

# Experiences and demographics of a long-acting injectable antiretroviral clinic

Nasreen Moini, Bhavna Halai, Will Barchi, Imogen Paton, Rebecca Simons, Daniella Chilton  
Guy's and St Thomas' NHS Trust, London, UK

## BACKGROUND

- Long acting injectable antiretrovirals (LA-ART), Cabotegravir and Rilpivirine, were commissioned for use in 2022.
- Understanding the reasons patients request switches to LA-ART enables allows clinics to tailor their services to the needs of their patients.
- This review explored the demographic, social and medical history of the first cohort of patients commencing LA-ART within our clinic, which serves a population of 4,500 patients.

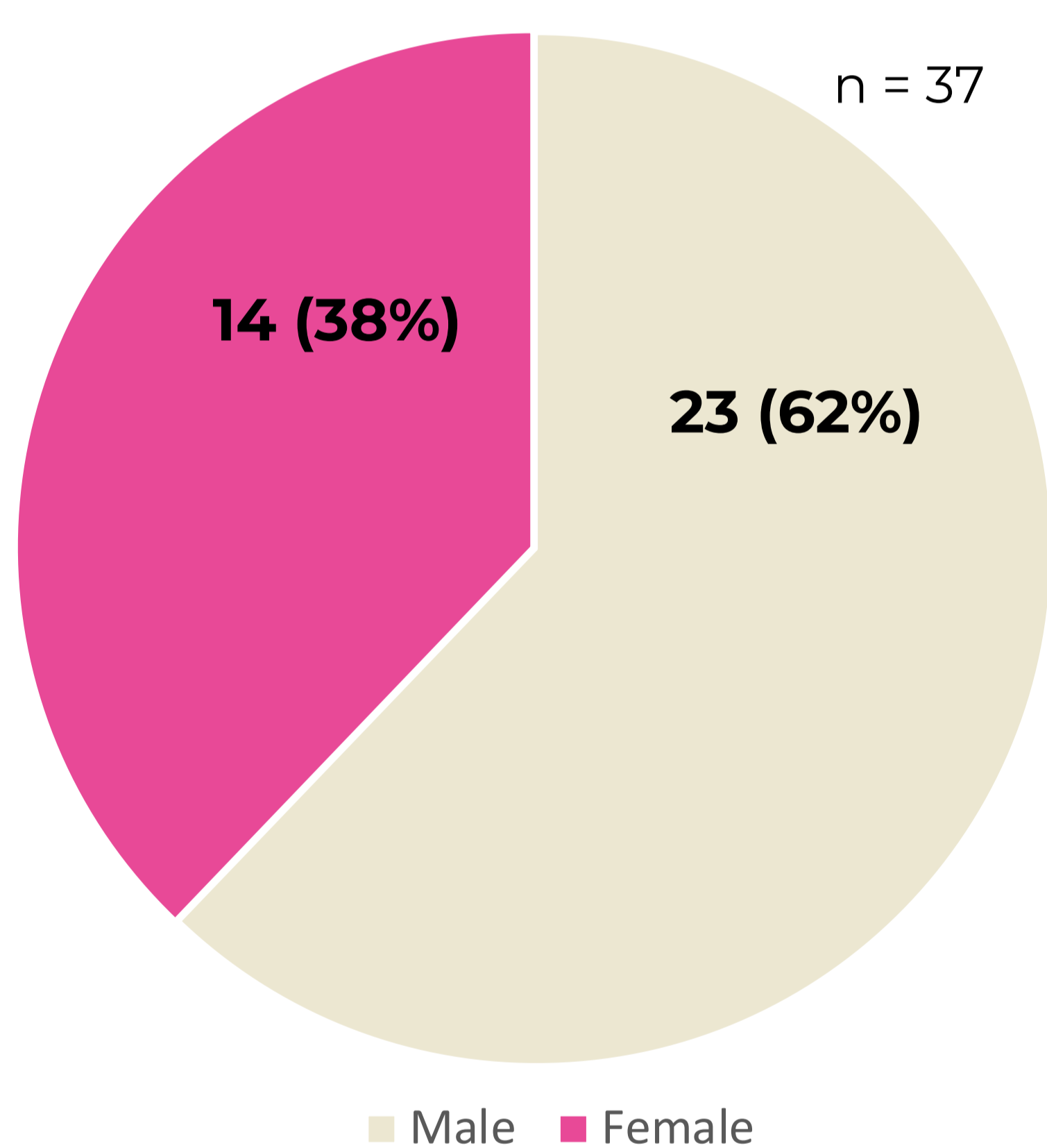
## METHOD

- 37 patients received multidisciplinary team (MDT) approval and had successfully been started on LA-ART by January 2023.
- Data collected from patients' notes included reasons for switching, patient demographics, antiretroviral therapy (ART) history and any complications that may have arisen during the switch related to toxicity or process.
- A patient survey about LA-ART experience was also conducted.

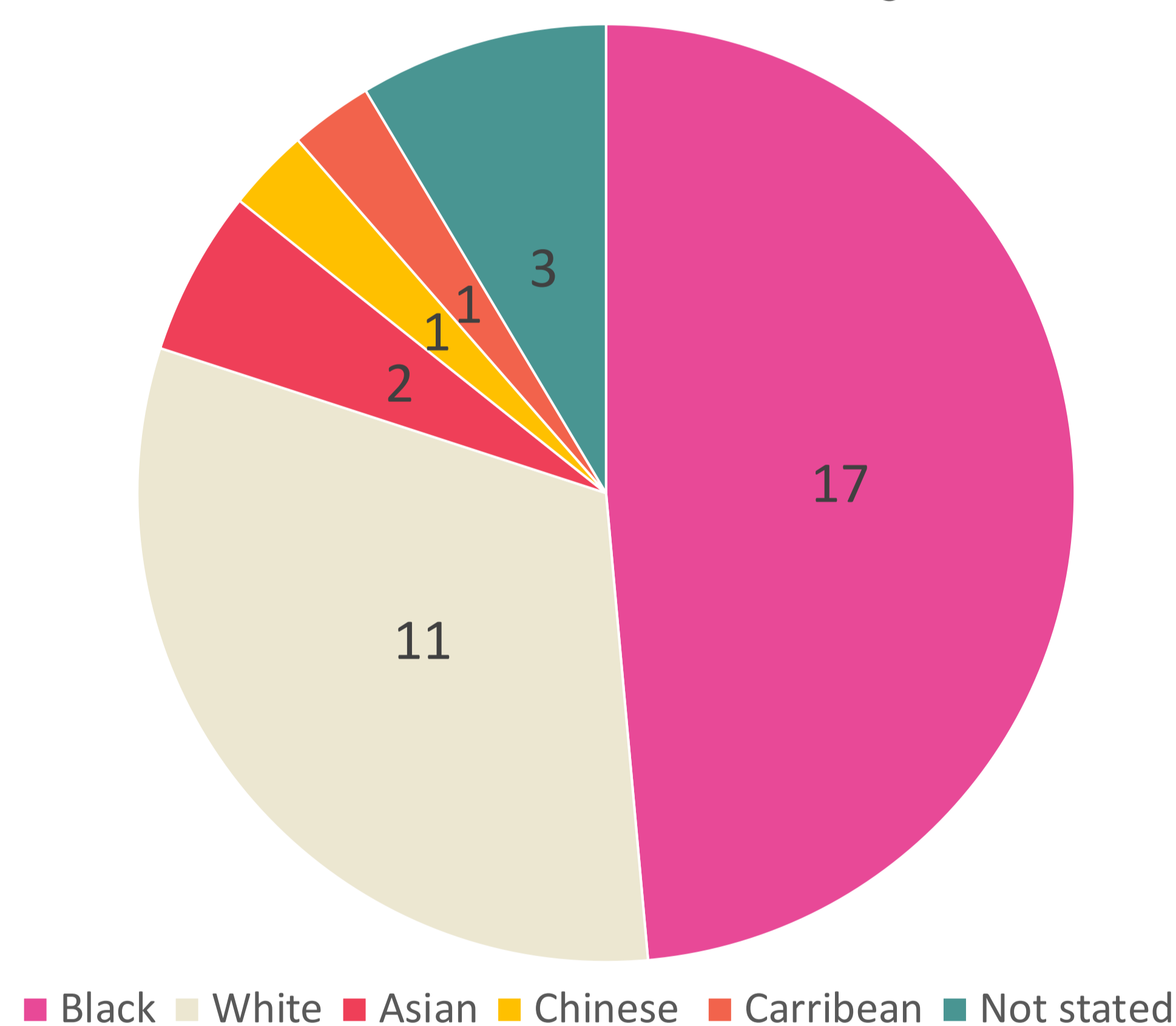
## RESULTS

### KEY DEMOGRAPHICS

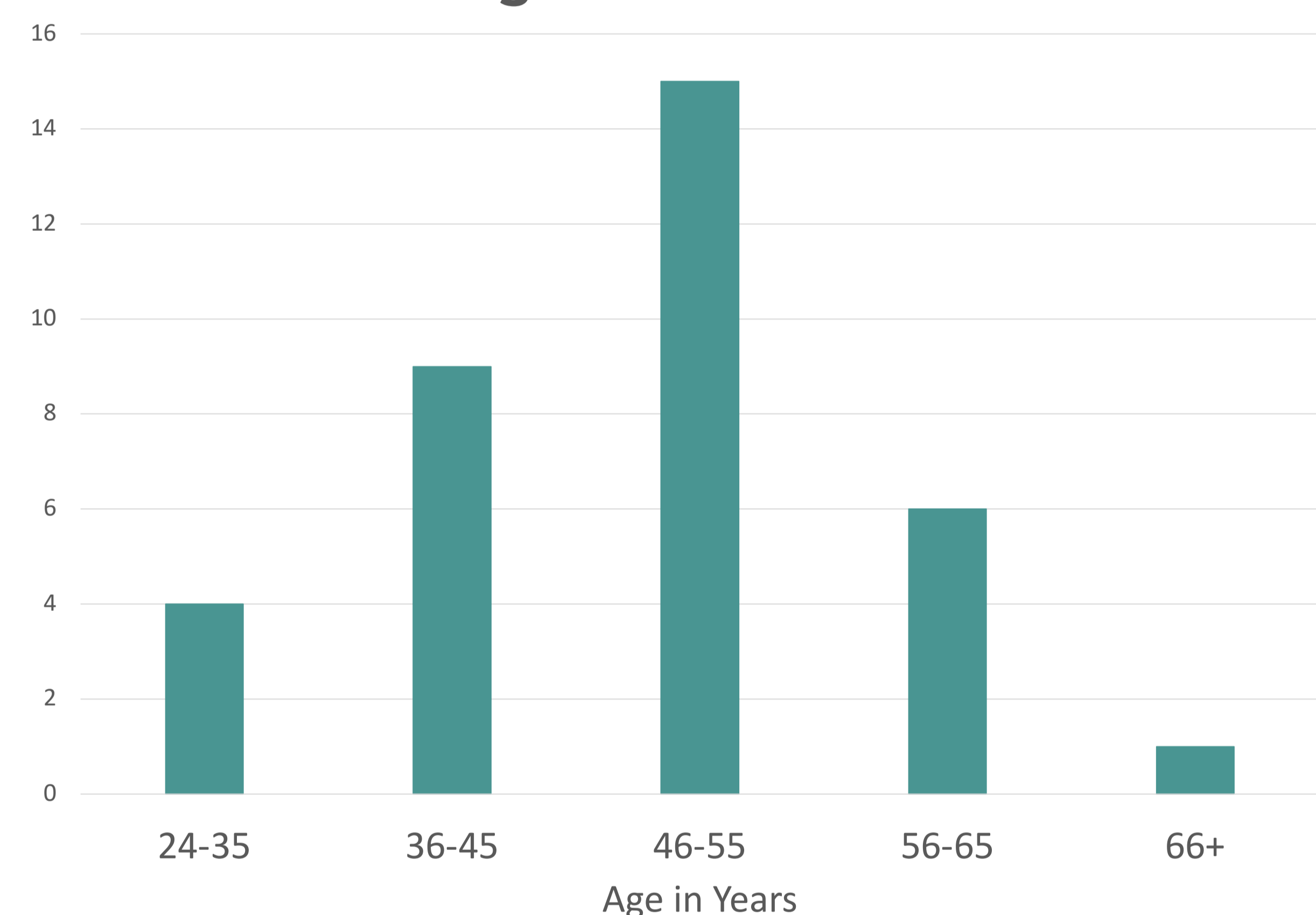
Gender distribution



Self-stated ethnicity



Age distribution



### Patient perspectives

18/37 patients responded to a survey about their LA-ART experience

100% either very satisfied or satisfied with LA-ART

100% either likely or very likely to recommend LA-ART to others

66% found it very easy or easy to commit to 2 monthly appointments

89% expressed a wish to remain on LAI-ARVs for the long-term

16% reported significant pain with injections

### Complications

- 11% of patients had abnormal LFTs after 1<sup>st</sup> or 2<sup>nd</sup> injection - all normalised & LA-ART continued
- 5% reported diarrhoea which resolved
- 5% reported increased fatigue which resolved
- 5% reported poor sleep
- 3% suffered injection site bruising

## CONCLUSION

- The LA-ART service in our clinic is reaching a wide demographic range of patients who are largely satisfied.
- Many patients experience stigma or pill fatigue in day to day life and LA-ART make a tangible difference to improving this.
- Despite a small number of process and toxicity related problems, LA-ART appears a safe treatment pathway.
- Understanding patients' motivating factors can reduce inequities to accessing LA-ART.
- Services must understand their capacity and time required to deliver LA-ART and plan accordingly.