

**Selecting ART:  
Working with people living with HIV  
to find the best regimen**

# A conversation between:



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# Agenda

**Selecting ART regimen: Available options and how to navigate them**

**Shared decision-making: Working with people living with HIV to improve ART outcomes**

**Identifying treatment dissatisfaction in people living with HIV: When to revise ART regimen**



# Selecting ART regimen: Available options and how to navigate them

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# EACS-recommended regimens for ART-naive adults

## Three-drug regimens<sup>1</sup>

Drug classes <sup>1</sup>	Combinations <sup>1</sup>	Pills/day <sup>2-11</sup>
2x NRTIs + 1x INSTI	ABC/3TC/DTG TAF/FTC/BIC	One
	ABC/3TC + DTG TAF/FTC + DTG TDF/XTC* + DTG TAF/FTC + RAL TDF/XTC* + RAL	Two or more
	TDF/3TC/DOR	One
	TAF/FTC + DOR TDF/XTC* + DOR	Two

## Two-drug regimens<sup>1</sup>

Drug classes <sup>1</sup>	Combinations <sup>1</sup>	Pills/day <sup>5,12-14</sup>
1x NRTIs + 1x INSTI	3TC/DTG	One
	XTC + DTG	Two or more

### Key recommendations:

- ABC contraindicated for people who are HLA-B\*57:01 positive
- TDF or TAF should be included if there is HBV infection
- INSTIs or TAF may be associated with weight gain
- The decision between TDF or TAF depends on individual characteristics and availability
- Two-drug regimens are not recommended for individuals with VL>500,000 copies/mL or after PrEP failure

\*TDF/3TC fixed-dose combination is not listed in [www.ema.europa.eu/en/medicines](http://www.ema.europa.eu/en/medicines) and may not be available in some European countries.

3TC, lamivudine; ABC, abacavir; ART, antiretroviral therapy; BIC, bictegravir; DOR, doravirine; DTG, dolutegravir; EACS, European AIDS Clinical Society; FTC, emtricitabine; HBV, hepatitis B virus; HLA-B, human leukocyte antigen-B; INSTI, integrase strand transfer inhibitor; NNRTI, non- NNRTI; NRTI, nucleos(t)ide reverse transcriptase inhibitor; PrEP, pre-exposure prophylaxis; RAL, raltegravir; TAF, tenofovir alafenamide; TDF, tenofovir disoproxil fumarate; VL, viral load; XTC, 3TC or FTC.

1. EACS Guidelines version 12.0, October 2023. Available at: [www.eacsociety.org/media/guidelines-12.0.pdf](http://www.eacsociety.org/media/guidelines-12.0.pdf) (accessed 21 June 2024);

2. EMA. ABC/3TC/DTG SmPC. 2024; 3. EMA. TAF/FTC/BIC SmPC. 2023; 4. EMA. ABC/3TC SmPC. 2023; 5. EMA. DTG SmPC. 2023; 6. EMA. TAF/FTC SmPC. 2023;

7. EMA. TDF/FTC SmPC. 2024; 8. FDA. TDF/3TC PI. 2019. Available at: <https://www.accessdata.fda.gov/scripts/cder/daf/index.cfm> (accessed 21 June 2024);

9. EMA. RAL SmPC. 2024; 10. EMA. TDF/3TC/DOR SmPC. 2024; 11. EMA. DOR SmPC. 2023; 12. EMA. 3TC/DTG SmPC. 2024; 13. EMA. 3TC SmPC. 2022;

14. EMA. FTC SmPC. 2023. All EMA SmPCs available at: [www.ema.europa.eu/en/medicines](http://www.ema.europa.eu/en/medicines) (all accessed 21 June 2024).

# Shared decision-making: Working with people living with HIV to improve ART outcomes

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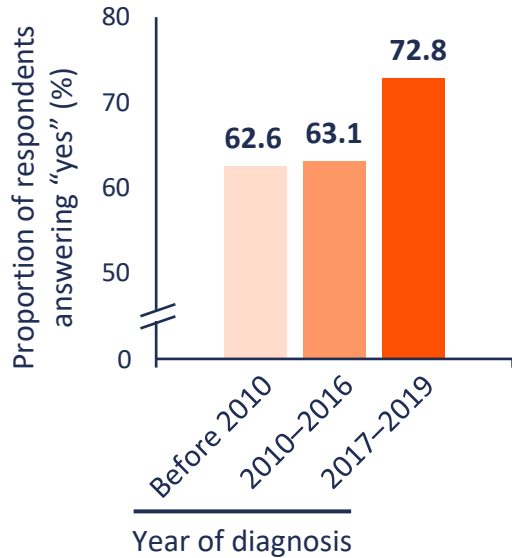
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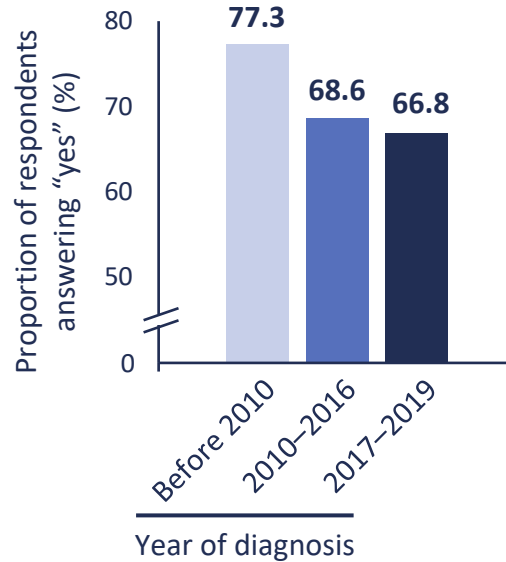
# Patient involvement in treatment decisions

2019 Positive Perspectives Survey of people living with HIV from 25 countries (N=2,389)

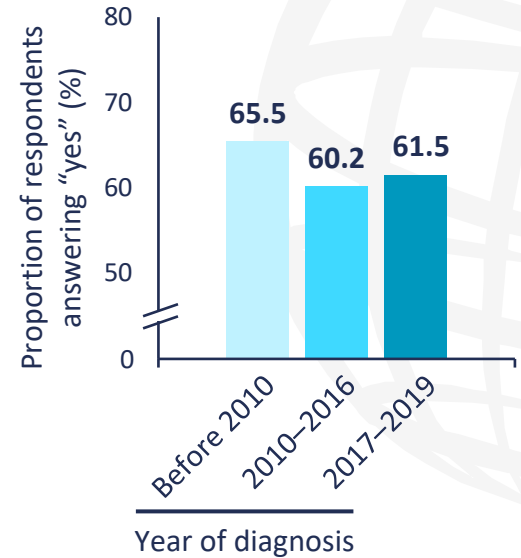
Are you interested in being involved in decisions about your treatment?



Do you feel you understand enough about your treatment?

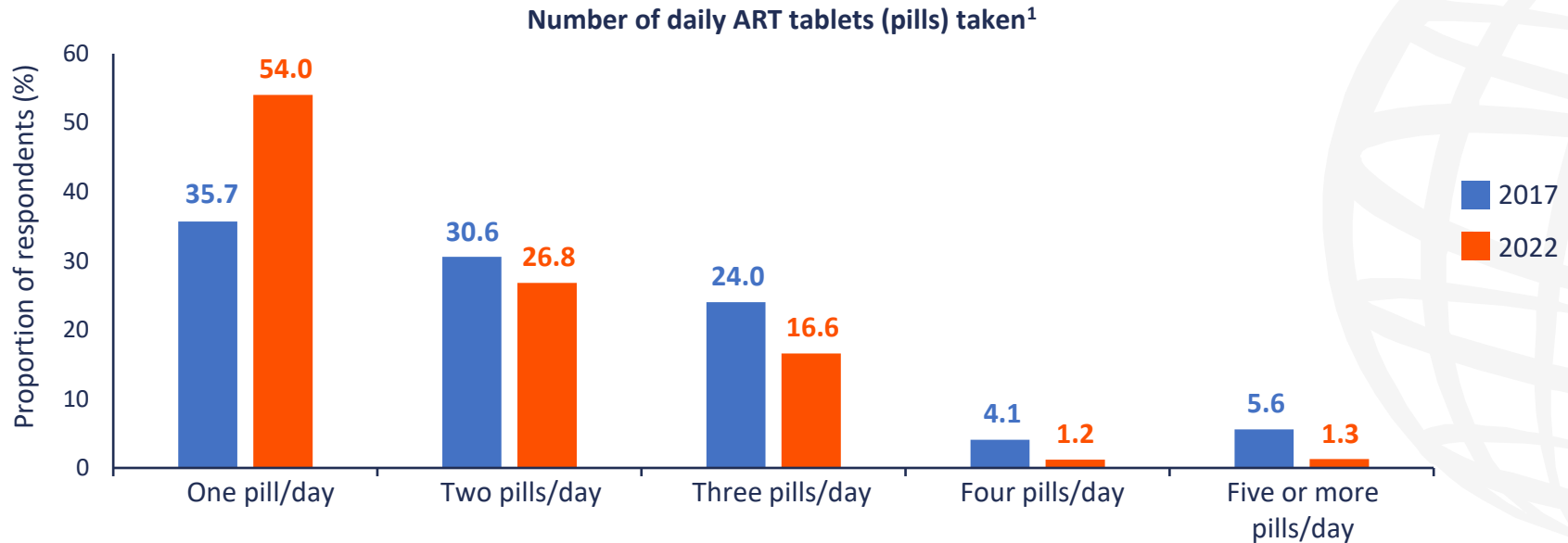


Do you feel informed enough to be involved in treatment choices?



# Pill burden of ART

Comparison of results from the Positive Voices survey 2022 of people living with HIV in the UK in 2017 (N=4,422)<sup>1</sup> vs 2022 (4,540)<sup>2\*</sup>



\*Data collected between January to September 2017 and April 2022 and March 2023, respectively.

ART, antiretroviral therapy; HIV, human immunodeficiency virus.

1. Aghaizu A, et al. UK Health Security Agency, London. 2023. Available at: [www.gov.uk/government/publications/hiv-positive-voices-survey/positive-voices-2022-survey-report](http://www.gov.uk/government/publications/hiv-positive-voices-survey/positive-voices-2022-survey-report) (accessed 10 June 2024); 2. Kall M, et al. Public Health England, London. 2020. Available at [https://webarchive.nationalarchives.gov.uk/ukgwa/20231023211755mp\\_/https://assets.publishing.service.gov.uk/media/5e1dfbede5274a4e9d7dc720/PHE\\_positive\\_voices\\_report\\_2019.pdf](https://webarchive.nationalarchives.gov.uk/ukgwa/20231023211755mp_/https://assets.publishing.service.gov.uk/media/5e1dfbede5274a4e9d7dc720/PHE_positive_voices_report_2019.pdf) (accessed 10 June 2024).



# Identifying treatment dissatisfaction in people living with HIV: When to revise ART regimen

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# Patient involvement in treatment decisions

2019 Positive Perspectives Survey of people living with HIV from 25 countries (N=2,389)

People living with HIV who felt there is room for improvement in their HIV management

