Dettaglio abstract

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Title: Correlates of treatment and disease burden in PLWH in Italy

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Abstract
Background: People living with HIV (PLWH) today face the disease and treatment burden resulting from the routines associated with taking medicines; adverse events; challenges associated with access to medicines and interference with social activities. This complex concept may definitively impact quality of life. A survey was issued to PLWH within ICONA cohort centres to investigate the correlates of disease burden and health status from the patient's point of view.
Materials and Methods: An online anonymous survey of PLWH on ART was conducted through ICONA Network sites and Patient Group websites between feb-apr, 2021. The HIV Treatment & Diseases Burden (HTDB) has been investigated with a questionnaire containing 31 items -in 7 domains- with 5-point Likert scale answers from 1 (lowest burden) to 5 (highest burden), adapted from DT Eton et al, Qual Life Res 2017, exploring health conditions and care, medications, difficulty with taking medications, medical appointments, monitoring health, exercise or physical therapy, diet, medical equipment, interpersonal challenges, medical/healthcare expenses, confusion/concern about medical information, healthcare providers, difficulty with healthcare services, role and social activity limitations, and physical/mental exhaustion. Data were analysed using descriptive statistics. Respondents were stratified in high burden (H-TDB)/low burden (L-TDB) according with overall TDB mean+1SD. Factors associated with H-TDB has been evaluated with logistic regression model
Results: 531 PLWH completed the questionnaire, 87% were male, 93% Italian nationality, median age 49 years (39-56), 61% were MSM, 88% declared current undetectable HIV-RNA and 57% CD4 cell count >500/mmc, 42% had a university degree level of education, 60% had a stable employment. 64% declared a current regimen containing 3 antiretroviral drugs, 31% only 2 antiretroviral drugs. A single tablet, containing all necessary drugs for a complete antiretroviral regimen, was reported in 74%. The mean TDB was 2.18 (SD=0.76), 99 PLWH had a H-TDB (18.6%). At multivariable regression analysis, after controlling for variables depicted in the Table 1, younger age (HR 0.69, 95%CI 0.55-0.87; p=0.002), not complete treatment satisfaction (HR 2.19, 95%CI 1.28-3.74; p=0.004), the need of a more accurate dialogue with treating physician (HR 2.29, 95%CI 1.21-4.36, p=0.01) and a lower overall Health Status (HR 1.75, 95%CI 1.33-2.32; p=0.002) were all associated with a H-TDB (Table1).
Conclusions: In this self-reported assessment, one out of five PLWH showed a high level of treatment and disease burden. Young age, not complete satisfaction with ART and need of interaction with a tailored health system should be taken into consideration as correlates of treatment and disease burden in a patient-centred approach in order to reduce the negative impact on a self-declared overall health status of the person.

Table 1. Factors associated with high treatment and disease burden (H-TDB) by fitting logistic regression model

Variable	Univariate analysis				Multivariable regression analysis*			
	OR	p	95%CI		OR	p	95%CI	
Age	0,68	<0.001	0,56	0,84	0,69	0,002	0,55	0,87
Treatment Satisfaction								
Yes, completely	1,00				1,00			
Yes, but can be improved	3,17	<0.001	1,93	5,21	2,19	0,004	1,28	3,74
No, I've some issues	7,27	<0.001	2,50	21,14	3,29	0,055	0,98	11,06
I would like to …., n(%)								
have a voice in the matter of my ARV therapy	2,44	0,004	1,32	4,52				
have a non-daily therapy	1,62	0,041	1,02	2,56				
have a greater dialogue with my ID specialist	2,42	<0.001	1,54	3,79	1,57	0,101	0,92	2,69
be more controlled on some medical aspects	2,65	<0.001	1,69	4,15				
talk about non HIV related issues	2,29	<0.001	1,46	3,59				
know when new drugs will arrive and why	1,82	0,007	1,17	2,83				
have a more sincere dialogue with my ID physician	3,97	<0.001	2,30	6,87	2,29	0,011	1,21	4,36
none of the above	0,27	0,014	0,10	0,77				
Physical Health, per 1 point lower (1-5 likert scale)	1,76	<0.001	1,42	2,19				
Mental Health, per 1 point lower (1-5 likert scale)	1,74	<0.001	1,43	2,11				
Sexual Health, per 1 point lower (1-5 likert scale)	1,55	<0.001	1,29	1,86				
Overall Health, per 1 point lower (1-5 likert scale)	2,05	<0.001	1,59	2,63	1,75	<0.001	1,33	2,32

*adjusted for age, current ART regimen, treatment satisfaction, interaction with physician, overall health status.