

# The Effects of Changes in Kenya HIV Guidelines on ART Use at a Health Facility in Western Kenya



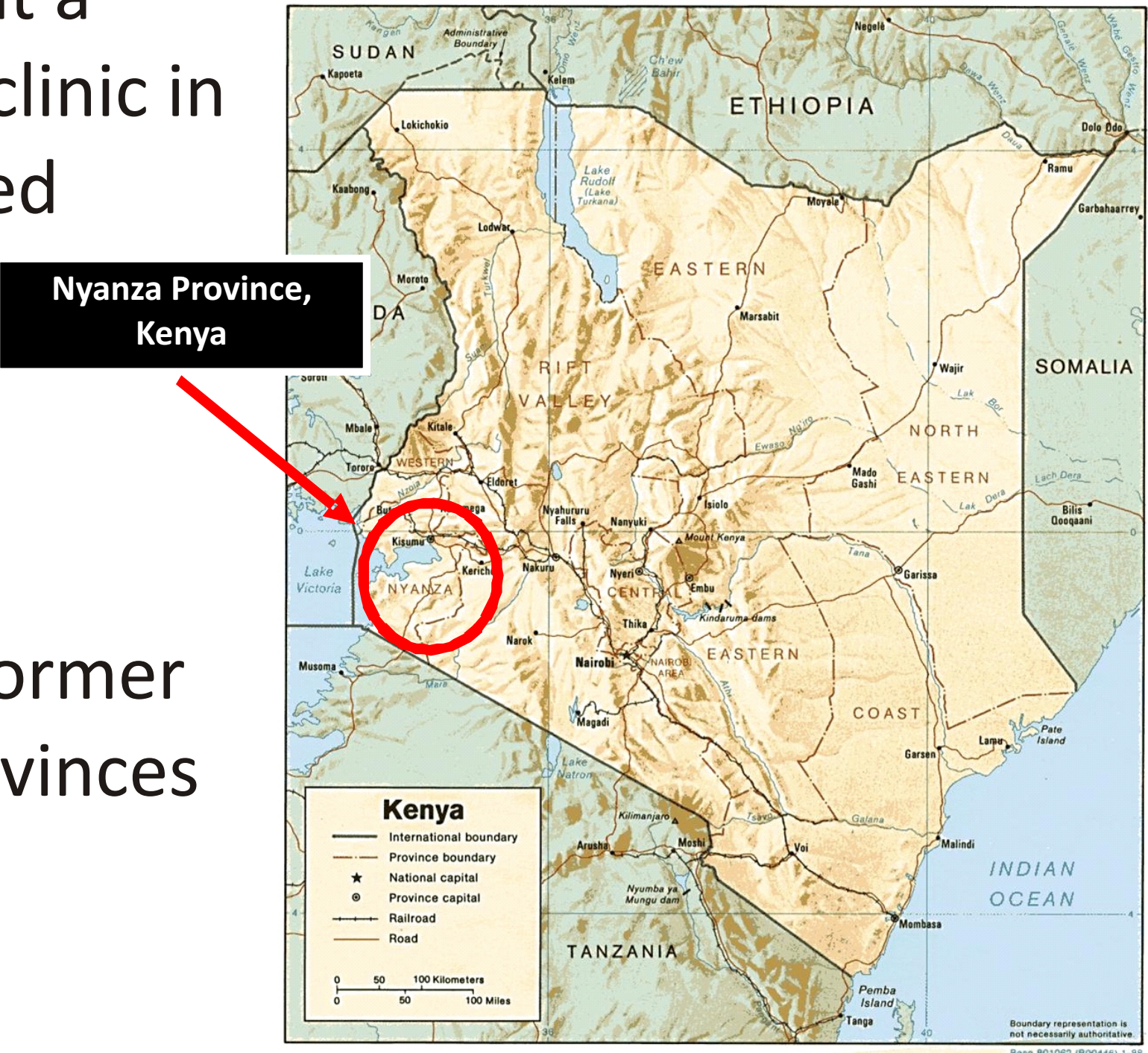
Patrick Oyaro<sup>1</sup>, Mary Armes<sup>2</sup>, Lisa Abuogi<sup>3</sup>, Starley Shade<sup>2</sup>, Craig R Cohen<sup>1,2</sup>, Elizabeth A Bukusi<sup>1</sup>

1. Family AIDS Care and Education Services (FACES), Research Care and Training Program, Center for Microbiology Research, Kenya Medical Research Institute, Kenya.  
2. Departments of Obstetrics, Gynecology and Reproductive Sciences, Pediatrics; Medicine; University of California San Francisco, United States.  
3. Department of Paediatrics, University of Colorado, Denver, Denver, Colorado, USA



## BACKGROUND

- The Kenya National Guidelines on antiretroviral therapy (ART) initiation in adults has evolved rapidly
- In September 2010 the ART initiation criteria for adults changed from CD4<250 cells/uL and/or WHO stage 4 to CD4 <350 cells/uL and/or WHO stage 3 or 4
- Effect of these new guidelines on the proportion of patients initiating ART at a large FACES supported clinic in Western Kenya examined
- FACES is an HIV prevention and treatment program supporting Ministry of Health facilities in the former Nyanza and Nairobi provinces since 2004



## METHODS

- Retrospective study
  - HIV-infected adults
  - 15 years and older
  - Initiating ART at Lumumba Health Centre in Kisumu, Kenya
  - Followed patients one year after ART initiation
  - Comparisons made between patients initiating before the guidelines changed (Oct 2009 – Apr 2010) and after the guidelines changed (Oct 2010-Apr 2011)

## DATA COLLECTION

- Electronic medical records and chart reviews used to gather patient demographic and clinical data
- Variables collected:
  - ❖ Age (at initiation)
  - ❖ Gender
  - ❖ CD4s (at initiation, 6 months, 12 months)
  - ❖ ART status (at end of follow-up)
  - ❖ Clinic status (alive, dead, lost to follow up)
  - ❖ WHO stage (at initiation, 12 months)

## METHODS-ANALYSIS

- Chi-square and Wilcoxon-Mann-Whitney tests used to detect differences in proportions and medians, respectively, between cohorts

## CLINICAL CARE



Photo by Beth Novey

## PHARMACY CARE



Photo by Beth Novey

## RESULTS

Variable	Pre-Guideline change cohort (Oct 2010-Apr 2011)	Post -Guideline change cohort (Oct 2011-Apr 2012)	P-value
ART initiation (among those in care)	13.2% (N= 866)	25.3% (N=846)	<0.001
Median age at ART initiation (years)	32.5	32.0	
Most common WHO Stage at ART initiation	Stage 2 (34.2%)	Stage 1 (39.0%)	0.03
Median 6 - month CD4 increase	135 cells/uL	151 cells/uL	<0.001
Median 12 - month CD4 increase	174 cells/uL	154 cells/uL	<0.001
Loss to follow-up	23.7%	14.1%	0.03

## CONCLUSION

- The latest change in the guidelines led to the following:
  - More patients initiated on ART
  - More patients were initiated at earlier WHO stage
  - Greater increase in median CD4 cell count at 6-months
- Interestingly, there were fewer loss to follow- up patients in the period after the introduction of the new guidelines
  - This may not be absolutely associated to the change of guidelines

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