



Sexually acquired HIV in young adults - a neglected cohort?

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O10



Conflict of Interest

In relation to this presentation, I declare that I have no conflict of interest

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Background

- Young adult (YA) brain development
- How we set up services to support young adults
- CHIPS+ studies vertically acquired (VA) young adults (YA)
- Less is known about the needs of young adults who have acquired HIV sexually
- Awareness of some challenges with these patients and wanted to explore more in our cohort

Method

- All patients aged <30 years were identified in our county cohort as of 31/12/2022
- Data was collected on:
 - demographics
 - age of diagnosis
 - CD4 count and HIV VL
 - antiretroviral (ARV) data
 - co-morbidities
- Social factors were examined

Results – Demographics of cohort

	Sexually acquired SA 36/59 (61%)		Vertically Acquired (VA) 23/59 (39%)		Total
Age	<25	25-30	<25	25-30	
Male	6	17	7	4	34 (57.6%)
Female	4	9	4	8	25 (42.4%)
Total	10	26	11	12	59 (100%)

- 18/36 (50%) SA identified as GBMSM.
- All VA identified as heterosexual

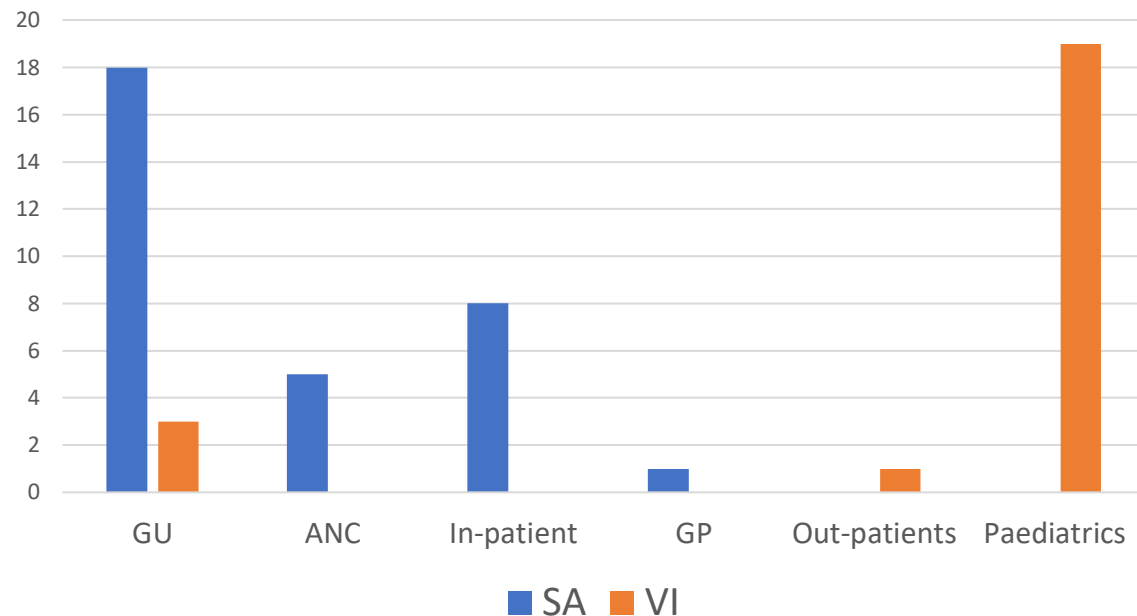
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Place of diagnosis



- 83% VA diagnosed < 10 years old

	Sexually acquired (SA)	Vertically acquired (VA)
Median age of diagnosis	22 (17-29)	10.5 (1-25)
Median age of disclosure	-	16.5 (8-25)
OI at presentation	5/36 (14%)	6/23 (26%)
Median CD4 at diagnosis	380 (10-810)	260 (1-1180)

- 34/36(95%) SA commenced ARVs at time of diagnosis vs 10/17(58.9%) VA, 7 starting 1-10 years later.

Results

	Sexually acquired (SA)	Vertically acquired (VA)	p value
Current detectable HIV VL on treatment	4/36 (11.1%)	4/23 (17.4%)	0.699
Dol containing regimen	12/36 (33.3%)	12/23 (52.2%)	0.181
PI containing regimen	2/36 (5.6%)	11/23(47.8%)	0.0002
First and only regimen	10/36(27.7%)	4/23 (17.4%).	0.532
>3 ARV regimen	6/36 (16.7%)	13/23 (56.5%)	0.0035

- 17% SA had baseline resistance, 52% VA had any resistance – 26% to 2 or more classes
- 3/21 (14.2%) <25 years have a detectable VL vs 8/38 (21%) aged 25-30 years (4 SA and 4 VA).

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Results

	Sexually acquired SA	Vertically acquired VA	p value
Mental health issues	15/36 (42%)	3/23 (13.0%)	0.023
Excess drug/alcohol use	11/36 (30.6%)	0/23 (0%)	0.004
Smoke/vape	15/36(41.7%)	3/23(13.0%)	0.023

- 8/36 (22.%) SA had diagnosed mental health problems prior to HIV diagnosis
- One VA patient attempted suicide in the year after diagnosis aged 17 and one patient has anxiety and depression (now in 20s)

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Conclusion and Limitations

- Vertically acquired young adults living with HIV have more ARV experience and resistance than those who have acquired HIV sexually
- But are less likely to have mental health issues or drug and alcohol misuse, or to smoke/vape
- Young adults who have acquired HIV sexually have unique challenges which also need consideration
- Should we rethink how we provide services for this group?
- Further work



Thank you

Thank you to patients and colleagues at NHFT

If interested in further collaboration please get in touch

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