

# Project SWEL: A Four-Tiered Program to Support HIV Medication Adherence

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The Family Center, New York, NY

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## The Family Center, New York, NY

- **Ryan White Part D grantee since 1994**
- **Services for PLWHA & families**
  - All five boroughs in NYC
  - Multilingual, often in clients' homes
  - Staff include Medical Director, Community Health Nurse
  - Partnerships with community healthcare providers
  - Medical case management & linkage to care
- **Action research informs intervention**
  - Representative findings



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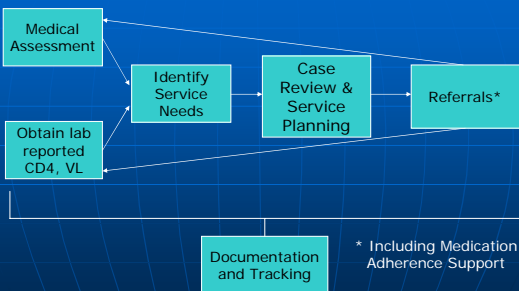
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## Medical Case Management



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## Medication Adherence

- Important to maintain near-perfect medication adherence
- Known barriers to adherence
  - Limited knowledge about HIV
  - Threat to self-image
  - Social isolation
  - Lack of reinforcement or feedback

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## Project SWEL: *Stay Well, Enjoy Life*

- Addresses each of these barriers.
  - Knowledge
    - individual counseling
    - medical data tracking
  - Self-image
    - Women's Wellness
  - Social contact
    - Treatment Adherence Buddy
  - Reinforcement and feedback
    - MEMS
- Role structure, staffing, and reports from the "front lines"

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## First Step: Medical Assessment

Every four months we collect...

*From client*

- Self-reported CD4 and VL
- Medication regimen
- Adherence
- Access to care
- Communication with med provider

■ *From provider*

- Lab-reported CD4 and VL

We then identify problem areas...

- And follow-up with appropriate counseling, referrals

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### Individual Counseling

- My role:
  - Review completed MCM assessments
    - Flag and follow-up on identified problems
  - Provide clients with information on their medications and regimen.
  - Help clients better understand their illness.
  - Remain up-to-date on the latest developments in HIV medication information

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### Medical Data Tracking

- My role:
  - Contact medical providers to obtain laboratory reports of CD4 and VL for each HIV-positive client.
    - Maintain relationships with >30 providers in New York City
    - Sometimes requires travel and face-to-face contact
    - Be "pleasantly relentless"

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## Social Support Interventions

- Women's Wellness Group is an open group for women living with HIV.
- Participants meet for 8 sessions (including a weekend get-away) where they discuss
  - Stigma
  - Self-Image
  - Well-Being
- Basis for matching Treatment Adherence Buddies

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## Women's Wellness Retreat



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## MEMS Pilot Intervention Study

- MEMS caps pill bottles electronically assess medication adherence over a two week period...
- ...and (hopefully) will improve subsequent adherence.
  - This is our hypothesis.

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## MEMS Pilot Intervention Study

- My role is the key ingredient:
  - Provide behavioral feedback using a computer graphic (shown in following slides)
  - Help the client identify specific barriers to adherence
  - Work with the client to develop strategies for addressing these barriers
- Current status
  - Completed data collection
  - Designing an intervention protocol

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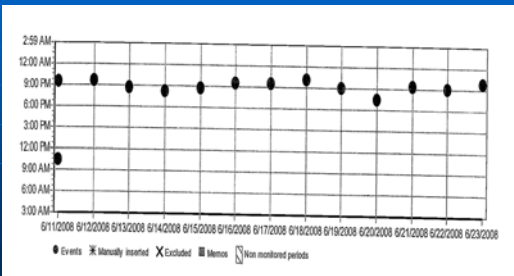
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## High-Adherence Client



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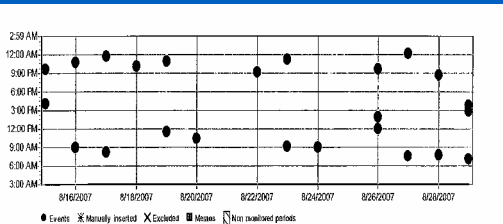
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## Low-Adherence Client




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## MEMS Study Design

	<u>Week 1</u>	<u>Week 2</u>	<u>Week 3</u>	<u>Week 4</u>
Group 1	MEMS	MEMS	No MEMS	No MEMS
		\$20		\$30
Adherence quest.	Adherence quest.	Adherence quest.	Adherence quest.	Adherence quest.
Group 2	No MEMS	No MEMS	MEMS	MEMS
		\$20		\$30
Adherence quest.	Adherence quest.	Adherence quest.	Adherence quest.	Adherence quest.

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## Programmatic Themes

- Continuity
  - Among programs, staff, participants
- Dialogue
  - Among staff, participants
- Reinforce adherence messages
  - Deepen clients' understanding
- Feedback loop
  - Program evaluation <-> intervention

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