

BENEFITS OF REMAINING ON ANTI RETROVIRAL TREATMENT (ART)



Mrs L Seshoka
HEAIDS CONFERENCE,
ICC, DURBAN, South Africa
09-11 JUNE 2017



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



INTRODUCTION



- South African (SA) ART (antiretroviral treatment) programme is one of the largest programmes in the world with over 3.8 million people on antiretroviral treatment (ART)
- Rapid scale up of ART services resulted in:
 - ✓ Four-fold increase in the number of people receiving ART (HSRC, 2013 & WHO report, 2013)
 - ✓ Decentralisation of ART services to PHC facilities through Nurse Initiated Management of ART (NIMART, currently PC101 tool is being used)
 - ✓ Development of Clinical mentorship manual
- SA adopted and implemented HIV Test and Treat (T&T) according to WHO guidelines as of 1st September 2016.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



BACKGROUND



- ART is a combination of several **antiretroviral** medicines used to slow the rate at which HIV makes copies of itself (multiplies) in the body.
- The benefits of ART include:
 - ✓ improvement of overall health and prolonging life,
 - ✓ suppression of viral replication,
 - ✓ restoration of immune function,
 - ✓ reduced HIV-related morbidity and mortality, and
 - ✓ reduced risk of viral transmission.
- The HIV viral load (VL) test is used to monitor HIV infection, effectiveness of therapy and detection of drug resistance
- Adherence to treatment and retention in care treatment improves the health status of the individuals, and good clinical/treatment outcomes



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



THE RISKS OF NOT ADHERING TO TREATMENT



- The HIV infection may become resistant to the medication – this means that the treatment will no longer keep the infection under control because the virus finds ways to protect itself from the ARVs
- Also, the particular medication might not work again – Consideration, should be that there are limited number of drugs used in treating HIV
- Therefore the virus will replicate and at the end, one will end up with a high viral load in the body – a high viral load means that treatment is failing and the body is becoming weak
- The HIV infection will progress and one will become ill
- To succeed in treating HIV, it's up to individuals to be responsible for their own health – take medication exactly as directed
- ARV treatment used to be complicated with many different pills to take, but these days combined pills are available, which means there is a need to take one tablet once or twice a day – This is much easier to remember



health

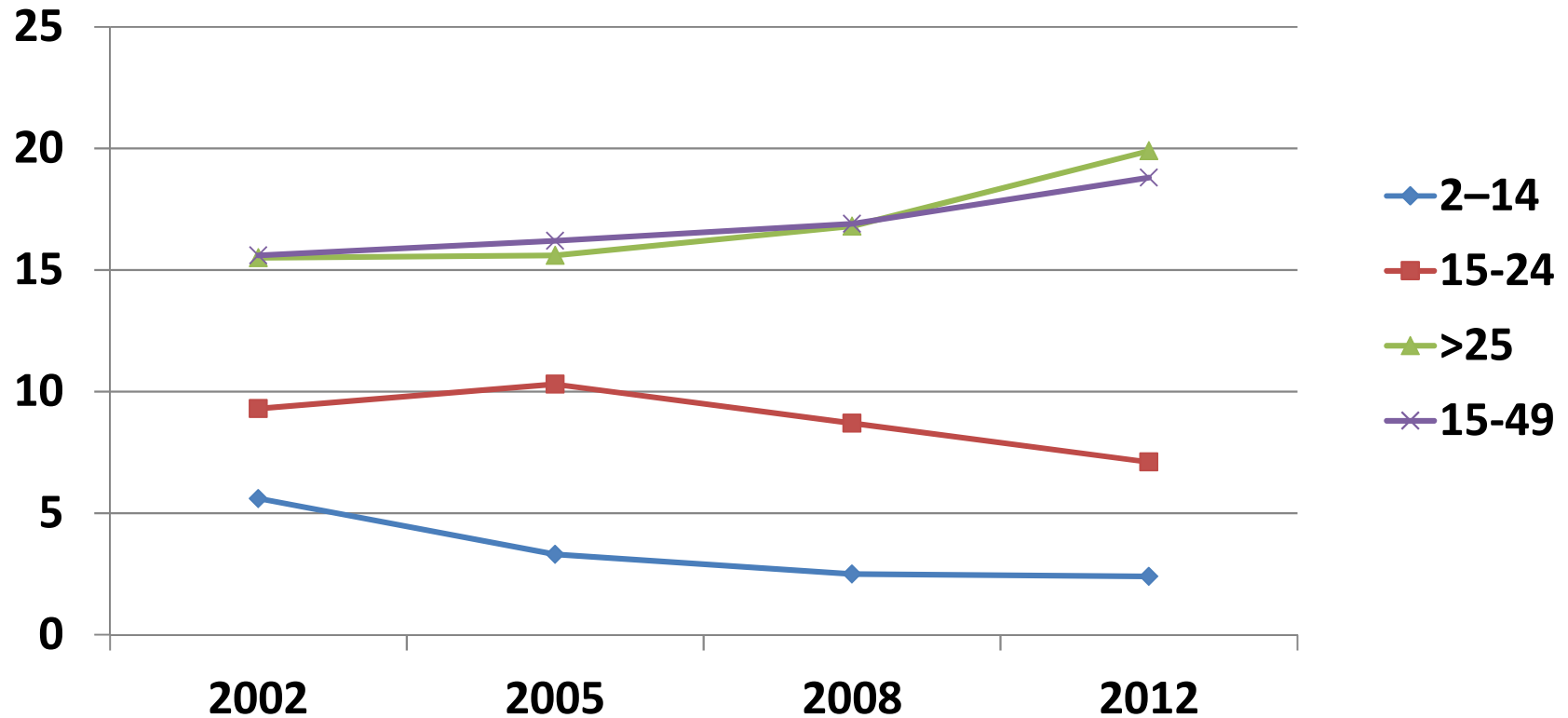
Department:
Health
REPUBLIC OF SOUTH AFRICA



HRSC: HIV prevalence by age, SA 2002, 2005, 2008, 2012



HIV prevalence by age, SA 2002, 2005, 2008, 2012



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



METHOD



- Tier.net system is used to capture and monitor patients on ART in South Africa.
- Source of data: Analysis of data from Tier.Net system implementing facilities (phase 6) and reporting data.
- Financial years 2010/11 to 2014/15 cohort data was analysed.
- The study focussed on Remaining on ART, Loss to follow up (LTFU) and Viral load suppression (VLS) for Adult patients at 6, 12 and 24 months.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

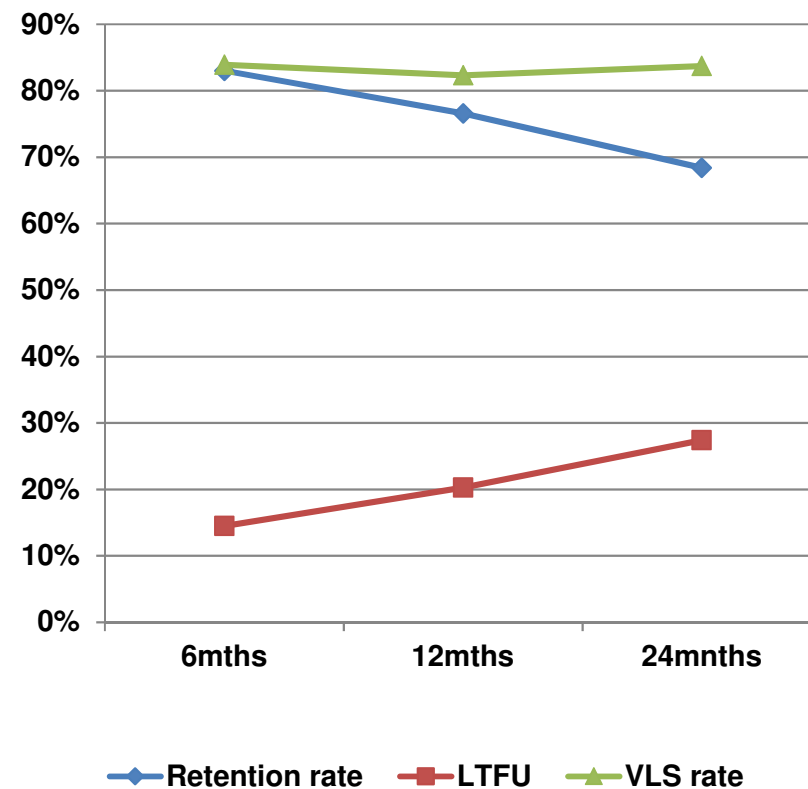


DATA ANALYSIS



- The average data for the five financial years (2010/11 to 2014/15)
- Cohort data indicated that 83% patients are remaining on ART at 6 months.
- 20.3 % Loss to follow-up at 12 months.
- Viral suppression rate at 24 months is 83,7%.

ART TREATMENT OUTCOMES 2010/11-2014/15

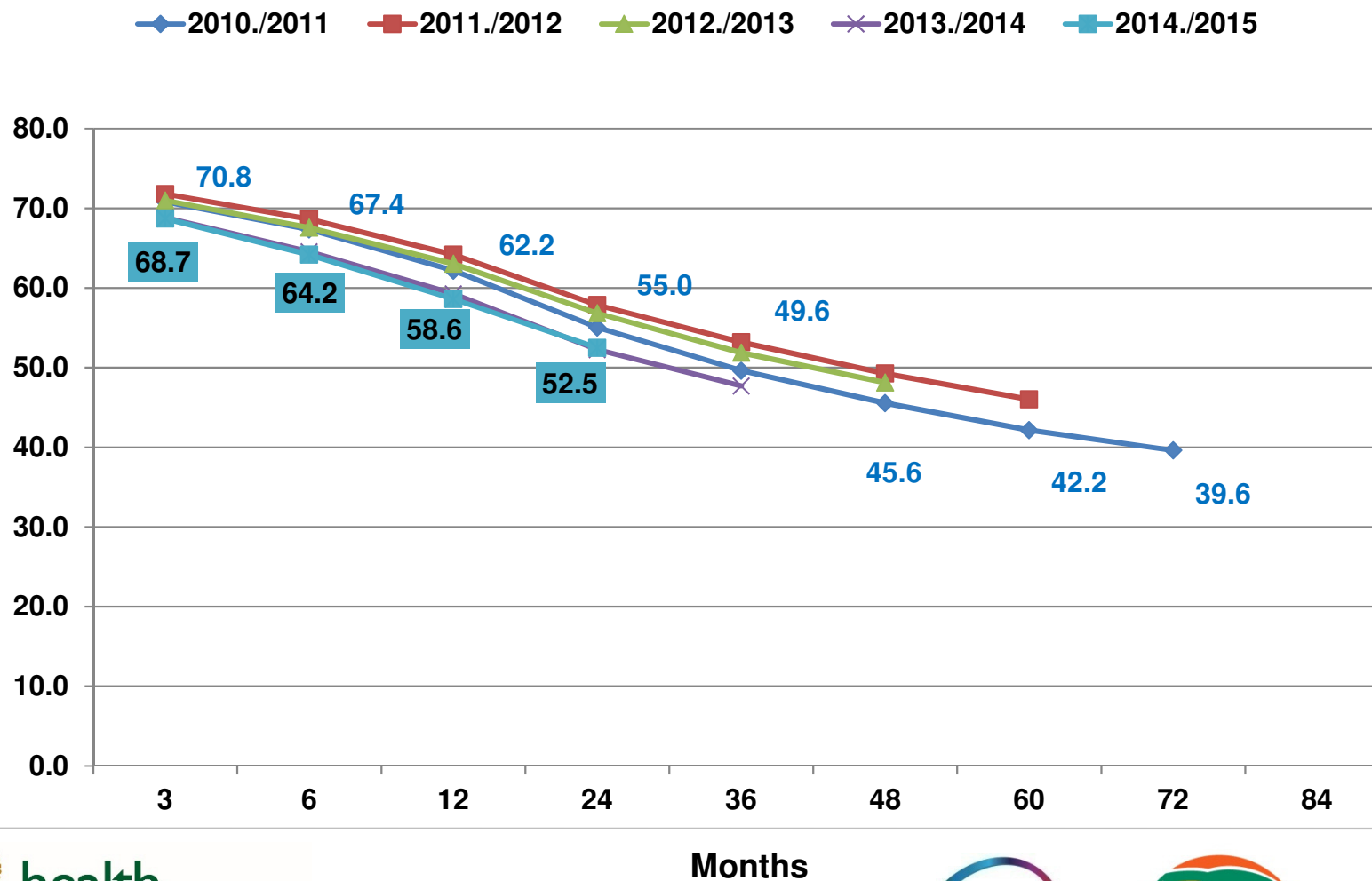


health

Department:
Health
REPUBLIC OF SOUTH AFRICA



Percentage Adult remaining on ART by duration



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

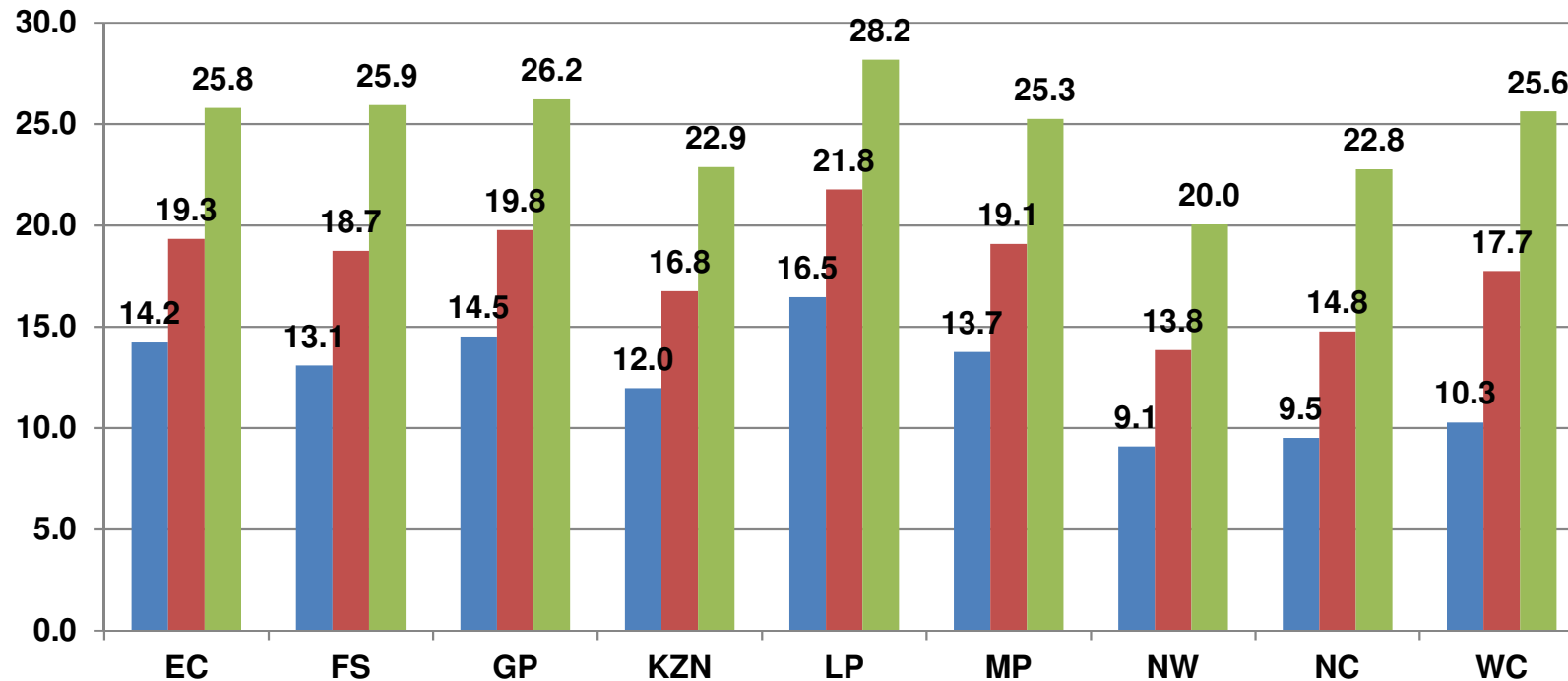
Months



Adult lost to follow-up at 3,6,12 Started ART Jan-Dec 2014



Adult percentage lost to follow up ■ 3months ■ 6moths ■ 12months

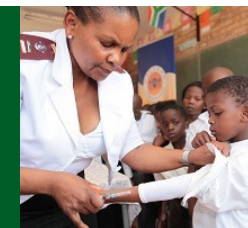


health

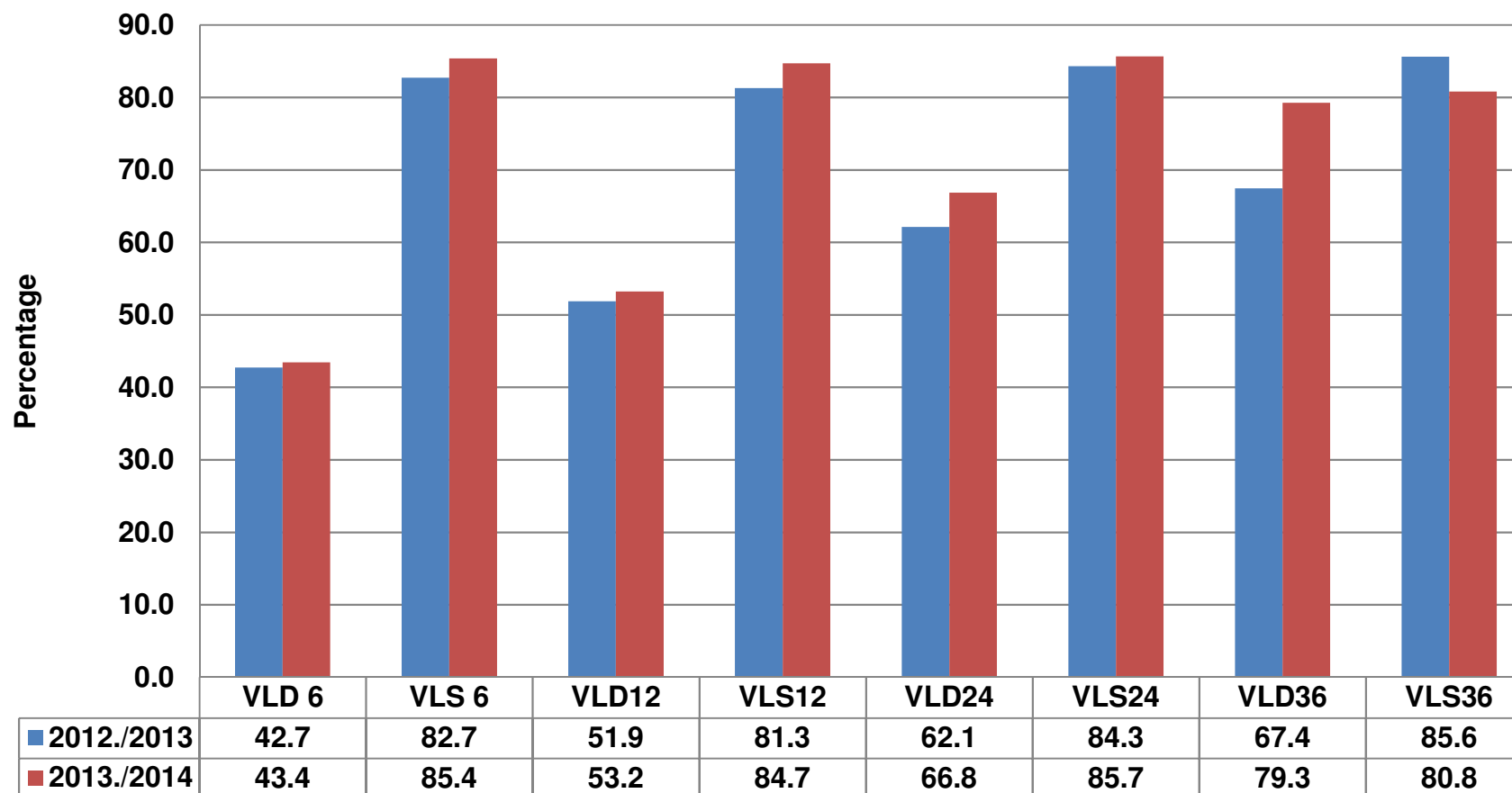
Department:
Health
REPUBLIC OF SOUTH AFRICA



VLD and VLS active patients on ART 2012/13 and 2013/14



VLD and VLS active patients on ART 2012/13 and 2013/14



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



LESSON LEARNT



- Loss to follow up is a pervasive challenge that is increasing over time
- Despite poor retention and high loss to follow-up, analysed data shows that patients receiving viral load test become virally suppressed - Triple therapy therefore effective
- Ultimately prevention of HIV transmission for those patients remaining on treatment is realised due to viral suppression
- Poor adherence to treatment, leads to poor treatment clinical outcomes and emergence of HIV DR
- The available M&E system assist in improving clinical management of patients on ART, hence use on monitoring of patients on ART is critical.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



CONCLUSION



- The community requires ongoing education with regard to the benefits of adherence to treatment and remaining in care to prevent infection, clinical outcomes and healthy living
- More efforts are needed to support youth services and Institutions of Higher learning health services
- Strengthen youth services in public health facilities
- To succeed in treating HIV, it's up to individuals to be responsible for their health – There a need to take medication exactly as directed.



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



