

POSITIVE PERSPECTIVES STUDY, WAVE 2: UNDERSTANDING THE UNMET NEEDS OF PLHIV



Positive Perspectives Study, Wave 2 (Positive Perspectives 2) is one of the largest, global, HIV patient-reported outcomes studies to date, involving 2,389 people living with HIV (PLHIV) across 25 countries. The research explores the aspirations and attitudes of a diverse range of PLHIV, revealing how they feel about their HIV care and relationships with their healthcare providers (HCPs).

Visit viihealthcare.com to download a copy of the Positive Perspectives Study, Wave 2 Global Results Report

Results from Positive Perspectives 2 reveal the experiences of PLHIV, reflecting changes in HIV care and providing insights into aspects of quality of life that need to be addressed across several key areas including:

- Impact of polypharmacy
- PLHIV-HCP engagement
- Undetectable = Untransmittable (U=U)
- Treatment challenges and aspirations
- HIV in specific groups

IMPACT OF POLYPHARMACY

Positive Perspectives 2 defined polypharmacy as taking five or more pills a day or taking medicines for five or more health conditions.¹



82% of people living with HIV in the study reported taking at least one non-HIV pill daily² (1,731/2,112)*

73%

of PLHIV were open to taking an HIV treatment with fewer medicines, as long as viral load remains suppressed³ (1,544/2,112)*

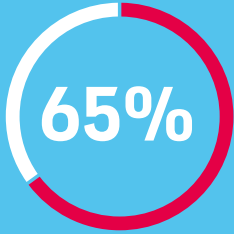


More than half (57%) of PLHIV were concerned about taking more medicines as they grow older⁴(1,195/2,112)*

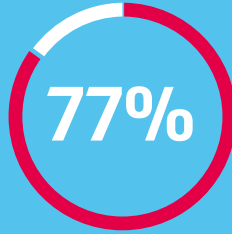
*Total number of participants is 2,112 as the figures were calculated before the inclusion of additional data from Russia and South Africa

TALKING CAN MAKE A REAL DIFFERENCE

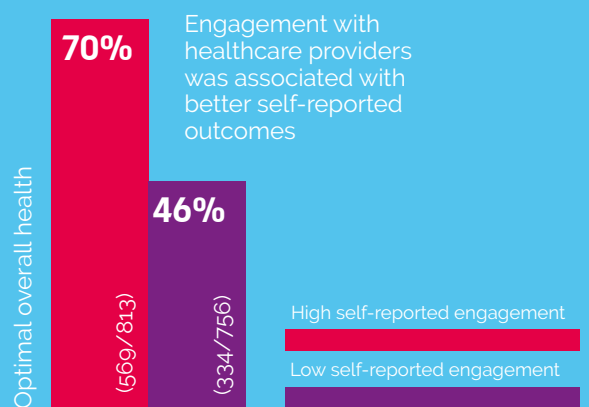
PLHIV-HCP engagement was significantly associated with better health outcomes.²



of people living with HIV agreed they would like to be more involved in decisions about their HIV treatment (1,556/2,389)²

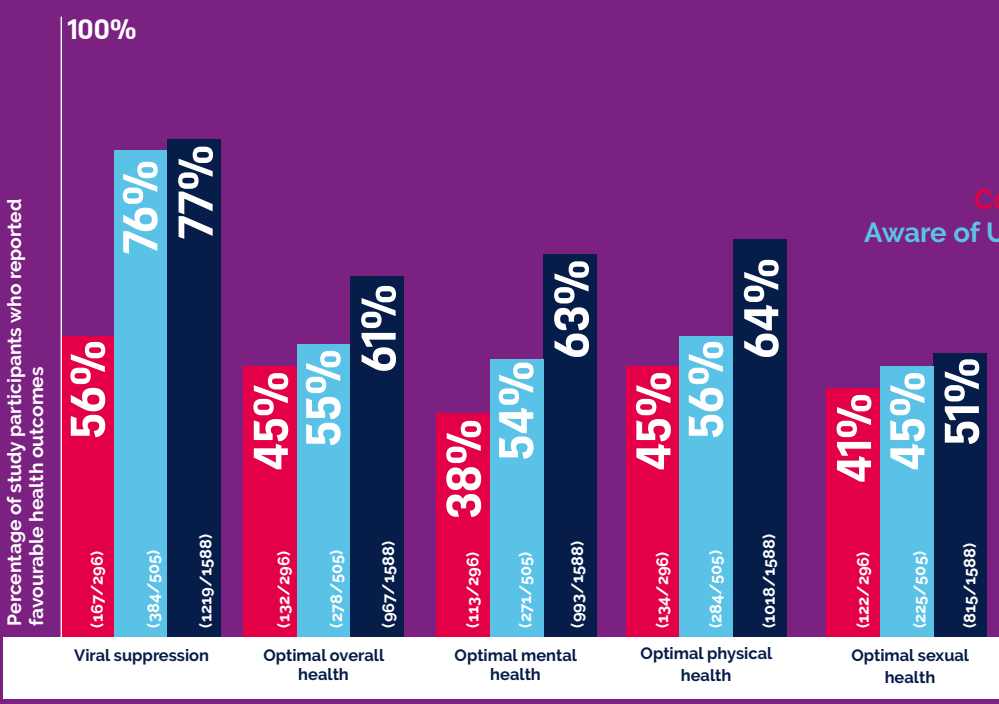


of PLHIV reported at least one issue they felt uncomfortable discussing with their HCPs (1,847/2,389)³



INFORMING PLHIV ABOUT U=U

Positive Perspectives 2 data show that people living with HIV who reported they were informed of Undetectable = Untransmittable (U=U) by their HCPs report more favourable health outcomes than those reporting they were not informed by their HCPs (66%, 1,588/2,389)⁴



PLHIV reporting being:
 Completely unaware of U=U (296)
 Aware of U=U from non-HCP sources (505)
 Informed by HCPs of U=U (1,588)

Yet, Positive Perspectives 2 discovered that just over one-third of PLHIV were not told about U=U by their HCPs (34%, 801/2,389)⁴

TREATMENT CHALLENGES AND ASPIRATIONS

While modern ART has transformed the lives of millions of PLHIV with access to treatment, many participants in the Positive Perspectives study reported facing challenges with their treatment, and aspired to new options that may ease the daily burden of ART and support quality of life.



of participants believed that future advances in HIV will improve their overall health and wellbeing (1,847/2,389)⁵



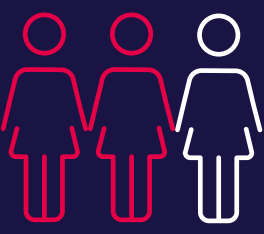
of PLHIV in the study reported disguising or hiding their HIV medication in order to avoid sharing their status (1,383/2,389)⁶

Of 7 improvements to HIV medicine, the top 3 that ranked as either first or second most important were:⁵

- A reduced long-term impact on my body'** (47%, 1,123/2,389)
- 'Longer-lasting medicine so I don't have to take it every day'** (43%, 1,027/2,389)
- 'Fewer side effects'** (41%, 980/2,389)

SPECIFIC GROUPS MAY HAVE GREATER UNMET NEED

Data from the Positive Perspectives study shine a light on under-represented groups with divergent unmet needs, illustrating the importance of tailoring solutions for PLHIV based on age, gender and sexual orientation.



Women: Over two thirds (69%, 396/571) of women living with HIV (WLHIV) desired greater involvement in their care, yet almost one quarter (22%, 128/571) were uncomfortable discussing treatment issues with their HCPs due to a lack of confidence⁷



Older PLHIV: Almost one-quarter of PLHIV aged ≥ 50 years reported suboptimal health in all areas including physical, mental, sexual and overall health (23%, 161/699)⁸



Men who have sex with women (MSW): Among participants in the study, men who have sex with women (MSW) were more likely to report suboptimal overall health (47%, 225/479) compared with men who have sex with men (MSM) (36%, 371/1,018) and WLHIV (46%, 322/696)⁹

References 1. Okoli C, de los Rios P, Eremin A, Brough G, Young B, Short D. Relationship Between Polypharmacy and Quality of Life Among People in 24 Countries Living With HIV. *Prev Chronic Dis* 2020;17:190359. DOI: <http://dx.doi.org/10.5888/pcd17.190359>. 2. de los Rios P, Okoli C, Castellanos E, Allan B, Young B, Brough G, Eremin A, Corbelli GM, McBritton M, Van de Velde N. Putting the heart back into HAART: greater HCP-patient engagement is associated with better health outcomes among persons living with HIV (PLHIV) on treatment. Presented at the 23rd International AIDS Conference, July 6 – 10, 2020. 3. Okoli C, de los Rios P, Richman B, Allan B, Castellanos E, Young B, Brough G, Eremin A, Corbelli GM, McBritton M, Hardy D, Van de Velde N. A tale of two 'U's and their use by healthcare providers: a cross country analysis of information sharing about undetectable = untransmittable (U=U). Presented at the 23rd International AIDS Conference, July 6 – 10, 2020. 4. UNAIDS. Core Epidemiology Slides. Available at: https://www.unaids.org/sites/default/files/media_asset/UNAIDS_2017_core-epidemiology-slides_en.pdf. Last accessed June 2020. 5. Global health estimates 2016: deaths by cause, age, sex, by country and by region, 2000–2016. Geneva: World Health Organization; 2018. https://www.who.int/healthinfo/global_burden_disease/estimates/en/index.html. Last accessed June 2020. 6. Okoli C, de los Rios P, Muchenje M, Young B. Treatment experiences, perceptions towards sexual intimacy and child-bearing, and empowered decision making in care among women living with HIV. *Positive Perspectives*. Presented at the 10th International Workshop on HIV & Women, Boston, MA, March 6-7, 2020. 7. Short D, Spinelli F, Okoli C, de Los Rios P. Clinical and sociodemographic characteristics associated with poor self-rated health across multiple domains among older adults living with HIV. Presented at the 23rd International AIDS Conference, July 6 – 10, 2020. 8. Short D, Spinelli F, Okoli C, de los Rios P. Understanding the changing treatment concerns of older people living with HIV and difficulties with patient-provider communication. Presented at the 23rd International AIDS Conference, July 6 – 10, 2020. 9. Okoli C, Van de Velde N, Brough G, et al. "What about me?" The unmet needs of men who have sex with women and differences in HIV treatment experiences, perceptions, and behaviours by gender and sexual orientation in 25 countries. Presented at HIV Drug Therapy Glasgow, 5-8 October 2020.