Jane Kabami, MPH
Infectious Diseases Research Collaboration,
e-mail: jkabami@idrc-uganda.org

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A multicomponent intervention improves disclosure and ART adherence for pregnant/postpartum women

Author: Jane Kabami[1,3, §], Laura B. Balzer[2], Faith Kagoya[1], Jaffer Okiring[1,3], Joanita Nangendo[1,3], Emmanuel Ruhamyankaka[4], Peter Ssebutinde[5], Elizabeth Arinitwe[1], Michael Ayebare[1], Stella Kabageni[1], Anne R. Katahoire[6], Moses R. Kamya[1,3]. Phillippa Musoke[7,8], ENHANCED-SPS Study Team

[1]Infectious Diseases Research Collaboration Uganda, [2]University of California, Berkeley, California, USA, [3]Department of Medicine, Makerere University, Kampala, Uganda
[4]Department of Social Sciences, Duke University, Durham, North Carolina, USA, [5]Department of Health, Mbarara District local Government, Mbarara, Uganda, [6]Child Health and Development Centre, Makerere University, Kampala, Uganda, [7]Department of Paediatrics and Child Health, Makerere University, Kampala, Uganda, [8]Makerere University-Johns Hopkins University Research Collaboration (MU-JHU), Kampala Uganda

BACKGROUND

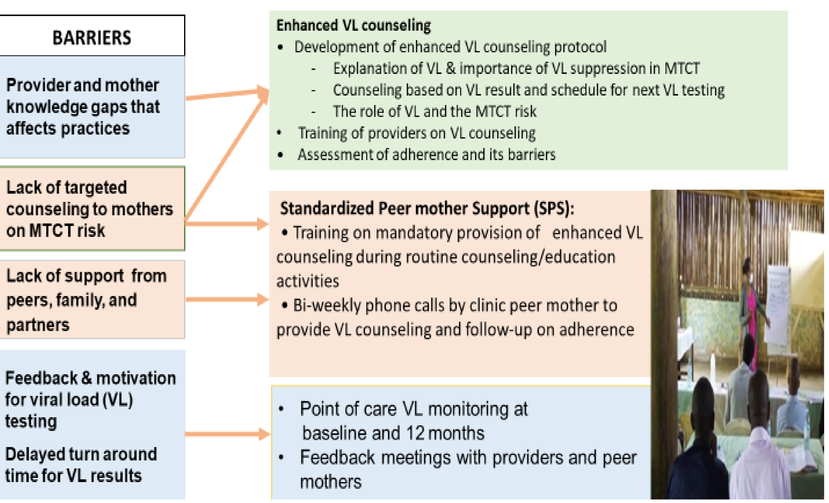
- Disclosure of HIV status and adherence to ART among pregnant and postpartum women are critical for sustained HIV care engagement and elimination of vertical transmission in Sub-Saharan Africa.

- We evaluated the effect of a multi-component intervention, including Enhanced viral load (VL) counseling and Standardized Peer-mother Support (ENHANCED-SPS), on disclosure and ART adherence among pregnant and postpartum women with HIV in rural Uganda.

METHODS

- We developed an ENHANCED-SPS intervention informed by the empirically-validated PRECEDE framework. Intervention components included:
  1) Provider training and mentorship on enhanced VL counselling (predisposing)
  2) Standardized peer mother support and bi-weekly phone calls to mothers to provide VL and adherence counselling (enabling)
  3) Point of care VL monitoring and feedback providers (reinforcing).
  4) Routine assessment of barriers to disclosure and adherence as clinic visit

- We previously showed the ENHANCED-SPS intervention increased viral suppression (HIV RNA<1000 c/mL) from 70% at baseline to 95% after 12-months (Kabami, et al. CROI, 2023)

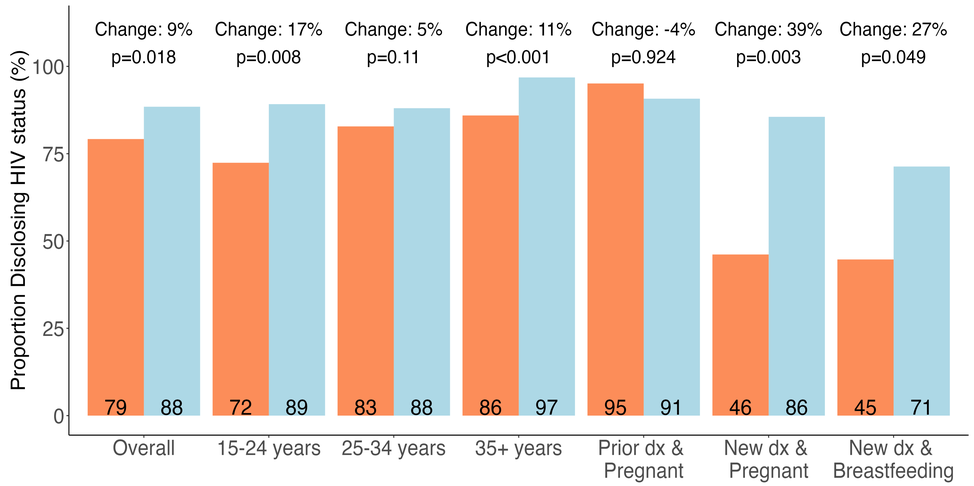


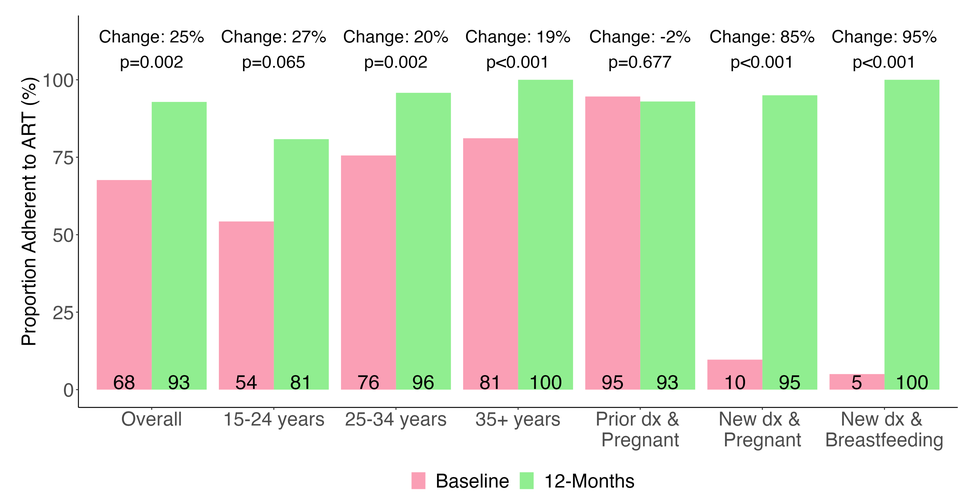
METHODS cont.

- We evaluated change from baseline to 12-months on disclosure of HIV status and adherence (defined as good (≥ 95%) if participants missed <2 doses of ART per month) with TMLE accounting for missing data.

RESULTS

- We enrolled 505 pregnant and post-partum women at the 7 public health clinics from September 2019 to October 2020
  - Median age: 28 years [Q1:24, Q3:24],
  - 157/505 (31%) were newly diagnosed with HIV



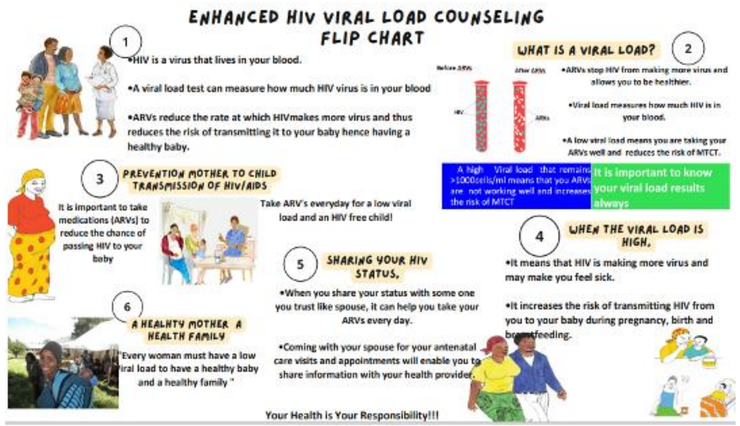


RESULTS cont.

- Intervention increased disclosure of HIV status from 79% (95%CI: 69,90%) at baseline to 88% (95%CI: 83,94%) at 12-months
  - Overall increase of 9% (95%CI: 1,18%; p=0.018)
  - Largest increases among younger women (17% increase) and newly diagnosed, pregnant women (39% increase)
- Similar increases were seen for disclosure to a partner or spouse.
- The intervention increased adherence to ART from 68% (95%CI:62,73%) at baseline to 93% (95%CI:83,100%)
  - Overall increase of 25% (95%CI:12,39%; p=0.002)
  - Largest increases among newly diagnosed, pregnant women (85% increase) and newly diagnosed breastfeeding women (95% increase)

CONCLUSIONS

- The multi-component, peer-led, enhanced VL counselling intervention significantly
  - Increased disclosure of HIV status and,
  - ART adherence among pregnant and postpartum women within 1 year of implementation
- Young women and 1st time presenters with new HIV diagnosis had the. largest benefit



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