



ADHERENCE: Make Your ARVs Work for You

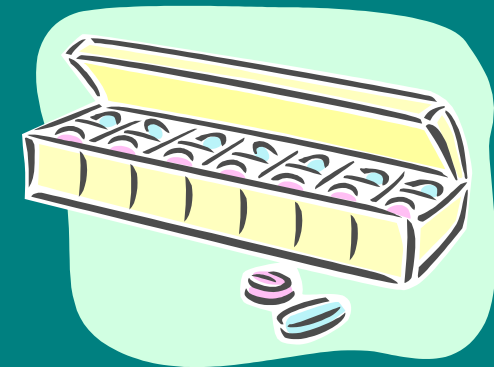
ACTION Project
IHV - Nigeria

OBJECTIVES

1. What is adherence?
2. Why be adherent?
3. What level of adherence is required for HIV/AIDS?
4. What is non-adherence?
5. What are the costs of non-adherence?
6. What helps with ARV adherence?

1. WHAT IS ADHERENCE?

- “To bind oneself to observance”
- To behave as agreed with health care provider
- To come to 100% of appointments
- To take 100% of ARV medications
 - correct dose
 - correct frequency
 - correct time



1. WHAT IS ADHERENCE?

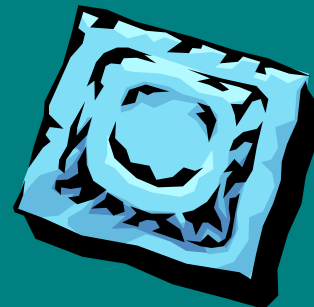


Adherence: "do as we agree"

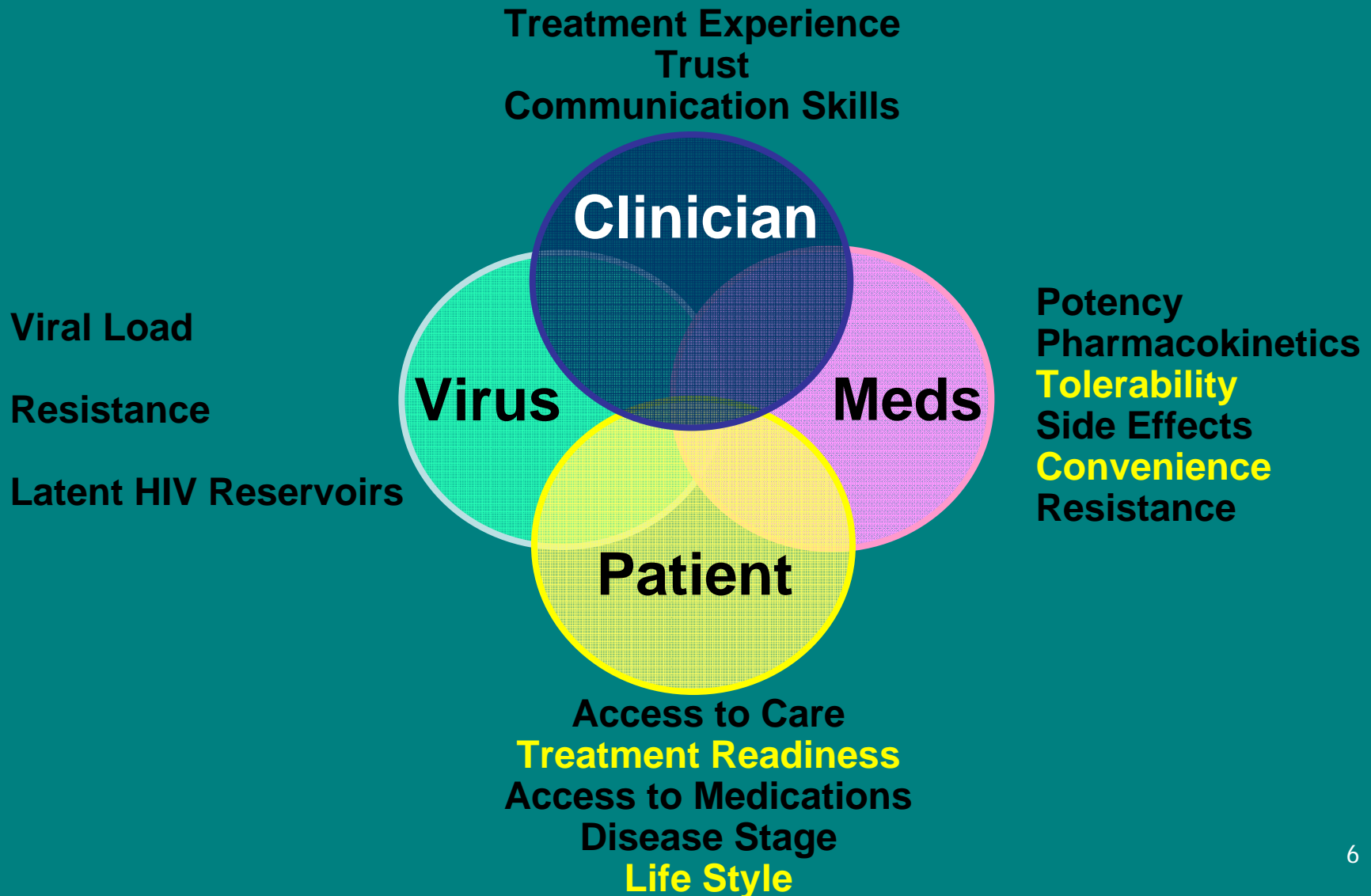
- Active decision—not passive
- PARTNERSHIP between the patient, their health care providers, and support system
- Collaboration for health care-planning and decision-making
- Interactive, cooperative, lifelong relationship

1. WHAT IS ADHERENCE?

- **Team effort**
 - Involves patient
 - Involves health care team
 - Involves patient's support network (friends, family, HIV+ peers)
- **Healthy lifestyle**
 - Taking 100% of medication
 - Coming to 100% of appointments
 - Practicing safe sex



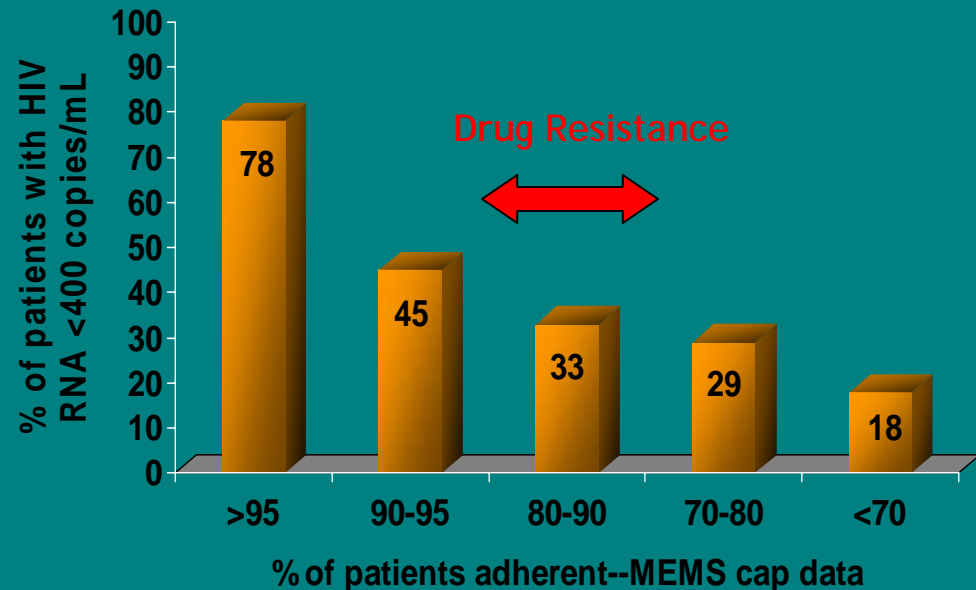
FACTORS AFFECTING ADHERENCE



2. WHY BE ADHERENT?



- *Drugs don't work in people who don't take them!*
- *Key determinant of ARV treatment success:*
 - Long-term decrease in viral load
 - Long-term increase in CD4 cell counts
 - Reduces risk of drug resistance
 - Reduces presence of other infections
 - Feel and look healthy!



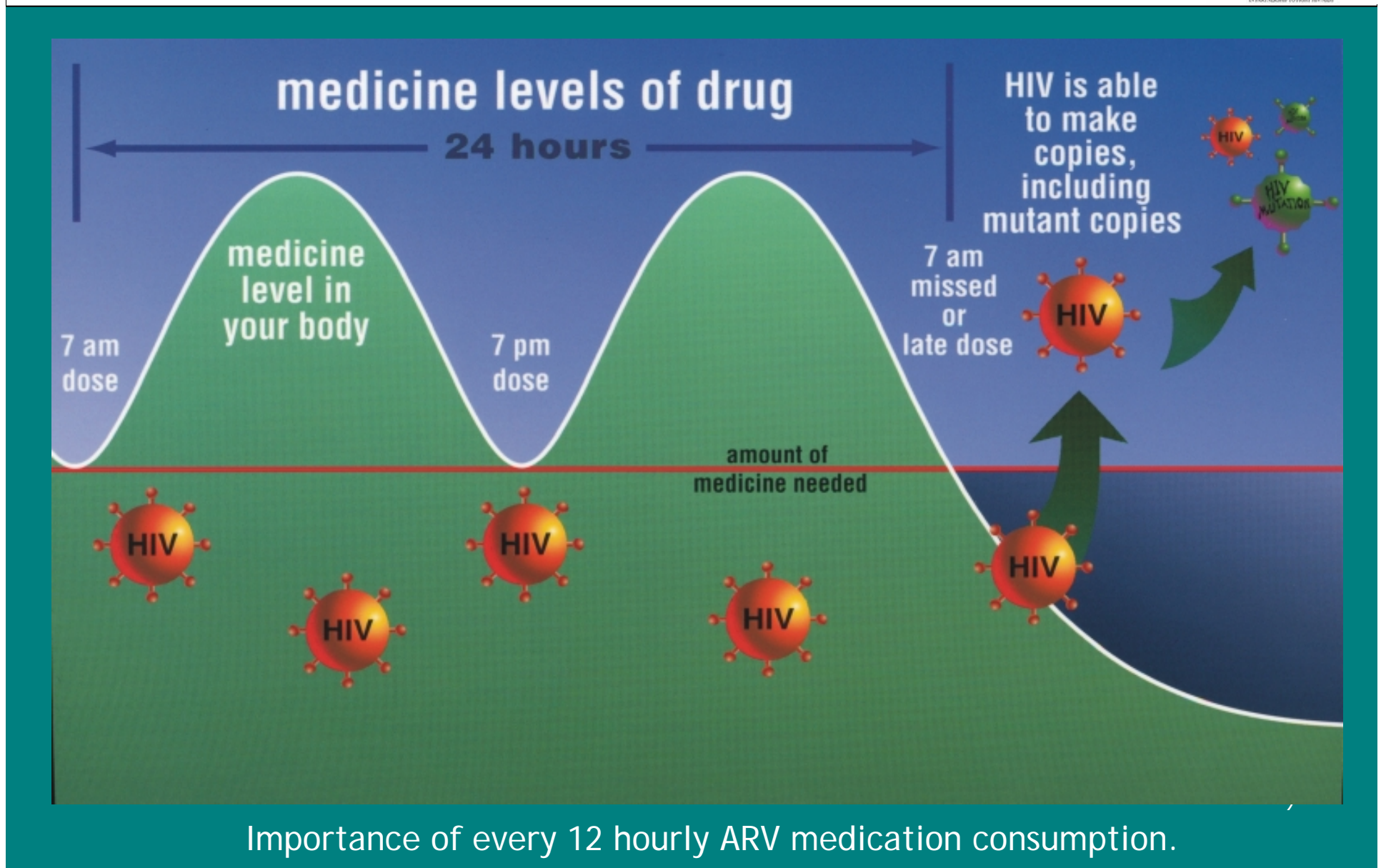
3. WHAT LEVEL OF ADHERENCE IS REQUIRED?

With at least 95% adherence, an HIV/AIDS patient has an almost 80% chance of viral suppression.

95% adherence to a twice-daily regimen

- miss < 1 dose in 1 week (<1 out of 14)
- miss 3 doses in 1 month (3 out of 60)

3. WHAT LEVEL OF ADHERENCE IS REQUIRED?



4. WHAT IS NON-ADHERENCE?

- Take too little or too much of an ARV
- Stop regimen too soon

- Take ARV at the wrong time
- Not follow food restrictions

- Not take dose... “forgot”
- Does not know how to handle side effects

- Not visit clinic to get prescription filled

5. WHAT ARE THE COSTS OF POOR ADHERENCE?

- Your body cannot suppress the HIV virus enough – *greater probability of transmission*
- Your body, or its fight against the HIV virus, weakens – *susceptibility to other infections*
- Your HIV or AIDS progresses – *more related HIV infections and death*



ALSO:

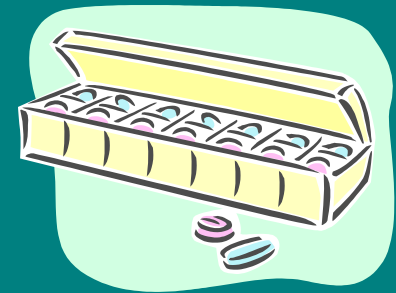
- Increased health care costs
- Emergence of drug resistance
- Limits future ARV treatment options



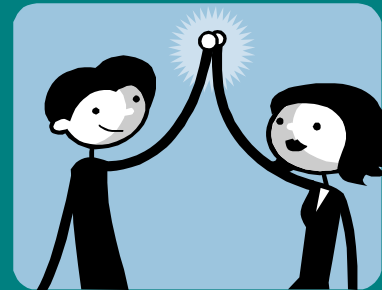
6. WHAT HELPS ADHERENCE?



- Be pro-active with tools
 - Use a *pillbox* to avoid dose confusion
 - Use a *calendar* to check off dosing
 - Set an *alarm* or *cell phone* to remind you of doses



- Find a treatment partner
- Disclose to family, if possible, to reduce burden of secrecy
- Work with care team to find a regimen that suits your life





With treatment, an HIV-positive person can live a long, healthy, productive life.



QUESTIONS?



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