

Relation between disease knowledge, antiretroviral adherence and viral outcomes in women with HIV in Chile

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Background

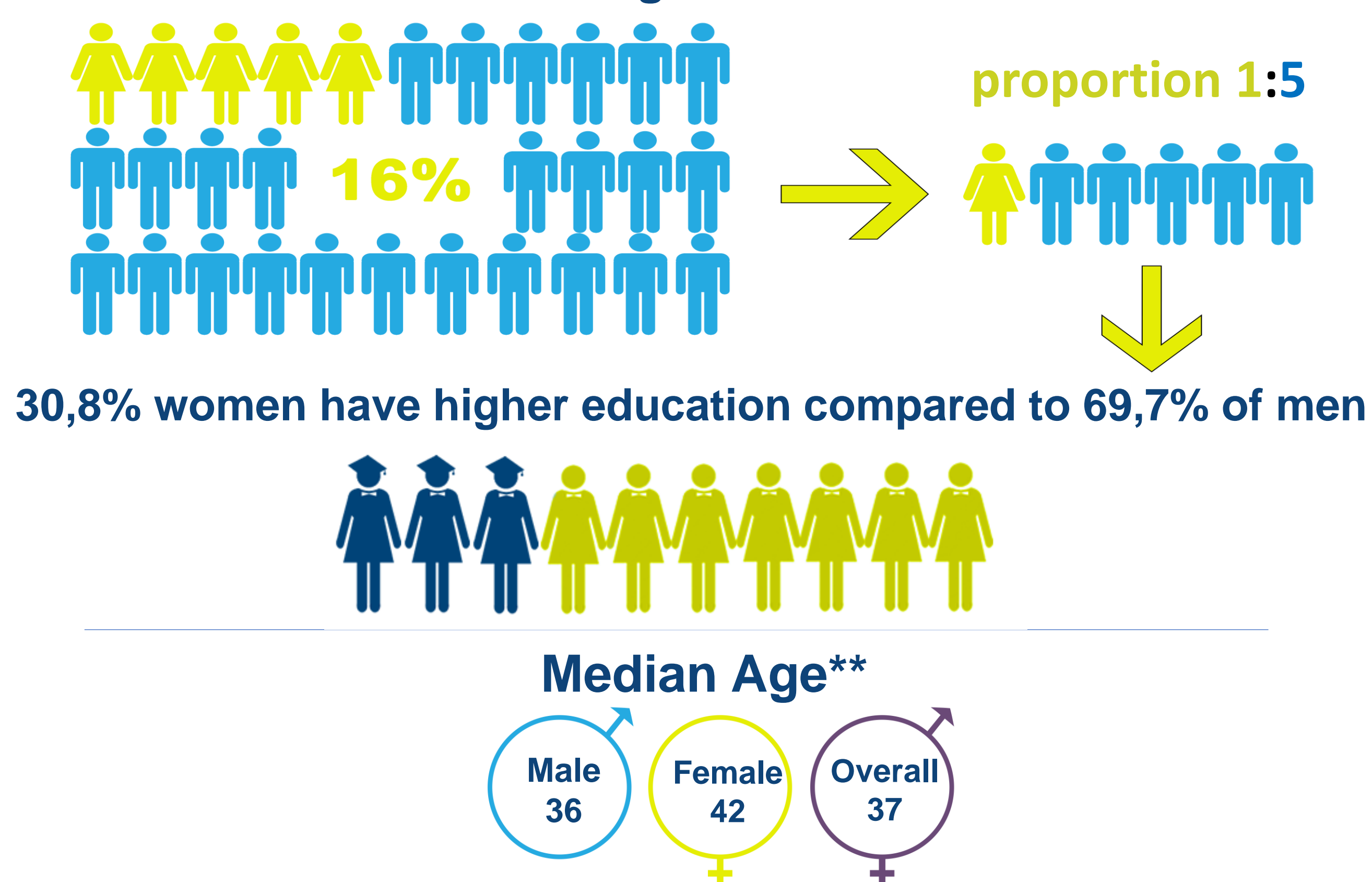
Treatment compliance is essential to obtain viral undetectability. Educational interventions have shown to improve adherence. One of the most relevant factors is patient knowledge about their condition. Our study analyzes the relation between the level of knowledge about HIV/AIDS, the degree of ART adherence and virologic success.

Materials & Methods

- The study was performed at Fundación Arriarán, the main HIV center in Chile.
- Descriptive cross-sectional cohort study.
- Adherence to ARV was estimated monthly through pharmacy dispensing records for 1 year.
- Knowledge HIV/AIDS assessed through a 25 true/false question survey was previously validated through an expert panel.
- Patients were grouped by the number of correct answers in: good [25-21], regular [20-16] and poor [≤15] knowledge.
- The survey included questions on transmission, myths about HIV, current treatment and drug interactions.
- Viral load (VL) and pharmaceutical counseling by the clinical pharmacist was registered at the moment of the survey was included in the analysis.
- For statistical analyzes STATA V15.0 was used.

Results

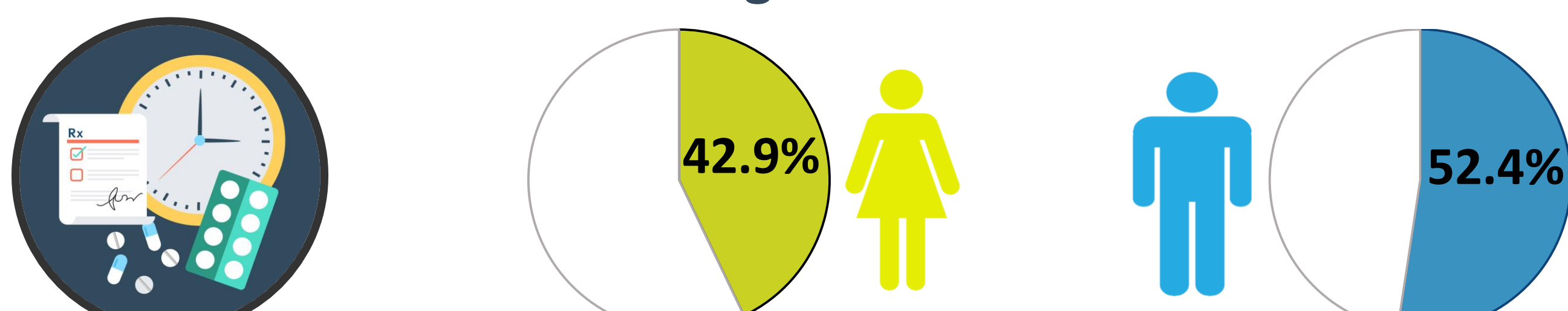
A total of 244 patients were included. 16% (39) were women living with HIV



*Women had significantly less years of schooling (p 0.0001)

**Women had significantly more years. (p 0.001)

ARV Adherence greater than 95% *



*Women had significantly less adherence (≥95%) of men (p 0.001)

The level of HIV/AIDS knowledge measured by the survey showed that only a 15.4% of women and 19.5% has a good level **



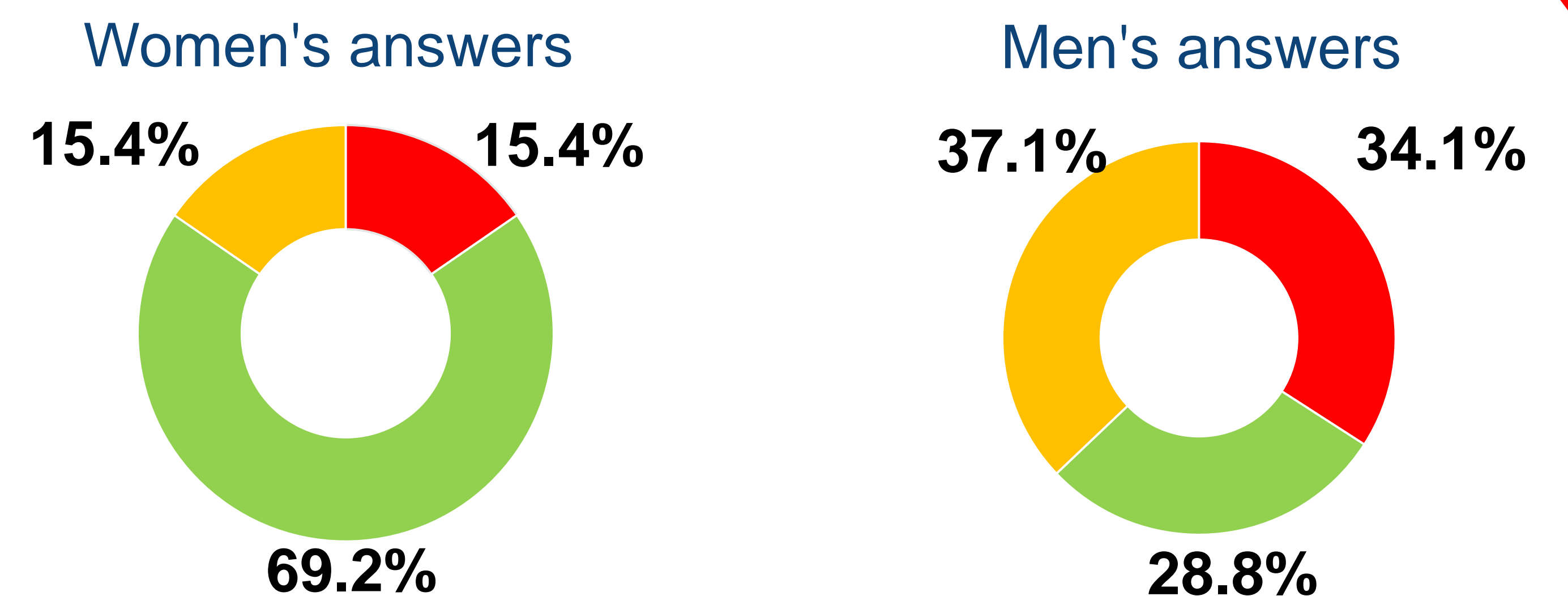
Pharmaceutical counseling was received by 71.8% of women and 62.9% of men**



82.9% of women and 85.4% of men had <50 copies/mL

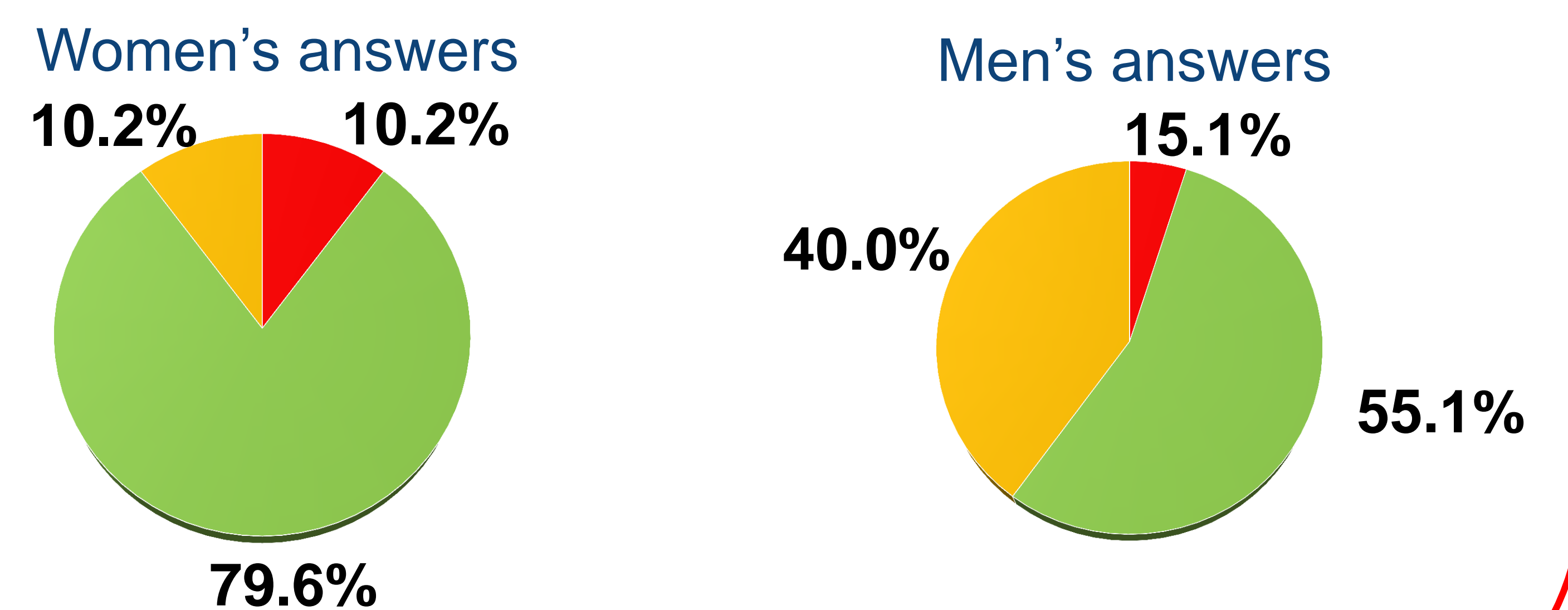
**There is no statistically significant difference

"It is safe to breastfeed in women with HIV" *



*There was statistical difference among answers by sex (p 0.0002)

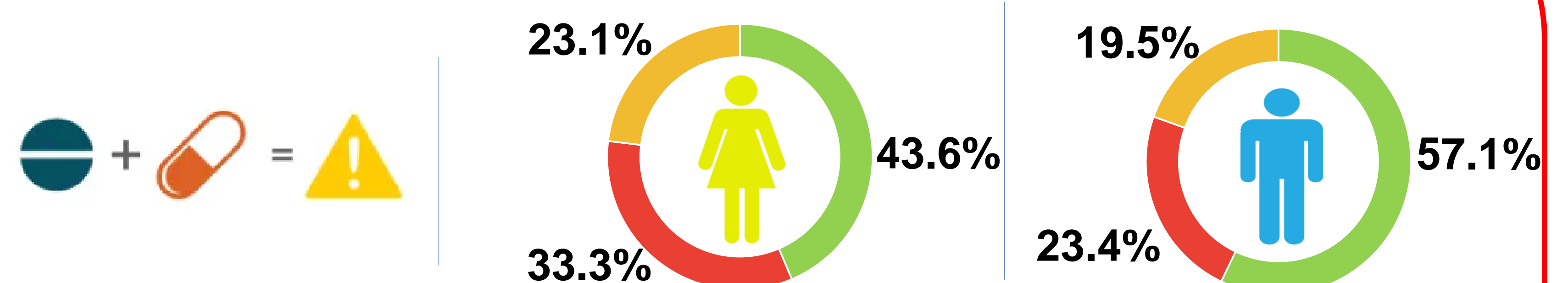
Do women with HIV must receive ARV during pregnancy? **



**There was statistical difference among answers by sex (p 0.001)

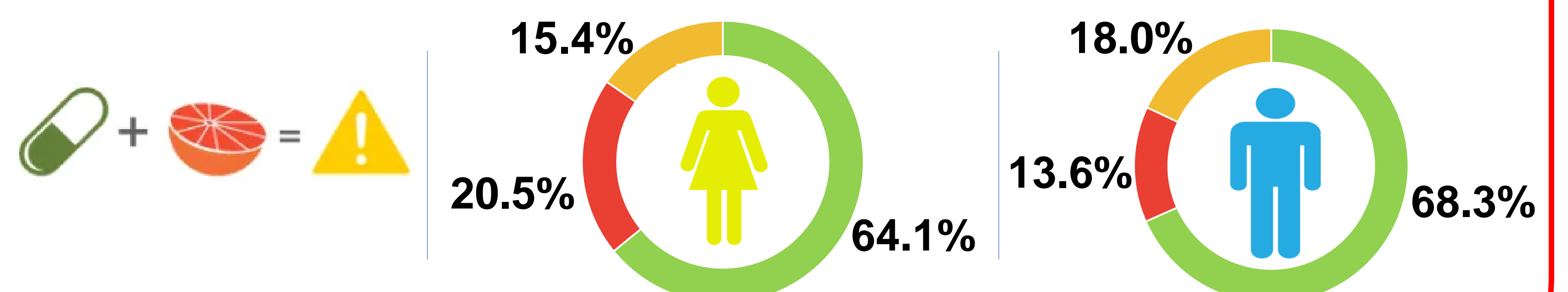
Correct answer Don't know the answer Incorrect answer

Do some antiretrovirals interact with other drugs? *



*There was statistical difference among answers by sex (p 0.0014)

Do some antiretrovirals interact with food? **



**There was statistical difference among answers by sex (p 0.05)

Correct answer Don't know the answer Incorrect answer

Conclusions

- This study shows that women treated in the main HIV center in Chile have significantly less education and ARV compliance than men.
- They have low knowledge about their disease, but in matters related to their sex (breastfeeding and pregnancy) they perform better than men.
- The high rate of wrong answers in men in these same issues can lead to force their partners to take actions that are detrimental for woman health.
- It is necessary to significantly improve the levels of knowledge of the disease, which will make it possible to improve adherence and therapeutic outcomes.