



# Adherence to treatment and migrant-specific barriers to adherence

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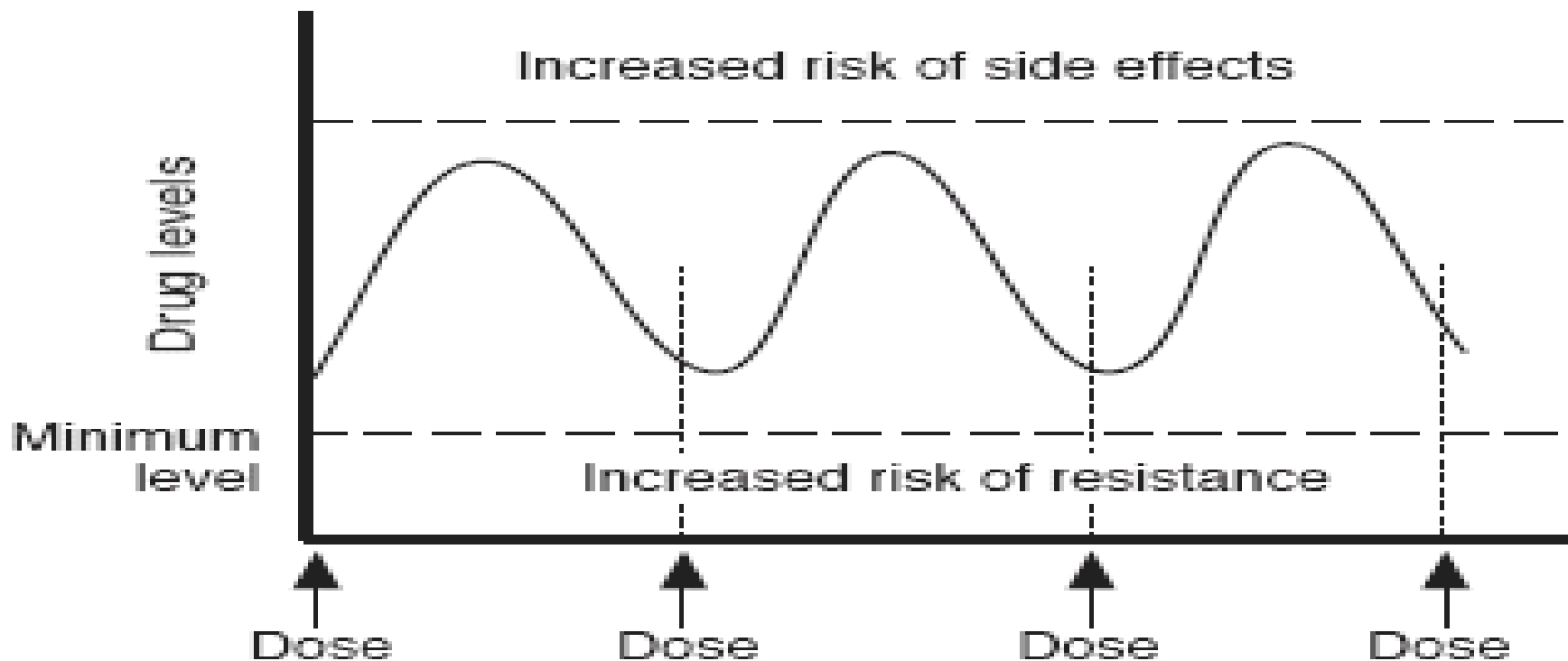


## What is Adherence?

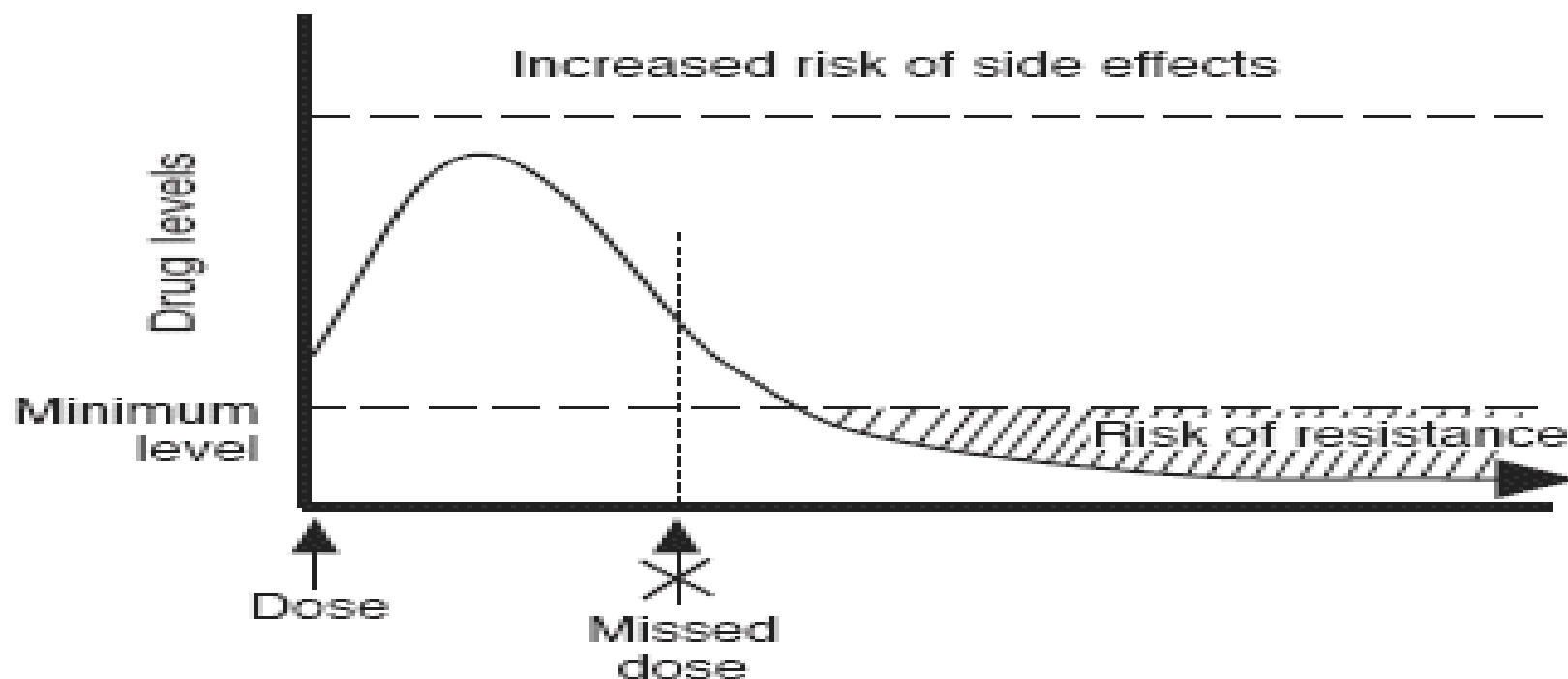
- taking your drugs exactly as prescribed

- Taking them at the right time.
- Following advice to take with or without food.
- Avoiding any drug interactions.

## What is Adherence?



## A MISSED OR LATE DOSE INCREASES THE RISK OF RESISTANCE



## Resistance and adherence are closely related

Late doses may mean drug levels can fall below the minimum level needed to control the virus.

Low drug levels allow mutations to develop..

Adherence is even more critical when you are on your second, third or later combination as you have fewer drugs left to use.

## Barriers to Adherence

- Tolerability – tablet load etc
- Side effects – gastrointestinal, neurological (sleep, drowsiness)
- Food requirements – Atazanavir, Eviplera, Atripla
- Drug –drug interactions – ulcer medication, steroid inhalers/injections

## Migrant-specific barriers to adherence

Poliquin E et al. *What are the barriers to antiretroviral adherence in people from UK Black African and Black Caribbean communities? A qualitative study.* 19<sup>th</sup> British HIV Association conference, Manchester, abstract P164, April 2013.

**52 (37 F) adults on ART , Homerton and King's College hospitals London. Most black African**

- Physical health – “I am not sick”
- Treatment side-effects - ?reduced quality of life.
- Psychological wellbeing,- ART a constant reminder of HIV status
- Unwanted disclosure of HIV status
- Spirituality and religious beliefs – “only God could dictate one’s life course, with medicine having no effect.”

## Migrant-specific barriers to adherence

- Health beliefs – culture, religion
- Socio-economic
  - accommodation
  - employment
- Lifestyle
  - social activities – alcohol, recreational drugs
- Travel
- Stigma



## Tips to help with Adherence

- Understand your health – HIV/VL/CD4 , participate!
- Choose a treatment that fits best with your life.
- Use a weekly pill box / Plan your [timetable](#) /Link to another daily routine – for example brushing your teeth.
- Travel - take additional drugs with you in case flights or other arrangements change.
- Keep an emergency supply
- Contact your clinic if you have side effects.