



Guy's and St Thomas'
NHS Foundation Trust

Are new ART strategies a ray of hope for our young adults?

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90-90-90

An ambitious treatment target
to help end the AIDS epidemic

UK meets UN target in drive to end HIV epidemic

More than 90% of cases are diagnosed, on treatment and virally suppressed, Public Health England says

18/23pt

The report *Progress towards ending the HIV epidemic in the United Kingdom 2018* includes estimates which suggest that in 2017, 92% of people living with HIV in the UK have been diagnosed, 98% of those diagnosed were on treatment, and 97% of those on treatment were virally suppressed.

What do our patients look like?

How are we doing in our clinic?

Can we improve?

Methods

- **Retrospective data collection from electronic records**
 - All perinatally acquired HIV patients
 - Attended young adult clinic between January 2010 and November 2018
 - Assess demographics, psychiatric history, hospital admissions, ART history, resistance and VL suppression

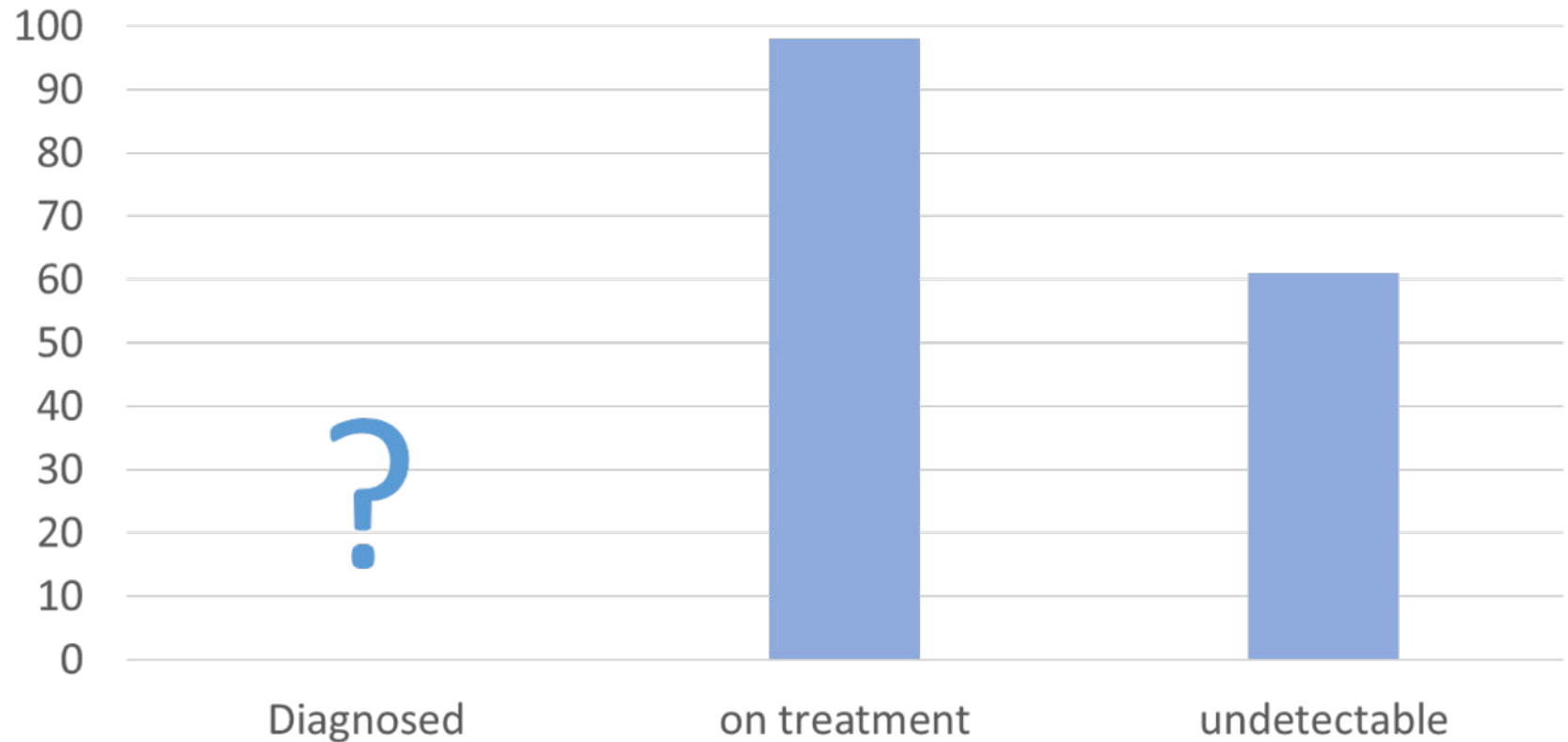
What is going on with our young adults?

- 57 perinatally acquired HIV
- median age 22 (range 17-32)
- 40% male
- 87% of black ethnicity
- Median age at transition from paediatric services was 17 (range 15-22)

Immune status?

- Median CD4 count at last measurement was 489 cells/ μ l (range 10-1034)
- CD4 <200 cells/ μ l 12%
- CD4 <50 cells/ μ l 7%
- Nadir CD4<200 cells/ μ l 38%

Are we meeting international targets?



Why are we off target?

Sometimes I don't feel like taking it (medication)...its just a constant reminder of what we are going through.

There is an emotional thing having an illness that society doesn't accept

(On taking medication) Its about encouraging, but not enforcing

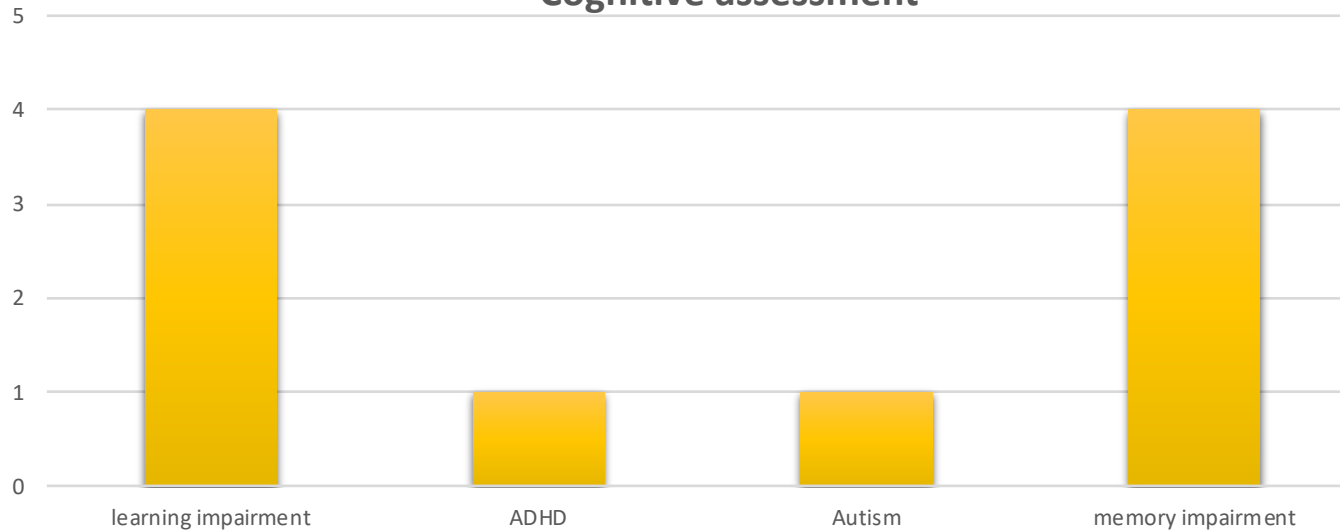
Improving patient engagement and medication adherence in young adults with perinatally acquired HIV (PAHIV): a quality improvement project (QIP) to develop an intervention through patient involvement (PI)

KINGS

Jasmine Bhangra¹, Liam Teang¹, Harry Barker¹, Radi Darwish¹, Audrie Mukela², Daniella Chilton²

Psychiatric health?

Cognitive assessment



24 patients had a psychiatric assessment
70% anxiety depression
3 suicide attempts/self harm

Antiretroviral therapy



Short Communication |  Full Access |

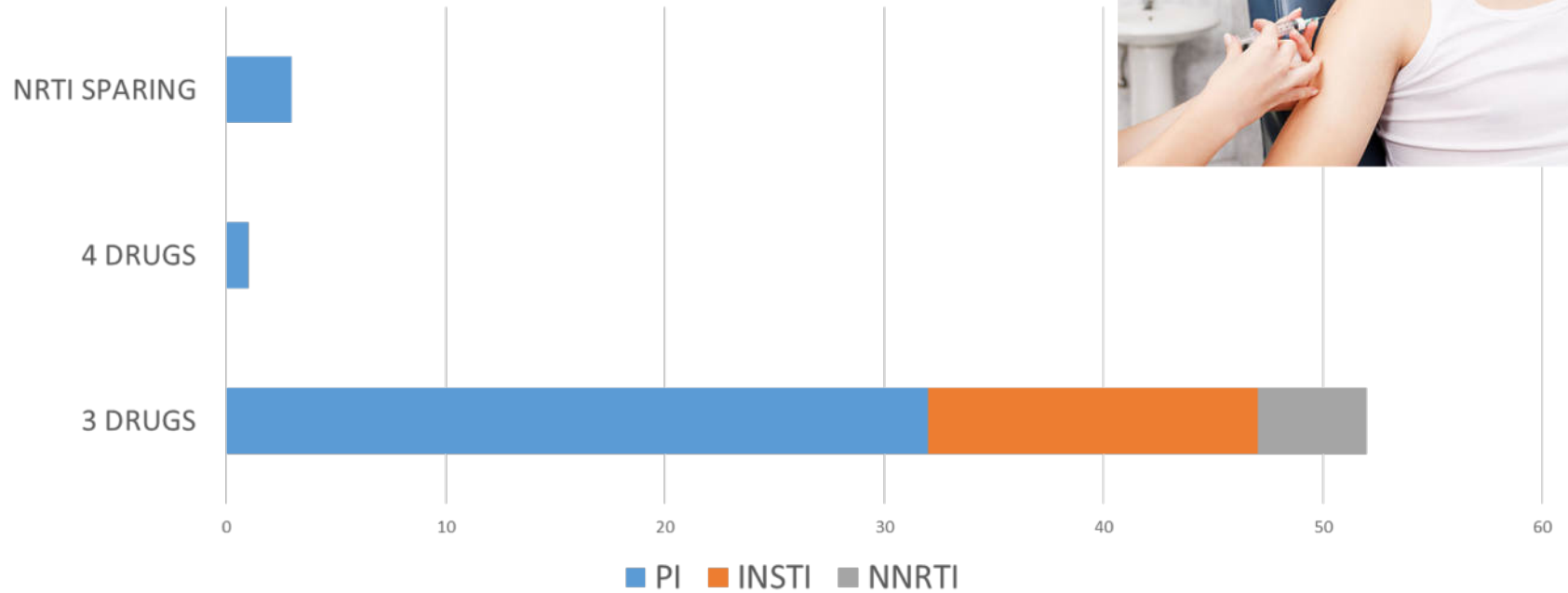
Uptake and virological outcomes of single- versus multi-tablet antiretroviral regimens among treatment-naïve youth in the HIV Research Network

DC Griffith, C Farmer, KA Gebo, SA Berry, J Aberg, RD Moore, AH Gaur, WC Mathews, R Beil, PT Korthuis, AE Nijhawan, RM Rutstein, AL Agwu, for the HIV Research Network

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- Only 13 patients on single tablet regime (24%)

Antiretroviral therapy



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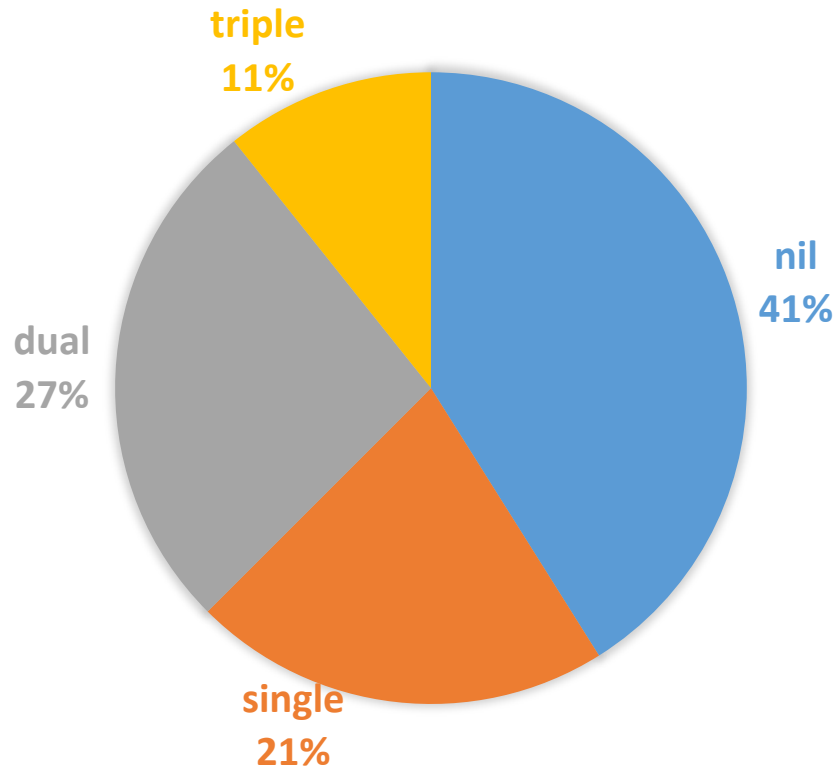
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Virological resistance



No documented INSTI RAMS

Virological resistance

- 41 patients had no NNRTI resistance
- 11/16 patients with NNRTI resistance- rilpivirine sensitive

| Rilpivirine resistance? | NNRTI RAM | number |
|-------------------------|---------------------|--------|
| sensitive | K103N, V108I, V106M | 11 |
| low level | 179ED | 3 |
| | 138A | 1 |
| intermediate | Y181C | 1 |
| high | G190E | 2 |
| | L100IL | 1 |

Conclusions

- **Not reaching national targets**
- **Poor adherence due to psychological factors**
- **Symptuza and injectable ART may be a ray of hope for the future**

