



A Peek into CDC's e-Learning Training Toolkit to Improve Adherence to Antiretroviral Treatment

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Adherence**

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Presentation Overview

- ❑ **Project Background**
- ❑ **Toolkit Components**
- ❑ **Pilot Study**
- ❑ **Conclusions**
- ❑ **Next Steps**

Project Background

Shifting and Shrinking Resources

- ❑ Restricted resources to travel**
- ❑ Constant turnover of clinical staff**
- ❑ Limited or no time away from the office**
- ❑ Shrinking training resources**
- ❑ Swifter response getting interventions to the community**

Project Background

- **May 2011 – Medication Adherence Chapter added to the Compendium**
- **August 2011 – Request for Task Order Proposal: Training and TA for Prevention with Positives: Development of implementation, training, and promotional materials**
- **September 2011 – John Snow Inc. in Boston, MA awarded a 1-year contract**

Statement of Work

- 1. Develop educational content and SCORM-compliant material for 4 web-based training modules**
- 2. Develop, create and pilot the implementation toolkit for each module**
- 3. Develop educational and promotional material for HIV-positive consumers**
- 4. Develop and pilot a mobile application to update the Pager Messaging strategy**

Every Dose Every Day Toolkit Components

❑ 4 Evidence-based strategies*

- ❑ Helping Enhance Anti-Retroviral Therapy (HEART)
- ❑ SMART (Sharing Medication Adherence Responsibilities Together) Couples
- ❑ Peer Support
- ❑ Partnership for Health – Medication Adherence

❑ Implementation resources

❑ Consumer materials

❑ Mobile Application (app)

***Continuing Education credits available for physicians, nurses, pharmacists and certified Health education specialists**



EVERY DOSE EVERY DAY

Supporting strategies for improving HIV medication adherence

HEART Session Sequence

HEART

Select the visits or phone calls to learn more



Pre-ART-Start Visits

Patient starts ART



Patient takes every dose every day



Post-ART-Start Visits



Phone Calls

How Does Peer Support Work?

Peer Support

PROGRAM COMPONENTS

Group Support

Meeting Information | Watch a Group Session

The Scenario

Peers Joe and Pam do their best to balance the needs of Bill, Jackie, and others in the group.

[WATCH THE VIDEO](#)

[LEARN MORE ABOUT THE GROUP MEMBERS](#)



Group Support

Individual Support

Peer Supervision

Program Assessment

Welcome to Partnership for Health!

Partnership for Health

COURSE OBJECTIVES



What is SMART Couples?

SMART Couples

OVERVIEW

Goals

Target Population

SMART Couples Facilitates Adherence

SMART Couples is Science-Based

Evidence of Effect

Structure and Duration



- Medication adherence
- Active support in serodiscordant couples
- Sex, intimacy, and transmission risk behaviors

Learn about the **Data to Care** toolkit, a new resource to link HIV-diagnosed individuals to care.

Biomedical Interventions

Medication Adherence

- HIV Medication Adherence Strategies for E-Learning

- HIV Medication Adherence Strategies by Provider

- Patient Navigation

- Public Health Strategies

- Behavioral Interventions

- Structural Interventions

- Social Marketing

Medication Adherence

EVERY DOSE **EVERY DAY**
Strategies to improve HIV medication adherence

A New Medication Adherence e-Learning Training Toolkit for Providers

Every Dose Every Day is designed to help providers support medication adherence among people living with HIV to improve the health outcomes and increase the prevention benefits of treatment.

Adherence to anti-retroviral therapy (ART) is critical to the success of HIV treatment and treatment as prevention. However, the benefits of ART can be realized only by those individuals who are tested, diagnosed, timely linked to medical care, and start and adhere to ART to achieve viral suppression.

Video: Reason for Staying Adherent



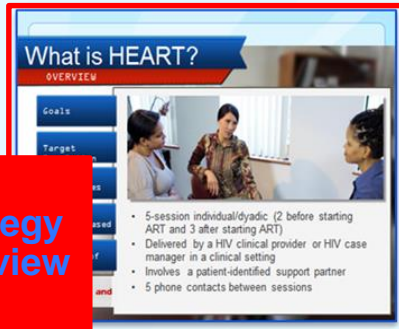
More Info...

MEDICATION ADHERENCE - ADDITIONAL RESOURCES

- ▶ Table 1. Brief description of the 4 evidence-based HIV medication adherence strategies selected for translation into e-Learning trainings for HIV providers
- ▶ Table 2. HIV Medication Adherence Strategy by Appropriate Provider Type and Setting
- ▶ Medication Adherence Consumer Handouts
- ▶ Medication Adherence Posters

Core e-Learning Module Components

Strategy Overview



Key Players and Roles



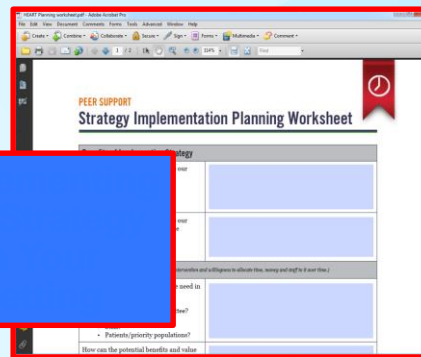
Key Components



Strategy in Action



Knowledge Check



SMART Couples
Challenges and Solutions

List some of the challenges that make it more difficult for you to take your medication as prescribed, get to your medical appointments, and maintain a steady supply of medication. Then list potential solutions to address these challenges.

| CHALLENGE | SOLUTION |
|-----------|----------|
| | |
| | |
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| | |

For SMART Couples sessions 2 and 3

Learn about the **Data to Care** toolkit, a new resource to link HIV-diagnosed individuals to care.

[Biomedical Interventions](#)[Public Health Strategies](#)[Behavioral Interventions](#)[Structural Interventions](#)[Social Marketing](#)

HEART

What is HEART?



HEART (Helping Enhance Adherence to Antiretroviral Therapy)

HEART e-Learning Training Information

Helping Enhance Adherence to Antiretroviral Therapy (HEART) is a 5-session individual and dyadic-level intervention strategy. This social support and problem-solving intervention includes 5 sessions and a patient-identified support partner. Two sessions are delivered just before initiating antiretroviral therapy and 3 sessions occur during the

More Info...

RESOURCES & TOOLS

- ▶ [HEART Implementation Materials](#)
- ▶ [Medication Adherence Consumer Handouts](#)
- ▶ [Medication Adherence Posters](#)

Visit the HIP e-Learning Center to access the online CHTC pre-course training.

[Biomedical Interventions](#)[Public Health Strategies](#)[Behavioral Interventions](#)[Structural Interventions](#)[Social Marketing](#)

Partnership for Health for Medication Adherence

PfH - Medication Adherence

What is Partnership for Health?



Partnership for Health - Medication Adherence e-Learning Training Information

PfH – Medication Adherence is a brief, clinic-based individual-level, provider-administered intervention strategy that emphasizes the importance of the patient-provider relationship to promote the patient's

More Info...

RESOURCES & TOOLS

- ▶ Partnership for Health Implementation Materials
- ▶ Medication Adherence Consumer Handouts
- ▶ Medication Adherence Posters

Visit the **HIP e-Learning Center** to access the online CHTC pre-course training.

[Biomedical Interventions](#)[Public Health Strategies](#)[Behavioral Interventions](#)[Structural Interventions](#)[Social Marketing](#)

SMART Couples

SMART Couples

What is SMART Couples?



SMART (Sharing Medical Adherence Responsibilities Together) Couples

SMART Couples e-Learning Training Information

SMART Couples is a couple-level intervention administered to individual discordant couples, with poor medication adherence in the HIV-positive partner. The intervention consists of four sessions with the patient and his/her partner and lasts about 45 minutes to an hour. Sessions address adherence to ART and safer sex behaviors within the

More Info...

RESOURCES & TOOLS

- ▶ SMART Couples Implementation Materials
- ▶ Medication Adherence Consumer Handouts
- ▶ Medication Adherence Posters

Visit the **HIP e-Learning Center** to access the online CHTC pre-course training.

[Biomedical Interventions](#)[Public Health Strategies](#)[Behavioral Interventions](#)[Structural Interventions](#)[Social Marketing](#)

Peer Support

What is Peer Support?



Peer Support e-Learning Training Information

Peer Support is an individual- and group-level intervention strategy that can be implemented with patients who are either ART-experienced or ART-naïve. Patients who are HIV-positive, taking ART medicines and adherent to their treatment are trained to serve as "peers". Peers provide medication-related social support through group meetings and weekly individual telephone calls. Group meetings are led by peers, who are supervised by agency/clinic program staff. The group meetings are designed to give patients an opportunity to engage face-to-face with their assigned peer, meet other peers and patients who are taking ART medications and share experiences with the group. Whereas, the

More Info...

RESOURCES & TOOLS

- ▶ [Peer Support Implementation Materials](#)
- ▶ [Medication Adherence Consumer Handouts](#)
- ▶ [Medication Adherence Posters](#)

IMPLEMENTATION MATERIALS



HEART

HELPING ENHANCE ADHERENCE TO ANTIRETROVIRAL THERAPY

HIV MEDICATION ADHERENCE STRATEGY

IMPLEMENTATION MANUAL



PEER SUPPORT

HIV MEDICATION ADHERENCE STRATEGY

IMPLEMENTATION MANUAL



SHARING MEDICAL ADHERENCE

HIV MEDICATION ADHERENCE STRATEGY

IMPLEMENTATION MANUAL

Why People Miss Their Doses

5 Reasons

Andrew, living with HIV since 1995



It's normal to run into challenges with taking your HIV medicine. But, even missing one dose a month can make your medicine less effective. The good news is that there are ways to help you take every dose every day. What's your challenge?

1

I Forget.

Pick something you do at the same time every day, like your favorite TV show or brushing your teeth, and take your medicine at that time every day. Set an alarm on your phone. Download a smartphone app to set up reminders to track doses.

2

I Feel Sick From the Side Effects.

It's tempting to skip a dose when your medicine makes you feel bad. But, don't stop taking your medicine. Call your provider if you develop any side effects. Most side effects go away after a few weeks. Your provider can recommend ways to manage side effects.

3

My Treatment Plan is Too Complicated.

Fill a pill organizer at the start of the week with your medicine. Keep it where you can see it. Ask your provider to help you understand what medicine to take, when to take it, and how (for example, with or without food).

4

I Feel Overwhelmed Doing This Alone.

It's okay to ask for help. Your healthcare team can help you. Talk with them about the challenges you're facing. Join a support group. Ask for help with transportation, food, or just listening.

5

I Can't Afford to Pay for My Medicine.

There are public and private drug assistance programs that can help you pay for your HIV medicine. Ask your provider to explain these programs and help you apply.

Talk to your provider about the importance of taking your medicine every day. For more information go to: <http://www.cdc.gov/hiv>

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Division of HIV/AIDS Prevention

CS241860-3

Why HIV Medication Saves Lives

5 Reasons

Judith, living with HIV since 1997



Adherence means taking your HIV medicine exactly as your doctor prescribes – every dose, every day. Adherence is important to the success of your HIV treatment.

1

It Helps You Live Longer.

People who start treatment early tend to live as long as people without HIV infection. Without treatment, HIV leads to AIDS (acquired immunodeficiency syndrome) and may lead to early death.

2

It Helps Your Medicine Work.

HIV treatment does not make HIV go away, but taking your medicine as directed slows down the virus by making it hard for the virus to make copies of itself.

3

It Keeps You Healthy.

It Keeps You Healthy. Taking every dose, every day, keeps the virus from destroying too many CD4 cells, which play an important role in how your body fights off infections and other illnesses. That means you stay healthy!

4

It Helps Prevent Drug Resistance to HIV Medicine.

Missing doses and not taking your medicine correctly makes it easier for HIV in your body to change and cause your medicines to stop working. This is called drug resistance. Taking every dose on time every day helps to prevent drug resistance.

5

It Can Help Protect Your Partners.

Taking your medicine exactly as your doctor prescribes helps protect your sexual partners from becoming infected. When you take your HIV medicine every day, you have a much lower chance of passing the virus to your sexual partners. But remember, you can still pass HIV to others, so you should take steps to prevent transmission by using condoms every time you have sex.

Talk to your provider about the importance of taking your HIV medication every day. For more information go to: <http://www.cdc.gov/hiv/living/index.html>

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CS241860-1

Take Your HIV Medicine Correctly

8 Tips to Help You

Shirley, living with HIV since 1987



Staying adherent to your HIV medication can be difficult. That's why it's important to get off to a good start when you begin your treatment. Missing even one dose a month can make treatment less effective. Proper planning is important for success.

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Ask Others for Help.

Join a peer support group to connect with people taking HIV medicine and learn from their experiences. Ask family members and friends to encourage and remind you to take your medicine.



Keep All Your Medical Appointments.

It is important to take care of your health. Form a good relationship with your doctor. Appointments give you the chance to talk openly to your provider about any adherence challenges or treatment concerns. You and your provider have the same goal— **TO KEEP YOU HEALTHY.**



...of taking your HIV medication every day.
www.cdc.gov/hiv/living/index.html

...atitis, STD, and TB Prevention





REASON #41

Because **my life** is worth living.

Everyone has a reason for taking every dose, every day.
What is yours?

Talk to your provider about the importance of taking your HIV medication every day.

Bambi, living with HIV since 1991

EVERY DOSE EVERY DAY



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REASON #29

Because I love **me**.

Everyone has a reason for taking every dose, every day.
What is yours?

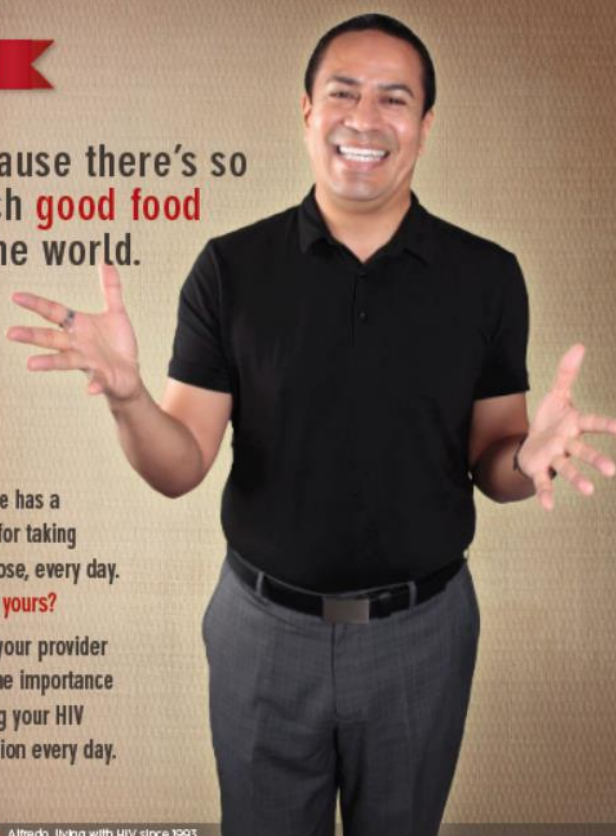
Talk to your provider about the importance of taking your HIV medication every day.

Shirley, living with HIV since 1987

EVERY DOSE EVERY DAY



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REASON #91


Because there's so much **good food** in the world.

Everyone has a reason for taking every dose, every day.
What is yours?


Talk to your provider about the importance of taking your HIV medication every day.

Alfredo, living with HIV since 1993

EVERY DOSE EVERY DAY



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REASON #53


Because every day is a **new adventure.**

Everyone has a reason for taking every dose, every day.
What is yours?


Talk to your provider about the importance of taking your HIV medication every day.

Larson, living with HIV since 2006

EVERY DOSE EVERY DAY



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REASON #23

Because there's
so much
I haven't
done yet.


Everyone has a
reason for taking
every dose, every day.
What is yours?

Talk to your provider
about the importance
of taking your HIV
medication every day.

Hydelia, living with HIV since 1985

**EVERY
DOSE
EVERY
DAY**

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TB Prevention



REASON #17


Because I want
to grow old with
my partner.

Everyone has a
reason for taking
every dose, every day.
What is yours?

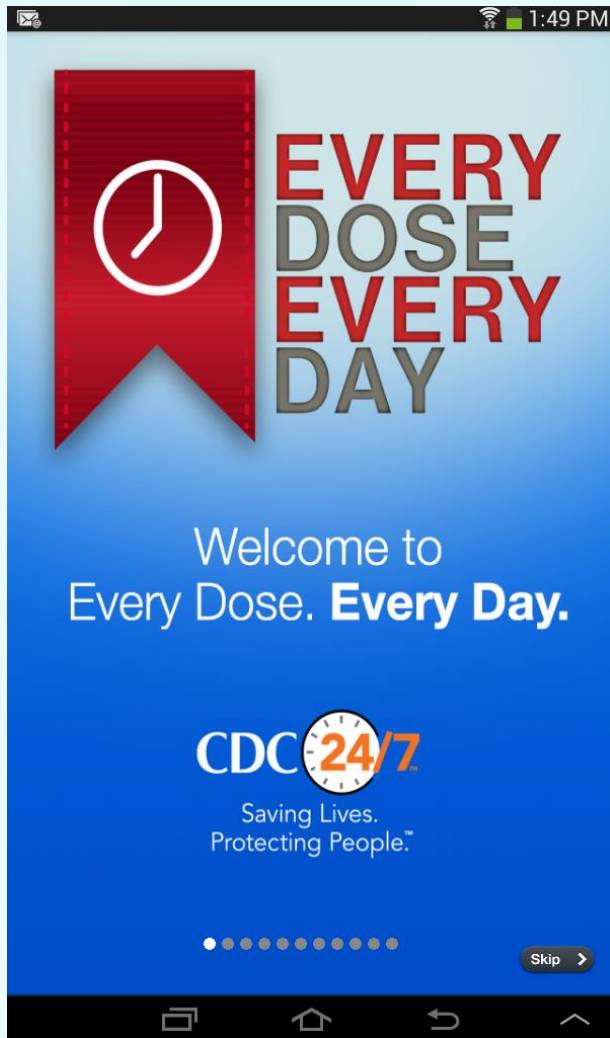
Talk to your provider
about the importance
of taking your HIV
medication every day.

Uriah, living with HIV since 1997, and his partner

**EVERY
DOSE
EVERY
DAY**

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TB Prevention

Every Dose Every Day Mobile Application



App Features:

- My Meds
- Drug Details
- Dose reminders
- Healthcare Team
- Reasons Photo
- Viral load tracker
- CD4 count tracker
- Tips for health and wellness
- Buddy Support

Continuing Education Pilot Evaluation

- **Continuing education accreditation obtained for physicians, nurses, pharmacists and certified health education specialists**
- **20 providers reviewed each module**
 - 5 physicians
 - 5 nurses
 - 5 pharmacists
 - 5 certified health education specialists
- **Reviewed content of at least 1-2 module(s)**
- **Completed a 30-item survey for each module reviewed**

Continuing Education Pilot Evaluation Results

- Providers took an average of 60 minutes to complete each module**
- 90% of providers thought length and pace of module was appropriate**
- 95% of providers indicated they could apply the knowledge gained as a result of the module**
- Fewer than 5% of providers reported needing technical assistance with implementation**

Continuing Education Pilot Evaluation Results

- ***“Course is very well done, user-friendly and informative, including the investigators and diverse clinical providers helped ensure the material remained engaging.” (HEART - MD)***
- ***“This program shows a lot of forethought in planning and content detail that is articulated in a clear manner for easy comprehension by any participant.” (HEART - CHES)***
- ***“This is a useful and very relevant training for physicians with patients on ARVs.” (PfH – MD)***

Continuing Education Pilot Evaluation Results

- ***“...very well done course with informative content! The real story video clips are awesome!” (Smart Couples – MD)***
- ***“Explaining and demonstrating the intervention and the language to use in implementing each step was excellent.” (Smart Couples – RN)***

Continuing Education Pilot Evaluation Results

- **“Overall the training was great and easy to follow.”
(Peer Support - RN)**
- ***“The concepts were easy to understand and having the questions dispersed throughout the presentation was especially helpful. The videos portrayed a wide range of individuals with HIV which was nice.” (Peer Support - pharmacist)***

Conclusions

- **E-learning technologies...**
 - supports CDC High Impact Prevention efforts to make HIV prevention activities scalable
 - facilitates swifter dissemination to communities
 - may be a more feasible delivery method to assist providers with supporting optimal patient adherence
 - offers an economical method to provide resources and training to HIV providers

Next Steps

- ❑ Launch toolkit by the end of June 2014
- ❑ Implement our dissemination and marketing plan
- ❑ Train new capacity building providers to provide technical assistance to jurisdictions
- ❑ Develop an evaluation plan to assess uptake and implementation

What's Next?

Need Technical Assistance?
For more information see:
www.effectiveinterventions.org



Every Dose Every Day Trailer

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THANK YOU!

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