Changes in the clinical care of people living with HIV

Mark Thomas
University of Auckland
and Auckland City Hospital
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The horrors of the AIDS epidemic faded because the pharmaceutical companies came up with plenty of effective drugs and laboratory testing became more sophisticated and made management simple.

(RB Ellis-Pegler et al. NZMJ 1986;99:485-8.)

11 homosexual men admitted to Auckland Hospital during 1985.
Kaposi’s Sarcoma 5
Pneumocystis pneumonia 3
Lymphoma, cryptococcal meningitis, oesophageal candidiasis, plus various other conditions

6 died within 13 months of diagnosis of AIDS

(NP Dickson et al NZMJ 1993;106:93-6.)

<table>
<thead>
<tr>
<th>AIDS illness</th>
<th>n</th>
<th>median survival (days)</th>
</tr>
</thead>
<tbody>
<tr>
<td>TB</td>
<td>4</td>
<td>420</td>
</tr>
<tr>
<td>PCP</td>
<td>50</td>
<td>326</td>
</tr>
<tr>
<td>KS</td>
<td>21</td>
<td>254</td>
</tr>
<tr>
<td>H5S</td>
<td>33</td>
<td>245</td>
</tr>
<tr>
<td>Oesoph candidiasis</td>
<td>9</td>
<td>179</td>
</tr>
<tr>
<td>HIV enceph</td>
<td>9</td>
<td>151</td>
</tr>
<tr>
<td>Lymphoma</td>
<td>4</td>
<td>134</td>
</tr>
<tr>
<td>MAIC</td>
<td>10</td>
<td>96</td>
</tr>
<tr>
<td>CMV</td>
<td>15</td>
<td>78</td>
</tr>
<tr>
<td>CNS toxo</td>
<td>10</td>
<td>75</td>
</tr>
<tr>
<td>Crypto meningitis</td>
<td>8</td>
<td>30</td>
</tr>
</tbody>
</table>

We have been struck by the universal acceptance by parents and friends of this diagnosis, often complicated by the first recognition of the homosexual preference of these young men, with all that this might have meant in New Zealand in 1985. After very reasonable initial anxieties from some medical, nursing and other hospital groups, the management of these patients has generally been quickly accepted by all on the two wards involved. Minor staff anxieties have been resolved by discussion of factual medical information. Members of the New Zealand AIDS Foundation have also contributed importantly to various social and supportive aspects of patient management and staff understanding.

AIDS diagnoses and death increased further and then declined.
due to an eventual abundance of antiretroviral agents

HIV viral load measurements allowed us to monitor response to treatment – BRILLIANT!

HIV drug resistance testing allows selection of effective ART combinations – also great

Rapid laboratory feedback guides treatment and provides certainty – wonderful

Team work – from the beginning!

ID physician

GP

pharmacy

mental health drug services etc

CHIV team

patient

NZAF

partner, family, friends

Body Positive Positive Women

Increasing inequality - the challenge of the current era

Large majority (=95%) of people with HIV infection have adequate resources – psychological, social, intellectual, financial - to take advantage of current complex healthcare and remain in good health.

Significant minority (=5%) of patients lack these resources, and struggle to cope with the complexities of lifelong HIV care.