



Team-Based Strategies for Resolving Adherence Challenges

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Learning Objectives

- Explain how HIV team members working together enhances patient adherence
- List strategies in your HIV care team role that support patient adherence
- Counsel patients regarding adherence and managing side-effects.

For a word that describes how you are feeling today

“Angry”

about 1 month ago

“Great, but overwhelmed all the time!”

about 1 month ago

“Sleepy 😊”

about 1 month ago

“Tired”

about 1 month ago

“Stressed”

about 1 month ago

“Meow”

about 1 month ago

“Fantastic”

about 1 month ago

“Tired”

about 1 month ago

“Exhausted”

about 1 month ago

“Hectic”

about 1 month ago

“Stressed”

about 1 month ago

“Sleepy”

about 1 month ago

“😊”

about 1 month ago

“Tired”

about 1 month ago

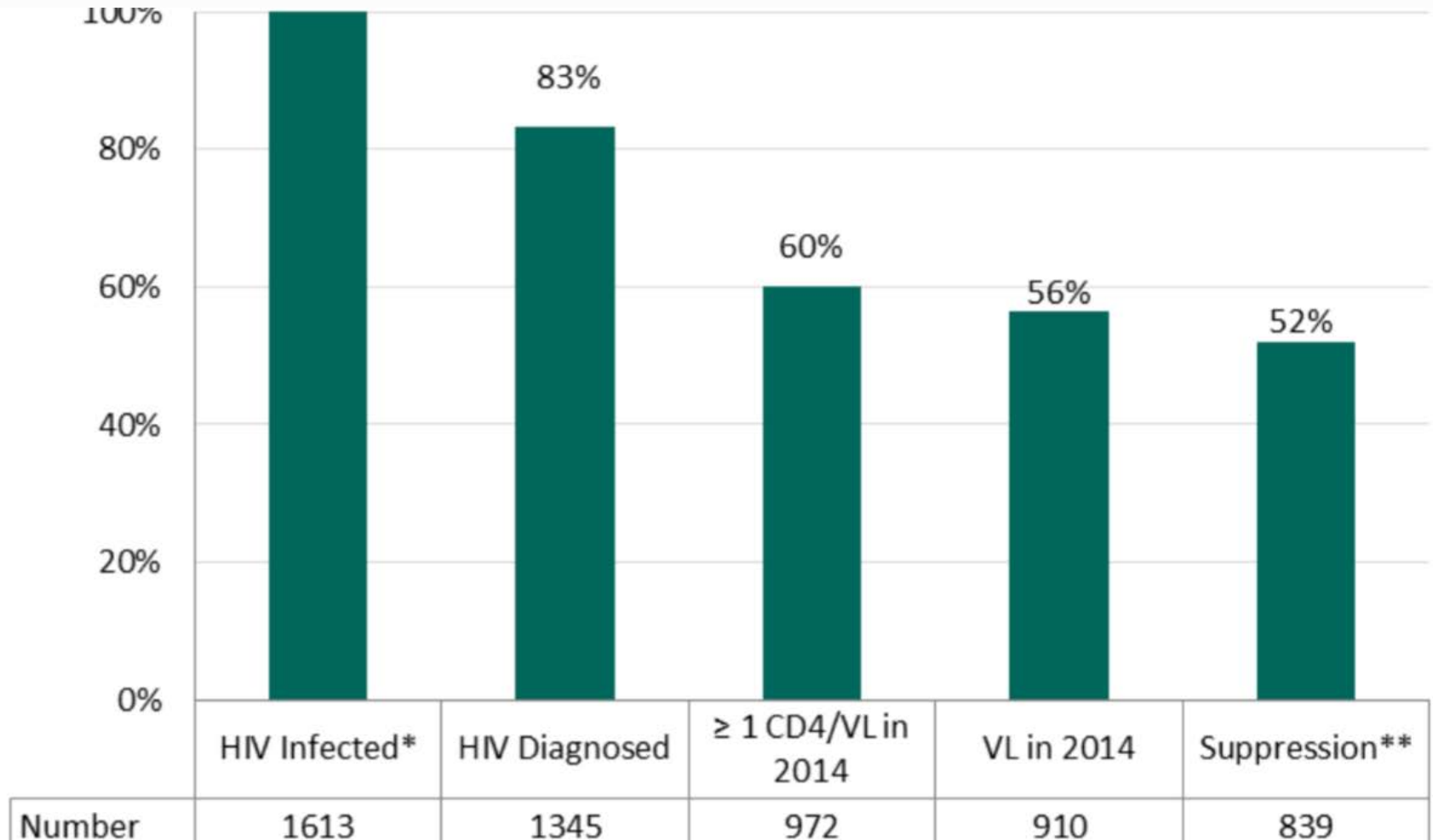
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Adherence & Treatment Cascade



How many doses can I miss?

- Viral blips are very often associated with <100% adherence.
- Low-level viremia (<200 copies/ml) is also associated with <100% adherence
- Inflammation markers are increased in patients who are virologically suppressed and report <100% adherence
- Risk of resistance and transmission

the following statements about patient self-adherence do you most agree with?

Patient self-report of adherence should be part of each visit, but it is unreliable as an adherence measurement tool in most cases.

Patient self-report of adherence is most reliable when patients report missing doses of medicines.

Patient self-report of adherence is most reliable when patients report no missed doses of medicines.

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Assessment of Adherence

- Patient self-report
 - 3 day history
 - Last 7 days
 - Last 30 days
 - Last time missed a dose
- Pharmacy Refill History
 - Autorefills are a challenge

How do you assess adherence?

3 day history

7 day history

30 day history

Last time missed a dose

Pharmacy Refill Records

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Predictors of adherence



Adherence Self-Efficacy

- What gets in the way of me taking control of my meds?
 - Side-effects
 - Substance Use
 - Mental Health
 - Change in Schedule
 - Demands from Others



Adherence Interventions

For successful interventions: Adherence effect seen as long as intervention is present – not durable

- Motivational Interviewing – improve provider-patient relationships
- Identification of adherence barriers
 - Develop concrete plans to address barriers
 - Monitor regularly
- Multidisciplinary approach







the patient-specific issues that need to be addressed
by the health care team?



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