Boston | March 8-11, 2020

Monitoring progress of care in persons newly diagnosed with HIV in Spain, 2004-2018

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Introduction

For newly diagnosed persons with HIV (NDP), early initiation of ART is essential in reducing morbidity and mortality[1,2] and decreasing the risk of transmitting HIV[3-6].

Two indicators have been proposed to monitor HIV care among NDP: the percentage of those linked to HIV medical care within 1 months of diagnosis (process)[7] and the percentage of those achieving viral suppression (VS) within 3 months of diagnosis (outcome)[8].

We analyzed trends in both indicators in the Cohort of the Spanish AIDS Research Network (CoRIS).

Methods

Data source:

CoRIS: Spanish, open, multicentre and prospective cohort of HIV-positive adults naïve to antiretroviral therapy.

We included subjects recruited in CoRIS and HIV diagnosed from 1st/Jan/2004 to 30th/Aug/2018 and followed up for 3 months after HIV diagnosis.

Outcomes:

- Linkage to HIV medical care within 1 month of diagnosis
- Viral suppression within 3 month of diagnosis

Viral suppression was defined as as ever having an HIV-RNA <200 copies/mL.

Statistical Analysis:

We used multivariable logistic regression for the association between achieving viral suppression within 3 month of diagnosis and explanatory variables (sex, country of origin, age, HIV transmission category, and CD4 count at diagnosis).

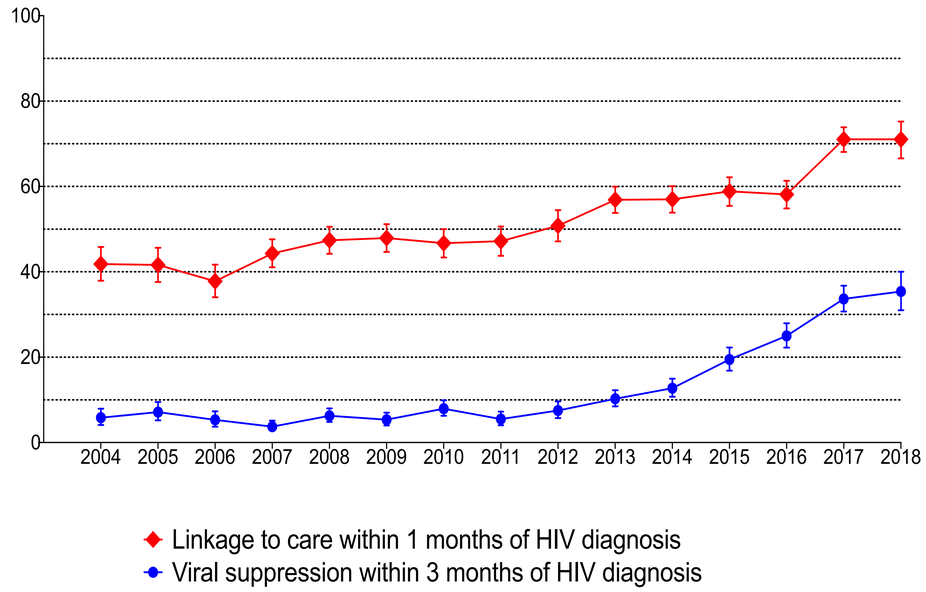
Results

Subjects characteristics 2004-2018 (n=13, 260)

- **34,105** py of follow-up
- **84%** males
- **35** y.o. median age at entry [IQR 29-43]
- **58%** (n=5504) MSM
- **10%** (n=1,019) AIDS before entry
- **350** cel/mm^3 median CD4 count at entry [IQR 170-552]

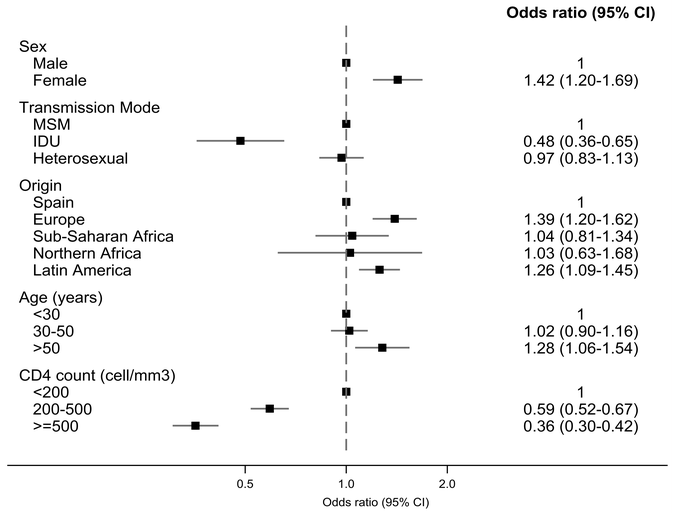
Progress has been made in HIV care among new HIV diagnoses in Spain during the 15-year analysis period, but there is still much room for improvement

Percentages of new diagnosed persons linked to care within 1 month and achieving viral suppression within 3 months of HIV diagnosis in CoRIS, 2004–2018



The percentage of NDP linked to care within 1 mo. of diagnosis increased from 42% in 2004 to 71% in 2018.
The percentage of NDP achieving VS within 3 mo. of diagnosis, increased from 6% in 2004 to 35% in 2018

Results from multivariable logistic regression for the association between independent factors and achieving VS within 3 months of HIV diagnosis



The odds of achieving VS within 3 months of HIV diagnosis was higher among females, among non-Spanish Europeans and Latin Americans compared to native-born Spaniards, and among those older than 50 years. Opposite, the odds of achieving VS within 3 months of diagnosis was lower among IDU compared to and those with CD4 counts between 200-500 cells/uL and CD4 counts <500 cells/uL compared to those with CD4 < 200 cells/uL.

Conclusions

1) Progress has been made in HIV care among NDP in Spain during the 15-year analysis period, but there is still much room for improvement.
2) The advance in the outcome indicator most likely reflects changes in treatment guidelines to offer ART to any PLWH regardless of CD4 count.
3) These two indicators can guide our efforts to improve HIV care among NDP.

References

1) Insight Start Study Group. N Engl J Med 2015; 373:795. **2)** TEMPRANO ANRS Study Group. N Engl J Med 2015; 373:808. **3)** Cohen MS, et al. N Engl J Med 2011; 365:493. **4)** Cohen MS, et al. N Engl J Med 2016; 375:830. **5)** Rodger AJ, et al. JAMA 2016; 316:171. **6)** Bavinton BR, et al. The Lancet HIV 2018; 5:e438. **7)** USNHAS updated to 2020, 2015. https://files.hiv.gov/s3fs-public/nhas-update.pdf. **8)** Xia Q, et al. J Infect Dis 2019; 219:851.

RIS Red Española de Investigación en Sida

CoRIS Cohort of the Spanish HIV Research Network

Red de Investigación en Sida. Proyecto: RD16CIII/0002/0006

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