

# Montreal City Case Study

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**NO8DO**

AYUNTAMIENTO DE SEVILLA

**IAPAC**  
INTERNATIONAL ASSOCIATION  
OF PROVIDERS OF AIDS CARE

The logo for the Fast-Track Cities Institute, featuring a stylized graphic of colorful buildings and a red ribbon on the left. To the right, the words "FAST-TRACK CITIES" are written in bold black capital letters, with "INSTITUTE" written in white capital letters on a red rectangular background below it.

**FAST-TRACK CITIES**  
INSTITUTE

# HIV Cascade of Care 2020, Montreal



- **Québec HIV Cohort**

- All people living with HIV who
  - received care at one of the participating clinics,
  - had at least two HIV viral loads  $\times 2000$
- In 2020 – data includes 4 large clinics in Montreal
  - N >10,000 over 20 years
  - We measured HIV cascade of care for people in care

# HIV Cascade of Care 2020, Montreal Québec HIV Cohort – people in care



	In Care in 2020 N	On ART % (n)	Virologically suppressed ( $< 200$ copies/ml) % (n)
All	5706	99.6% (5686)	97.3% (5534)
Men	4750	99.7% (4738)	97.6% (4624)
Women	950	99.2% (942)	96.1% (905)
Trans	6	100% (6)	83% (5)

<https://www.reseausidami.quebec/hiv-cascade-of-care-2020-in-the-quebec-hiv-cohort-a-short-report/>

# HIV Cascade of Care 2020, Montreal

## Specific populations



	Knowledge of HIV infection	On ART	Virologically suppressed (< 200 copies/ml)
Men who have sex with men (Engage study, N=1179, 2020-2021)	100%	97.6%	96.6%
Injection drug users (SurUDI, N=301, 2019)	97.0%	100%	

Source: Lambert G. Portrait épidémiologique de l'infection par le virus de l'immunodéficience humaine, région de Montréal, 2010-2020, Faits saillants. Direction régionale de santé publique de Montréal du CIUSSS du Centre-Sud-de-l'Île-de-Montréal. 2022

# Health is a fundamental human right

<https://www.who.int/health-topics/health-equity>

- Equity - absence of unfair, avoidable or remediable differences among groups of people
- Discrimination contributes to worsening living conditions
- Discrimination often embedded in institutions/systems
- **Health equity is when everyone can attain their full potential for health & well-being**

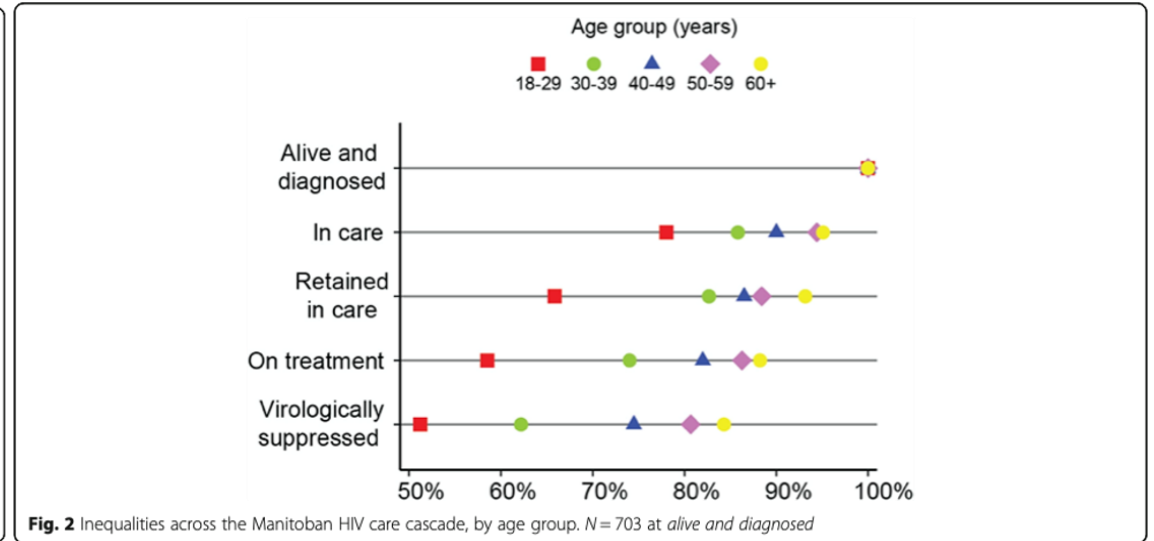
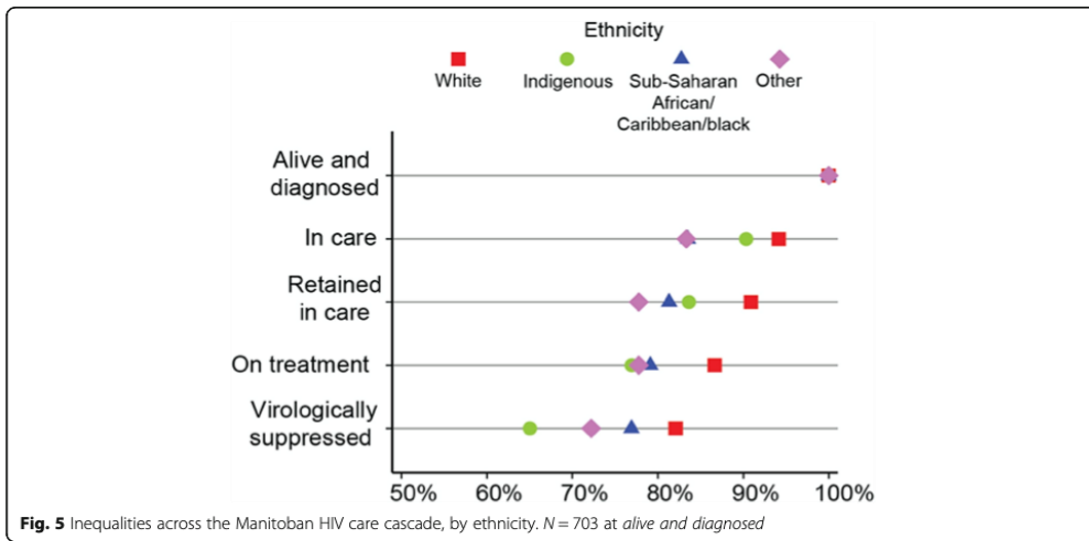
# Actions needed to achieve equity

<https://www.who.int/health-topics/health-equity>

- **Knowledge - Monitoring - Analysis**
- Data disaggregated by age, sex, gender, education, income, disability and other factors
- Findings should be used to design responses
  - For improved equity
  - For ongoing monitoring of health inequalities

# HIV Cascade of Care 2017, Manitoba Equity analysis

- 703 participants from a clinical cohort of people living with HIV in Manitoba
- Equiplots by ethnicity, immigration history, injection drug use, living area



McClarty et al. BMC Public Health (2021) 21:281 <https://doi.org/10.1186/s12889-021-10225-w>

# Learning Health System

- Use of existing data to allow continuous and rapid improvement in clinical care
- Stakeholder involvement

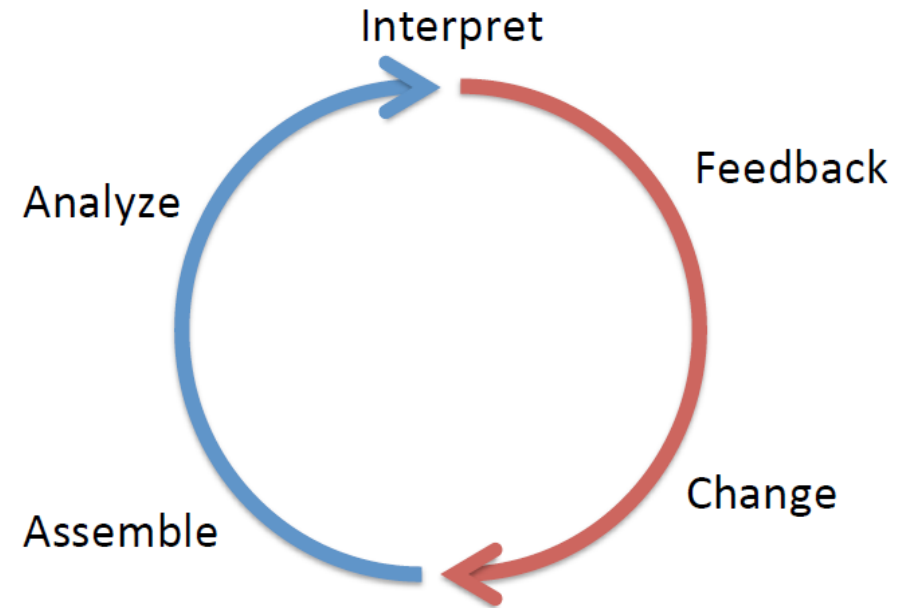


Figure of the learning health system cycle.

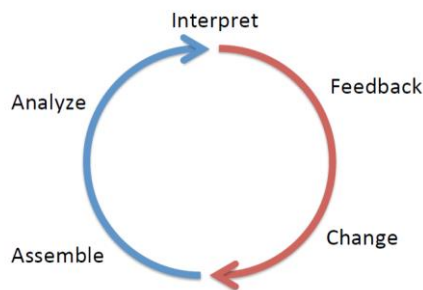
Source: <http://www.learninghealthcareproject.org>



# Using the Quebec HIV Cohort as a Learning Health System



- **To improve HIV Care Cascade (PIHVOT Grant, ViiV)**
- **To improve cancer prevention (CIHR Grant)**
  - Data update every 6 mths, continuous quality improvement
  - Examine results and codesign solutions as a team of stakeholders (community-partners, clinicians, researchers, decision makers, knowledge users)
  - Repeat to examine impact of change



# Equity in HIV testing & linkage to care

- Applying the learning health system beyond the HIV clinics - primary care, community organizations,...
- Applying person-centred approach to testing and care
- Reducing stigma / systemic discrimination
- Working together, listening, innovating



# Montreal Sans Sida – Fast-track cities

## Areas of strategic intervention

1. Reduce discrimination and stigma through communication
2. Eradicate prejudice caused by criminal law enforcements
3. Improve living conditions of vulnerable communities
4. Implement accessible services adapted to individual needs

Common Action Plan 2019-2020, [montrealsanssida.ca](http://montrealsanssida.ca)

## Patient-Centered Care



NEJM Catalyst ([catalyst.nejm.org](https://catalyst.nejm.org)) © Massachusetts Medical Society

## In summary, prioritizing equity for HIV prevention and care requires:

- Data collection/analyses that considers social determinants of health and other factors of equity
- Continuous monitoring of health outcomes
- Codesign of solutions as teams of community, clinicians, decision makers, knowledge users...
- Collaboration, communication
- Person-centred approaches, adapted to health care context, multiple strategies
- Reduction of stigma and discrimination

# Thank you!

## Acknowledgements

We thank the Quebec HIV Cohort participants and Research Team



<https://www.mtl.org/en/experience/where-see-fall-colours-around-montreal>