ-SIDA**
Gary Lacasse, **Maison Plein Cœur**
Llewellyn Goddard, **Toronto People With AIDS Foundation**

- To whom this workshop is for?
 - Newly diagnosed people
 - People who have been diagnosed but haven't start treatment
 - People who have started treatment but facing difficulties or looking for better understanding
- Why having a workshop on treatment?
 - Many people have fears related to taking a medication
 - Some people don't have a good relation with their health team and don't get all information needed
 - Others don't even know what they are taking (oh, you know, I'm taking the bleu one with 2 orange and a big white one)

Introduction *Welcome*
Presentation of the program
Confidentiality form
Icebreaker exercise
Evaluation questionnaire

Workshop 1 *Let's talk!*
Setting ground rules
HIV 101, CD4/viral load, transmission, risk evaluation
Can we talk? Relations with your health provider team

Workshop 2 *Going further!*
HIV 201, HIV replication cycle
Antiretroviral medications
Short and long term side effects

Workshop 3 *Are you ready?*
When and why to start treatment
Readiness to start/Do I have choices?
Women and HIV treatment

Workshop 4 *Why is adherence so important?*
Adherence and resistance
Drug interactions

Workshop 5 *What now?*
Self-care/wellbeing
Strategic coping
Disclosure

Introduction *Bienvenue*
Présentation du programme
Formulaire de confidentialité
Exercice pour briser la glace
Questionnaire d'évaluation

Atelier 1 *Parlons !*
Règles de base
VIH 101, charge virale/CD4, transmission, évaluation des risques
Pouvons-nous parler ? La relation avec l'équipe de soins de santé

Atelier 2 *Allons plus loin !*
VIH 201, cycle de réplication du VIH
Médicaments antirétroviraux
Effets secondaires à court et long terme

Atelier 3 *Êtes-vous prêt ?*
Quand et pourquoi commencer le traitement
Être prêt à commencer/ai-je des choix ?
Les femmes et le traitement du VIH

Atelier 4 *Pourquoi l'adhérence est-elle si importante ?*
Adhérence et résistance
Interactions médicamenteuses

Atelier 5 *Et maintenant ?*
Soin de soi/bien-être
Adaptation stratégique
Divulgateion

Facilitator's guide

- Step by step guidance for facilitators
- Optimal conditions for workshop implementation
- Introducing confidentiality into groups
-
- Participation and commitment
- Establishing ground rules with the group
- GIPA/MIPA principles
- Evaluation tools

Guide de l'animateur

- Directives par étapes pour les animateurs
- Conditions optimales pour l'implantation des ateliers
- Introduire le concept de confidentialité dans un groupe
- Engagement et participation
- Établir les règles de base avec le groupe
- Principe GIPA/MIPA
- Outils d'évaluation

Results expected

This guide has been created as a framework that can be enhanced, adjusted or modified to your own regional and/or cultural realities. In order to allow greater knowledge exchange and skill building, we would strongly recommend that you share the adjustments you will make with us and all other members of the HIV community throughout Canada. My Life with HIV is also be adapted as a peer program based on the Greater Involvement of People living with HIV – GIPA/MIPA principles.

Résultats attendus

Ce guide a été conçu comme un cadre qui peut être amélioré, corrigé ou modifié à votre propre réalités culturelles régionales et / ou nationales. Afin de permettre l'échange de connaissances plus grande et le renforcement des compétences, nous recommandons fortement que vous partagez les ajustements que vous ferez avec nous et tous les autres membres de la communauté du VIH à travers le Canada. Ma vie avec le VIH peut également être adapté comme un programme pour et par les pairs basé sur la participation accrue des personnes vivant avec le VIH - les principes GIPA / MIPA.

The training

- March 12-13, 2014 2 days of train-the-trainers
- 15 participants coming from 10 different ASO's throughout the country
- Next step for the program 2014-2015

My Life with HIV program is funded by:

Ma vie avec le VIH est financé par:



Public Health
Agency of Canada

Agence de la santé
publique du Canada



Contact info / Pour nous joindre



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Thank you

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Please evaluate this webinar!