The New Standard of Care: Results of a Same Day Start HIV Treatment Model

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Disclosures

• Currently receive funding from Gilead for a separate research project.

• No funding was received for the development, implementation, or outcomes evaluation of the model of care discussed today.
Objectives

01 Identify advantages of Same Day/Rapid Start
02 Examine our Same Day/Rapid Start model
03 Review findings of implementation
04 Discuss implications of findings
About Howard Brown Health

Howard Brown Health exists to eliminate the disparities in healthcare experienced by lesbian, gay, bisexual, and transgender people through research, education, and the provision of services that promote health and wellness.

- Primary Care
- Community Outreach Testing
- Transgender and Gender Non-conforming Health Services
- Broadway Youth Center & Youth Services
- Mental Health Care
- Dental & Oral Care
- Linkage to Care and Case Management
- Center for Education, Research, and Advocacy
- Sexual Health Walk-In Clinic
- Substance Use Services
- PEP/PrEP Navigation and Case Management
- LGBTQ-focused Sexual Harm Response Project

Broadway Youth Center & Youth Services
Center for Education, Research, and Advocacy
Same Day Start, also referred to as Rapid Start, provides PLWHIV with the opportunity to start ART immediately upon receipt of an HIV diagnosis.
Advantages of Same Day Start

Provides Immediate Opportunity for Agency Over Health and Diagnosis
- Can empower people living with HIV
- May serve as a means to interrupt or mitigate sense of losing control over health

Improved Health Outcomes
- Early ART leads to improved long-term health outcomes
- Delaying ART increases risk for health complications and shorter life expectancy

Community Health Benefits
- Faster time to viral suppression reduces possibility of transmission
Timeline

Testing and ART Start
- Day 1
- Day 2-3: Follow-up Phone Call
- Day 5-10

Medical Appointment
- Day 5-10
- Day 30

Medical Appointment
- Day 60-90

Medical Appointment
- Day 90-120
Outcomes


Patients were excluded if engagement in care occurred greater than 90 days after date of diagnosis disclosure.

Same Day/Rapid Start
Started ART within 14 days of disclosure of HIV diagnosis

Delayed Treatment
ART not started within 14 days of disclosure of HIV diagnosis
Groups

Same Day/Rapid Start
• 241 total patients
• Average of 3.1 days from diagnosis disclosure to ART

Delayed Treatment
• 47 total patients
• Average of 34.7 days from diagnosis disclosure to ART
Age at Diagnosis
• Patient age ranged from 14.8 to 76.4 years. **Overall average was 30.2 years.**

Income
• **53.8% were between 0-100% FPL,** followed by **18.4% between 101-200% FPL.**

Race & Ethnicity
• **76.04% were people of color**
• **43.4% were Black or African American,** 23.3% were White, 22.2% were Hispanic or Latinx, 8.3% were more than one race, 1.7% were Asian, 0.3% were American Indian or Alaska Native, and 0.7% did not report.
Sexual Orientation

- Most patients identified as gay (68.1%), followed by those identifying as straight (13.5%), bisexual (11.5%), queer (2.4%), an orientation not listed (1.4%), with 3.1% unknown or declined to answer.

Gender Identity

- Large majority of patients identified as cisgender men (86.6%), followed by those identifying as transgender women (5.9%), cisgender women (5.2%), transgender men (0.7%), gender nonconforming (0.7%), and an identity not listed (0.7%).
Among patients with 90 days of follow-up after diagnosis disclosure, **85.2% (195/229)** of same day/rapid start patients achieved viral suppression during the observation period compared to **73.9% (34/46)** of delayed treatment patients.

The average time to viral suppression among same day/rapid patients was **60.0 days** from diagnosis disclosure, compared to **95.3 days** among delayed treatment patients.
Implications of Findings

Most patients want to start treatment immediately

Rapid Start model can greatly reduce time to viral suppression

Feasible in a community health setting

Successful among patients with high barriers to care

Faster progression through HIV Care Continuum

Demonstrates importance and success of integrated care model
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Questions?
Thank You!

More questions?
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