

Critical Issues of HIV Care in Women

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Overview

- Changes in Epidemiology in Louisiana
- Mental Health / Substance Abuse
- Disclosure Issues
- Prioritization of Healthcare
- Gynecologic Concerns
- Sexuality
- Fertility and Perinatal Transmission



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Epidemiology in LA

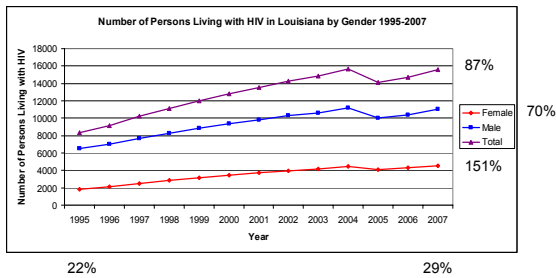


Chart developed with the HIV/AIDS Program of OPH of LA
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Epidemiology in LA

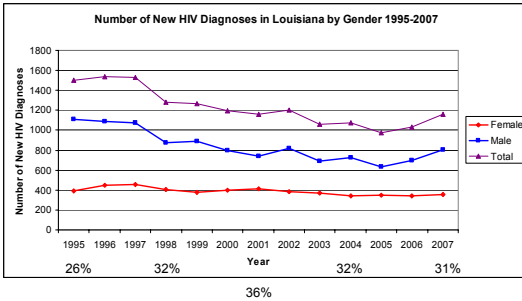


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Mental Health / Substance Abuse

- **Depression**
 - 30-60% of women versus 20% of men
 - Twice as likely to die
 - Depressive symptoms associated with greater declines in CD4 cells
- **Anxiety**
 - PTSD – 30-40% of women with HIV
 - 66% with lifetime history of domestic violence
- **Suicide – 24-26% attempt suicide after diagnosis**
- **Substance Abuse**



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Disclosure

- | | |
|---|--|
| <ul style="list-style-type: none"> • Benefits: <ul style="list-style-type: none"> – Support – No need to hide the information – Access to appropriate care – Decrease transmission – Some states have disclosure laws | <ul style="list-style-type: none"> • Detriments <ul style="list-style-type: none"> – Difficulty with acceptance – Possible discrimination – Rejection in social or romantic situations – Domestic violence – Disclosure to others by informed person |
|---|--|



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Disclosure

- **General Guidelines**
 - Ask yourself the reason you are disclosing to this person
 - Anticipate the reaction – best vs. worse
 - Prepare by informing self about HIV
 - Get Support
 - Accept the reaction.



Disclosure

- **People potentially exposed**
 - Sexual partners
 - Needle-sharing partners
 - DIS workers / Medical provider
- Employers
- Family Members
- Health Care Providers
- Social Contacts



Disclosure

- People potentially exposed
- **Employers**
 - If potentially interferes with job
 - Discuss confidentiality
 - Letter from primary care provider
 - Americans with Disability Act
- Family Members
- Health Care Providers
- Social Contacts



Disclosure

- People potentially exposed
- Employers

- **Family Members**

- Support
- Possible rejection
- Loss of housing
- Questions regarding exposure

- Health Care Providers
- Social Contacts



Disclosure

- People potentially exposed
- Employers
- Family Members

- **Health Care Providers**

- Universal precautions
- Appropriateness of health care
- Gloving

- Social Contacts



Disclosure

- People potentially exposed
- Employers
- Family Members
- Health Care Providers

- **Social Contacts**

- Romantic
 - Legal requirement before intimacy
 - Safer sex
- Need for support



Prioritization of Health Care

- Place the health care of their family or significant others first
- Often miss appointments or medication dosing
- May ignore problems



Gynecologic Concerns

- Sexually Transmitted Diseases
 - Screening
 - Consequences of PID
 - Effects on HIV transmission
- Candidal vulvovaginitis



Gynecologic Concerns

- Cervical Cancer
 - Screening
 - Effect of HIV
- Aphthous ulcerations



Sexuality

- **Negotiation of safer sex**
 - Intimacy
 - Fear of violence
 - Female condoms
- **Sexual practices**
 - Anal versus vaginal versus oral sex
- **Sexual partners**
 - Male versus female
- **Post-menopausal women**
- **Microbicides**





Fertility and Perinatal Transmission

- **Reproductive Options**
 - **Contraception**
 - Oral contraceptives
 - Condom use
 - Injectables
 - **Discordant couples**
 - In vitro
 - Sperm washing
 - **Concordant couples**



Fertility and Perinatal Transmission

- **Pregnancy**
 - **Treatment**
 - CD4 > 350
 - CD4 < 350
 - **Regimens**
 - AZT-based
 - **Avoid:**
 - Efavirenz
 - d4T + ddi together



Fertility and Perinatal Transmission

- **Untreated mother: 25% - 40%**
- **Nevirapine SD Therapy: 10-15%**
- **O76 protocol: 8%**
- **HAART therapy: 1-2%**



Fertility and Perinatal Transmission

- **Ceasarian section**
 - Recommend if mother's viral load is not < 1000 at the time of delivery
 - ~ 50% reduction in transmission
 - Not effective if mother has already began labor or had rupture of membranes



Conclusions

- Changing epidemiology has about 1/3 of newly infected as women, primarily minorities
- Depression and anxiety more common in women with HIV
- Disclosure may be very difficult and skills should be taught to HIV+ women
- Women need to be empowered to place their healthcare needs first
- Routine PAP smears very important for HIV+ women
- Sexuality expression differs per patient and education needs to be tailored
- With appropriate prenatal care, perinatal transmission can be decreased to < 2%