Testing an Educational Visual Aid to Increase Knowledge and Adherence to Antiretroviral Therapy among youth living with HIV

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OVERVIEW

• Using a visual demonstration to increase knowledge among youth about how ART works in the body and the importance of their medication to increase adherence and reduce viral loads.

INTRODUCTION

• 12–24 year-olds account for more than 40% of new HIV infections each year.
• Reported adherence rate among youth in North America is 50–60%.
• Barriers to adherence include:
  • Forgetting
  • Access to medication
  • Side effects
  • Lack of knowledge

INNOVATION

To use a simple, visual, and interactive demonstration with youth.

How?
• A human-body shaped container is used in this demonstration and filled with a ‘body’ solution that is CLEAR in color to represent a HEALTHY body.
• A pink liquid represents the HIV virus and is added to the solution.
• In this adapted version, we ask the participant to place the ‘medicine tablets’ into the pinkish solution for each day of medication adherence. After multiple days of adherence (adding medicine tablets), the resulting solution is CLEAR.

METHODS

Adapted Petrie Demonstration (APD)

N = 30 youth in L.A. & New Orleans
Los Angeles (n = 12)
New Orleans (n = TBD)

Baseline Assessment

Adapted Petrie Demonstration
Post-session Assessment

Follow-up Assessment (6 weeks)

Adapted Petrie Demonstration (APD) n = 15 youth
Standard Care (SC) n = 15 youth

RESULTS TO DATE

Baseline Characteristics (n=12)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years) Mean</td>
<td>24.27</td>
</tr>
<tr>
<td>% Males</td>
<td>92% (n = 11)</td>
</tr>
<tr>
<td>% MSM</td>
<td>50% (n = 6)</td>
</tr>
<tr>
<td>% Bi-sexual</td>
<td>17% (n = 2)</td>
</tr>
<tr>
<td>Working Full-time</td>
<td>50% (n = 6)</td>
</tr>
<tr>
<td>Ethnicity</td>
<td></td>
</tr>
<tr>
<td>Latino</td>
<td>42%</td>
</tr>
<tr>
<td>Black or African American</td>
<td>25%</td>
</tr>
<tr>
<td>Asian</td>
<td>8%</td>
</tr>
<tr>
<td>White</td>
<td>17%</td>
</tr>
<tr>
<td>Mixed/Other</td>
<td>8%</td>
</tr>
<tr>
<td>Adherence, 7 days</td>
<td>n = 9</td>
</tr>
<tr>
<td>Suppressed viral load (&lt;200 copies/mL)</td>
<td>n = 8</td>
</tr>
<tr>
<td>Missed dose due to difficulty obtaining</td>
<td>n = 4</td>
</tr>
<tr>
<td>Relationship with Healthcare Provider (0) Rarely Good to (5) Always Good</td>
<td>4.6</td>
</tr>
</tbody>
</table>

EFFECTIVE?
“it gives a visual look as to what’s happening in my body and how serious not taking my pill can be”

FEASIBLE?
“that it is really important to take my medication daily”

USEFUL FOR CLINIC CARE?
“it shows them if they stay consistent, they’ll be OK”

“I like I was impressed on how the virus worked like that”

“because I was never shown anything like this when diagnosed so I never fully grasped how missing doses would affect me”

“I think showing this to patients (new and old) can surely motivate them to be consistent with their medication”

NEXT STEPS

Data Collection TBC in New Orleans, LA, U.S.A

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