

# British HIV Association guidelines for the management of tuberculosis in adults living with HIV 2018 (2023 interim update)

*These guidelines are dedicated to the memory of Professor Stephen Lawn, a scientist and clinician whose pioneering work helped transform the management of TB in people living with HIV.*

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# 1 Scope and purpose

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The overall purpose of these guidelines is to help physicians manage adults with tuberculosis (TB)/human immunodeficiency virus (HIV) co-infection. Recommendations for the treatment of TB in adults living with HIV are similar to those in HIV-negative adults. Of note, the term 'HIV' refers to HIV-1 throughout these guidelines.

## 1.1 Guideline development process

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The British HIV Association (BHIVA) fully revised and updated the Association's guideline development manual in 2011. Further updates have been carried out subsequently [1]. Full details of the guideline development process, including conflict of interest policy, are outlined in the manual. BHIVA has adopted the modified Grading of Recommendations Assessment, Development and Evaluation (GRADE) system for the assessment, evaluation and grading of evidence and development of recommendations (see below and Appendix 1) [2,3].

The scope, purpose and guideline topics were agreed by the writing group. Questions concerning each guideline topic were drafted and a systematic literature search was undertaken by an information scientist.

Details of the search questions and strategy (including the definition of populations, interventions and outcomes) are outlined in Appendix 2. BHIVA guidelines for the treatment of TB/HIV co-infection were last published in 2011 [4]. For the 2017 guidelines, Medline, EMBASE and the Cochrane Library were searched between August 2015 and January 2016. Abstracts from selected conferences (see Appendix 2) were searched between August 2015 and January 2016. For each topic and healthcare question, evidence was identified and evaluated by writing group members with expertise in the field. Using the modified GRADE system, writing group members were responsible for assessing and grading the quality of evidence for predefined outcomes across studies and developing and grading the strength of recommendations. An important aspect of evaluating evidence is an understanding of the design and analysis of clinical trials, including the use of surrogate marker data. Decisions regarding the clinical importance of difference in outcomes were made by the writing group.

Before final approval by the writing group, the guidelines were published online for public consultation and an external peer review was commissioned.

## 1.2 Involvement of people living with HIV

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BHIVA views the involvement of people living with HIV and community representatives in the guideline development process as essential. The writing group included two representatives appointed through the UK Community Advisory Board (UK-CAB) and community groups are specifically invited to participate in the public consultation process.

## 1.3 GRADE

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The GRADE Working Group [2] has developed an approach to grading evidence that moves away from initial reliance on study design to consider the overall quality of evidence across outcomes. BHIVA has adopted the modified GRADE system for its guideline development (see Appendix 1).

The advantages of the modified GRADE system are: (i) the grading system provides an informative, transparent summary for clinicians, people living with HIV and policymakers by combining an explicit evaluation of the strength of the recommendation with a judgement of the quality of the evidence for each recommendation, and (ii) the two-level grading system of recommendations has the merit of simplicity and provides clear direction to people living with HIV, clinicians and policymakers.

The strength of recommendation is graded as 1 or 2 as follows:

- A GRADE 1 recommendation is a strong recommendation for (or against) a course of action, where the benefits clearly outweigh the risks (or vice versa) for most, if not all, people living with HIV. Most clinicians and individuals living with HIV should and would want to follow a strong recommendation unless there is a clear rationale for an alternative approach. A strong recommendation usually starts with the standard wording 'we recommend'.

- A GRADE 2 recommendation is a weaker or conditional recommendation, where the risks and benefits are more closely balanced or are more uncertain. Most, but not all, clinicians and people living with HIV would want to follow a weak or conditional recommendation. Alternative approaches or strategies may be reasonable depending on the circumstances, preferences and values of the individual living with HIV. A weak or conditional recommendation usually starts with the standard wording 'we suggest'.

The strength of a recommendation is determined not only by the quality of evidence for defined outcomes but also by the balance between desirable and undesirable effects of a treatment or intervention, differences in values and preferences and, where appropriate, resource use. Each recommendation concerns a defined target population and is actionable.

The quality of evidence is graded from A to D and for the purpose of these guidelines is defined as the following:

- GRADE A evidence means high-quality evidence that comes from consistent results from well-performed randomised controlled trials (RCTs), or overwhelming evidence from another source (such as well-executed observational studies with consistent strong effects and a low likelihood of uncorrected bias). GRADE A implies confidence that the true effect lies close to the estimate of the effect.
- GRADE B evidence means moderate-quality evidence from randomised trials that suffer from serious flaws in conduct, inconsistency, indirectness, imprecise estimates, reporting bias, or some combination of these limitations, or from other study designs with special strengths such as observational studies with consistent effects and exclusion of most potential sources of bias.
- GRADE C evidence means low-quality evidence from controlled trials with several very serious limitations or observational studies with limited evidence on effects and exclusion of most potential sources of bias.
- GRADE D evidence is based only on case studies, expert judgement or observational studies with inconsistent effects and a potential for substantial bias, such that there is likely to be little confidence in the effect estimate.

## 1.4 Good practice points

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In addition to graded recommendations, the BHIVA writing group has also included good practice points (GPPs), which are recommendations based on the clinical judgement and experience of the group.

GPPs emphasise an area of important clinical practice for which there is not, nor is there likely to be, any significant research evidence. They address an aspect of treatment and care that is regarded as such sound clinical practice that healthcare professionals are unlikely to question it and where the alternative recommendation is deemed unacceptable. It must be emphasised that GPPs are not an alternative to evidence-based recommendations.

## 1.5 Dissemination and implementation

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The following measures have been or will be undertaken to disseminate and aid implementation of the guidelines:

- E-publication on the BHIVA website and in the journal *HIV Medicine*;
- Publication in *HIV Medicine*;
- Non-technical leaflets;
- Shortened version for BHIVA guidelines app;
- E-learning module accredited for CME;
- Educational slide set to support local and regional educational meetings;
- National BHIVA audit programme.

## 1.6 Guideline updates and date of next review

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The guidelines will be fully updated and revised in 2021. However, the writing group will continue to meet regularly to consider new information from high-quality studies and publish amendments and addenda to the current recommendations before the full revision date where this is thought to be clinically important to ensure continued best clinical practice.

## 1.7 References

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1. British HIV Association. *BHIVA Guideline Development Manual*. 2014. Available at: [www.bhiva.org/GuidelineDevelopmentManual.aspx](http://www.bhiva.org/GuidelineDevelopmentManual.aspx) (accessed November 2018).
2. GRADE Working Group. *Grading the quality of evidence and the strength of recommendations*. Available at: [www.gradeworkinggroup.org/intro.htm](http://www.gradeworkinggroup.org/intro.htm).
3. Guyatt GH, Oxman AD, Kunz R *et al*. Going from evidence to recommendations. *BMJ* 2008; **336**: 1049–1051.
4. Pozniak AL, Coyne KM, Miller RF *et al*. British HIV Association guidelines for the treatment of TB/HIV coinfection 2011. *HIV Med* 2011; **12**: 517–524.



## 2 Recommendations

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### Diagnosis of active pulmonary TB

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- We recommend performing microscopy for acid-fast bacilli (AFB) in conjunction with culture and drug-sensitivity testing on respiratory samples (sputum, induced sputum or bronchoalveolar lavage [BAL]); if smear positive this should be followed by molecular testing for rapid identification of *Mycobacterium tuberculosis*. (GRADE 1B)
- We recommend the use of Xpert MTB/RIF Ultra as the first molecular diagnostic test, where available. (GRADE 1C)
- We recommend that all pulmonary smear-negative samples should be processed for culture and drug-sensitivity testing. Where there is a high index of suspicion for TB, molecular tests (Xpert MTB/RIF Ultra) should also be performed. (GRADE 1B)
- When individuals present with symptoms suggestive of TB, we recommend asking about any known TB contact among family members, colleagues and friends. (GPP)

### Diagnosis of active extrapulmonary TB

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- We recommend sending cerebrospinal fluid (CSF) samples for TB molecular tests (Xpert MTB/RIF Ultra), conventional microscopy and culture for AFB for the diagnosis of TB meningitis. (GRADE 1C)
- In addition to performing pleural fluid and tissue analysis, we recommend performing microscopy and obtaining cultures for mycobacteria on respiratory samples (induced sputum/BAL) in individuals with suspected pleural TB, even in the absence of obvious lung parenchymal involvement. (GRADE 1B)
- We recommend obtaining material for microscopy and culture for AFB, as well as histology in combination with molecular biological techniques, for diagnosis of extrapulmonary TB. (GPP)

### Diagnosis of drug-resistant TB infection

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- We recommend the routine use of whole-genome sequencing (WGS) of culture isolates to allow for early detection of drug-resistant TB. (GRADE 1C)
- We recommend the routine use of rapid molecular techniques, in addition to phenotypic drug susceptibility tests, to achieve rapid detection of at least rifampicin and isoniazid resistance in patients' samples. (GRADE 1C)
- We recommend that individuals with positive molecular tests for rifampicin resistance should be assumed to have multidrug-resistant (MDR)-TB and be managed in conjunction with a designated centre for the management of MDR-TB. (GPP)

### Diagnosis of latent TB infection

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- We recommend testing people living with HIV from countries with high and medium TB incidence for latent TB infection (LTBI), including pregnant women, regardless of their CD4+ cell count and receipt of antiretroviral therapy (ART), with particular attention to individuals with newly diagnosed HIV or who have recently been exposed to TB. (GRADE 1B)
- We recommend testing people living with HIV from low-incidence countries for LTBI if they have additional TB risk factors. (GRADE 1B)
- Prior to testing and providing treatment for LTBI, we recommend excluding active TB, by addressing the presence of TB symptoms and signs and conducting investigations as appropriate. (GRADE 1A)
- We suggest that, in the UK setting, interferon-gamma release assay (IGRA) rather than tuberculin skin test (TST) should be used when testing individuals living with HIV for LTBI. (GRADE 2C)
- The IGRA should be repeated within 4 weeks, where practicable, if the first result is indeterminate or borderline. (GPP)
- We do not recommend the use of IGRA or TST in the diagnosis, or exclusion, of active TB. (GPP)
- We recommend against testing for LTBI in individuals who have been treated for active TB. Determining whether or not to treat for LTBI will require individual risk assessment. (GPP)

## Treatment of LTBI

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- We recommend treatment for LTBI for individuals with a positive IGRA in whom active TB has been excluded by clinical assessment and chest radiography. (GRADE 1B)
- If first and repeat IGRAs are either indeterminate or borderline, the clinician should use clinical judgement when deciding whether to offer treatment for LTBI. (GPP)
- We recommend offering testing for, and treatment of, LTBI for all people living with HIV who are close contacts of people with infectious TB as per National Institute for Health and Care Excellence (NICE) guidelines. (GRADE 1B)
- We recommend treatment for LTBI with: 6 months of isoniazid plus pyridoxine; or 3 months of isoniazid plus rifampicin plus pyridoxine. (GRADE 1A)

## Treatment of active drug-sensitive TB

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- We recommend daily administration of standard TB therapy in individuals with drug-sensitive TB. (GRADE 1A)
- We recommend that where effective ART necessitates the use of a ritonavir-boosted protease inhibitor (PI), rifampicin is replaced by rifabutin. (GRADE 1C)
- We recommend that individuals with TB meningitis receive corticosteroids. (GRADE 1A)
- We recommend using fixed-dose combination tablets (rifampicin/isoniazid, rifampicin/isoniazid/pyrazinamide and rifampicin/isoniazid/pyrazinamide/ethambutol) wherever possible, in order to enhance treatment adherence. (GPP)

## Management of treatment failure and relapse

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- We recommend that a microbiological diagnosis is pursued in all individuals with treatment failure and relapse, and that advice is sought from a centre with expertise in the management of such cases. (GPP)
- We recommend that individuals who are diagnosed with treatment failure/relapse are managed in conjunction with centres of expertise where a new regimen may be designed based on results from rapid molecular testing and WGS. If there is a clinical need for immediate treatment, the individual should receive, as per World Health Organization (WHO) recommendations, at least two to three new drugs from different classes while awaiting the results of drug susceptibility tests. (GPP)

## Management of drug-resistant TB

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- We recommend, in individuals who are found to be infected with isoniazid mono-resistant isolates, a regimen of daily rifampicin, ethambutol, levofloxacin and pyrazinamide for 6 months. (GRADE 1C)
- We recommend that all individuals with rifampicin-resistant (RR) (including MDR) TB are managed in conjunction with centres of expertise in the management of drug-resistant TB (GPP)
- We recommend the routine use of the Royal College of Nursing (RCN) case management tool. (GPP)
- We recommend that all individuals with rifampicin-resistant or MDR-TB who are not already on ART initiate ART as soon as they are stable and TB treatment is tolerated. (GRADE 1B)
- We recommend that details of all cases of RR/MDR-TB are uploaded to the British Thoracic Society (BTS) MDR-TB Clinical Advice Service. (GPP)

## Directly observed therapy

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- We recommend individualised, enhanced patient-centred care plans for all patients, some of which may include directly observed therapy (DOT) and video observed therapy (VOT). (GPP)
- We recommend against the routine use of DOT and VOT in patients with active TB (GRADE 1B), but recommend these in MDR-TB cases. (GPP)

## Choice of antiretroviral treatment in individuals not on ART

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### When to start ART

- We recommend that all individuals with TB, irrespective of CD4 count, are offered ART as soon as is practicable and within 4 weeks of the TB diagnosis. (GRADE 1A)

- For patients with CD4 counts <50 cells/mm<sup>3</sup>, treatment should be offered within 2 weeks. (GRADE 1B)
- We recommend against the early initiation of ART in individuals with central nervous system (CNS) TB (can be delayed for 8 weeks). (GRADE 1A)

### What ART to start

- We recommend efavirenz (standard dose) in combination with tenofovir disoproxil and emtricitabine as first-line ART for people taking rifampicin-based TB treatment. (GRADE 1B)
- We suggest that raltegravir or dolutegravir may be used as alternatives to efavirenz. (GRADE 2C)
- We recommend that rifabutin is used instead of rifampicin where effective ART necessitates the use of ritonavir-boosted PIs. (GRADE 1C)
- We recommend against the use of cobicistat with rifampicin or rifabutin. (GRADE 1D)
- We recommend against the use of fixed-dose combinations containing tenofovir alafenamide or bictegravir, and dual therapy with cabotegravir/rilpivirine or dolutegravir/lamivudine until supporting clinical outcome data become available. (GRADE 2D)

### Choice of antiretroviral treatment in individuals on established ART

- We recommend that individuals who develop TB on ART with undetectable HIV viral loads do not interrupt their ART. (GRADE 1A)
- We recommend that rifampicin-based TB treatment is used in individuals whose established ART consists of efavirenz (GRADE 1B), raltegravir (GRADE 2C) or dolutegravir (GRADE 2C) plus two nucleoside reverse transcriptase inhibitors.
- We recommend that rifabutin is used instead of rifampicin where established ART necessitates the use of the pharmacokinetic boosting agent ritonavir. (GRADE 1C)

### Drug interactions and toxicities

- We recommend undertaking a complete medicines reconciliation prior to starting treatment for either TB or HIV. (GPP)
- We recommend using prescribing resources (e.g. the Liverpool University HIV drug interactions website: [www.hiv-druginteractions.org](http://www.hiv-druginteractions.org); or the Toronto General Hospital website: <https://hivclinic.ca/drug-information/drug-interaction-tables/>) to screen for drug–drug interactions (DDIs) in all individuals with TB/HIV co-infection. (GPP)

### Immune reconstitution inflammatory syndrome (diagnosis/management)

- We recommend the use of corticosteroids tapered over 4–6 weeks in clinically significant immune reconstitution inflammatory syndrome (IRIS). (GRADE 1C)
- We recommend that in recurrent or refractory IRIS, and in complex cases, advice is sought from centres with experience in managing this syndrome. (GPP)

### Pregnancy and breastfeeding

- We recommend that pregnant and breastfeeding women with drug-sensitive TB are treated with standard first-line anti-TB therapy. (GRADE 1C)

### Prevention and control of transmission

- We recommend that all hospitals and HIV units have a TB infection control plan, which includes adequate protection of healthcare workers and other contacts. (GRADE 1B)

### Notification/tracing of contacts

- We recommend that once a person has been diagnosed with active TB, the diagnosing physician should inform relevant colleagues so that the need for contact tracing can be assessed without delay. Contact tracing should not be delayed until notification. (GRADE 1B)
- We recommend screening the close contacts of any person with pulmonary or laryngeal TB. (GRADE 1B)

- We suggest that enhanced contact tracing for people living with HIV, including contacts of people with extrapulmonary TB, may be appropriate because of the higher risk of TB infection and progression, and could be implemented where feasible. (GRADE 2C)

## 3 Auditable outcomes

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### LTBI

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- People newly diagnosed with HIV who were born or have lived in countries of medium or high TB incidence and do not have active TB are offered testing for LTBI and treatment if LTBI is detected.

### Treatment of drug-sensitive TB

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- Individuals with suspected pleural TB have respiratory samples processed for mycobacterial smear and culture.
- People living with HIV who are taking rifamycin-based TB treatment have a recommended ART regimen for the duration of the TB treatment.

### Drug-resistant TB

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- People living with HIV who are diagnosed with rifampicin-resistant or MDR-TB are managed at, or in conjunction with, a designated centre for the management of MDR-TB.
- For those with RR/MDR-TB, details of the history and treatment are uploaded to the BTS website, if the patient consents.
- One smear-positive respiratory specimen from each person with pulmonary TB has undergone molecular testing for identification and (at least) rifampicin resistance.

## 4 Introduction

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These guidelines update the previously published BHIVA guidelines on the treatment of TB/HIV co-infection from 2011 [1] and are designed to provide a clinical framework applicable to adults living with HIV in the UK who have TB. They do not include management of children with HIV and TB. The guidance is based on the evidence available, although some recommendations necessarily rely on expert opinion until further data become available.

These guidelines should be used in conjunction with:

National Institute for Health and Care Excellence (NICE) guidelines [2];  
 BHIVA guidelines on antiretroviral treatment for adults living with HIV-1 2022 [3];  
 WHO 2020 guidelines for the treatment of drug-resistant TB [4].

The WHO reported in 2021 the following data for 2020 [5]:

- An estimated 9.9 million people developed TB disease in 2020. Among all incident cases of TB, 792,000 (8%) were in people living with HIV.
- There were 1.3 million deaths among HIV-negative people, up from 1.2 million in 2019.
- There were 214,000 deaths among people living with HIV; this was a small increase from 209,000 in 2019.

The declines in incidence and rise in deaths are attributable to the Covid-19 pandemic.

TB remains one of the top 10 causes of death worldwide.

The number of TB cases reported in England declined from 4725 in 2019 to 4125 in 2020. This represents an overall decline in the incidence rates of TB from 8.4 per 100,000 in 2019 to 7.3 per 100,000 in 2020 [6]. In 2018 2.7% of people with TB were co-infected with HIV, the majority of whom (82%) were born outside the UK, mainly in sub-Saharan African countries.

The risk of developing TB is estimated to be between 26 and 31 times greater in people living with HIV than among those without HIV. Thus, all individuals with TB, regardless of their perceived risk of HIV infection, should be offered an HIV test.

In HIV co-infection, the clinical and radiographic presentation of TB may be atypical. Compared with the immune-competent population, individuals living with HIV with active pulmonary TB are more likely to have normal chest radiographs or sputum that is smear negative but culture positive [7,8] (see Section 5 and Appendix 3).

The clinician caring for people living with HIV therefore needs to have a high index of suspicion for TB in symptomatic individuals, especially those who have lived in TB-endemic parts of the world. As the investigation and treatment of both TB and HIV infection is complex, it is mandatory to involve specialists in HIV, respiratory and/or infectious diseases.

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## 5 Aims of TB treatment

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Treatment of TB benefits the individual and also the community. The aims of treatment are [1]:

- To cure the patient and restore quality of life and productivity;
- To prevent death from active TB or its late effects;
- To prevent relapse of TB;
- To reduce transmission of TB to others;
- To prevent the development and transmission of drug resistance.

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## 6 Diagnosis of active TB/HIV (diagnostic tests)

### 6.1 Pulmonary TB diagnosis in HIV

- We recommend performing microscopy for acid-fast bacilli (AFB) in conjunction with culture and drug-sensitivity testing on respiratory samples (sputum, induced sputum or bronchoalveolar lavage [BAL]); if smear positive this should be followed by molecular testing for rapid identification of *Mycobacterium tuberculosis*. (GRADE 1B)
- We recommend the use of Xpert MTB/RIF Ultra as first molecular diagnostic test, where available. (GRADE 1C)
- We recommend that all pulmonary smear-negative samples should be processed for culture and drug-sensitivity testing. Where there is a high index suspicion for TB, molecular tests (Xpert MTB/RIF Ultra) should also be performed. (GRADE 1B)
- When individuals present with symptoms suggestive of TB, we recommend asking about any known TB contact among family members, colleagues and friends. (GPP)

#### 6.1.1 Rationale

Microscopic smear of clinical specimens remains an essential part of TB diagnosis. The quality of any investigation is related to the quality of the specimen and the clinical detail provided with the request. There must therefore be close liaison with the mycobacteriology laboratory. Results should be available within 1 working day.

Use of molecular biology allows for early identification of mycobacteria and of genotypic (rifampicin/isoniazid) drug susceptibility. The Xpert MTB/RIF is an automated molecular test for identification of *M. tuberculosis* and of *rpoB* mutations conferring resistance to rifampicin. It is very specific (99%) and its sensitivity for smear-positive, culture-positive TB approaches 98%, compared with a sensitivity of 65% for microscopy [1]. The sensitivity for rifampicin resistance is slightly lower (95%) than the sensitivity for *M. tuberculosis* identification (see Appendix 3). In smear-positive samples, its use can allow rapid confirmation that AFB are not *M. tuberculosis*, potentially avoiding unnecessary treatment and infection-control measures [2]. However, Xpert MTB/RIF has suboptimal sensitivity in smear-negative sputum (67%) [3], which is frequently observed in people living with HIV [4].

The newer Xpert MTB/RIF Ultra (Cepheid), which has an enhanced assay design, has been shown to have improved sensitivity but lower specificity in people living with HIV compared with Xpert MTB/RIF [5,6]. Moreover Xpert MTB/RIF Ultra better differentiates silent mutations from resistance-conferring ones, and minimises false-positive rifampicin resistance results, especially in samples with a low bacterial load.

Xpert MTB/RIF Ultra is recommended by the WHO as the first diagnostic test to be used for sputum in individuals without a prior history of TB or with a remote history of TB treatment (>5 years since end of treatment) and for selected extrapulmonary samples [7].

Despite the high sensitivity and specificity, molecular biology tests have to be performed together with cultures and phenotypic drug susceptibility testing. All specimens, even those negative for *M. tuberculosis* on polymerase chain reaction (PCR), still require culture because a negative PCR does not exclude *M. tuberculosis* and a positive PCR does not currently indicate the full drug-susceptibility profile [7,9].

WGS is available in the UK and has been used at a national level since 2017 for the diagnosis of tuberculosis, typing of mycobacteria, detection of genotypic drug resistance and identification of clusters, but it requires a culture isolate [10]. Xpert MTB/RIF and Xpert MTB/RIF Ultra assays can be performed on a primary sample (without the need for a positive culture), for example a sputum sample, and detect *M. tuberculosis* and mutations associated with rifampicin resistance more quickly than WGS or phenotypic testing of positive cultures.

The sensitivity and specificity of IGRAs in people living with HIV is suboptimal when used alone to 'rule in' or 'rule out' active TB disease [11-15]. IGRAs should not be used to diagnose or exclude active TB (see Appendix 3).

Identification of mycobacteria is performed at reference centres, and is based on molecular techniques, morphology, growth and biochemical characteristics.

Liquid culture medium provides more rapid results than solid medium and *M. tuberculosis* can usually be grown in 7–28 days. Drug-susceptibility tests using WGS and phenotypic assays are usually available within 10–21 days from receipt of isolates by the laboratory.

## 6.2 Diagnosis of extrapulmonary TB

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### 6.2.1 TB of the CNS

- We recommend sending cerebrospinal fluid (CSF) samples for TB molecular tests (Xpert MTB/RIF Ultra), conventional microscopy and culture for AFB for the diagnosis of TB meningitis. (GRADE 1C)

### 6.2.2 Rationale

The commonest presentation of TB in the CNS is tuberculous meningitis (TBM), which is the most severe form of TB with the highest mortality (between 20% and 50%) and morbidity, as diagnosis and treatment are often delayed [16]. Less commonly it can manifest as tuberculous encephalitis, intracranial tuberculomas or tuberculous brain abscess(es) [16].

Early diagnosis is challenging due to the non-specific symptoms of TBM, such as fever, headache and vomiting, with gradual onset and duration, often lasting for weeks. Meningism, with or without focal neurological deficits, behavioural changes and alterations in consciousness are also features of TBM.

The main investigations are cranial imaging (magnetic resonance imaging) and lumbar puncture for CSF analysis. Significant CSF findings in TBM include a mainly mononucleate cell (lymphocytic predominant) pleocytosis in 60–85% of patients, in which the total white count ranges between 100 and 500 cells/mm<sup>3</sup>. In advanced HIV, CSF can be acellular. Low CSF glucose levels (usually less than 2.5 mmol/L) and high protein levels, typically between 1 and 5 g/L, are also suggestive of TBM.

Identification of *M. tuberculosis* in CSF by culture remains the ‘gold standard’, but has a limited sensitivity (ranging between 10% and 60%). Microscopy with Ziehl–Neelsen staining for AFB detection has a low sensitivity in the CSF (10–60%), due to the small number of tubercle bacilli usually present. Large volumes (minimum 6 mL) of CSF should be examined to enhance the sensitivity [17,18].

The WHO recommendation [7] is to use Xpert MTB/RIF Ultra as the preferred initial test for diagnosis of TB meningitis instead of conventional tests (see Appendix 3). Use of Xpert MTB/RIF Ultra is preferred as it has a higher sensitivity than Xpert MTB/RIF in diagnosing TB meningitis [19], with a threshold for detection ~1 log colony-forming units (CFU) lower than Xpert MTB/RIF (12 vs 130 CFU/mL) [20].

However, a negative PCR result on a CSF sample does not exclude TB meningitis.

Adenosine deaminase (ADA) (a predominant T lymphocyte enzyme, which catalyses the conversion of adenosine and deoxyadenosine to inosine and deoxyinosine, respectively) measurement can also be of use in the diagnosis of TB meningitis. Levels in CSF are significantly elevated in TBM with a sensitivity and specificity ranging from 60–90% and 80–90%, respectively [12]. However, the ADA assay has not been standardised and the ‘cut-off’ level that defines a positive result has not been determined, and consequently it is not recommended as part of routine investigation for TB meningitis [21,22].

## 6.3 TB pleuritis

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- In addition to performing pleural fluid and tissue analysis, we recommend performing microscopy and obtaining cultures for mycobacteria on respiratory samples (induced sputum/BAL) in individuals with suspected pleural TB, even in the absence of obvious lung parenchymal involvement [23]. (GRADE 1B)

### 6.3.1 Rationale

Where HIV is endemic, TB pleuritis is the most common cause of a lymphocytic effusion, thought to result from primary infection in 30% of patients [24].

In individuals with a suspected TB pleural effusion it is important to obtain cultures on pulmonary (generally sputum or bronchoscopic) samples, including in the absence of obvious parenchymal involvement as, even in

individuals with normal underlying lung parenchyma on chest radiography, the yield of sputum culture in induced samples approaches 55% [23].

The diagnosis of TB pleuritis is also made by detection of *M. tuberculosis* in pleural fluid or pleural biopsy specimens, or by assumption if *M. tuberculosis* is identified in sputum and there is co-existent pleural effusion, either by microscopy and/or culture or by the histological demonstration in the pleura of caseating granulomas together with AFB.

Microscopy for AFB in the pleural fluid can identify *M. tuberculosis* in approximately 20% of individuals living with HIV with pleural TB, though the yield can be up to 50% [25] if the patient's CD4+ cell count is less than 100 cells/mm<sup>3</sup> [25,26].

TB PCR has a low sensitivity for diagnosis of pleural TB. A pooled analysis of data from 20 studies that assessed the use of pleural fluid molecular diagnostic tests showed a high specificity (97% for commercial and 91% for in-house tests) but a generally poor and variable sensitivity (62% for commercial and 76.5% for in-house tests) [9].

Where available, medical thoracoscopy may be useful in the diagnosis of pleural TB. In settings of low TB incidence, thoracoscopy has proved to be an effective diagnostic tool in HIV-negative patients, with a pooled sensitivity for TB on culture and histology of 93%, in combination with ADA, and a specificity of 100% [24].

Measurement and quantification of ADA in pleural fluid may also be useful. Individuals who present with a lymphocytic predominant exudative pleural effusion and raised ADA level have a high probability of having pleural TB (see Appendix 3).

## 6.4 Disseminated TB

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- We recommend obtaining material for microscopy and culture for AFB, as well as histology in combination with molecular biological techniques, for diagnosis of extrapulmonary TB. (GPP)

### 6.4.1 Rationale

Data on the accuracy of molecular biological tests for diagnosis of TB in non-respiratory specimens have been reported in various systematic reviews (SRs), which support their use in diagnosis of extrapulmonary TB [27-29] (see Appendix 3).

The urine lateral flow lipoarabinomannan (LF-LAM) assay is a point-of-care test for active TB (see Appendix 3). Its sensitivity is highest in individuals with a CD4+ cell count <100 cells/mm<sup>3</sup> [30] and it represents a useful adjunctive diagnostic for individuals with CD4+ cell counts <100 cells/mm<sup>3</sup> and in those who present with serious illness of unknown cause. **It is currently unavailable across the UK.**

Mycobacterial blood culture has also proven useful in diagnosis of disseminated TB in patients with low CD4+ cell counts (sensitivity 20–40%) [31].

## 6.5 Cytopathology (lymph nodes, lung aspirate and focal lesions)

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The cytopathological diagnosis of TB is based on finding AFB on Ziehl–Neelsen staining of tissue or a cytological preparation (e.g. a lymph node aspirate). Supplementary supportive evidence is provided by the finding of macrophage granulomas with or without necrosis.

The finding of AFB in a cytopathological specimen should be critically interpreted in the context of a patient's presentation, their imaging findings and results from other laboratory investigations. It is important to precisely identify AFB where possible, using culture and molecular diagnostic techniques.

## 6.6 Histopathology

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The classical lesions of TB include epithelioid cell granulomas with or without Langhans giant cells and caseation necrosis, and AFB. Other diseases, infectious and non-infectious, have similar granuloma morphology as TB, and fungal staining must always be undertaken to exclude mycosis (e.g. histoplasmosis) as the relevant agent.

If TB is diagnosed histopathologically, but standard treatment appears ineffective, non-tuberculous mycobacterial infection should be considered. Other differential diagnoses that can mimic TB include: sarcoidosis, histoplasmosis, nocardiosis, leishmaniasis, granulomatous reaction to local tumour, common variable immunodeficiency syndromes, vasculitis syndromes, autoimmune diseases and Gram-negative infections (e.g. brucellosis and melioidosis).

In difficult cases, multidisciplinary consultation is invaluable, where all the information – clinical, radiological, pathological, molecular diagnostics and results of treatment – can be critically reviewed.

Because the presence of granulomas is regarded as typical of TB, differential diagnoses should be considered, especially if response to treatment is not progressing as expected.

## 6.7 Diagnosis of drug-resistant TB

- We recommend the routine use of whole-genome sequencing (WGS) of culture isolates to allow for early detection of drug-resistant TB. (GRADE 1C)
- We recommend the routine use of rapid molecular techniques, in addition to phenotypic drug susceptibility tests, to achieve rapid detection of at least rifampicin and isoniazid resistance in patients' samples. (GRADE 1C)
- We recommend that individuals with positive molecular tests for rifampicin resistance should be assumed to have multidrug-resistant (MDR)-TB and be managed in conjunction with a designated centre for the management of MDR-TB. (GPP)

### 6.7.1 Rationale

*MDR-TB definition:* resistance to at least isoniazid and rifampicin.

*Pre-extensively drug-resistant (XDR)-TB definition:* resistance to isoniazid and rifampicin and either a fluoroquinolone or second-line injectable agent but not both.

*XDR-TB definition:* resistance to isoniazid and rifampicin and quinolones and at least one second-line injectable (e.g. amikacin)

The number and proportion 75 (1.6%) of TB cases with initial rifampicin-resistant/MDR-TB in England has been relatively stable since the peak in 2011 (89, 1.8%). Public Health England reported that in England in 2018, 1.3% (1/75) of patients with both HIV and culture-positive TB had rifampicin-resistant/MDR-TB while 4% (3/75) had isoniazid resistance without MDR-TB [32].

The presence of the following risk factors should always raise suspicion of possible drug-resistant TB:

- Previous TB treatment;
- Contact with MDR-/XDR-TB index case;
- Birth, travel or work in settings with very high MDR-/XDR-TB prevalence as defined by Public Health England [32] (now UK Health Security Agency);
- History of poor adherence to previous TB treatment regimens;
- No clinical improvement on standard TB therapy and/or sputum remains 'smear' positive after 2 months of TB therapy or remains culture positive at 3 months;
- Homelessness/hostel living and, in some countries, recent/current incarceration.

Molecular tests for rifampicin resistance are useful when MDR-TB is suspected (e.g. in a recent immigrant from an area with a high prevalence of rifampicin-resistant disease), as a large proportion of rifampicin-resistant strains have isoniazid resistance as well [33] (see Appendix 3).

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# 7 Diagnosis and treatment of LTBI in adults living with HIV

## 7.1 Diagnosis of LTBI

- We recommend testing people living with HIV from countries with high and medium TB incidence for latent TB infection (LTBI), including pregnant women, regardless of their CD4+ cell count and receipt of antiretroviral therapy (ART), with particular attention to individuals with newly diagnosed HIV or who have recently been exposed to TB. (GRADE 1B)
- We recommend testing people living with HIV from low-incidence countries for LTBI if they have additional TB risk factors. (GRADE 1C)
- Prior to testing and providing treatment for LTBI, we recommend excluding active TB, by addressing the presence of TB symptoms and signs and conducting investigations as appropriate. (GRADE 1A)
- We suggest that, in the UK setting, interferon-gamma release assay (IGRA) rather than tuberculin skin test (TST) should be used when testing people living with HIV for LTBI. (GRADE 2C)
- The IGRA should be repeated within 4 weeks, where practicable, if the first result is indeterminate or borderline. (GPP)
- We do not recommend the use of IGRA or TST in the diagnosis, or exclusion, of active TB. (GPP)
- We recommend against testing for LTBI in individuals who have been treated for active TB. Determining whether or not to treat for LTBI will require individual risk assessment. (GPP)

### 7.1.1 Rationale

In the UK, the majority of cases of TB occur in individuals from high- and medium-incidence settings [1], suggesting a substantial role for reactivation of latent infection. Individuals with LTBI are at increased risk of developing active TB, especially if they have recently acquired *M. tuberculosis* or are immunocompromised [1].

A recent UK cohort review of incidence of TB in people living with HIV on ART (2011–2017) showed a TB incidence of 0.6/1000 person-years (compared with incidence in the general UK population at the time of around 0.13/1000 person-years [2]).

People living with HIV from countries with a high TB incidence, especially from sub-Saharan Africa, often present with TB as the first manifestation of immunosuppression, and mortality among persons living with HIV with TB remains high [3]. We define high and medium TB incidence as  $\geq 151/100,000$  and 40–150/100,000 person-years, respectively [4] (see [5,6] for up-to-date TB incidence by country). LTBI testing for new entrants to the UK from countries with high TB incidence is an effective as well as cost-effective public health intervention [7] and is recommended by NICE [4]. WHO guidelines for countries with a low TB burden [8] advise testing for LTBI in all individuals living with HIV. However, it has recently been shown that this approach is unlikely to be cost-effective in the UK [9].

The risk of progression to active TB in the general population is highest within the first 2–3 years following *M. tuberculosis* infection and people living with HIV with LTBI are much more likely to progress to active TB than individuals without HIV [10]. Increased incidence of active TB is associated with low CD4+ cell counts, including while on ART, and with shorter time on ART [11–14].

Long-term successful ART substantially reduces the risk of TB among people living with HIV, although it should be noted that in populations from countries of high TB incidence, such as those of sub-Saharan Africa, the background risk of TB (irrespective of HIV co-infection) is already high [3] (see Table 7.1). People with HIV of black African ethnicity living in the UK, despite being on ART, have also been found to have disproportionately high incidence of TB (adjusted risk ratio of 5.05) compared to other ethnicities [2]. TB prevention strategies, as recommended here, for people at higher risk of developing active TB may reduce this risk.

For clinical purposes, a positive IGRA result in an individual with no clinical or radiological evidence of active TB indicates LTBI. Before testing for or treating LTBI, active TB should be excluded with a detailed

history and examination. The advantages of IGRAs include the practical benefit of a single blood test with no need for patient recall to read the result. These assays are more costly than TST, although the savings may be offset by, for example, healthcare worker time and possible better specificity leading to fewer individuals being treated for LTBI [7,15].

Although the proportion of individuals with a positive IGRA result after treatment for active TB decreases with time [16], a positive result even several years after treatment could still indicate previously treated disease. In that population, treatment for LTBI may be considered only if there has been significant new exposure.

NICE recommends testing for LTBI with an IGRA and concurrent TST in people living with HIV [4]. However, in view of operational and cost disadvantages of TST, a reduced sensitivity among those with low CD4+ cell counts, and false-positive results due to prior Bacillus Calmette–Guérin (BCG) vaccination and exposure to non-tuberculous mycobacteria, plus limited data comparing strategies of using IGRA and TST to identify LTBI among those with low CD4+ cell counts, we recommend the sole use of IGRA in a UK setting (see Appendix 4). The ongoing PREDICT study [17] may inform a more evidence-based future recommendation.

Some individuals born in low-incidence countries, including the UK, will be at greater risk of developing TB than others. We recommend considering testing for and treating LTBI in those from low-incidence countries (e.g. the UK) who have additional risk factors such as exposure to a known TB case (which should be identified through routine contact tracing) or travel to or periods of time (we suggest >12 months) spent consecutively in higher-incidence countries [4]. Particular additional factors of relevance to people living with HIV include: a history of working in medical settings in TB endemic areas; injecting drug use; stage 4/5 chronic kidney disease; diabetes mellitus; receipt of chemotherapy for malignancy; immunosuppression following organ transplantation; and biological disease modifiers for inflammatory conditions.

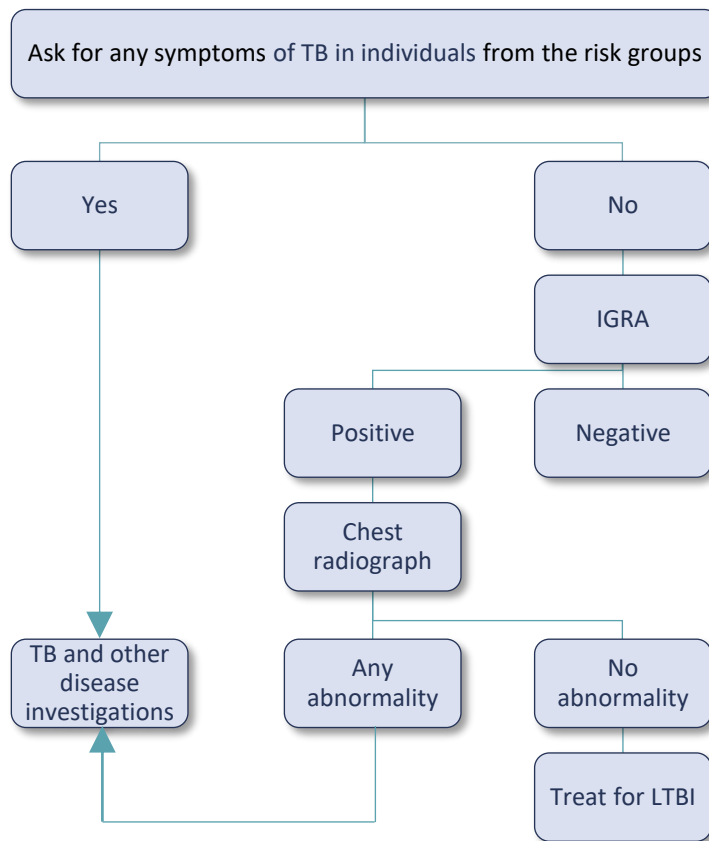
In contrast to the previous guidelines, we now suggest that services make local arrangements for managing the increase in numbers requiring testing (and treating) for LTBI, depending on numbers of patients and service capacity. We suggest that it is acceptable to discuss and offer testing to those at risk at their routine follow-up appointments.

In pregnant women newly diagnosed with HIV, we recommend testing and treating LTBI in the same way as in non-pregnant individuals, including use of chest radiography if clinically indicated. In making this recommendation, we have considered the risk of toxicity from treatment for LTBI. Hepatotoxicity in particular is associated with other co-existing risk factors (see below).

We suggest using an algorithm (Figure 7.1) similar to that proposed by the WHO to exclude active TB [18]. Other investigations may be necessary, for example chest radiography or lymph node biopsy (if lymphadenopathy is detected clinically or through imaging). It is important to consider the possibility of subclinical TB prior to starting ART because of the risk of IRIS, particularly among those with low CD4+ cell counts [19] (see Section 12 and Appendix 5).



**Figure 7.1.** Algorithm for LTBI diagnosis and treatment



**Table 7.1.** Risk factors for infection with TB

<b>Origin from country with high/medium TB incidence</b>
<b>People living with HIV with CD4+ cell counts &lt;200 cells/mm<sup>3</sup></b>
<b>Recent exposure to a known TB case</b>
<b>Diabetes mellitus</b>
<b>Stage 4/5 chronic kidney disease</b>
<b>Receipt of chemotherapy for malignancy; immunosuppression following organ transplantation; biological disease modifiers for inflammatory conditions; prolonged duration of high-dose corticosteroids (prednisolone 20 mg od, or equivalent, for ≥2 months)</b>
<b>Travel to or periods of time spent in medium or high-incidence countries</b>
<b>History of working in medical settings in countries with medium or high TB incidence</b>
<b>Injecting drug use</b>

## 7.2 Treatment of LTBI

- We recommend treatment for LTBI for individuals with a positive IGRA in whom active TB has been excluded by clinical assessment and chest radiography. (GRADE 1B)
- If first and repeat IGRAs are either indeterminate or borderline, the clinician should use clinical judgement when deciding whether to offer treatment for LTBI. (GPP)
- We recommend offering testing for, and treatment of, LTBI for all people living with HIV who are close contacts of people with infectious TB, as per National Institute for Health and Care Excellence (NICE) guidelines. (GRADE 1B)
- We recommend treatment for LTBI with: 6 months of isoniazid plus pyridoxine; or 3 months of isoniazid plus rifampicin plus pyridoxine. (GRADE 1A)

### 7.2.1 Rationale

There have been many short-term controlled trials in people living with HIV showing a protective effect of treatment for LTBI with an efficacy ranging from 60% to 90% (see Appendix 4).

Several studies have compared different regimens for treating LTBI [20-22] and no difference in efficacy was found. We concur with NICE recommendations [4] and recommend either:

1. Daily isoniazid with pyridoxine for 6 months, or
2. Daily isoniazid (with pyridoxine) and rifampicin for 3 months.

Another regimen that might be considered, depending on individual circumstances and concomitant medications, and for which there is evidence of equivalent efficacy is:

3. Isoniazid and rifampicin (with pyridoxine) twice weekly for 3 months [20].

Regimens 2 and 3 have been shown to be equivalent to regimen 1 in terms of TB-free survival [20] and in the prevention of incident TB after treatment and hepatotoxicity of grade 3 or above [21,22]. A regimen of rifampicin plus pyrazinamide has been shown to be effective in preventing active TB, but there is evidence that pyrazinamide-containing regimens cause more hepatotoxicity than isoniazid alone and they are therefore not recommended [22-24]. Care must be taken to avoid DDIs with ART.

Although not currently available in the UK, rifapentine has been shown to be part of effective, shorter regimens for LTBI treatment.

A recent study [25] compared weekly isoniazid (900 mg) and rifapentine (900 mg) for 12 weeks (3HP; n=3610) to 6 months of daily isoniazid (6H; n=404) as TB preventive therapy in people living with HIV and found similar efficacy of the two regimens (no significant differences in TB incidence). Treatment completion was higher in the 3HP arm (90.4% vs 50.5% in the 6H arm; risk ratio: 1.79, 95% CI: 1.62–1.79).

Another trial looked at even shorter treatments: in the ACTG A5279/BRIEF TB study [26] 1 month of daily isoniazid (300 mg) plus rifapentine (450–600 mg) (1HP) was compared to 9 months of daily isoniazid (300 mg) (9H) in people living with HIV, with a 3-year follow-up. The 1HP regimen was non-inferior to the 9H regimen, had fewer adverse events, and was more likely to be completed.

Mild, non-specific hepatotoxicity occurs in up to 20% of individuals taking isoniazid, but most of this is subclinical and evidenced only by mildly elevated levels of serum aminotransferases (usually <100 IU/L) [27]. During isoniazid therapy for LTBI, clinical symptomatic hepatotoxicity is rare (<1%) but can be fatal, particularly if associated with other factors, such as excessive alcohol consumption, older age (e.g. >65 years), slow acetylator status or concurrent liver disease [28,29].

Most hepatotoxicity is self-limiting and isoniazid can be continued with clinical and laboratory monitoring. The risk of severe (AIDS Clinical Trials Group [ACTG] grade 3 or above) hepatotoxicity associated with isoniazid therapy for LTBI is 0.1–0.3% according to different studies [30,31]. Rifampicin-containing regimens should also be prescribed with caution due to potential DDIs.

When considering treatment for LTBI, the potential benefit needs to be carefully balanced against the risk of drug-related adverse events. Individuals treated for LTBI should be informed of symptoms of hepatotoxicity, such

as anorexia, nausea, vomiting, abdominal discomfort, persistent fatigue or weakness, dark-coloured urine, pale stools or jaundice. Patients experiencing these symptoms, particularly those aged >65 years, should be advised to contact their healthcare providers, and if there is a delay in doing so should stop treatment immediately.

### 7.3 Drug-resistant TB after treatment of LTBI

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Studies of isoniazid treatment for LTBI have included the risk of isoniazid-resistant active TB as a secondary outcome. Although there are theoretical concerns that widespread isoniazid monotherapy might accelerate the emergence of drug-resistant TB [32], evidence from trials has shown no significant association between anti-TB drug resistance and prior use of isoniazid and/or rifamycins for LTBI [20,28,33].

### 7.4 Secondary prophylaxis after treatment for active TB and longer-term isoniazid preventive therapy

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Studies in areas of high TB incidence have shown that isoniazid prophylaxis post-treatment achieves short-term reductions in rates of TB [34,35] and that long-term isoniazid therapy (36 months in trials) reduces TB incidence [36,37] among people living with HIV. Such a strategy may in fact prevent reinfection, which is more common than true reactivation in such settings [38]. For maximum benefit the isoniazid would need to be continued long term, or at least until the CD4+ cell count had substantially risen on ART, and there are no data to support such an approach, particularly in settings of lower TB incidence.

It is clear that ART protects against TB. It should be initiated if not already in place, and continued, for those with active and LTBI (see Section 9 and Appendix 6).

Continuation of TB prophylaxis after treatment of active TB is therefore not recommended in the UK setting, but ART should be continued.

### 7.5 Treatment of LTBI in individuals exposed to drug-resistant TB

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For people living with HIV with a history of exposure to drug-resistant TB (resistant to one or more first-line drugs), there are limited data to support any particular course of action. To help management of such cases an individualised management plan might be formulated from collaboration between the individual, the HIV physician, a specialist in the management of drug-resistant TB, and public health services. Options include: inform and advise the patient regarding early presentation with any symptoms of possible TB; use a treatment regimen for LTBI to which the source patient's isolate is considered to be susceptible; and use a standard LTBI regimen if there is thought to have been pre-existing LTBI before the contact with drug-resistant disease occurred.

### 7.6 References

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## 8 Treatment of active drug-sensitive TB

- We recommend daily administration of standard TB therapy in individuals with drug-sensitive TB. (GRADE 1A)
- We recommend that where effective ART necessitates the use of ritonavir-boosted protease inhibitor (PI), rifampicin is replaced by rifabutin. (GRADE 1C)
- We recommend that individuals with TB meningitis receive corticosteroids. (GRADE 1A)
- We recommend using fixed-dose combination tablets (rifampicin/isoniazid, rifampicin/isoniazid/pyrazinamide and rifampicin/isoniazid/pyrazinamide/ethambutol) wherever possible, in order to enhance treatment adherence. (GPP)

### 8.1 Rationale

The treatment of drug-susceptible TB evolved through an international clinical trial programme to the current standard of care: short-course chemotherapy, consisting of 2 months of rifampicin, isoniazid, pyrazinamide and ethambutol (intensive phase), followed by 4 months of rifampicin and isoniazid (continuation phase) (2RHZE/4RH) [1,2] (see Table 8.1).

We recommend the use of daily fixed-dose combinations, where available.

**Table 8.1.** First-line anti-TB agents and guidance on standard dosing

Drugs	Usual daily dose
Isoniazid	5 mg/kg Max 375 mg
Rifampicin	10 mg/kg <sup>a</sup> Max 750 mg
Pyrazinamide	25–35 mg/kg Max 2 g
Ethambutol	15–20 mg/kg Max 1.5 g

<sup>a</sup>Larger doses have been used in individuals with TBM and those with CD4 counts <100 cells/mm<sup>3</sup>.

Several recent attempts to shorten TB therapy to 4 months (e.g. by using fluoroquinolones) have proved unsuccessful, with high relapse rates [3-6]. Recent data suggest that a 4-month regimen of high-dose rifapentine and isoniazid with pyrazinamide and moxifloxacin for 8 weeks followed by 9 weeks of high-dose rifapentine and isoniazid is non-inferior to standard therapy and moxifloxacin [7]. Of note, 8% of participants were living with HIV.

Intermittent administration of TB therapy should be avoided during the induction phase in individuals with HIV, as this strategy has been associated with acquired rifamycin resistance [8].

There is no evidence that individuals with disseminated TB should receive more prolonged therapy unless there is CNS involvement. Many clinicians use extended treatment regimens (up to 12 months, as per NICE guidance [9]) for CNS TB (i.e. TB meningitis) even though 6–9 months may be sufficient.

Rifabutin is a rifamycin with similar activity to rifampicin against *M. tuberculosis* [10-12] although no trials have been conducted in individuals receiving ART. The main advantage of rifabutin is that it allows the co-administration of (ritonavir-boosted) PIs (see Section 10 and Appendix 7).

Corticosteroids should be used as an adjunct to TB therapy to reduce the immune/inflammatory response to *M. tuberculosis* in those with meningitis. An RCT of individuals with TB meningitis showed a 31% reduction in mortality among those who received adjunctive dexamethasone during the induction phase [13]. Participants with grade 2/3 disease (Glasgow coma scale score <15 or focal neurological signs) received intravenous dexamethasone 0.4 mg/kg/day for week 1, 0.3 mg/kg/day for week 2, 0.2 mg/day for week 3, and 0.1 mg/kg/day for week 4, followed by a further 4 weeks of oral therapy starting at a dose of 4 mg/day and decreasing by

1 mg/day each week. Patients with mild disease received shorter (6 weeks) therapy: 2 weeks of intravenous therapy (dexamethasone 0.3 mg/kg/day for week 1 and 0.2 mg/kg/day for week 2) followed by 4 weeks of oral therapy (0.1 mg/kg/day for week 3, then a total of 3 mg/day, decreasing by 1 mg each week).

Steroids can also be used in severe IRIS (see Section 12). The use of corticosteroids in individuals with HIV with pericarditis and pleurisy was associated with a significantly increased risk of HIV-associated diseases (Kaposi sarcoma and cytomegalovirus [CMV] disease [14,15]). Additionally, in individuals with pericarditis, 6 weeks of prednisolone did not reduce the risk of death, cardiac tamponade and constrictive pericarditis [16] and, although corticosteroid use in individuals with pleurisy has been associated with more rapid resolution of pleural effusions and reduced pleural thickening, there was no effect on mortality, respiratory function or pleural adhesions [15]. We therefore recommend against the routine use of corticosteroids in individuals with TB/HIV co-infection who do not have meningitis or severe IRIS; if clinically indicated, corticosteroids should be used at the lowest effective dose and for the shortest duration.

Mycobacterial disease may be due to non-tuberculous mycobacteria such as *M. avium* complex (MAC). Individuals with disseminated MAC tend to be profoundly immunosuppressed (CD4+ cell count <100 cells/mm<sup>3</sup> and/or concomitant opportunistic disease). Not infrequently, MAC disease is unmasked following the initiation of ART. Smear AFB-positive specimens from individuals with MAC, rather than *M. tuberculosis*, would have negative molecular tests for *M. tuberculosis* DNA (see Appendix 3).

In patients with CD4+ cell counts <100 cells/mm<sup>3</sup>, improved survival was observed with higher doses of rifampicin (15 mg/kg) during the induction phase (when starting ART at 8 weeks). There was no evidence of an increased risk of hepatotoxicity with higher-dose rifampicin [17].

Individuals with severe immunodeficiency and clinical presentation fitting with disseminated MAC infection may benefit from the inclusion of rifabutin (instead of rifampicin) as well as clarithromycin or azithromycin in the empirical regimen to provide cover against MAC until culture results become available.

## 8.2 Interruptions of therapy

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Anti-TB treatment interruptions can occur as a result of drug reactions and severe adverse events in HIV-associated TB. Supervised treatment should be considered if the reason for treatment interruption was poor adherence and the patient was on self-administered therapy. If the patient was already being managed with DOT/VOT, additional measures may be necessary to ensure adherence, for instance provision of transport, food and social services. See Table 8.2 for details on management of treatment interruptions.

**Table 8.2.** Management of treatment interruptions<sup>a</sup> (from [18])

Time point of interruption	Details of interruption	Approach
<b>During intensive phase</b>	Lapse is <14 days in duration	Continue treatment to complete planned total number of doses (as long as all doses are completed within 3 months)
	Lapse is ≥14 days in duration	Restart treatment from the beginning
<b>During continuation phase</b>	Received ≥80% of doses and sputum was AFB smear negative on initial testing in pulmonary disease	Further therapy may not be necessary
	Received ≥80% of doses and sputum was AFB smear positive on initial testing, or disease was extrapulmonary	Continue all doses until therapy is complete
	Received <80% of doses and cumulative lapse is <3 months in duration	Continue all doses until therapy is completed (full course), unless consecutive lapse is >2 months If treatment cannot be completed within recommended time frame for regimen, restart therapy from the beginning (i.e. restart intensive phase, to be followed by continuation phase) <sup>b</sup>
	Received <80% of doses and lapse is ≥3 months in duration	Restart therapy from the beginning, with new intensive and continuation phases (i.e. restart intensive phase, to be followed by continuation phase)

<sup>a</sup>According to expert opinion, sputum should be re-sent for AFB smear culture and drug-susceptibility testing for patients who are lost to follow-up (on treatment) and brought back to therapy, with interim treatment interruption.

<sup>b</sup>The recommended regimen time frame, in TB control programmes in the USA and in several European countries, is to administer all of the specified number of doses for the intensive phase within 3 months and those for the 4-month continuation phase within 6 months, so that the 6-month regimen is completed within 9 months.

### 8.3 Investigations and monitoring

The following investigations should be carried out prior to commencing TB therapy:

- HIV plasma load and CD4+ cell count;
- Serum aspartate aminotransferase (AST) or alanine aminotransferase (ALT), bilirubin and alkaline phosphatase;
- Serum creatinine and estimated glomerular filtration rate;
- Platelet count;
- Hepatitis B and C serology;
- We suggest visual acuity is assessed with Snellen chart and colour vision with Ishihara plates before starting ethambutol.

People living with HIV are at higher risk of drug reactions, especially those with low CD4+ cell counts, and are also more likely to have hepatitis B and/or C than HIV-negative individuals. Furthermore, they may be starting concomitant ART and other therapies, all of which may cause liver enzyme elevation and/or hepatotoxicity. We suggest that liver function tests should be rechecked at 1–2 weeks. Individuals with pre-existing liver disease need close monitoring, for instance every 2 weeks for the first 2 months. Most physicians will see the patient 2 weeks after starting anti-TB therapy and then monthly until stable and 1–2 monthly until therapy has been completed.



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## 9 Management of relapse, treatment failure and drug-resistant TB including DOT

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### 9.1 Management of treatment failure and relapse

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- We recommend that a microbiological diagnosis is pursued in all individuals with treatment failure and relapse, and that advice is sought from a centre with expertise in the management of such cases. (GPP)
- We recommend that individuals who are diagnosed with treatment failure/relapse are managed in conjunction with centres of expertise where a new regimen may be designed based on results from rapid molecular testing and WGS. If there is a clinical need for immediate treatment, the individual should receive, as per World Health Organization (WHO) recommendations [1], at least two to three new drugs from different classes while awaiting the results of drug susceptibility tests. (GPP)

### 9.2 Rationale

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#### 9.2.1 Definitions

- Treatment failure: smear or culture positivity at month 5 or later [1].
- Relapse: individuals previously treated for TB, declared cured or treatment completed/at the end of their most recent course of treatment, and are now diagnosed with a recurrent episode of TB (either a true relapse or a new episode of TB caused by reinfection).
- Treatment after failure: individuals previously treated for TB and whose treatment failed at the end of their most recent course of treatment.

After 3 months of multidrug therapy for pulmonary TB caused by drug-susceptible organisms, up to 98% of individuals will have negative cultures and show clinical improvement. All individuals with positive cultures after 3 months of appropriate treatment must be evaluated carefully to identify the cause of the delayed conversion.

The main reason for treatment failure and relapse is suboptimal prescription of, or adherence to, appropriate TB treatment. Other factors that may increase the risk of treatment failure and relapse include presence or development of drug resistance or drug intolerance, use of intermittent TB therapy, malabsorption of TB drugs, extreme biological variation in the response to TB therapy and hetero-resistance or reinfection with drug-resistant strains. ART reduces the risk of treatment failure with acquired rifampicin resistance in individuals with HIV, perhaps related to prompt diagnosis of HIV and earlier ART initiation preserving immune function [2].

If treatment failure is diagnosed, barriers to adherence should be carefully explored. Every effort should be made to establish a microbiological diagnosis. *M. tuberculosis* isolates should be sent for drug susceptibility testing and a rapid molecular rifampicin resistance test should be performed to exclude acquired rifampicin resistance.

One of the fundamental principles in managing individuals with treatment failure is never to add a single drug to a failing regimen, as this may lead to acquired resistance to the new drug. We recommend seeking expert help.

If relapse is diagnosed, a similar approach as described for treatment failure should be adopted. Appropriate sampling should ensure the isolate is available for full drug susceptibility testing. If patients are too unwell to delay TB treatment until this information has become available, they should be re-treated with an empirical regimen based on: prior drug susceptibility test results; prior TB treatment regimen; results of the rapid molecular rifampicin resistance test; and severity of disease. **With newer treatment recommendations for RR/MDR-TB, an empirical regimen may include standard rifampicin-based TB therapy with the addition of other agents such as a fluoroquinolone plus clofazimine or linezolid.** Once drug susceptibility test results are available, the regimen should be adjusted accordingly.

### 9.3 Management of drug-resistant TB

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- We recommend, in individuals who are found to be infected with isoniazid mono-resistant isolates, a regimen of daily rifampicin, ethambutol, levofloxacin and pyrazinamide for 6 months. (GRADE 1C)

- We recommend that all individuals with rifampicin-resistant (RR) (including MDR) TB are managed in conjunction with centres of expertise in the management of drug-resistant TB. (GPP)
- We recommend the routine use of the Royal College of Nursing (RCN) case management tool. (GPP)
- We recommend that all individuals with rifampicin-resistant or MDR-TB who are not already on ART initiate ART as soon as they are stable and TB treatment is tolerated. (GRADE 1B)
- We recommend that details of all cases of RR/MDR-TB are uploaded to the British Thoracic Society (BTS) MDR-TB Clinical Advice Service. (GPP)

### 9.3.1 Rationale

Isolated isoniazid resistance is present in approximately 6% of individuals with HIV/TB in the UK [3]. Although these individuals generally tend to respond well to standard TB therapy, such therapy may incur a risk of treatment failure or relapse [4]. The 2020 consolidated guideline (module 4) advises 6 months of therapy with rifampicin, ethambutol, levofloxacin and pyrazinamide (GRADE 1C) [5]. Levofloxacin is advised in part because of DDIs between moxifloxacin and rifampicin [5]. The results of one meta-analysis suggested that longer regimens were associated with improved outcomes [6]. If levofloxacin is not suitable, other fluoroquinolones, such as moxifloxacin, may be considered. If there is intolerance to pyrazinamide, levofloxacin, rifampicin and ethambutol can be given for 9–12 months (GRADE 1D) [7].

Rifampicin mono-resistance is uncommon (approximately 0.4% in the UK) [3]. Although individuals infected with isolates that are mono-resistant to rifampicin have a better prognosis than those with MDR-TB, they are at risk of treatment failure and acquisition of further drug resistance and should be managed as MDR-TB cases [8].

MDR-TB is defined by the presence of resistance to at least isoniazid and rifampicin. When additional resistance to fluoroquinolones and second-line injectable agents (e.g. amikacin) is present, isolates are referred to as XDR-TB (see Section 5).

Approximately 1.5% of individuals with TB in the UK are infected with MDR isolates [3]. Risk factors for MDR-TB include originating from/residence in/travel to areas where MDR-TB is endemic (especially Russia and Eastern Europe), previous TB treatment and homelessness or hostel accommodation.

The optimal management of MDR-TB is currently being investigated in RCTs. Individuals with rifampicin-resistant (including MDR) TB should be managed in conjunction with centres of expertise in the management of drug-resistant TB.

The RCN management tool published in 2019 offers clear guidance in TB prevention, care and control [9] and should be followed routinely when managing patients with resistant TB.

RR/MDR-TB should be treated by enhanced case management, which may involve DOT/VOT throughout treatment.

Treatment regimens should be based on:

- Susceptibility testing for isoniazid, rifampicin, fluoroquinolones, injectable agents and other drugs if available;
- Treatment history;
- Tolerability of drugs for MDR-TB;
- Local surveillance data.

### 9.3.2 Treatment regimens

These regimens (adapted from [1]) should be prescribed by centres with expertise in RR/MDR-TB. They are presented here as information only for those centres that may have shared care of individuals with HIV/drug-resistant TB or have expertise in both.

- In individuals with RR/MDR-TB, we recommend a regimen with at least four effective anti-TB medicines during the intensive phase, as per current WHO recommendations, using all-oral regimens where possible (see Table 9.1). (GRADE 2C)

- In individuals with rifampicin-resistant or multidrug-resistant TB, we recommend that the regimen be further strengthened with high-dose isoniazid if *inhA* but not *katG* mutations are present. (GRADE 2C)

### 9.3.3 Duration of RR/MDR-TB treatment

The 2020 WHO guideline has moved to all-oral shorter regimens, based on bedaquiline, rather than the 'Bangladesh regimen' based on injectables for the first 4 months. The regimen contains bedaquiline, with levofloxacin/moxifloxacin, ethionamide, ethambutol, high-dose isoniazid, pyrazinamide and clofazimine. It may be used where fluoroquinolone resistance has been excluded and there is no prior exposure to these second-line drugs for more than 1 month; where TB disease is not extensive or severe.

Although not supported as yet by randomised controlled trials, this regimen performed well in operational settings in South Africa [10], including in people living with HIV, and replaces the previous shorter regimen, which contained second-line injectables. This allows all-oral regimens for most individuals with RR/MDR-TB.

In the Nix-TB trial [11], a South-African study in which 109 participants (51% living with HIV) with pulmonary MDR (17%) and XDR-TB (65%) were given a combination of bedaquiline, pretomanid and linezolid for 26 weeks, a favourable outcome was seen in 90% of participants (95% CI: 83–95). In this trial, linezolid was given at a dose of 1200 mg daily (both as 600 mg bd and 1200 mg od); side effects were common (peripheral neuropathy in 81% of patients and myelosuppression in 48%), often leading to dose reductions or interruptions in treatment with linezolid. Only 15% of patients completed 26 weeks at a total daily dose of 1200 mg linezolid with no interruptions or dose reductions. The WHO current guidance for treatment of MDR/XDR-TB is linezolid at 600 mg daily [10]. Until further guidance is available, we advise against the use of higher doses of linezolid unless within a clinical trial.

Surgery with minimal resection has been used successfully in the management of selected cases of pulmonary MDR-TB [12].

ART reduces mortality among people living with HIV with MDR-TB [13-16] and should be offered to all individuals as soon as they are clinically stable and tolerating their TB treatment (see Section 9 and Appendix 7).

**Table 9.1.** Drugs used in standard regimens with activity against MDR-TB (adapted from [17] and [18])

Drug and grouping	Dose for adults	Comment
<b>Group A</b>		
Levofloxacin or moxifloxacin	Levofloxacin: 10–15 mg/kg od Moxifloxacin: Weight <30 kg: 400 mg od Weight 30–50 kg: 600 mg od Weight >50 kg: 800 mg od	Care with QT prolongation and ECG monitoring
Bedaquiline	400 mg od for 2 weeks, then 200 mg three times weekly for the remaining 24 weeks	Care with QT prolongation and ECG monitoring
Linezolid	600 mg od	Use limited by haematological side effects and neurotoxicity, including optic neuropathy High rates of sputum culture conversion reported in small cohort with XDR-TB
<b>Group B</b>		
Clofazimine	200 mg for 2 months then 100 mg od	Caution: skin toxicity and QT prolongation
Cycloserine	15 mg/kg	Limited by neuropsychiatric toxicity; monitor levels; add pyridoxine, up to 50 mg/250 mg cycloserine
<b>Group C</b>		
Ethambutol	15–25 mg/kg	Drug-susceptibility testing may be unreliable. Monitor for optic neuritis
Delamanid	100 mg bd for 24 weeks	Care with QT prolongation and ECG monitoring
Pyrazinamide	35 mg/kg od	Drug-susceptibility testing may be unreliable
Imipenem-cilastatin OR meropenem (with clavulanic acid)	Meropenem 1 g tds iv, with co-amoxiclav 375 mg (250/125) tds oral or iv Imipenem: Weight ≥50 kg: 1 g bd iv Weight <50 kg: 15 mg/kg bd iv	Carbapenem and clavulanic acid to be used together Dose based on imipenem component
Amikacin	15 mg/kg od, iv. After initial period reduce to 15 mg/kg three times weekly	Monitor renal function, audiometry and drug levels
Prothionamide	15–20 mg/kg od	Use limited by gastrointestinal toxicity; add pyridoxine, up to 50 mg/250 mg prothionamide
Para-aminosalicylic acid	150 mg/kg (8–12 g od) in 2–4 divided doses	Limited by gastrointestinal toxicity

od, once daily; bd, twice daily; tds, three times daily; iv, intravenous. Doses may require adjustment in renal impairment.

### 9.3.4 Newer drugs

#### 9.3.4.1 Bedaquiline

Bedaquiline is used in the treatment of RR/MDR-TB. It has a novel mechanism of action. The drug inhibits mycobacterial adenosine triphosphate synthase. Bedaquiline is an effective agent but may result in corrected QT (QTc) prolongation and should not be given to individuals with a QTc interval greater than 500 ms, history of torsade de pointes or cardiac ventricular arrhythmias, or severe coronary artery disease. It can cause hepatotoxicity and liver function should be monitored monthly. Bedaquiline has a very long half-life (months) and interacts with drugs that are inducers or inhibitors of cytochrome P450 3A4, and thus may result in potentially significant drug interactions (see Appendix 7).

WHO now recommends bedaquiline as first line for pulmonary RR/MDR-TB. It should be used with caution with other drugs that cause QTc prolongation such as quinolones and clofazimine, both during and in the 6 months after stopping bedaquiline.

Bedaquiline is given for 24 weeks, although case reports support more prolonged use if required [19].

#### 9.3.4.2 Delamanid

Delamanid is a nitro-dihydro-imidazo-oxazole derivative, which inhibits a novel target in *M. tuberculosis* cell wall mycolic acid synthesis. It is generally well tolerated. Other than QTc prolongation, adverse events observed in clinical studies with delamanid were generally mild to moderate. Individuals with a QTc interval greater than 500 ms should not receive the drug. There is some evidence for use of bedaquiline and delamanid together, including data on QT interval [20,21].

#### 9.3.4.3 Pretomanid

Pretomanid is a nitroimidazole, which is a novel class of anti-bacterial agents. Its mechanism of action is complex, but activity against both actively replicating and slowly dividing populations of mycobacteria make this a potential component of future TB and drug-resistant TB treatment regimens. *In vitro* activity against all tested drug-resistant clinical isolates, coupled with a lack of propensity for cytochrome P450-mediated interactions, makes this drug attractive. Pretomanid has been used in combination with bedaquiline and linezolid given orally for 6 months in the NIX-TB trial [11] in patients with XDR-TB and so far has shown promising results.

## 9.4 Directly observed therapy

- We recommend individualised, enhanced patient-centred care plans for all patients, some of which may include directly observed therapy (DOT) and video observed therapy (VOT). (GPP)
- We recommend against the routine use of DOT and VOT in patients with active TB (GRADE 1B), but recommend these in MDR-TB cases. (GPP)

### 9.4.1 Rationale

DOT is a supervision intervention, which requires that individuals must be observed to swallow each dose of medication. The rationale is that DOT helps individuals to take their drugs as prescribed and to complete treatment, thus achieving cure and preventing the development of drug resistance. Evidence from RCTs and observational studies (of predominantly HIV-negative persons with drug-susceptible TB) suggests that DOT is not significantly better than self-administered therapy in preventing microbiological failure, relapse or acquired drug resistance [22,23]. Nonetheless, there are selected groups of patients who may benefit from intensive support including DOT, such as migrants, prisoners, users of drugs (including alcohol), street- or sheltered-dwelling homeless and those with mental health disorders [8,24]. A risk assessment should be made for each patient, as per NICE guidelines [8].

Drug-resistant TB requires prolonged use of complex regimens with high pill burden and substantial toxicity. Consequently, individualised patient-centred care should be at the core of drug-resistant TB treatment/care plans and should always involve measures to facilitate adherence, including DOT/VOT/supervised therapy, use of

dosing devices or treatment incentives; DOT may be undertaken at a health facility, in the workplace, in the community or at home.

Multidisciplinary HIV and TB services should identify and address any factors that may cause individuals to interrupt or stop treatment [8]. Use of appropriate, suitably trained family or friends, social support and healthcare may promote adherence. Electronic DOT (eDOT) and VOT involve the use of electronic devices to document ingestion of medication at the appropriate date and time and can be an alternative to face-to-face contacts. 'Voice over internet protocol' (e.g. Skype) is becoming a more common method of performing eDOT or VOT, which may be particularly beneficial in instances where geographical distance is a factor.

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# 10 Antiretroviral treatment

## 10.1 Choice of antiretroviral treatment in individuals not on ART: when and what to start

- We recommend that all individuals with TB, **irrespective of CD4 count**, are offered ART as soon as is practicable and within **4 weeks** of the TB diagnosis. (GRADE 1A)
- **For patients with CD4 counts <50 cells/mm<sup>3</sup>, treatment should be offered within 2 weeks.** (GRADE 1B)
- We recommend against the early initiation of ART in individuals with central nervous system (CNS) TB **(can be delayed for 8 weeks).** (GRADE 1A)

### 10.1.2 Rationale

ART is recommended for all individuals with HIV infection [1,2]. There is accumulating evidence from multiple RCTs in varied healthcare settings that early institution of ART in individuals with TB has mortality and morbidity benefits [3-9]. Data from a systematic review and meta-analysis [10] showed that earlier ART (defined as starting within 4 weeks of TB diagnosis) reduced mortality at 1 year in those with CD4 counts <50 cells/mm<sup>3</sup>. In those with higher CD4 counts, there was no evidence of either benefit or harm with earlier ART. IRIS was more common in patients starting earlier ART and most marked in those with CD4 counts <50 cells/mm<sup>3</sup>, although IRIS-related mortality was uncommon.

One study [6] showed mortality benefit in those with CD4 counts <50 cells/mm<sup>3</sup>.

When to start ART can be a difficult decision and there should be a joint evaluation about the readiness of the person to start ART [11]. Once ART is started, there should be significant adherence support.

Some patients with CD4 counts >50 cells/mm<sup>3</sup> may defer ART for up to 8 weeks (when the TB regimen can be simplified) if they are not ready to start ART or there are issues with pill burden or adherence.

An RCT that compared clinical outcomes in HIV-associated TB meningitis found no survival benefit and an excess of serious adverse events with early ART initiation (within 7 days) as compared with ART initiation at 2 months [12].

## 10.2 What ART to start in TB/HIV co-infection

- We recommend efavirenz (standard dose) in combination with tenofovir disoproxil and emtricitabine as first-line ART for people taking rifampicin-based TB treatment. (GRADE 1B)
- **We suggest that raltegravir or dolutegravir may be used as alternatives to efavirenz.** (GRADE 2C)
- We recommend that rifabutin is used instead of rifampicin where effective ART necessitates the use of ritonavir-boosted PIs. (GRADE 1C)
- We recommend against the use of cobicistat with rifampicin or rifabutin. (GRADE 1D)
- **We recommend against the use of fixed-dose combinations containing tenofovir alafenamide or bictegravir, and dual therapy with cabotegravir/rilpivirine or dolutegravir/lamivudine until supporting clinical outcome data become available.** (GRADE 2D)

### 10.2.1 Rationale

Efavirenz is the most widely studied 'third agent' in individuals with HIV/TB [4-7]. In clinical trials, efavirenz was co-administered with rifampicin at standard dose (600 mg od), together with zidovudine plus lamivudine [7], didanosine plus lamivudine [4], stavudine plus lamivudine [5], or tenofovir disoproxil fumarate plus emtricitabine [6]. In cohort studies, efavirenz-based ART performed as well in individuals with both HIV and TB (all of whom received rifampicin) as in people living with HIV without TB [13]. Hence, efavirenz plus tenofovir disoproxil/emtricitabine is considered the preferred regimen. If TDF/FTC is not suitable (e.g. in the setting of kidney disease), **abacavir/lamivudine can be used as an alternative backbone.** However, IRIS and drug hypersensitivity are relatively common in individuals with HIV and TB and potentially difficult to differentiate from abacavir hypersensitivity (see Section 12).

RCTs have directly compared efavirenz versus the integrase inhibitors raltegravir (400 mg bd/800 mg bd, non-comparative) and dolutegravir (50 mg bd, non-comparative). These studies were underpowered but the findings support the potential use of these drugs in HIV/TB patients being treated with rifampicin, who should be carefully monitored [14,15].

In Reflate TB, a Phase 2 trial, 155 subjects on rifampicin-containing TB therapy were randomly allocated to efavirenz 600 mg, raltegravir 400 mg bd or raltegravir 800 mg bd, each co-administered with tenofovir disoproxil fumarate plus lamivudine [15]. At 48 weeks, proportions of virologically suppressed patients were numerically higher in the raltegravir arm (76–78% vs 63% in the efavirenz arm). Standard-dose raltegravir appeared to perform as well as double-dose raltegravir. Rates of virological failure (24–27%) and emergence of resistance (8–12%) were similar across the three study arms [15].

However the findings of the recent REFLATE TB2 study [16], a Phase 3 non-inferiority randomised trial in which raltegravir 400 mg bd was compared with efavirenz 600 mg od in 460 ART-naïve participants taking rifampicin-based TB treatment, were inconclusive as raltegravir 400 mg bd was 'not non-inferior' to efavirenz 600 mg od (week 48 snapshot analysis: 61% virological suppression with raltegravir vs 66% with efavirenz). However, if raltegravir is combined with rifampicin-containing TB therapy we suggest the use of 800 mg bd although this poses a substantial pill burden. There are no data on the use of raltegravir 1200 mg od or 600 mg bd in patients with HIV/TB co-infection treated with rifampicin.

Outcomes have also been reported for efavirenz and dolutegravir (50 mg bd) in the INSPIRING study, a non-comparative parallel-group study which showed virological suppression in 89% of participants in the efavirenz arm and 81% in the dolutegravir arm at 24 weeks [14]. Observational data from Botswana [17] showed similar virological outcomes in patients on concomitant TB and dolutegravir-based antiretroviral treatment when dolutegravir was administered at either the recommended twice daily dose (50 mg bd) or at the standard dose (50 mg od). Further pharmacokinetic/pharmacodynamic studies and Phase 3 randomised comparative studies are needed in order to obtain better evidence on dolutegravir dosing and efficacy. In the meantime, we suggest using dolutegravir at a dose of 50 mg bd when combined with rifampicin. Once treatment with rifampicin is stopped, dolutegravir should be continued at 50 mg bd for 2 weeks before switching to once daily treatment.

There are no data on the efficacy of dual therapy (e.g. dolutegravir /lamivudine) while receiving treatment for TB. Therefore dual therapy is not recommended in routine clinical practice.

Due to significant DDIs, rilpivirine should not be co-administered with rifampicin or rifabutin, and ritonavir- and cobicistat-boosted PIs and doravirine should not be used with rifampicin (see Section 10). Co-administration of rifabutin and doravirine decreased the area under the curve (AUC) and minimum concentration for doravirine by 50% and 68% respectively [18]. Concomitant treatment of doravirine and rifabutin (300 mg/day) is possible, with doravirine given at a dose of 100 mg bd. At cessation of treatment with rifabutin, doravirine should be continued at 100 mg bd for at least another 2 weeks (prolonged induction effect on cytochrome P450 [CYP]3A4).

A case series reported acceptable outcomes in individuals with TB who received ritonavir-boosted PIs with rifabutin [19] but there are no data with cobicistat. Hence, we recommend the use of ritonavir if boosted PIs are required for HIV control.

Pharmacokinetic studies [20] confirm significant reductions in plasma tenofovir concentrations when tenofovir alafenamide is dosed with rifampicin, although concentrations of intracellular tenofovir diphosphate remain in excess of those observed with conventional tenofovir disoproxil fumarate dosing. However, in the absence of clinical outcome data, and with the ready availability of tenofovir disoproxil as an alternative (for which outcome data exist), the use of tenofovir alafenamide is not recommended at present in individuals who receive rifampicin-based TB therapy.

There is a significant reduction in bicitegravir [21] and cabotegravir/rilpivirine [22] exposure when co-administered with rifampicin/rifabutin, and concomitant co-administration is not recommended.

### 10.3 Choice of antiretroviral treatment in individuals on established ART

- We recommend that individuals who develop TB on ART with undetectable HIV viral loads do not interrupt their ART. (GRADE 1A)

- We recommend that rifampicin-based TB treatment is used in individuals whose established ART consists of efavirenz (GRADE 1B), raltegravir (GRADE 2C) or dolutegravir (GRADE 2C) plus two nucleoside reverse transcriptase inhibitors.
- We recommend that rifabutin is used instead of rifampicin where established ART necessitates the use of **the pharmacokinetic boosting agent ritonavir**. (GRADE 1C)

### 10.3.1 Rationale

People living with HIV should not interrupt fully suppressive ART [23]. Rifampicin-based TB therapy can be co-administered with efavirenz, raltegravir and dolutegravir and individuals on these agents may continue their current ART (although dose adjustment of raltegravir and dolutegravir should be considered) [15,24].

If effective ART necessitates the use of ritonavir-boosted PIs, rifabutin-based TB therapy should be used [19].

The co-administration of rifampicin and cobicistat is contraindicated as the reduction in cobicistat exposure is likely to be considerable (DDIs between rifampicin and cobicistat have not been formally studied). The co-administration of rifabutin and cobicistat is possible, dosing rifabutin at 150 mg three times per week (as per cobicistat product label). However, it should be noted that no clinical data are available on the efficacy of this dose.

Individuals who develop TB on failing ART regimens typically have adherence problems and these will be severely compounded by the addition of multidrug TB therapy. We suggest that, in rare circumstances, ART may need to be interrupted in such individuals to allow the administration of rifampicin-based TB treatment until the patient is established on anti-TB treatment. The interruption is dependent on the patient's CD4+ cell count. This may be best done under directly observed conditions (see Section 8).

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# 11 Drug–drug interactions

## 11.1 ART/TB drug interactions and therapeutic drug monitoring use and interpretation

- We recommend undertaking a complete medicines reconciliation prior to starting treatment for either TB or HIV. (GPP)
- We recommend using prescribing resources (e.g. the Liverpool University HIV drug interactions website: [www.hiv-druginteractions.org](http://www.hiv-druginteractions.org); or the Toronto General Hospital website: <https://hivclinic.ca/drug-information/drug-interaction-tables/>) to screen for drug–drug interactions (DDIs) in all individuals with TB/HIV co-infection. (GPP)

The management and avoidance, where possible, of DDIs between antiretroviral agents and anti-TB drugs are central to good care but can be therapeutically challenging. Rifampicin is a potent inducer of cytochrome P450 enzymes and the drug transporter P-gp, and induction of these proteins in the gut and liver reduces bioavailability and increases systemic clearance of a broad range of co-medications. Rifampicin also increases clearance of drugs through induction of glucuronidation. HIV non-nucleoside reverse transcriptase inhibitors (NNRTIs; efavirenz, nevirapine and etravirine) are also P450 inducers whereas PIs and cobicistat are potent inhibitors of CYP3A; ritonavir is also an inducer of glucuronidation.

## 11.2 DDIs between TB and HIV drugs

DDIs between ART and anti-TB drugs pose a particular challenge, especially if resistance to first-line regimens is likely for either infection (see Table 11.1). Discussion of DDIs between antiretroviral agents and treatment for drug-resistant (MDR and XDR) TB is beyond the scope of these guidelines, and individuals with such DDIs are best managed within specialised regional units. DDIs involving second-line TB agents and antiretrovirals are shown in Table 11.2 or can be found online at [www.hiv-druginteractions.org](http://www.hiv-druginteractions.org) or [www.hivclinic.ca/drug-information/drug-interaction-tables/](http://www.hivclinic.ca/drug-information/drug-interaction-tables/).

Table 11.1 summarises the key DDIs involving HIV and first-line TB agents, with a summary of how these DDIs should be managed. Of note:

**Efavirenz:** standard doses are now recommended regardless of ethnicity or body weight. Previously, concerns about the potential reduction of efavirenz exposure by rifampicin led to weight-based dosing recommendations for this drug. However, standard doses of efavirenz in individuals also receiving rifampicin did not appear to be associated with high rates of virological failure (no direct dose comparison has been undertaken in this setting) [1]. Moreover, efavirenz exposures in people living with HIV, although variable, are not substantially lower on rifampicin therapy compared to concentrations off therapy when studied in individuals who have generally exhibited a high carriage of CYP2B6 poor metaboliser genotype (516 G>T allele) [2-7]. In view of these data, we now recommend that standard doses of efavirenz should be prescribed with rifampicin. Therapeutic drug monitoring (TDM) of plasma efavirenz concentrations is not routinely recommended; however, in individuals with a high body mass index, or where virological responses appear blunted, TDM should be considered. In the absence of efficacy data, individuals maintained on efavirenz 400 mg od (following the results of the ENCORE clinical trial [8]) should increase to efavirenz 600 mg od while treated with rifampicin.

The DDI between rifampicin and cobicistat has not been studied, although the reduction of cobicistat exposure is likely to be considerable, and the combination is therefore contraindicated. By comparison, the impact on ritonavir is modest (exposure reduced by 35%), and alternative strategies based on increasing doses of ritonavir and/or the boosted PI are being assessed. Nonetheless, switching to an alternative antiviral (e.g. raltegravir or dolutegravir) or rifabutin is preferred, where possible.

**Table 11.1.** Drug interactions between **first-line** anti-TB and antiretroviral drugs

	Ethambutol	Isoniazid	Pyrazinamide	Rifabutin	Rifampicin	Notes
Abacavir	◆	◆	◆	◆	■	Potential mild decrease in abacavir exposure due to increased glucuronidation with rifampicin; use standard doses of both drugs
Atazanavir	◆	◆	◆	■	●	Unboosted atazanavir is contraindicated with rifampicin (atazanavir exposure ↓80%) If using rifabutin, reduce rifabutin dose to 150 mg od; monitor for rifabutin toxicity
Atazanavir/r	◆	◆	◆	■	●	Boosted atazanavir is contraindicated with rifampicin If using rifabutin, reduce rifabutin dose to 150 mg od, or 300 mg x3/week; monitor for rifabutin toxicity
Atazanavir/c or darunavir/c	◆	◆	◆	■	●	Cobicistat is contraindicated with rifampicin; monitor for rifabutin toxicity
Bictegravir	◆	◆	◆	●	●	Cannot be used with rifabutin or rifampicin
Darunavir/r	◆	◆	◆	■	●	Has not been studied with rifampicin – modelling and simulations suggest higher darunavir/r doses could potentially overcome rifampicin induction but safety data are lacking and the combination is not recommended If using rifabutin, reduce rifabutin dose to 150 mg od, or 300 mg x3/week; monitor for rifabutin toxicity
Dolutegravir	◆	◆	◆	◆	■	Rifampicin decreased dolutegravir exposures by 54%; increasing dolutegravir dose to 50 mg bd has been used in limited clinical studies and is recommended Rifabutin has no clinically significant effect on dolutegravir; use standard doses of both drugs
Doravirine	◆	◆	◆	■	●	Give 100 mg bd doravirine with rifabutin
Efavirenz	◆	◆	◆	■	■	Efavirenz can be prescribed at standard doses with rifampicin, regardless of ethnicity or weight. Weight-based dose increment of efavirenz is no longer recommended with rifampicin. However, reduced doses of efavirenz 400 mg od is not recommended If using rifabutin, increase rifabutin dose to 450 mg od to compensate for

	Ethambutol	Isoniazid	Pyrazinamide	Rifabutin	Rifampicin	Notes
						reduced exposure due to efavirenz; monitor for rifabutin toxicity
Elvitegravir/c	◆	◆	◆	■	●	Cobicistat is contraindicated with rifampicin Caution with rifabutin. Elvitegravir C <sub>trough</sub> decreases by 67%. If using rifabutin, reduce rifabutin dose to 150 mg od; monitor for rifabutin toxicity and HIV treatment response
Emtricitabine	◆	◆	◆	◆	◆	No significant drug interactions anticipated
Enfuvirtide	◆	◆	◆	◆	◆	No significant drug interactions anticipated
Etravirine	◆	◆	◆	■	●	Use of rifampicin should be avoided. Reduced etravirine exposures but successful virological suppression with etravirine 200 mg bd and rifampicin were observed in a case report Etravirine can be administered at standard doses (in the absence of a second enzyme inducer) with rifabutin. Etravirine exposure ↓ 37% – monitor virological response
Lamivudine	◆	◆	◆	◆	◆	No significant drug interactions anticipated
Lopinavir/r	◆	◆	◆	■	●	Use of rifampicin not recommended. However, doubling the dose of lopinavir/r (e.g. 800/200 mg bd) or ‘super boosting’ with ritonavir (e.g. 400/400 mg bd) has been used in adults, and additional ritonavir boosting in children. Monitor for liver and gastrointestinal toxicity. Lopinavir/r od is contraindicated with rifampicin If using rifabutin, reduce rifabutin dose to 150 mg od. Dose of rifabutin 300 mg x3/week with lopinavir/r has been associated with subtherapeutic rifabutin exposure and development of rifamycin mono-resistance; monitor for rifabutin toxicity



	Ethambutol	Isoniazid	Pyrazinamide	Rifabutin	Rifampicin	Notes
Maraviroc	◆	◆	◆	■	■	Rifampicin reduces maraviroc exposure by 60–70% (note: maraviroc was dosed at 100 mg bd in this study, and the magnitude of drug interaction with full-dose maraviroc is unknown). Maraviroc should be dosed at 600 mg bd with rifampicin. Maraviroc should be avoided with rifampicin in individuals also taking another enzyme inducer (e.g. efavirenz, nevirapine or etravirine), or in those with an estimated glomerular filtration rate of <30 mL/minute or on haemodialysis No clinically significant interaction was observed between maraviroc and rifabutin; use standard doses of both drugs (note: maraviroc and rifabutin doses should be reduced in the presence of a PI or cobicistat)
Nevirapine	◆	◆	◆	■	●	Use of rifampicin is not recommended (label states contraindicated). Nevirapine levels ↓ 20–55%, and the CARINEMO Study failed to demonstrate non-inferiority against efavirenz. If starting nevirapine in a patient established on rifampicin, do not use lead-in dosing Rifabutin should be used with caution in individuals on nevirapine. In contrast to efavirenz, nevirapine increased rifabutin exposure by 17%; standard doses of both drugs should be administered
Raltegravir	◆	◆	◆	◆	■	In a pharmacokinetic substudy of REFLATE TB, 400 mg bd raltegravir given with rifampicin showed high intra- and inter-individual variability and the 12-hour concentration was reduced by 31%. In Reflate 2 TB, the clinical outcome using this dose was inconclusive No clinically significant interaction was observed between raltegravir and rifabutin; use standard doses of both drugs
Rilpivirine	◆	◆	◆	●	●	Rilpivirine is contraindicated with rifampicin Rifabutin decreased rilpivirine exposure by 46%, and the combination is not recommended (contraindicated in US prescribing information). Increased doses of rilpivirine 50 mg od should be used (European Supplementary Protection Certificate [SPC])

	<b>Ethambutol</b>	<b>Isoniazid</b>	<b>Pyrazinamide</b>	<b>Rifabutin</b>	<b>Rifampicin</b>	<b>Notes</b>
Tenofovir alafenamide	◆	◆	◆	■	■	Rifampicin may reduce tenofovir alafenamide bioavailability through transporter (P-gp) induction and is not recommended (note: administration of tenofovir alafenamide or tenofovir disoproxil fumarate with cobicistat is contraindicated because of rifampicin induction of cobicistat metabolism) Rifabutin expected to reduce tenofovir alafenamide exposure through P-gp induction; the combination is not recommended
Tenofovir disoproxil fumarate	◆	◆	◆	◆	◆	No clinically significant interaction with rifampicin (tenofovir exposure reduced by 12%) No clinically significant interaction with rifabutin (not studied)
Zidovudine	◆	◆	◆	◆	■	Rifampicin increases clearance of zidovudine, reducing plasma exposure by 47%. Use with caution (European SPC: 'avoid'; US prescribing information: 'dose modification not warranted')

Key to symbols: ●, these drugs should not be co-administered; ■, potential interaction – may require close monitoring, alteration of drug dosage or timing of administration; ◆, no clinically significant interaction expected.

**Table 11.2.** Drug interactions between second-line anti-TB and antiretroviral drugs

Drug groups	Group A				Group B		Group C						
	Levo	Moxi	Bedaq	Linez	Clof	Cyclo	Del	Imi/Cil	Mero	Co-amox	Amik	Pro	PAS
Atazanavir	■	■	■	◆	■	◆	■	◆	◆	◆	◆	■	◆
Atazanavir/r	■	■	■	◆	■	◆	■	◆	◆	◆	◆	■	◆
Atazanavir/c or Darunavir/c	■	■	■	◆	■	◆	■	◆	◆	◆	◆	■	◆
Darunavir/r	◆	◆	■	◆	◆	◆	■	◆	◆	◆	◆	■	◆
Doravirine	◆	◆	◆	◆	■	◆	◆	◆	◆	◆	◆	◆	◆
Lopinavir/r	■	■	■	◆	■	◆	■	◆	◆	◆	◆	■	◆
Efavirenz	◆	■	■	◆	◆	◆	◆	◆	◆	◆	◆	■	◆
Etravirine	◆	■	■	◆	◆	◆	■	◆	◆	◆	◆	■	◆
Nevirapine	◆	◆	◆	◆	◆	◆	■	◆	◆	◆	◆	■	◆
Rilpivirine	■	■	■	◆	■	◆	■	◆	◆	◆	◆	■	■
Abacavir	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆

Emtricitabine	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Lamivudine	■	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	■
Tenofovir disoproxil fumarate	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	■
Tenofovir alafenamide	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Zidovudine	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Dolutegravir	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Elvitegravir/c	◆	◆	■	◆	◆	◆	■	◆	◆	◆	◆	◆	◆
Raltegravir	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Bictegravir	◆	◆	◆	◆	■	◆	◆	◆	◆	◆	◆	◆	■
Maraviroc	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Enfuvirtide	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆

Levo, levofloxacin; Moxi, moxifloxacin; Amik, amikacin; Capr, capreomycin; Kan, kanamycin; Pro, prothionamide; Cyclo/Teri, cycloserine/terizidone;

Linez, linezolid; Clof, clofazimine; Bedaq, bedaquiline; Del, delamanid; PAS, para-aminosalicylic acid; Imi/Cil, imipenem-cilastatin; Mero, meropenem;

Key to symbols: ■, potential interaction – may require close monitoring, alteration of drug dosage or timing of administration;  
◆, no clinically significant interaction expected.

Co-administration of cobicistat with rifabutin decreased cobicistat trough concentration ( $C_{trough}$ ) by 66%, did not change rifabutin exposure significantly, but increased 25 OH desacetyl rifabutin more than five-fold. As a result, 150 mg three times per week dosing of rifabutin is recommended in the cobicistat product label. However, it should be noted that no clinical data are available on the efficacy of this dose, and 150 mg three times per week rifabutin given with lopinavir/ritonavir did not yield adequate rifabutin exposure [9]. Consequently, we advise caution when using rifabutin with cobicistat, and monitoring for rifabutin toxicity and HIV treatment response. Rifampicin was found to reduce raltegravir exposure by 31% in a pharmacokinetic substudy of the REFLATE TB study [10] but was 'not non-inferior' when compared to efavirenz in the Reflate TB2 study [11]. It was reported that a dose increase of raltegravir to 800 mg bd was well tolerated but over-compensated for this interaction. Therefore, 800 mg bd may be a more appropriate dose when co-administered with rifampicin. Given the lack of clinical and pharmacokinetic data we advise against the use of raltegravir 1200 mg od with rifampicin. Rifampicin is likely to exert different effects on tenofovir alafenamide and tenofovir disoproxil fumarate. Both tenofovir disoproxil fumarate and tenofovir alafenamide are substrates for P-gp; however, tenofovir disoproxil fumarate is present in the systemic circulation as tenofovir (which is not a P-gp substrate) whereas tenofovir alafenamide is converted to tenofovir largely within cells. Rifampicin as a potent inducer of P-gp is anticipated to have a significant effect on the bioavailability of tenofovir alafenamide. By contrast, the impact of rifampicin on tenofovir is not likely to be clinically significant [12]. Fixed-dose combinations containing either tenofovir disoproxil fumarate or tenofovir alafenamide that also contain cobicistat are contraindicated with rifampicin (see above).

We do not recommend use of nevirapine in HIV-naïve individuals with either rifampicin or rifabutin. However, if the patient is stable on nevirapine it can be continued. Caution is advised when rifabutin is used with nevirapine because rifabutin exposures are increased by 17% and toxicity may be increased (Table 11.3).

It should be noted that recommendations for managing DDIs may sometimes differ between the US Food and Drug Administration and the European Medicines Agency (EMA): for example, rilpivirine is contraindicated with rifabutin in the USA, whereas increased doses of rilpivirine are recommended by the EMA. We have sought to highlight any significant differences and provide guidance on how these interactions can be managed in clinical practice.

**Table 11.3.** Drug interactions between rifabutin and ART

ART	Dose adjustment (ART)	TB therapy	Dose adjustment (rifabutin)
Boosted PI	No change	Rifabutin	150 mg od
Doravirine	100 mg bd	Rifabutin	300 mg od
Efavirenz	600 mg od	Rifabutin	450 mg od
Raltegravir	400 mg bd	Rifabutin	300 mg od
Dolutegravir	50 mg od	Rifabutin	300 mg od

### 11.2.1 Other DDIs

Individuals with TB/HIV co-infection often have multiple comorbidities such as diabetes, chronic obstructive pulmonary disease, chronic hepatitis and cardiovascular disease. Rifampicin (and also HIV drugs such as NNRTIs, ritonavir and cobicistat) is also likely to impact on the safety or efficacy of these treatments. It is not possible to provide a complete list of DDIs, and prescribers should consult their usual prescribing resources when attempting to manage these interactions. For DDIs involving HIV drugs, the Liverpool ([www.hiv-druginteractions.org](http://www.hiv-druginteractions.org)) or Toronto websites (<https://hivclinic.ca/drug-information/drug-interaction-tables/>) are recommended.

Some common challenges include:

- Metabolism of corticosteroids (e.g. prednisolone) is accelerated by rifamycins and higher doses are needed. The dose of steroid should be increased by around 50% with rifampicin and 33% with rifabutin.
- Reduced plasma levels and increased elimination of methadone can occur with concurrent administration of rifampicin, which has been associated with symptomatic opioid withdrawal [13,14].
- Dose titration of methadone may be necessary if opioid withdrawal is experienced. Close monitoring is warranted, particularly for withdrawal symptoms during initiation and for methadone side effects on cessation of rifampicin.

No apparent effect of rifabutin on either peak levels of methadone or systemic exposure were observed [15].

Methadone withdrawal is less likely than with rifampicin but the dose should be monitored and adjusted, if needed, on introduction and cessation of rifabutin.

Rifampicin decreased exposure to sublingual (AUC decreased by 25–70% in two studies) [16] but not intravenously administered buprenorphine. Opiate withdrawal was observed in 50% of participants. Rifabutin administration to buprenorphine-maintained subjects resulted in a 35% decrease in AUC, with no opiate withdrawal observed [17].

Interactions are also likely with cardiovascular, antidepressant, antiepileptic and immunosuppressant drugs. Where there may be opposing effects, any induction effect from rifampicin is likely to predominate.

Concomitant chronic viral hepatitis infection increases the risk of liver toxicity with HIV and TB therapy; however, this does not preclude the use of first-line agents for either infection. Use of directly acting antivirals for hepatitis C is contraindicated or not recommended with rifampicin, and DDIs involving hepatitis C virus drugs and anti-TB therapy can be found at [www.hep-druginteractions.org](http://www.hep-druginteractions.org). We suggest for the vast majority of individuals that TB should be treated first, then hepatitis C virus.

Diabetes mellitus triples the risk of active TB [18], and HIV infection is also associated with increased prevalence of glucose intolerance. Rifampicin will lower exposures to sulfonylureas and most other diabetic drugs (with the exception of insulin and metformin). This could significantly impair glycaemic control. Exposure to gliptins may also be modestly reduced by rifampicin. Isoniazid is an inhibitor of some CYP isoforms, and inhibition of clearance of some sulfonylureas may occur. However, when co-dosed with rifampicin, the enzyme induction by rifampicin is likely to predominate.

### 11.2.2 Comprehensive medicine review

Clinical surveys have consistently demonstrated poor medication recording, and incomplete concordance between hospital and community health records in patients with HIV.

Particular co-medications known to be poorly captured must be actively sought, including oral contraceptives, long-acting hormonal contraceptive implants, herbal medications and vitamins, 'over-the-counter drugs' and recreational drugs. Clinically significant DDIs are likely in people living with both HIV and TB.

### 11.2.3 TDM

The use of TDM of HIV or TB drugs in managing individuals with TB/HIV co-infection should only be considered in specific scenarios, such as:

- When there are concerns over treatment adherence (HIV or TB drugs);
- Blunted virological response or development of low-level viraemia (HIV drugs);
- In individuals receiving rifabutin 150 mg three times per week with cobicistat (TB drug).

This list is not exhaustive and TDM may sometimes help to distinguish the contribution of specific components (e.g. adherence, excluding a significant DDI, body weight) within complex clinical scenarios.

## 11.3 References

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## 12 Drug absorption, toxicity and management

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### 12.1 Malabsorption of drugs

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In HIV infection, malabsorption has been reported with all first-line anti-TB drugs, as well as ethionamide and cycloserine. Absorption may be decreased in individuals with a low CD4+ cell count because of HIV enteropathy or other HIV-related gastrointestinal disease. Subtherapeutic plasma drug concentrations may cause treatment failure and drug resistance [1,2]. Although some studies show lower peak concentrations of rifampicin and ethambutol, as well as a lower AUC, compared with controls [3-7], there are other data suggesting that rifampicin is well absorbed in patients with HIV, including those with other AIDS-related conditions or diarrhoea [8]. There are few data showing a correlation between treatment failure and poor absorption [9]. Intravenous preparations of rifampicin, isoniazid and ethambutol are available for individuals without a reliable enteric route of administration, e.g. in the intensive care unit or post-operatively (see Appendix 8, Table A8.1)

### 12.2 Overlapping toxicity profiles of antiretrovirals and TB therapy

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Adverse reactions to drugs are common among individuals with HIV-related TB, especially if taking ART concomitantly. Rash, fever and hepatitis are common adverse effects of anti-TB drugs, especially rifampicin, isoniazid and pyrazinamide. NNRTIs and co-trimoxazole cause similar adverse reactions.

The co-administration of these drugs can lead to difficult clinical management decisions if adverse reactions occur, especially if ART and TB drugs are started concurrently.

### 12.3 Drug-induced liver injury

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Drug-induced liver injury (DILI) has been defined as [10]:

- Serum AST or ALT >3x upper limit of normal in the presence of symptoms, or
- Serum AST or ALT >5x upper limit of normal in the absence of symptoms.

Other causes of liver dysfunction, such as resulting from other administered drugs and viral hepatitis, should be investigated.

Hepatotoxicity may be caused by many drugs used in the treatment of patients with HIV, for instance azoles and macrolides, and not all hepatotoxic reactions are due to anti-TB therapy.

The risk of hepatotoxicity caused by isoniazid increases with age, occurring in <0.3% of those under 35 years of age and in 2.3% of those aged above 50 years. It is also higher in individuals with heavy alcohol consumption or hepatitis C virus co-infection and in those also on rifampicin. Slow acetylator status and glutathione S-transferase variants may also contribute. High rates of adverse reactions requiring changes in therapy have been reported in people living with HIV who are likely to have some or all of the other risk factors mentioned above. In one study, adverse reactions were present in 26% of an HIV-positive cohort compared with 3% of an HIV-negative group and other studies have shown similar results [11,12].

Another study reported little increase in hepatotoxicity in individuals living with HIV with TB although only 16.3% were receiving ART and the study included children [13].

#### 12.3.1 Management of suspected DILI

We recommend the following when serum AST or ALT >3x upper limit of normal in the presence of symptoms, or serum AST or ALT >5x upper limit of normal in the absence of symptoms (GRADE 1B):

- Consider stopping all potentially hepatotoxic drugs immediately, including isoniazid, rifampicin, pyrazinamide and co-trimoxazole. ART should only be stopped/modified if it is likely to be causing hepatotoxicity;
- Check serology for hepatitis A, B and C, and if clinically indicated delta and hepatitis E;
- Enquire about exposure to other hepatotoxins, including alcohol;

- As resolution of the hepatitis may be prolonged, until the cause of the hepatitis is identified, it may be necessary to treat with two or more anti-TB medications without significant risk of hepatotoxicity, such as ethambutol, streptomycin, amikacin/kanamycin, capreomycin or levofloxacin (note: moxifloxacin can cause a severe although infrequent hepatitis). Monitor serum ALT/AST, bilirubin and symptoms frequently;
- Once ALT/AST drops to <2× upper limit of normal and symptoms have significantly improved, first-line medications can be restarted using a reintroduction regimen (see Appendix 8, Table A8.2). These recommendations are based on common practice and have not been formally validated in clinical trials. Data in HIV-negative/unknown individuals suggest that once the ALT/AST is <100 IU/L the full-dose treatment may be reintroduced [14]; whether this also applies to HIV-co-infected individuals remains unclear;
- An alternative regimen should be used if the drugs cannot be restarted or the initial reaction was life-threatening (see Section 11.4).

## 12.4 Pre-existing liver disease

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All individuals should be screened for active hepatitis B and C. The risk of hepatotoxicity with pre-existing liver disease is greatest with pyrazinamide, followed by isoniazid and then rifampicin. Isoniazid and rifampicin are essential drugs in short-course TB treatment regimens and should be used whenever possible, even in the presence of pre-existing liver disease.

In individuals with baseline abnormal hepatic transaminases, a rise of two to three times this abnormal baseline should be used as the threshold for hepatotoxicity [10].

If hepatotoxicity occurs, other regimens can be used as follows:

- Avoid pyrazinamide and treat with isoniazid and rifampicin for 9 months, adding ethambutol for the first 8 weeks or until isoniazid and rifampicin susceptibility is demonstrated;
- Avoid isoniazid and treat with rifampicin, ethambutol, pyrazinamide and levofloxacin for 6 months;
- In individuals with severe liver disease, we suggest that physicians seek advice from an expert centre.

In individuals with pre-existing liver disease, frequent clinical and laboratory monitoring should be performed to detect drug-induced hepatic injury. This should include AST (or ALT), platelet count and prothrombin time at least 2-weekly initially. Individuals should be told to immediately report symptoms such as anorexia, nausea, vomiting, abdominal pain or jaundice [15,16].

## 12.5 Gastrointestinal side effects

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Epigastric pain, nausea and vomiting are common, especially in the first 2–3 weeks after starting anti-TB therapy. If the patient has no evidence of hepatic disease and is unresponsive to symptomatic treatment, for instance with anti-emetics:

- Medications can be taken with meals (except with doses of rifampicin <600 mg od): food delays or decreases the absorption of isoniazid and rifampicin;
- The time of dosing can be changed;
- The patient can be switched to a regimen that does not have food restrictions such as rifabutin, ethambutol, pyrazinamide and a fluoroquinolone.

Individuals should avoid dividing doses or changing to alternative drugs if at all possible, although dividing the dose, for instance of pyrazinamide, can improve tolerability.

See Appendix 8, Table A8.1 for further guidance.

## 12.6 Peripheral neuropathy

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Pyridoxine 10 mg od should be used in all individuals receiving isoniazid. If peripheral neuropathy occurs, the dose of pyridoxine can be increased to 50 mg od. Second-line drugs, such as cycloserine and prothionamide, need higher-dose pyridoxine.

## 12.7 Rash

Rash is often mild/moderate and usually occurs in the first 2 months of treatment. Of the four standard treatment drugs for TB, ethambutol most often causes rash. Mild rash without mucosal involvement can be treated symptomatically. More widespread or worsening rash and rash in individuals who also have systemic symptoms require cessation of all drugs, and on recovery careful drug reintroduction (see Appendix 8, Table A8.2).

A confounding issue is that individuals may have also recently started co-trimoxazole or ART and so the rash-inducing drug can be difficult to identify.

There are several recommendations for drug reintroduction. Although these recommendations have only been used for patients with liver disease, they can also be used for TB patients with grade 1–3 rash.

## 12.8 Reintroduction of TB drugs after DILI or rash

For most mild/moderate reactions, once AST or ALT levels fall to <2× upper limit of normal, bilirubin levels return to the normal range and hepatotoxic symptoms have resolved:

- Reintroduce all the drugs at once;
- If the reaction recurs on reintroduction of all the drugs at once, sequentially reintroduce each of the anti-TB drugs at the full dose over a period of no more than 10 days, starting with ethambutol and either isoniazid (with pyridoxine) or rifampicin (see Appendix 8, Table A8.2);
- If the reaction is moderate or there is a recurrence of the DILI or rash on reintroduction as above, use full-dose ethambutol and follow the protocol in Appendix 8, Table A8.2.

If the reaction is severe or occurs again after the above reintroduction, start with one-tenth of the first-day dose for each drug.

Individuals who are infectious should be treated with at least two active drugs while standard therapy is reintroduced. Suitable agents are ethambutol and streptomycin or ethambutol and moxifloxacin.

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## 13 IRIS

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- We recommend the use of corticosteroids tapered over 4–6 weeks in clinically significant immune reconstitution inflammatory syndrome (IRIS). (GRADE 1C)
- We recommend that in recurrent or refractory IRIS, and in complex cases, advice is sought from centres with experience in managing this syndrome. (GPP)

### 13.1 Rationale

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After starting anti-TB treatment, some individuals develop an exacerbation of symptoms, signs or radiological manifestations of TB. This has been well described in individuals without HIV infection, but appears to occur more commonly in individuals living with HIV [1-19]. The phenomenon is known as IRIS, immune reconstitution disease or paradoxical reaction.

The aetiology of these reactions is unknown, but they are presumed to occur in HIV disease at least in part as a consequence of ART-related reconstitution of immunity, which leads to an abnormal immune response to tubercle antigens released by dead or dying bacilli [20-23].

### 13.2 Definition

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There is no generally accepted definition of IRIS. However, in an often-used definition that was developed for use in resource-poor countries, cases need to meet three criteria (see Appendix 5) [24].

IRIS may present in two different ways:

1. The 'paradoxical' worsening of symptoms of a known disease, either at a new body site or at the original body site; or
2. The 'unmasking' of an occult opportunistic infection, in which disease that was not clinically apparent prior to ART manifests during ART.

IRIS is characterised by the worsening or appearance of new signs, symptoms or radiographic abnormalities, occurring after the initiation of ART, and is not the result of TB treatment failure or another disease process. It is therefore a diagnosis of exclusion. It is often transient in duration but can last many months. IRIS is usually seen when the TB is microbiologically controlled, but cases can occur with viable organisms isolated on culture. Some clinicians feel that there must be a significant inflammatory component to the presentation for this to be classified as IRIS.

The features of IRIS include:

- Apparent worsening/progression of TB;
- Occurrence at original site of disease or at remote site;
- Occurrence at any time after initiation of TB treatment;
- Associated with commencing or continuing ART;
- No evidence of TB relapse or recurrence (positive AFB smear does not exclude diagnosis of IRIS);
- Appropriate investigations have excluded disease attributable to other pathogens;
- Drug hypersensitivity is excluded;
- A response to corticosteroids does not confirm a diagnosis of IRIS.

### 13.3 Epidemiology of IRIS

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A retrospective meta-analysis of 54 cohorts showed that the incidence of TB-IRIS in patients on ART was 15.7% with a mortality of 3.2% [25]. In the REALITY trial of starting patients on ART who had a CD4 count of <100 cells/mm<sup>3</sup>, TB-IRIS events occurred in 53/903 (5.9%) participants with raltegravir-intensified ART with 20 (2.2%) deaths versus 54/902 (6.0%) and 21 (2.3%) deaths with standard ART [26].

With limited data it is difficult to predict the risk of IRIS, but the following appear to be relevant [26-31] (see also Appendix 5):

- Low baseline CD4+ cell count;
- Rapid recovery in CD4+ cell count;
- Dissemination of TB outside the lung (may be attributable to high burden of bacilli);
- Short time interval between start of anti-TB treatment and initiation of ART.

### 13.4 Clinical features of IRIS

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IRIS most often presents with fever and increased or new lymphadenopathy. The skin overlying lymph nodes is often inflamed and 'dusky red', and the nodes can spontaneously rupture [24]. New or worsening pulmonary lesions, pleural and pericardial effusions, ascites, psoas abscess, cutaneous lesions and new or expanding CNS tuberculomas, for example, have also been described.

Hepatic involvement with granulomatous hepatitis and cholestatic liver function test derangement can present as IRIS and may be difficult to differentiate from DILI.

A diagnosis of IRIS should be made only if TB treatment failure, drug hypersensitivity and other opportunistic infections and malignancies have been excluded.

### 13.5 Management of IRIS

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#### *13.5.1 Corticosteroids*

The management of IRIS may require corticosteroids, sometimes for prolonged periods, in order to control symptoms. There is no consensus on the optimal effective dose to use, although prednisone or methylprednisolone have been used at 1–1.5 mg/kg, with gradual reduction after 1–2 weeks. Individuals who have been on rifampicin for 2 weeks or more will have increased corticosteroid metabolism in the liver, such that the corticosteroid is effectively reduced by 33–50%. Individuals may require steroids for prolonged periods of time and IRIS may recur when the dose is reduced, necessitating higher doses. Physicians should be aware of the metabolic adverse effects and potential for serious infections, for instance local and systemic viral infections such as CMV retinitis or Kaposi sarcoma, with high-dose corticosteroids.

A placebo-controlled study comparing the effect of steroids with that of placebo in early IRIS showed a benefit of steroids, but the data should be interpreted with caution as a substantial proportion of those receiving placebo were treated with open-label prednisolone [32].

#### *13.5.2 Prevention of IRIS*

Studies investigating prevention of IRIS have been conducted in high HIV/TB settings as a public health approach; in patients at high risk of paradoxical TB-associated IRIS and improving on TB treatment, prednisolone during the first 4 weeks of ART reduced the incidence of IRIS by 30%, reduced the requirement for corticosteroids by 53% and was well tolerated with no excess risk of infection or malignancy [33]. This approach is not currently recommended in the UK setting.

#### *13.5.3 Other treatment options*

Recurrent needle aspiration to remove pus and caseous material is appropriate if lymph nodes or abscesses become tense and/or inflamed. This can prevent spontaneous rupture, which may lead to long-term sinus formation and scarring.

To date there is little evidence to support the use of other treatments. Non-steroidal anti-inflammatory agents are generally not useful. Temporary discontinuation of ART has also been advocated but can cause precipitous falls in CD4+ cell counts. TB medication should be continued. Leukotriene overactivity has been implicated in IRIS, and montelukast can be considered as an alternative to steroids, but may need to be continued for a long period [34].

Expert advice may be invaluable as the efficacy of other therapies such as thalidomide [35], lenolidomide, tocilizumab, interleukin-2, infliximab [36] and hydroxychloroquine has been reported as anecdotal cases or in uncontrolled case series. [37].

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## 14 Pregnancy and breastfeeding

- We recommend that pregnant and breastfeeding women with drug-sensitive TB are treated with standard first-line anti-TB therapy. (GRADE 1C)

### 14.1 Rationale

Women with active TB should be treated in pregnancy. However, there are insufficient clinical trial data on the safety, tolerability and efficacy of TB treatment in pregnancy. There are many pharmacokinetic changes during pregnancy, and TDM of anti-TB drugs may be advisable.

Rifampicin levels are slightly higher in pregnancy, suggesting no dose adjustments are necessary [1]. Rifampicin does not decrease efavirenz exposure in pregnancy and standard doses of efavirenz should be used [2].

For the first-line drugs rifampicin, ethambutol and pyrazinamide, there are no available data to suggest teratogenic effects or need for dose adjustment. There are no data for rifabutin in women, although there were no teratogenic effects in rats or rabbits. Isoniazid is not teratogenic even when used in the first 4 months of pregnancy [3].

Pregnant women may also be at increased risk of peripheral neuropathy with isoniazid and should be offered standard treatment with pyridoxine 10–25 mg od [4].

Treatment of MDR-TB should be supervised by clinicians with expertise in the field.

Streptomycin, amikacin and kanamycin can cause congenital deafness [5] and prothionamide is teratogenic, so both should be avoided. Ethionamide causes birth defects at high doses in animals [6]. Bedaquiline has a class B pregnancy category and could be considered for use in pregnant women, but safety has not yet been established [7]. Delamanid is available on compassionate use in pregnancy.

Pregnant women should be tested for LTBI in the same way as non-pregnant women (see Section 6). In a UK setting the current guidelines suggest testing with IGRA only. Thresholds for interpretation of TST and IGRA do not change although there is considerable discordance between TST and IGRA screening results in pregnancy.

It is extremely important to exclude active disease, especially for individuals at risk of having recently acquired TB, or those who have a low CD4+ cell count, to prevent haematogenous spread of *M. tuberculosis* to the placenta and active TB peri-/postpartum.

Isoniazid as treatment for LTBI does not usually cause significant hepatotoxicity [3,8] and does not seem to be associated with adverse pregnancy outcomes, but the number of women studied is small [3]. Isoniazid is therefore recommended for treatment of LTBI even during the first trimester for pregnant women who are likely to have acquired it recently, and are therefore at higher risk of disease progression, to prevent the haematogenous spread of *M. tuberculosis* to the placenta (see Section 6). For pregnant women with less likelihood of progression to active disease, isoniazid can be deferred until after delivery [9].

Babies born to mothers treated for TB in pregnancy have a higher risk of being of low weight at birth; paediatricians assessing these babies at birth should look for signs of congenital TB and refer to local paediatric infectious diseases services if necessary. Screening of other household contacts of the mother and baby should ideally be complete before they have contact with the newborn.

UK guidelines recommend against breastfeeding for mothers living with HIV, but some women may choose to do so if they continue suppressive ART. TB treatment is not in itself a contraindication to breastfeeding if the woman is deemed non-infectious and is being treated with first-line agents [10]. Anti-TB drugs are present in breast milk but only at low concentrations and therefore appear to be safe [11].

- In women of childbearing age, offer contraception as part of TB and particularly MDR-TB care. (GPP)

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## 15 Prevention and control

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- We recommend that all hospitals and HIV units have a TB infection control plan, which includes adequate protection of healthcare workers and other contacts. (GRADE 1B)

For good control of TB there should be:

- Recognition that TB is a potential diagnosis;
- Early diagnosis and active case finding;
- Timely commencement of treatment with an appropriate drug regimen;
- Treatment support including DOT;
- Early consideration of drug resistance in non-responding patients;
- Awareness of social and cultural barriers to accessing health services.

### 15.1 Hospital care of individuals with potential or known TB

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Unless there is a clear clinical or public health need, such as homelessness, people with suspected infectious or confirmed pulmonary TB should not be admitted to hospital for diagnostic tests or for care.

Do not admit people with suspected infectious or confirmed pulmonary TB to a ward containing people who are immunocompromised, including people with HIV, unless they can be cared for in a negative pressure room on the same ward.

In people who may have TB, only carry out aerosol-generating procedures such as bronchoscopy, sputum induction or nebuliser treatment in an appropriately engineered and ventilated area (ideally a negative pressure room).

Minimise the number and duration of visits a person with TB makes to an outpatient department while they are still infectious. To minimise the risk of infection, people with infectious TB should be seen at times or in places away from other (especially immunocompromised) people.

For people who may have infectious TB:

- Provide care in a monitored negative pressure room if possible;
- Have specimens sent for rapid diagnostic tests, such as nucleic acid amplification tests (see Section 5 and Appendix 3);
- Consider de-escalating isolation as per NICE guidance.

Note: the infectious period for MDR-TB on second-line treatment is unknown.

For guidance on adequate protection of healthcare workers and other contacts, see NICE guidance for infection control in confined settings. In brief, the following are important:

Appropriate isolation of infectious patients;

Cough hygiene;

Risk assessment for drug resistance;

Adequate negative pressure rooms that are properly monitored;

Aerosol-generating procedures (bronchoscopy, sputum induction or nebuliser treatment) should only take place in negative pressure rooms;

Consider all individuals to be potentially infectious until proven otherwise;

Individuals with HIV and other causes of immunosuppression should not be in contact with infectious or potentially infectious TB patients (e.g. in the same room or bay);

Hospital TB control plan based on risk assessment;

Adequate protection of healthcare workers and other contacts.

## 15.2 Recommended reading

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Guidelines for the prevention and control of transmission of TB include:

- NICE: Tuberculosis, clinical diagnosis and management of TB, and measures for its prevention and control, 2016. Available at: [www.nice.org.uk/guidance/ng33/chapter/Recommendations-infection-control](http://www.nice.org.uk/guidance/ng33/chapter/Recommendations-infection-control).
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- The Interdepartmental Working Group on Tuberculosis: The prevention and control of tuberculosis in the United Kingdom, 1998. Available at: [http://webarchive.nationalarchives.gov.uk/+http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH\\_4006196](http://webarchive.nationalarchives.gov.uk/+http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4006196).

## 16 Notification/tracing of contacts

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- We recommend that once a person has been diagnosed with active TB, the diagnosing physician should inform relevant colleagues so that the need for contact tracing can be assessed without delay. Contact tracing should not be delayed until notification. (GRADE 1B)
- We recommend screening the close contacts of any person with pulmonary or laryngeal TB. (GRADE 1B)
- We suggest that enhanced contact tracing for people living with HIV, including contacts of people with extrapulmonary TB, may be appropriate because of the higher risk of TB infection and progression, and could be implemented where feasible [1]. (GRADE 2C)

### 16.1 NICE guidelines

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NICE guidelines state that in asymptomatic close contacts older than 65 years, consider a chest X-ray (if there are no contraindications), possibly leading to further investigation for active TB [2].

Do not routinely assess social contacts of people with TB, who will include most workplace contacts.

### 16.2 Assessing the need for tracing social contacts of people with pulmonary or laryngeal TB

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Social contacts of people with pulmonary or laryngeal TB should be traced:

- When the index case is judged to be particularly infectious (for example, evidenced by transmission to close contacts); or
- If any social contacts are known to possess features that put them at high risk of progressing to active TB.

### 16.3 Offer 'inform and advise' information to all contacts of people with smear-positive TB

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The management of contacts of individuals with MDR-TB needs to be guided by a comprehensive personalised risk assessment that takes into consideration the balance between risk and benefits for the individual. Strict clinical observation and close monitoring for the development of active TB disease for at least 2 years is an alternative to provision of preventive treatment for contacts with MDR-TB cases (see also Section 5).

### 16.4 Notification

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TB is a notifiable disease in the UK, as it is in many other countries.

If the patient is concerned about disclosure of HIV status following notification by an HIV physician, the notification can be done by any physician involved in clinical care.

### 16.5 References

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2. National Institute for Health and Care Excellence. *Tuberculosis. NICE guideline [NG33]*. 2016. Available at: [www.nice.org.uk/guidance/ng33](http://www.nice.org.uk/guidance/ng33) (accessed November 2018).

## 17 Death and clinicopathological audit

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Despite diagnosis and treatment, individuals with HIV and TB infection still die. Some arrive moribund as late presenters and the diagnosis is made at autopsy. Autopsy examination in individuals with known HIV/TB co-infection is useful: it categorises the extent (often underestimated clinicoradiologically) and the pathological type of disease, and enables audit of medical practice.

The causes of death in HIV/TB include:

- Active progressive TB, causing lethal critical organ damage and/or systemic septic shock;
- Secondary effects of TB, e.g. lung haemorrhage, meningovascular obstruction and stroke;
- IRIS affecting one or more critical organs, e.g. lung or brain;
- Anti-TB drug toxicity, e.g. in the liver;
- Other HIV- or non-HIV-related comorbidities in a person effectively treated for TB, which influenced the cause of death;
- Other fatal disease in a person diagnosed with and treated for TB, without laboratory confirmation, who showed no evidence at autopsy of having had TB.

At autopsy, culture of tuberculous tissue should be performed routinely to evaluate drug sensitivity and bacterial viability.

Autopsies in the UK and Ireland are either requested by clinicians or ordered by a coroner or procurator fiscal (in Scotland). If the autopsy is ordered by a coroner, every endeavour should be made to obtain the report for clinical audit. At the time of autopsy, discussion with the pathologist is helpful to clarify the clinicopathological issues and so optimise the utility of the outcome of the examination.

## 18 List of abbreviations

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1H	1 month of daily isoniazid (300 mg) plus rifapentine (450–600 mg)
9H	9 months of daily isoniazid (300 mg) (9H)
2RHZE/4RH	2 months of rifampicin, isoniazid, pyrazinamide and ethambutol, followed by 4 months of rifampicin and isoniazid
ACTG	AIDS Clinical Trials Group
ADA	Adenosine deaminase
AFB	Acid-fast bacilli
AIDS	Acquired immunodeficiency syndrome
ALT	Alanine transaminase
ART	Antiretroviral therapy
AST	Aspartate aminotransferase
AUC	Area under the curve
BAL	Bronchoalveolar lavage
BCG	Bacillus Calmette–Guérin
BHIVA	British HIV Association
BTS	British Thoracic Society
/c	Cobicistat boosted
CFP-10	Culture filtrate protein
CFU	Colony-forming units
CI	Confidence interval
C <sub>max</sub>	Maximum concentration
CMV	Cytomegalovirus
CNS	Central nervous system
CrI	Credible interval
CSF	Cerebrospinal fluid
C <sub>trough</sub>	Trough concentration
CYP	Cytochrome P450
DDI	Drug–drug interaction
DILI	Drug-induced liver injury
DOT	Directly observed treatment
ECG	Electrocardiogram
eDOT	Electronic directly observed treatment
GPP	Good practice points



GRADE	Grading of Recommendations Assessment, Development and Evaluation
HIV	Human immune deficiency virus
HLA	Human leukocyte antigen
IGRA	Interferon gamma release assay
IRIS	Immune reconstitution inflammatory syndrome
LAM	Lipoarabinomannan
LF-LAM	Lateral flow lipoarabinomannan
LTBI	Latent TB infection
MAC	<i>Mycobacterium avium</i> complex
MDR	Multidrug-resistant
NICE	National Institute for Health and Care Excellence
NNRTIs	Non-nucleoside reverse transcriptase inhibitors
OCT	Organic cation transporter
PCR	Polymerase chain reaction
PI	Protease inhibitor
QTc	Corrected QT interval
r/	Ritonavir boosted
RCN	Royal College of Nursing
RCT	Randomised controlled trial
RR	Rifampicin resistant
SPC	Supplementary Protection Certificate
SR	Systematic review
T20	Enfuvirtide
TB	Tuberculosis
TBM	Tuberculous meningitis
TDM	Therapeutic drug monitoring
TNF	Tumour necrosis factor
TST	Tuberculin skin test
UK-CAB	UK Community Advisory Board
VOT	Video-observed treatment
WGS	Whole-genome sequencing
WHO	World Health Organization
XDR	Extensively drug-resistant

## Appendix 1. Summary of the modified GRADE system

BHIVA revised and updated the Association’s guideline development manual in 2011 [1]. BHIVA has adopted the modified Grading of Recommendations Assessment, Development and Evaluation (GRADE) system for the assessment, evaluation and grading of evidence and the development of recommendations [2,3].

<p><b>1A</b> Strong recommendation. High-quality evidence. Benefits clearly outweigh risk and burdens, or vice versa. Consistent evidence from well-performed, randomised controlled trials or overwhelming evidence of some other form. Further research is unlikely to change our confidence in the estimate of benefit and risk. Strong recommendations, can apply to most individuals in most circumstances without reservation. Clinicians should follow a strong recommendation unless there is a clear rationale for an alternative approach.</p>	<p><b>2A</b> Weak recommendation. High-quality evidence. Benefits closely balanced with risks and burdens. Consistent evidence from well-performed randomised controlled trials or overwhelming evidence of some other form. Further research is unlikely to change our confidence in the estimate of benefit and risk. Weak recommendation, best action may differ depending on circumstances or individuals or societal values.</p>
<p><b>1B</b> Strong recommendation. Moderate-quality evidence. Benefits clearly outweigh risk and burdens, or vice versa. Evidence from randomised controlled trials with important limitations (inconsistent results, methods flaws, indirect or imprecise), or very strong evidence of some other research design. Further research may impact on our confidence in the estimate of benefit and risk. Strong recommendation and applies to most patients. Clinicians should follow a strong recommendation unless a clear and compelling rationale for an alternative approach is present.</p>	<p><b>2B</b> Weak recommendation. Moderate-quality evidence. Benefits closely balanced with risks and burdens, some uncertainly in the estimates of benefits, risks and burdens. Evidence from randomised controlled trials with important limitations (inconsistent results, methods flaws, indirect or imprecise). Further research may change the estimate of benefit and risk. Weak recommendation, alternative approaches likely to be better for some individuals under some circumstances.</p>
<p><b>1C</b> Strong recommendation. Low-quality evidence. Benefits appear to outweigh risk and burdens, or vice versa. Evidence from observational studies, unsystematic clinical experience or from randomised controlled trials with serious flaws. Any estimate of effect is uncertain. Strong recommendation, and applies to most patients. Some of the evidence base supporting the recommendation is, however, of low quality.</p>	<p><b>2C</b> Weak recommendation. Low-quality evidence. Uncertainty in the estimates of benefits, risks and burdens; benefits may be closely balanced with risks and burdens. Evidence from observational studies, unsystematic clinical experience or from randomised controlled trials with serious flaws. Any estimate of effect is uncertain. Weak recommendation; other alternatives may be reasonable.</p>
<p><b>1D</b> Strong recommendation. Very low-quality evidence. Benefits appear to outweigh risk and burdens, or vice versa. Evidence limited to case studies. Strong recommendation based only on case studies and expert judgement.</p>	<p><b>2D</b> Weak recommendation. Very low-quality evidence. Uncertainty in the estimates of benefits, risks and burdens; benefits may be closely balanced with risks and burdens. Evidence limited to case studies and expert judgement. Very weak recommendation; other alternatives may be equally reasonable.</p>

## References

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2. GRADE Working Group. *Grading the quality of evidence and the strength of recommendations*. Available at: [www.gradeworkinggroup.org](http://www.gradeworkinggroup.org) (accessed December 2018).
3. Guyatt GH, Oxman AD, Kunz R *et al*. Going from evidence to recommendations. *BMJ* 2008; **336**: 1049–1051.

## Appendix 2. Systematic literature search

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### *Questions and PICO criteria*

Databases searched: Medline, Embase, Cochrane Library

Conference abstracts searched:

- The Union World Conference against Lung Disease
- International AIDS Society Conference on HIV Pathogenesis and Treatment
- International AIDS Conference
- Conference on Retroviruses and Opportunistic Infections
- European Conference on Clinical Aspects and Treatment of HIV Infection
- International Congress on Drug Therapy in HIV Infection
- British HIV Association Annual Conference
- International Conference on Antimicrobial Agents and Infectious Disease

Date parameters:

- Databases: 2011–June 2015
- Conference abstracts: 2013–July 2015

Systemic literature searches were undertaken from published work and conference abstracts up until July 2015 as described in the BHIVA guidelines development manual.

The population was defined as adults living with HIV with TB.

Search questions were set by the writing group within each search as listed below.

### *Search 1: Diagnosing active TB in adults living with HIV*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with suspected TB

Intervention: diagnosing presence of active TB

Comparator: none

Outcomes: TB treatment

Pulmonary TB diagnosis

What clinical signs, symptoms or risk factors are suggestive of active pulmonary TB?

What is the optimal diagnostic test for active pulmonary TB?

In the presence of a negative culture, what other tests support an accurate positive diagnosis in subjects with suspected respiratory TB?

Is there a difference in diagnostic accuracy according to the level of immunosuppression?

1. Extrapulmonary TB diagnosis
  - What clinical signs, symptoms or risk factors are suggestive of active extrapulmonary TB?
  - What is the optimal diagnostic test for extrapulmonary TB in HIV?
  - In the presence of a negative culture, what other tests support an accurate positive diagnosis in subjects with suspected respiratory TB?
  - Is there a difference in diagnostic accuracy according to the level of immunosuppression?
2. MDR-TB
  - What are the relative risk factors associated with resistance or MDR?
  - What is the optimal method to diagnose MDR-TB?

### *Search 2: LTBI in adults living with HIV*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals exposed to TB

Intervention: prevention of TB

Comparator: none

Outcomes: death, morbidity, TB transmission, drug resistance

Diagnosis of LTBI

Who should be screened for LTBI?

How should latent TB be diagnosed in adults living with HIV?

1. Treatment of LTBI
  - Who should be treated for LTBI?
  - What is the optimal treatment for LTBI in HIV?
  - What is the optimal duration of treatment?

### *Search 3: Treatment of active TB in HIV*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with active TB

Intervention: TB treatment

Comparator: none

Outcomes: death, morbidity, TB transmission, drug resistance

#### 1. Full sensitive TB

- What anti-TB treatment should be recommended?
- Are there differences in treatment in pulmonary/extrapulmonary TB?
- What is the optimal duration of treatment in pulmonary TB?
- What is the optimal duration of treatment in extrapulmonary TB?
- When should rifabutin be used?
- When should rifapentine be used?
- When should steroids be used?
- Are intermittent dosing regimens as effective as daily drug treatment regimens in reducing mortality and morbidity?

#### 2. MDR-/XDR-TB

- What anti-tubercular treatment should be recommended?
- What is the optimal duration of treatment according to the different resistance profiles?

#### 3. Treatment interruptions

- What is the best approach to re-establish appropriate treatment for people receiving drug treatment for active TB who experience treatment interruptions?

#### 4. TDM

- What is the role of TDM?

#### 5. DOT

- What is the role for DOT?

### *Search 4: Drug toxicity*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with active TB

Intervention: management of toxicity

Comparator: none

Outcomes: death, morbidity

Hepatotoxicity

How is hepatotoxicity defined?

When does hepatotoxicity generally occur?

What is the best management of hepatotoxicity?

1. Pre-existing liver disease
  - What routine screen should be performed?
  - Who is at greater risk of hepatotoxicity?
  - How is hepatotoxicity recognised in individuals with pre-existing liver disease?
  - What is the optimal treatment in individuals with pre-existing liver disease?
2. Gastrointestinal side effects
  - When does gastrointestinal toxicity generally occur?
  - What is the best management of gastrointestinal toxicity?
3. Peripheral neuropathy
  - When does peripheral neuropathy occur?
  - Should ART be changed in individuals experiencing peripheral neuropathy?
  - What is the best management of peripheral neuropathy?
4. Rash
  - When does rash generally occur?
  - What is the best management in the case of rash?

### *Search 5: Starting ART*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with TB

Intervention: starting ART in individuals with TB

Comparator: none

Outcomes: death, TB-associated morbidity, AIDS, non-AIDs comorbidities

1. Starting ART
  - What is the optimal timing to start antiretroviral treatment in antiretroviral-naïve adult individuals on treatment for tuberculosis?
2. Antiretroviral-naïve patients
  - Is there robust evidence that one antiretroviral regimen is superior to others?
  - Should the regimen be changed after the end of tuberculosis treatment?
3. Pharmacokinetics: individuals on ART
  - Should antiretroviral drugs and dosages be altered in the case of concomitant treatment for TB?

### *Search 6: Diagnosing and managing IRIS*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with active TB

Intervention: TB treatment

Comparator: none

Outcomes: death, morbidity

1. Diagnosis
  - Who is at higher risk of developing IRIS?
  - Which are common manifestations of IRIS?
  - What are the optimal diagnostic methods to identify IRIS?
2. Treatment
  - How is IRIS best treated?
  - Should ART ever be interrupted?

### *Search 7: Treatment failure and relapse*

Study design: SRs, RCTs, observational, risk, economic

Population: HIV individuals with active tuberculosis

Intervention: TB treatment

Comparator: none

Outcomes: death, morbidity, TB transmission, drug resistance

Treatment failure

How is treatment failure defined?

What is the optimal management of treatment failure?

1. Relapse
  - How is relapse defined?
  - What is the optimal management of TB relapse?

### *Search 8: Pregnant and breastfeeding women with TB/HIV*

Study design: SRs, RCTs, observational, risk, economic

Population: Pregnant/breastfeeding HIV individuals with active tuberculosis

Intervention: TB treatment

Comparator: none

Outcomes: fetal death, fetal death morbidity, TB transmission, morbidity, death

1. Pregnant women
  - When should TB treatment start?
  - What is the optimal treatment for pregnant women?
  - What are the risks for the fetus?
2. Breastfeeding women
  - What is the optimal management of women who are breastfeeding?
  - What are the risks for the child?

### *Search 9: Prevention and control of transmission*

Study design: SRs, RCTs, observational, risk, economic

Population: general population

Intervention: prevention of TB transmission

Comparator: none

Outcomes: LTBI, active TB infection

1. Isolation

- In which situations (and for how long) should patients be in an isolation room?
- How should aerosol-producing procedures be performed in order to contain transmission?

2. Notification

- When should a notification be made?
- Who should perform the notification?

3. Tracing contacts

- When should contacts of a patient with TB be traced?
- How should the tracing be performed?

4. Risk assessment

- How should a risk assessment be carried out?
- What type of screening (and how often) should be performed in healthcare workers?

The following Appendices contain additional information on which members of the writing group based their decisions.

### Appendix 3. Diagnostic tests in active TB/HIV

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#### *Use of rapid PCR testing*

##### *Pulmonary disease*

Xpert MTB/RIF (Cepheid, Sunnyvale, CA, USA) has higher sensitivity for TB detection in smear-positive than smear-negative patients, and when used in combination with smear microscopy this test can increase the TB detection rate by 23%.

The WHO performed an SR on diagnostic accuracy in pulmonary TB [1]. A total of 9558 participants, in 27 studies, were included in the review. The reference standard for detecting pulmonary TB was culture (solid or liquid). When used as an initial diagnostic test replacing smear microscopy, Xpert MTB/RIF achieved an overall pooled sensitivity of 88% and a pooled specificity of 99% (22 studies, 9008 participants) [1].

When used as an add-on test following a negative smear microscopy result, Xpert MTB/RIF yielded a pooled sensitivity of 68% and a pooled specificity of 99% (95% CrI: 98–99%) (23 studies, 7151 participants).

For smear-positive, culture-positive TB, the pooled sensitivity of Xpert MTB/RIF was 98%; for smear-negative culture-positive TB, the pooled sensitivity was 68%. For people living with HIV, the pooled sensitivity of Xpert MTB/RIF was 79%; for people without HIV, the pooled sensitivity was 86%.

The Xpert MTB/RIF Ultra assay uses the same platform as the Xpert MTB/RIF test, but has enhanced sensitivity and reliability of detection of MTB and rifampicin resistance. Its enhanced sensitivity derives from the use of two multicopy amplification targets (IS6110 and IS1081) and a larger PCR reaction chamber, which confer a lower limit of detection than Xpert MTB/RIF. Furthermore, analysis based on melting temperature instead of real-time PCR analysis allows Xpert MTB/RIF Ultra to better differentiate silent from resistance-conferring mutations, and minimises false rifampicin resistance results [2].

A recent study performed in a high TB/HIV endemic setting [3] evaluated the relative accuracy of Xpert MTB/RIF and Xpert MTB/RIF Ultra in 272 well-characterised archived sputum samples. Overall sensitivity in smear-negative culture-positive samples for Xpert MTB/RIF and for Xpert MTB/RIF Ultra were 71.2% and 77.0% respectively (and in persons with HIV: 63.5% and 73.1% respectively). Xpert MTB/RIF Ultra had a lower limit of detection (9 vs 184 CFU/mL).

##### *CNS TB*

An SR conducted by the WHO on the sensitivity and specificity of Xpert MTB/RIF for the detection of TBM showed a pooled sensitivity across studies of 79.5% and a pooled specificity of 98.6% [4]. In this review 709 CSF samples (in 16 studies) were tested with Xpert MTB/RIF and the results were compared against culture as a reference standard. Another SR found similar results for sensitivity of Xpert MTB/RIF in detection of TBM, with a median sensitivity of 85% [5] and a pooled sensitivity of 81% [6]. In particular, higher sensitivity and specificity were observed when concentrated CSF was analysed compared to unconcentrated samples (84.2% vs 51.3% and 98% vs 94.6%, respectively) [6]. Finally in a more recent Cochrane review [7], Xpert MTB/RIF testing in CSF (29 studies, 3774 specimens) was found to have a pooled sensitivity and specificity against culture of 71.1% and 98.0% respectively.

Xpert MTB/RIF Ultra has even higher sensitivity than Xpert MTB/RIF or culture, and it is recommended by the WHO as the initial test for suspected TB meningitis. A study conducted in Uganda in 129 adults living with HIV with suspected meningitis assessed the diagnostic performance of Xpert MTB/RIF Ultra against uniform clinical case definition or a composite reference standard of any positive CSF tuberculous test [8]. Xpert MTB/RIF Ultra showed 95% sensitivity for tuberculous meningitis, which was higher than either Xpert MTB/RIF (45% sensitivity, 95% CI: 24–68;  $P=0.0010$ ) or culture (45% sensitivity, 95% CI: 24–68;  $P=0.0034$ ).



## Pleural TB

In the above-mentioned Cochrane review [7], the Xpert MTB/RIF sensitivity and specificity (compared to culture) in pleural fluid were 50.9% (39.7–62.8%) and 99.2% (98.2–99.7%) respectively (27 studies, 4006 specimens).

Five meta-analyses have shown that pleural fluid ADA has a sensitivity of approximately 92% and a specificity of 90% for identifying TB [9-14].

The level of ADA correlates with the probability of having pleural TB, with an accepted cut-off value of 40 U/L [15]; a diagnosis of pleural tuberculosis is highly probable if the fluid ADA level is above 70 U/L and the pleural fluid has a lymphocyte-to-neutrophil ratio greater than 0.75. A presumptive diagnosis of tuberculous pleuritis can be made if the pleural fluid ADA level is between 40 and 70 U/L and the patient has a lymphocyte-to-neutrophil ratio of more than 0.75.

Whereas the level of immunity seems to be inversely correlated with the presence of mycobacteria in the pleural fluid, with higher positive smears and positive culture samples in immunodeficient patients, a low CD4+ cell count is not correlated with the sensitivity of this test [16]. We suggest sending pleural fluid for microscopy and culture, as well as quantification of ADA in pleural fluid. Diseases other than TB can cause a high level of ADA, such as complicated parapneumonic effusions, empyemas and lymphomas, where ADA activity in pleural fluid is generally >250 U/L [17].

## Extrapulmonary TB

In an SR [5] of 27 studies (with a total of 6026 non-respiratory samples), including studies enrolling subjects living with HIV, Xpert MTB/RIF reliably detected the vast majority of non-respiratory samples testing smear positive, culture positive for *M. tuberculosis*, but only approximately two-thirds of smear-negative samples. The overall specificity was found to be very high across the majority of studies, whereas sensitivity was found to be extremely heterogeneous, depending also on the type and quality of tissue/sample. Sensitivity ranged between 25% and 100% when Xpert MTB/RIF and culture were both applied to the index non-respiratory samples. Much higher sensitivity was seen when testing lymph node samples, other tissue samples and CSF compared to the results of testing pleural fluid and other serous fluids. Of note, high sensitivity was also observed when testing gastric aspirate samples.

A Cochrane systematic review of the use of Xpert MTB/RIF for detection of extrapulmonary TB and rifampicin resistance [7] included 66 unique studies, mostly in low- or middle-income countries, that evaluated 16,213 specimens. Pooled Xpert sensitivity varied across different types of specimens (31% in pleural tissue to 97% in bone or joint fluid); Xpert sensitivity was >80% in urine and bone or joint fluid and tissue, while specificity was ≥98% in CSF, pleural fluid, urine and peritoneal fluid.

Another SR and meta-analysis of 18 studies (evaluating 4461 samples) found no differences in diagnostic accuracy between studies with >10% versus <10% of individuals with HIV [6]. However, in some studies a very high sensitivity of Xpert MTB/RIF detection of extrapulmonary TB in lymph node tissue was found in HIV subjects, both dependently and independently of CD4+ cell count. Other studies [18,19] assessing the utility of Xpert MTB/RIF in detecting disseminated disease from urine in individuals living with HIV showed a strong inverse association between Xpert MTB/RIF sensitivity and CD4+ cell count; sensitivity increased to 60% in individuals with CD4+ count <100 cells/mm<sup>3</sup> [19]. These results demonstrate that urine-based diagnosis may be particularly useful for routine investigation among people living with HIV with advanced infection.

## MDR-/XDR-TB

An SR [20] of 56 studies of the diagnostic accuracy of molecular genetic tests for drug resistance has shown that rapid molecular tests for rifampicin and isoniazid resistance are sensitive, specific and cost-effective when added to culture drug susceptibility testing.

Pooled sensitivity for GenoType® MTBDRplus (Hain Lifescience, Nehren, Germany) was 83.4% for isoniazid and 94.6% for rifampicin resistance, and pooled sensitivity for rifampicin resistance was 95.4% with INNO-LiPARif.TB® (Fujirebio Europe, Ghent, Belgium) and 96.8% for Xpert MTB/RIF; equivalent pooled specificities were 99.6%, 98.2%, 99.7% and 98.4%, respectively (Cepheid, Sunnyvale, CA, USA).

When used to detect rifampicin resistance, Xpert MTB/RIF achieved a pooled sensitivity of 95% (95% CrI: 90–97%; 17 studies, 555/2624 total specimens) and a pooled specificity of 98% (95% CrI: 97–99%; 24 studies, 2414 specimens, including true negatives and false positives). Early detection of isoniazid resistance is valuable as appropriate treatment may prevent the further development of MDR-TB [21].

### Antigen testing—urine LF-LAM

The urine LF-LAM assay is a point-of-care test for active TB (AlereDetermine™ TB LAM Ag, Alere Inc., Waltham, MA, USA), commercialised in January 2013. The test detects lipoarabinomannan (LAM), a lipopolysaccharide present in mycobacterial cell walls, released from metabolically active or degenerating bacterial cells. This antigen appears to be present only in people with active TB disease. The advantages of the test are its simplicity and speed of use, lack of instrumentation, low cost and implementation at the point of care.

The LF-LAM assay represents a useful add-on diagnostic tool for subjects with difficulty producing any sputum, with extrapulmonary or disseminated TB, which is often the case in advanced HIV immunodeficiency. A Cochrane review [22] of five studies with a total of 2313 participants conducted in low- or middle-income countries with the objective of assessing the accuracy of this test for the diagnosis of active TB in adults with HIV has shown that overall LF-LAM has a low sensitivity. The median pooled sensitivity and specificity of LF-LAM alone were 45% and 92%, respectively, in patients with active TB/HIV. When LF-LAM was used in combination with sputum microscopy, the pooled sensitivity was 59% and the pooled specificity was 92%. Pooled sensitivity and specificity of LF-LAM were 56% and 90% in participants with a CD4+ cell count <100 cells/mm<sup>3</sup> (859 participants, 47% with TB) versus 26% and 92% in participants with a CD4+ cell count >100 cells/mm<sup>3</sup> (1410 participants, 30% with TB), respectively.

In people living with HIV with low CD4+ cell counts who are seriously ill, LF-LAM may help with the diagnosis of TB; although characterised by limited sensitivity (and therefore required to be used in conjunction with microscopy and molecular tests), it provides the most rapid means of conducting an initial diagnostic screen at the point of care.

However, it has lower specificity than the molecular diagnostic tests, and false-positive tests can result from cross-reaction with a number of other bacteria, including those present in oral flora such as various species of actinobacteria (*Nocardia* and *Streptomyces*), *Candida* and non-tuberculous mycobacteria [23].

Few SRs have evaluated the role of IGRAs in diagnosing active TB in patients with HIV [24–27]; results are consistent in showing a sensitivity of QuantiFERON-TB Gold (QFT-GIT; Qiagen, Manchester, UK) of approximately 65% and a sensitivity of T-SPOT.TB (Oxford Immunotec, Abingdon, UK) of about 70%. However, there is no consistent evidence that the IGRAs are more sensitive for detecting TB in individuals with active disease. Data from the five studies reporting comparisons between QFT-GIT and TST yielded a pooled sensitivity of 67% and 60%, respectively.

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## Appendix 4. Treatment of LTBI

### Excluding active TB

Before testing for or treating LTBI, active TB should be excluded with a detailed history and examination.

Results from a meta-analysis of 12 observational studies, nine based in Africa and three in South-east Asia, including over 8000 participants living with HIV, showed that individuals reporting none of current cough, night sweats, fever or weight loss have a very low probability of having active TB (negative predictive value of 97.7% at 5.0% TB prevalence among people living with HIV) [1].

### IGRAs

IGRAs are blood tests that measure interferon-gamma release from T cells after stimulation with antigens largely specific to *M. tuberculosis* (such as early secreted antigen target [ESAT-6] and culture filtrate protein [CFP-10]) [2]. The current commercially available tests are the T-Spot.TB, which uses enzyme-linked immunosorbent spot (ELISPOT) technology to detect the antigen-specific T cells, and the QFT-GIT and QuantiFERON-TB Gold Plus (Qiagen, Manchester, UK) which are enzyme-linked immunosorbent assays (ELISAs).

All tests are approved for the diagnosis of LTBI in HIV-negative individuals. There are some differences between the two test platforms although in general they are unaffected by previous BCG immunisation and infection with most non-tuberculous mycobacteria (an important exception in the UK being *Mycobacterium kansasii*).

The risk of TB in the short to medium term in adults living with HIV with a negative QFT-GIT test seems to be low [3]. However, indeterminate or borderline IGRA results are more common in individuals with HIV as HIV-associated immunosuppression, measured by circulating CD4+ T cell count, reduces the ability of IGRAs (both QFT-GIT and, to a lesser extent, T-SPOT.TB) to detect LTBI and reversions/conversions occur close to cut-off values [4,5].

TST can also identify individuals with LTBI and those who benefit from treatment in settings with high TB incidence [6] but false-negative TST results were shown to be more common among people living with HIV in the pre-ART era, especially among those with low CD4+ cell counts [7-11]. False-positive results occur after BCG immunisation or following exposure to non-tuberculous mycobacteria.

A Cochrane review including 12 trials with a total of 8578 randomly assigned participants located in countries across a spectrum of low to high TB incidence found that treating LTBI in people living with HIV with a positive TST is effective in reducing the incidence of active TB (relative risk 0.38, 95% CI: 0.25–0.57) [12]. Efficacy was similar for all regimens, regardless of drug or duration of therapy, although shorter multidrug regimens were associated with more discontinuation due to adverse effects than longer isoniazid-only regimens. However, a large majority of participants were not using effective ART when the studies of LTBI therapy were performed.

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## Appendix 5. IRIS

### Definition of IRIS

Definitions of IRIS can be found in Table A5.1 (and see [1]).

**Table A5.1.** Definitions of IRIS

<b>Proposed case definition for TB – PARADOXICAL IRIS</b>	
<b>Clinical criteria</b> At least one major or two minor clinical criteria must be met. The absence of alternative explanations for clinical deterioration is also required	
<b>Major criteria</b>	<ul style="list-style-type: none"> <li>(1) New or enlarging lymph nodes, cold abscesses or other focal tissue involvement</li> <li>(2) New or worsening radiological features of TB (includes chest radiograph, abdominal ultrasound or computed tomography scan features)</li> <li>(3) New or worsening CNS TB (meningitis or focal neurological involvement)</li> <li>(4) New or worsening serositis (pleural effusion, ascites, pericardial effusion or arthritis)</li> </ul>
<b>Minor criteria</b>	<ul style="list-style-type: none"> <li>(1) New or worsening constitutional symptoms such as fever, night sweats or weight loss</li> <li>(2) New or worsening respiratory symptoms such as cough, dyspnoea or stridor</li> <li>(3) New or worsening abdominal pain</li> <li>(4) In retrospect, the resolution of clinical or radiological findings of the IRIS episode without having made a change in TB treatment</li> </ul>
Alternative explanations for clinical deterioration to be excluded	<ul style="list-style-type: none"> <li>(1) Failure of TB treatment due to drug resistance</li> <li>(2) Another opportunistic infection or neoplasm (it is particularly important to exclude an alternative diagnosis in individuals with smear-negative pulmonary and extrapulmonary TB where the initial TB diagnosis has not been microbiologically confirmed)</li> <li>(3) Drug toxicity or reaction</li> </ul>
<b>Proposed case definition for TB – UNMASKING IRIS</b>	
<b>Clinical criteria</b> Major and one of two minor clinical criteria must be met	
<b>Major criterion</b>	Patient is not receiving treatment for TB when ART is initiated and then presents with active TB within 3 months of starting ART
<b>Minor criteria</b>	<ul style="list-style-type: none"> <li>(1) Heightened intensity of clinical manifestations, particularly if there is evidence of a marked inflammatory component to the presentation</li> <li>(2) Once established on TB treatment, a clinical course that is complicated by a paradoxical reaction</li> </ul>

### Epidemiology of IRIS

In the ART era, IRIS has been reported widely. Two studies reported respectively IRIS occurrence in 36% (12 of 33) and 32% (6 of 19) of individuals [2,3]. Another study did not find any significant difference in onset of IRIS in individuals receiving ART (3 of 28 [11%]) compared with those not receiving ART (3 of 44 [7%]) [4].

It has been reported that the majority of reactions occur within 60 days of initiating ART, with a median of 15 days [5]. IRIS does not appear to be associated with any particular antiretroviral regimen or drug class [6]. Most individuals with IRIS have advanced HIV infection (in one study the median baseline CD4+ cell count was 35 cells/mm<sup>3</sup> and median HIV viral load was >500,000 HIV-1 RNA copies/mL).

In the CAMELIA trial the risk of IRIS was increased approximately four-fold if ART was started in the first 2 weeks

compared with delaying ART until beyond week 8 of TB treatment [7].

One large RCT, the REALITY trial [8], found a survival benefit for enhanced antimicrobial prophylaxis (consisting of multiple agents\*) in adults and older children with advanced HIV infection who were initiating ART with a CD4+ count of <100 cells/mm<sup>3</sup>, compared with standard prophylaxis (trimethoprim–sulfamethoxazole alone). At 24 weeks, the rate of death with enhanced prophylaxis was lower than with standard prophylaxis (80 vs 108 patients; hazard ratio: 0.73, *P*=0.03). Patients in the enhanced-prophylaxis group had significantly lower rates of tuberculosis (*P*=0.02), cryptococcal infection (*P*=0.01), oral or oesophageal candidiasis (*P*=0.02), death due to an unknown cause (*P*=0.03) and new hospitalisation (*P*=0.03).

\*Consisted of continuous trimethoprim–sulfamethoxazole plus at least 12 weeks of isoniazid–pyridoxine (coformulated with trimethoprim–sulfamethoxazole in a single fixed-dose combination tablet), 12 weeks of fluconazole, 5 days of azithromycin and a single dose of albendazole.

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## Appendix 6. When to start ART in TB/HIV co-infection

It is only in individuals with CD4+ cell counts <50 cells/mm<sup>3</sup> that trials have consistently shown clinical benefit of starting ART within 2–4 weeks of starting TB therapy as opposed to deferring ART for up to 2 months. The ACTG A5221 (STRIDE) trial compared early (<2 weeks) versus delayed (8–12 weeks) introduction of ART in individuals with CD4+ cell counts <250 cells/mm<sup>3</sup>. The risk of AIDS and death (12.9% vs 16.1%, *P*=0.45) was not significantly lower with early ART in the overall study population, but in those with CD4+ cell counts <50 cells/mm<sup>3</sup> (a pre-specified subgroup analysis), a lower incidence of AIDS and death was observed with early ART (15.5% vs 26.6%, *P*=0.02) [1]. The SAPIT trial compared early (<4 weeks) versus delayed (8–12 weeks) ART in individuals with CD4+ cell counts <500 cells/mm<sup>3</sup>. The risk of AIDS and death (6.9% vs 7.8%, *P*=0.73) was not significantly lower with early ART in this study but a lower incidence of AIDS and death was observed with early ART in those with CD4+ cell counts <50 cells/mm<sup>3</sup> (8.5% vs 26.3%, *P*=0.06) [2]. The CAMELIA trial compared outcomes in individuals with HIV/TB co-infection with CD4+ cell counts <200 cells/mm<sup>3</sup> who started ART at 2 versus 8 weeks after commencing TB treatment. Early introduction of ART was associated with a 38% (*P*=0.006) reduction in mortality; older age, low Karnofsky score, disseminated and multidrug-resistant TB were other predictors of death [3].

For individuals with CD4+ cell counts of 50–200 cells/mm<sup>3</sup>, the clinical benefit of early ART (2–4 vs 8–12 weeks) is less clear. The CAMELIA trial showed lower mortality [3], in contrast to the SAPIT [2] and ACTG A5221 trials [1]. For individuals with CD4+ cell counts >200 cells/mm<sup>3</sup> there is no mortality benefit from starting ART sooner than 2 months after start of TB therapy. The largest RCT, which included individuals with HIV/TB co-infection with CD4+ cell counts >220 cells/mm<sup>3</sup>, showed that ART could be deferred until after 6 months of TB treatment without any increase in TB treatment failure or death [4]. By contrast, the SAPIT study found that sequential therapy (6 months of TB treatment followed by ART) was inferior to an integrated strategy (ART initiated during TB treatment), with significantly higher mortality in both the low (<200 cells/mm<sup>3</sup>) and high (200–500 cells/mm<sup>3</sup>) CD4+ cell count strata [5]. A trend towards improved outcomes with integrated treatment was also reported in individuals with CD4+ cell counts >350 cells/mm<sup>3</sup> [6]. Similar rates of suppression of HIV replication were observed in these trials with early [1-3] versus delayed ART [1,3,7].

A study conducted in Vietnam in 253 patients with TB meningitis (median CD4+ cell count 41 cells/mm<sup>3</sup>) randomly assigned to immediate ART versus deferred ART (after 2 months of TB treatment) failed to show improvement in survival in the immediate treatment arm, with more grade 4 adverse events [8]. It is hard to establish whether the findings of this study would be generalisable to other settings. The optimal timing of ART initiation in TB meningitis therefore remains to be established.

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## Appendix 7. Drug–drug interactions between MDR-TB drugs and ART

### Amikacin/kanamycin

An interaction with emtricitabine, lamivudine or tenofovir disoproxil fumarate is unlikely as most aminoglycosides are eliminated by renal glomerular filtration rather than active transport. However, as aminoglycosides are nephrotoxic, renal function should be monitored.

Because aminoglycosides are nephrotoxic, renal function should be monitored periodically as changes in the renal function may impair emtricitabine elimination. Co-administration with nephrotoxic agents is unlikely to be of concern for tenofovir alafenamide.

### Capreomycin

Capreomycin may be excreted partly by tubular secretion. There is potential for exposure of capreomycin or emtricitabine/lamivudine/tenofovir disoproxil fumarate/tenofovir alafenamide to be increased via competition for renal transporters.

Because aminoglycosides are nephrotoxic, renal function should be monitored periodically as changes in the renal function may impair emtricitabine elimination. Co-administration with nephrotoxic agents is unlikely to be of concern for tenofovir alafenamide.

Cobicistat is unlikely to inhibit renal transporters (organic anion transporters and organic cation transporters [OCTs]) at clinically relevant concentrations, therefore an interaction with capreomycin is unlikely.

### Levofloxacin

Levofloxacin may cause QTc prolongation and the European SPCs for atazanavir, lopinavir, efavirenz and rilpivirine advise caution when co-prescribing with drugs known to induce QTc interval prolongation. There is no warning concerning darunavir with ritonavir or cobicistat.

Levofloxacin is eliminated renally, mainly by glomerular filtration and active tubular secretion. *In vitro* data indicate that levofloxacin inhibits OCT2 and could potentially increase lamivudine levels.

### Moxifloxacin

Moxifloxacin may cause QTc prolongation and the European SPCs for atazanavir, lopinavir, efavirenz and rilpivirine advise caution when co-prescribing with drugs known to induce QTc interval prolongation. There is no warning concerning darunavir with ritonavir or cobicistat.

Moxifloxacin is predominantly glucuronidated by UGT1A1. Efavirenz and ETV induce UGT1A1 and therefore could potentially decrease moxifloxacin levels.

### Para-aminosalicylic acid

Rilpivirine does not inhibit OCT2 in the range of clinically relevant concentrations [1].

As para-aminosalicylic acid and emtricitabine, lamivudine and tenofovir disoproxil fumarate are predominantly renally eliminated, including by active tubular secretion, there is potential for competition for elimination via renal transport proteins, which may lead to increased concentrations of either drug.

### Clofazimine

Pharmacokinetic interaction is unlikely. However, caution is advised as clofazimine with lopinavir/r, atazanavir/r, rilpivirine or efavirenz may prolong the QTc interval.

### Bedaquiline

Bedaquiline is metabolised by CYP3A4 and moderate or strong CYP3A4 inhibitors (such as atazanavir, darunavir, ritonavir, cobicistat and lopinavir) may increase bedaquiline exposure, which could potentially increase the risk of adverse reactions.

Bedaquiline prolongs the QTc interval. When bedaquiline is co-administered with other medicinal products that prolong the QTc interval (atazanavir, lopinavir, rilpivirine and efavirenz), an additive or synergistic effect on QTc prolongation cannot be excluded. The combination of bedaquiline and moderate or strong CYP3A4 inhibitors used systemically for more than 14 consecutive days should be avoided. If co-administration is necessary, clinical

monitoring, including frequent electrocardiogram (ECG) assessment and monitoring of transaminases, is recommended.

Co-administration of bedaquiline (400 mg single dose) and lopinavir/r (400/100 mg bd) to 16 HIV/TB-negative subjects increased bedaquiline AUC by 22% and had no effect on the maximum concentration ( $C_{max}$ ).

Co-administration of bedaquiline (400 mg single dose) and efavirenz (600 mg od) to 33 HIV/TB-negative subjects decreased bedaquiline AUC by 18% and had no effect on  $C_{max}$ . Efavirenz pharmacokinetic data were similar to historical data from subjects with HIV.

Etravirine may reduce bedaquiline exposure due to induction of CYP3A4, resulting in loss of activity.

Co-administration of bedaquiline (400 mg single dose) and nevirapine (200 mg bd for 4 weeks) in individuals with HIV had no clinically relevant effect on bedaquiline exposure (AUC increased by 3%,  $C_{max}$  decreased by 20%).

### Delamanid

QTc prolongation has been observed in individuals treated with delamanid. This prolongation increases slowly over time in the first 6–10 weeks of treatment and remains stable thereafter. QTc prolongation is very closely correlated with the major delamanid metabolite DM-6705. Plasma albumin and CYP3A4 regulate the formation and metabolism of DM-6705 respectively. Treatment with delamanid should not be initiated in individuals taking medicinal products that are known to prolong the QTc interval (e.g. atazanavir, lopinavir, rilpivirine and efavirenz) unless the possible benefit of delamanid is considered to outweigh the potential risks. Such individuals should receive very frequent ECG monitoring throughout the full delamanid treatment period.

Co-administration of delamanid with a strong inhibitor of CYP3A4 (lopinavir/r) was associated with a 30% higher exposure to the metabolite DM-6705, which has been associated with QTc prolongation. Therefore, if co-administration of delamanid with any strong inhibitor of CYP3A4 is considered necessary, very frequent ECG monitoring throughout the full delamanid treatment period is recommended.

The complete metabolic profile of delamanid has not yet been elucidated, and there is a potential for drug interactions with other co-administered medications if significant unknown metabolites are discovered.

For the latest drug interaction recommendations and for details of the supporting evidence and changes in drug exposure, see [www.hiv-druginteractions.org](http://www.hiv-druginteractions.org) or <https://hivclinic.ca/drug-information/drug-interaction-tables/>.

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## Appendix 8. Treatment of drug-sensitive TB: drug regimens

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The treatment of drug-susceptible TB evolved through an international clinical trial programme to the current standard of care: short-course chemotherapy, consisting of 2 months of rifampicin, isoniazid, pyrazinamide and ethambutol (intensive phase), followed by 4 months of rifampicin and isoniazid (continuation phase) (2RHZE/4RH). These studies were conducted in the era before HIV co-infection in individuals with TB became widespread.

A clinical trial in the pre-ART era, which compared 6 versus 12 months of short-course chemotherapy, was limited by high mortality but showed high rates of recurrent TB with 2RHZE/4RH [1]. Further studies reported that recurrent TB in people living with HIV is usually due to reinfection; relapse rates after 2RHZE/4RH were similar to those observed in HIV-negative individuals [2-4]. Short-course chemotherapy thus became the standard of care irrespective of HIV status.

Several recent attempts to shorten TB therapy to 4 months (for instance, by using fluoroquinolones) have proved unsuccessful, with high relapse rates [5-8]. Intermittent administration of TB therapy should be avoided during the induction phase, as this strategy has been associated with acquired rifampicin resistance [9].

Pyrazinamide is an essential component of short-course chemotherapy [10-12]; the duration of TB treatment should be extended to 9 months for individuals who are unable to take pyrazinamide.

Individuals with positive TB cultures at the end of the intensive phase are at increased risk of relapse [13]. Poor adherence should be re-assessed, drug susceptibility testing conducted, and treatment extended to 9 months.

There is no evidence that individuals with disseminated TB should receive more-prolonged therapy. Many clinicians use extended treatment regimens (up to 12 months as per NICE guidance [14]) for CNS TB (i.e. tuberculous meningitis) even though 6–9 months appears to be sufficient [15,16].

Rifabutin is a rifamycin with similar activity against *M. tuberculosis* as rifampicin [17-19] although no trials have been conducted in individuals receiving ART. The main advantage of rifabutin is that it allows the co-administration of PI/r (see Sections 9 and 10). The optimal dose of rifabutin in individuals who receive PI/r has not been established [20]. The currently recommended dose of 150 mg/day results in adequate rifabutin exposure but 15-fold increased exposure of rifabutin metabolites. Good clinical outcomes have been reported with reduced dose rifabutin (150 mg/day or 150 mg three times per week) and clinically significant toxicity (bone marrow suppression, uveitis and arthralgia) appears to be relatively uncommon [20-22] (see Section 10).

Rifapentine is a long-acting rifamycin that allows once-weekly supervised administration (together with moxifloxacin) during the continuation phase [7]; no outcome data are available for people living with HIV on ART.

**Table A8.1.** Drug dosing modifications: food effect, alternatives in swallowing difficulties and doses in renal impairment

Drug	Food effect	Alternatives for individuals with swallowing difficulties	Considerations for renal impairment
Ethambutol 400 mg tablets 100 mg tablets	Absorption is not significantly impaired by food	Only film-coated tablets available: strength 400 mg or 100 mg	Ethambutol should preferably be avoided in individuals with renal impairment, but if used the dose should be reduced as determined by blood levels of ethambutol. Toxic effects are more common if renal function is impaired  No specific recommendation for haemodialysis
Isoniazid Oral	Isoniazid tablets should be taken preferably on an empty stomach, i.e. at least 30 minutes before or 2 hours after a meal  See fixed-dose combinations below	Isoniazid is available as 50 mg/2 mL solution for injection (see below)	No dosage reduction of isoniazid is necessary when given to individuals with mild renal failure  Use of isoniazid should be carefully monitored in individuals with severe renal impairment (glomerular filtration rate of less than 10 mL/minute) and slow acetylator status: a dose reduction of about 100 mg might be necessary to maintain trough plasma levels at less than 1 µg/mL  Isoniazid is removed by both haemodialysis and peritoneal dialysis; therefore, isoniazid should be administered immediately after dialysis
Isoniazid 50 mg/2 mL solution for injection (intramuscular, intravenous, intrapleural or intrathecal)	Tyramine- and histamine-containing foods should be avoided by individuals receiving isoniazid	N/A	No dosage reduction of isoniazid is necessary when given to individuals with mild renal failure  Use of isoniazid should be carefully monitored in individuals with severe renal impairment (glomerular filtration rate of less than 10 mL/minute) and slow acetylator status: a dose reduction of about 100 mg might be necessary to maintain trough plasma levels at less than 1 µg/mL  Isoniazid is removed by both haemodialysis and peritoneal dialysis; therefore, isoniazid should be administered immediately after dialysis
Pyrazinamide Zinamide® tablets 500 mg	No specific recommendation	Only tablet formulation available	Reduction in the size and/or frequency of dose is recommended for individuals with renal insufficiency  No specific recommendation for haemodialysis
Rifabutin Mycobutin® 150 mg capsules	Dose can be taken at any time, independently of meals	Only capsule formulation available	Severe renal impairment (creatinine clearance below 30 mL/min) requires a dosage reduction of 50%  No specific recommendation for haemodialysis

Rifampicin Rifadin® 300 mg capsules	Dose should preferably be taken at least 30 minutes before or 2 hours after a meal to ensure rapid and complete absorption	Rifadin® infusion (see below)  Rifadin®  100 mg/5 mL oral suspension (dose is equivalent to capsule formulation)	At a dose of up to 600 mg/day, half-life does not differ in individuals with renal failure and, consequently, no dosage adjustment is required  No specific recommendation for haemodialysis																								
Rifampicin Rifadin® for infusion 600 mg	N/A	N/A	At a dose of up to 600 mg/day, half-life does not differ in individuals with renal failure and, consequently, no dosage adjustment is required  Caution is advised in case of renal impairment if dose >600 mg/day  No specific recommendation for haemodialysis																								
Streptomycin Intramuscular or intravenous injection/infusion	N/A	N/A	Streptomycin is excreted unchanged in the urine by glomerular filtration; dosage should also be reduced in those with renal impairment and plasma drug concentration should be monitored  No specific recommendation for haemodialysis																								
Levofloxacin Tavanic® Evoxil® Film-coated tablets 5 mg/mL solution for infusion	Tablet may be taken during meals or between meals; should be taken at least 2 hours before or after iron salts, zinc salts and magnesium- or aluminium-containing antacids	Tablet can be divided into equal halves at score line, but swallowed without crushing  Solution for infusion	<table border="1"> <thead> <tr> <th></th> <th colspan="3">Dose regimen</th> </tr> <tr> <th></th> <th>250 mg/24 hours</th> <th>500 mg/24 hours</th> <th>500 mg/12 hours</th> </tr> </thead> <tbody> <tr> <td><b>Creatinine clearance</b></td> <td><i>First dose: 250 mg</i></td> <td><i>First dose: 500 mg</i></td> <td><i>First dose: 500 mg</i></td> </tr> <tr> <td>50–20 mL/minute</td> <td><i>Then: 125 mg/24 hours</i></td> <td><i>Then: 250 mg/24 hours</i></td> <td><i>Then: 250 mg/12 hours</i></td> </tr> <tr> <td>19–10 mL/minute</td> <td><i>Then: 125 mg/48 hours</i></td> <td><i>Then: 125 mg/24 hours</i></td> <td><i>Then: 125 mg/12 hours</i></td> </tr> <tr> <td>&lt;10 mL/minute (including haemodialysis and CAPD)<sup>a</sup></td> <td><i>Then: 125 mg/48 hours</i></td> <td><i>Then: 125 mg/24 hours</i></td> <td><i>Then: 125 mg/24 hours</i></td> </tr> </tbody> </table> <p><sup>a</sup>No additional doses required after haemodialysis or continuous ambulatory peritoneal dialysis (CAPD)</p>		Dose regimen				250 mg/24 hours	500 mg/24 hours	500 mg/12 hours	<b>Creatinine clearance</b>	<i>First dose: 250 mg</i>	<i>First dose: 500 mg</i>	<i>First dose: 500 mg</i>	50–20 mL/minute	<i>Then: 125 mg/24 hours</i>	<i>Then: 250 mg/24 hours</i>	<i>Then: 250 mg/12 hours</i>	19–10 mL/minute	<i>Then: 125 mg/48 hours</i>	<i>Then: 125 mg/24 hours</i>	<i>Then: 125 mg/12 hours</i>	<10 mL/minute (including haemodialysis and CAPD) <sup>a</sup>	<i>Then: 125 mg/48 hours</i>	<i>Then: 125 mg/24 hours</i>	<i>Then: 125 mg/24 hours</i>
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Moxifloxacin Avalox® film-coated	Tablet may be taken independently of meals;	Tablet must be swallowed whole	No adjustment of dosage is required in individuals with mild to severely impaired renal function or in individuals on chronic dialysis, i.e. haemodialysis and continuous ambulatory peritoneal dialysis																								

tablets 400 mg/250 mL solution for infusion	approximately 6 hours should be allowed between administration of agents containing magnesium, aluminium, iron or zinc and administration of moxifloxacin	Solution for infusion (dose equivalent to tablet formulation)	
Rimstar® film-coated tablet/Voractiv® film-coated tablet Rifampicin 150 mg Isoniazid 75 mg Pyrazinamide 400 mg Ethambutol 275 mg	Tablets should be taken in a fasting state at least 1 hour before a meal  Tyramine- and histamine-containing foods should be avoided by individuals receiving isoniazid	Only film-coated tablets available	Voractiv should be used with caution in individuals with moderate renal impairment (creatinine clearance 30–60 mL/minute); Voractiv is contraindicated in individuals with severe renal impairment (creatinine clearance <30 mL/minute)  No specific recommendation for haemodialysis
Rifinah® coated tablets Rifampicin 300 mg Isoniazid 150 mg  or  Rifampicin 100 mg Isoniazid 150 mg	Tablets should preferably be taken on an empty stomach at least 30 minutes before or 2 hours after a meal  Tyramine- and histamine-containing foods should be avoided by individuals receiving isoniazid	Only film-coated tablets available	No specific recommendation. See individual drugs above  No specific recommendation for haemodialysis
Rifater® tablets Rifampicin 120 mg Isoniazid 50 mg Pyrazinamide 300 mg	Tablets should preferably be taken on an empty stomach at least 30 minutes before or 2 hours after a meal  Tyramine- and histamine-containing foods should be avoided by individuals receiving isoniazid	Only tablets available	Precautions for the use of Rifater are the same as those considered when triple individual administration of rifampicin, isoniazid and pyrazinamide is required  No specific recommendation for haemodialysis



**Table A8.2.** Protocol for reintroducing TB drugs after DILI or grade 1–3 rash (adapted from a reintroduction protocol for cutaneous reactions [23])

Day	Isoniazid (mg)	Rifampicin (mg)	Pyrazinamide (mg)
1	50		
2	150		
3	300		
4	300	75	
5	300	150	
6	300	300	
7	300	450 <50 kg; 600 >50 kg	
8	300	450/600	250
9	300	450/600	500
10	300	450/600	1000
11	300	450/600	1500 <50 kg; 2000 >50 kg
12	300	450/600	1500/2000
13	300	450/600	1500/2000

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