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Alcohol and substance use and ART Adherence

I have no actual or potential conflicts to declare in relation to this programme and presentation

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Outline of this presentation

Background

Alcohol and HIV transmission

Drinking and adherence

Mechanisms of alcohol-induced impairment of the efficacy of antiretroviral therapy

AUDs assessments

Alcohol and adherence interventions

Way forward

Background

Alcohol is related to HIV in terms of transmission, counselling and testing, treatment, prevention and control

Cannabis causes cognitive impairment and psychosis that prevent consistent use of ART

Stimulants such as cocaine through IDU are associated with transmission of HIV and poor adherence through psychosis and cognitive effects

Opioids have been associated with HIV transmission through IDU

Screening and brief interventions are key in improving HIV treatment outcome in dually diagnosed patients



Key points about HIV and alcohol

HIV infected AUDs suffer more physiologic harm

All levels of alcohol use are associated with poor adherence

Non-suppression of HIV leads to less alcohol requirement to get the "buzzed"

There is a temporal relationship between alcohol consumption and non-adherence

PLWH who use alcohol have poor HIV treatment outcomes

Alcohol and HIV transmission

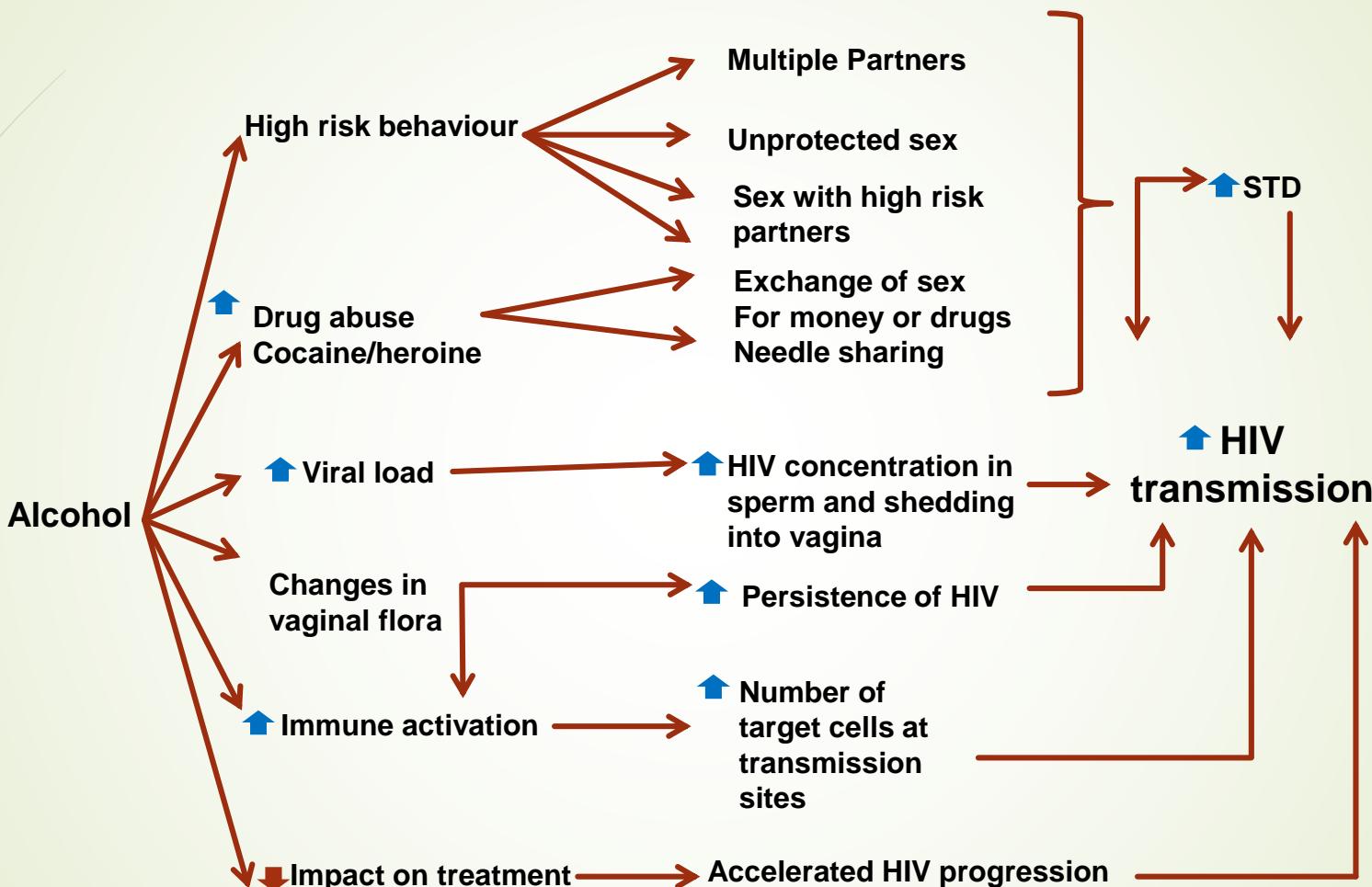


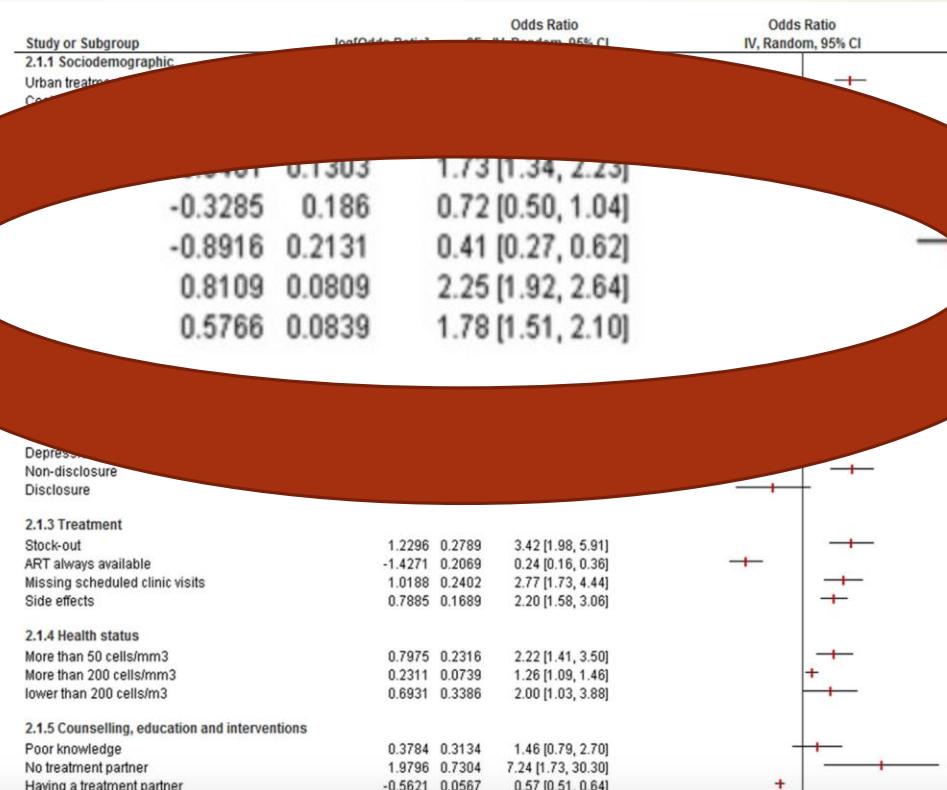
Figure 2. Alcohol consumption may facilitate human immunodeficiency virus (HIV) transmission through risky sexual behaviour, increased HIV shedding, and increased inflammation at mucosal sites.

Note: STD, sexually transmitted disease.

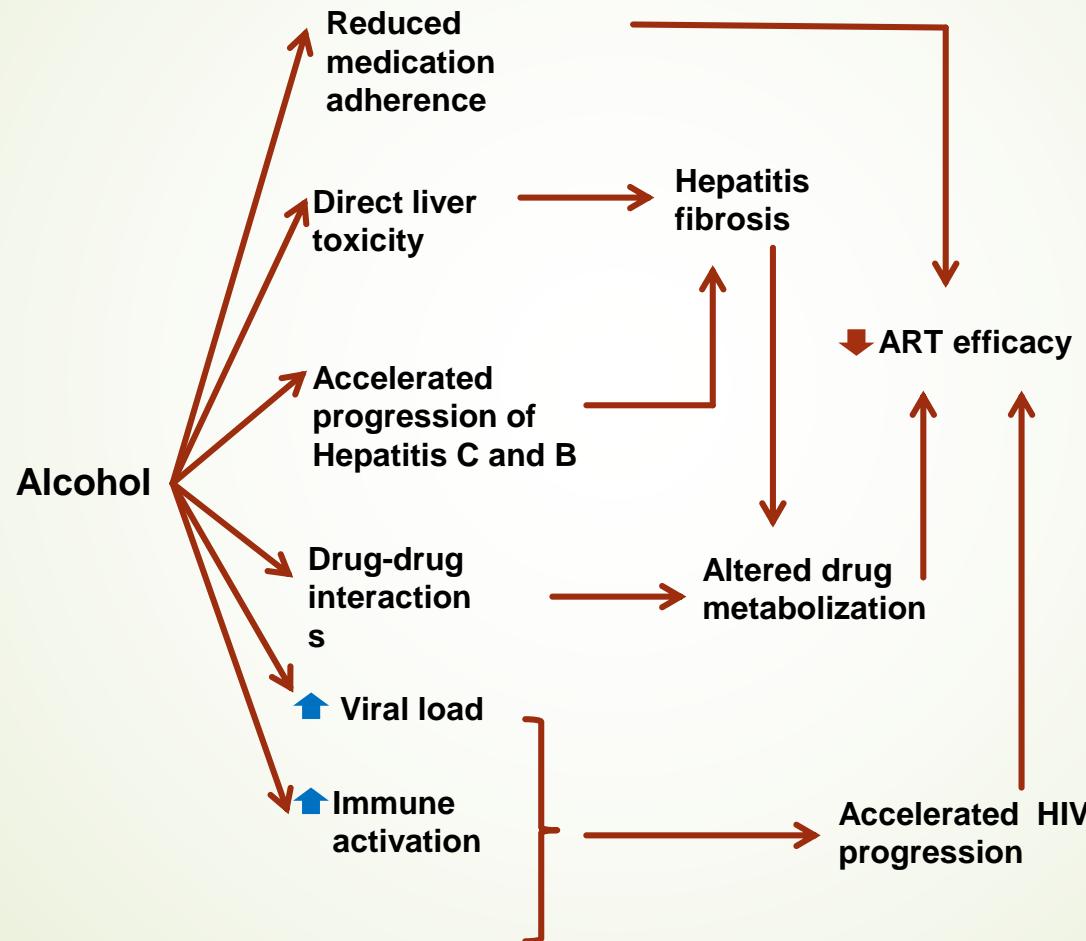
Courtesy of NIAAA

Drinking and adherence

Male
Female
Does not drink
Binge drinking
Use of alcohol



Mechanisms of alcohol-induced impairment of the efficacy of antiretroviral therapy



Mechanisms of the alcohol induced impairment of the efficacy of antiretroviral therapy (ART)
Courtesy of NIAAA

AUDs assessments

AUDIT-10 item questionnaire

- designed by WHO to assess AUDs in primary care settings
- it has been validated in HIV populations

AUDIT C- first 3 questions on the AUDIT

- assesses consumption
- easy and being used more widely

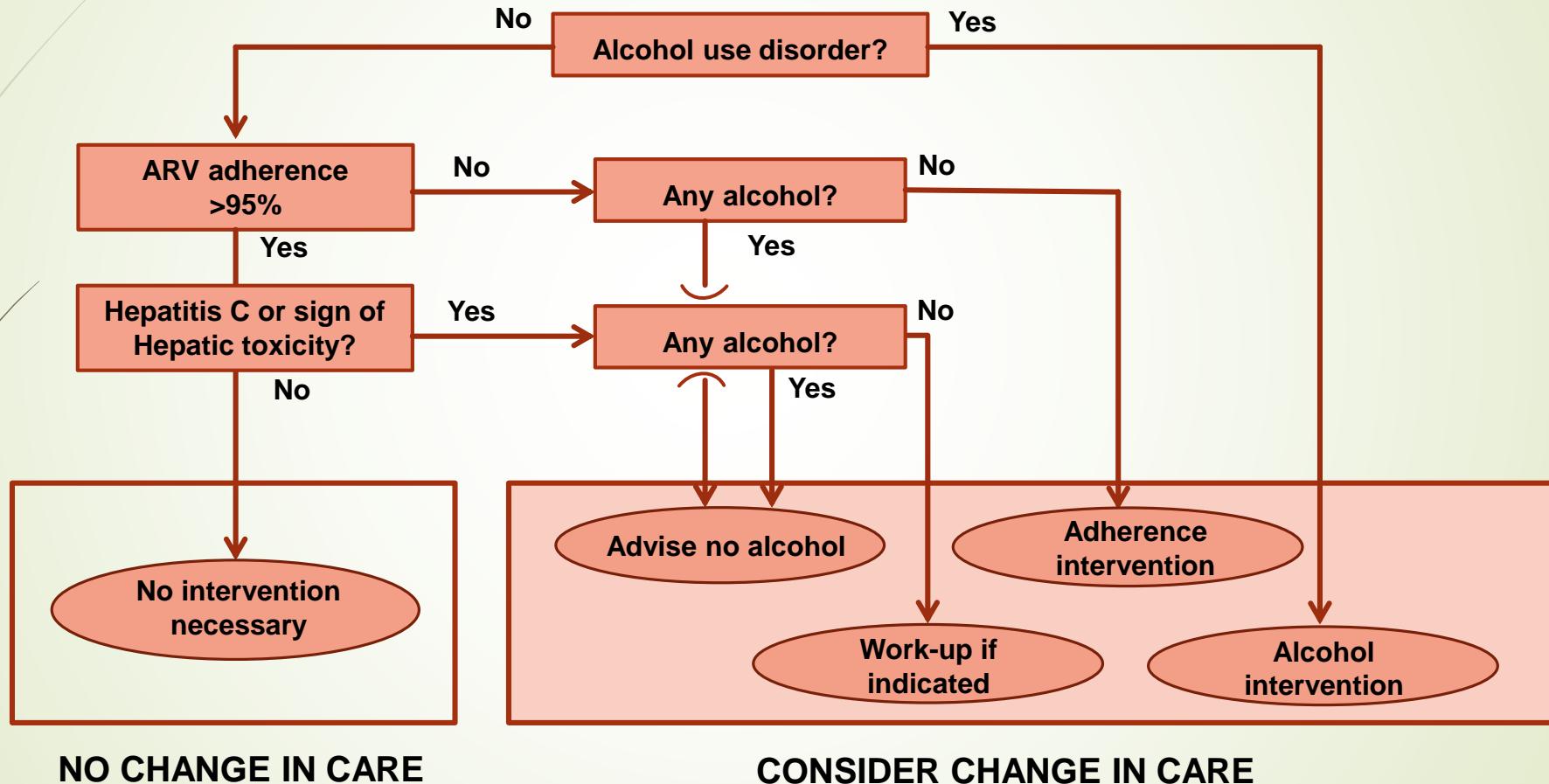
CAGE- 4 questions that assess dependence

- not useful in at risk and hazardous use

Biomarkers-GGT, MCV, PEt

VACS Index- helps to assess all cause morbidity and mortality

Algorithm for alcohol and adherence interventions





Way forward

Country HIV/AIDS policies, programs and strategies to include alcohol and substance use behavioural changes strategies

Include alcohol and substance use screening and brief interventions in HIV Care programs

Validation of alcohol and substance use screening tools

Task sharing and upskilling strategies important

Mental health and HIV care integration key

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Thank YOU