



CQUIN Differentiated MCH Workshop

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Postpartum Adherence Clubs for Antiretroviral Therapy (PACART): A Randomized Controlled Trial

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HIV Learning Network

The CQUIN Project for Differentiated Service Delivery

Background and Methods

- Adherence clubs (ACs) widely implemented for general adults on ART in South Africa
- Postpartum women on ART referred to routine clinics
- RCT randomizing postpartum women who started ART in pregnancy to either
 - **Community-based ACs** OR
 - **Local primary health care ART clinics**
- Outcomes:
 - Primary - time to VL >1000 cps/mL
 - Secondary – Maternal and child health status

| | Adherence Club (Intervention) | PHC Clinic (Control) |
|-------------------------------|--|--------------------------------|
| Venue | Offsite community hall | ART clinic |
| Modality of care | Group-based | Individualized |
| Attending staff | Community health workers supported by nurse | Nurse or doctor |
| Eligibility criteria | “Stable” patients <ul style="list-style-type: none"> • VL <400 copies/mL • No comorbidities | All patients |
| Lab testing | Annually | 6-12 monthly |
| Visit duration | Standard visit: 1 hr, clinical visit: ~3 hrs | 3 hrs to the whole day |
| Prescription frequency | 2 monthly (4m over holidays) | 1-2 monthly (3m over holidays) |
| Infant care | Local “well-baby” clinic | Local “well-baby” clinic |

Trial Outcomes and Implications

Immediate referral to ACs postpartum is associated with:

- **29% reduction in viremia (HR 0.71 [95% CI, 0.50 – 1.01])**
- No difference in other maternal and child health outcomes

Potentially important intervention to improve women's virologic outcomes

- Well-established system
- Minimal operation changes required to implement in this setting
- Further research required in different settings

Proportion experiencing elevated VL at 12 and 24 months postpartum by arm

| | ACs (n=205), n (%) | PHC ART clinic (n=204), n (%) | p value (log rank) | Unadjusted hazard ratio (95% CI) |
|---------------------------|-----------------------|----------------------------------|-----------------------|-------------------------------------|
| <u>Primary Outcome</u> | | | | |
| VL >1000 cps/mL by 12m pp | 16% | 23% | | |
| VL >1000 cps/mL by 24m pp | 29% | 37% | 0.056 | 0.71 (0.50–1.01) |

Secondary outcomes by arm

| Secondary Outcome | ACs (n = 205), n (%) | PHC ART Clinic (n = 204), n (%) | Total (n = 409), n (%) |
|-------------------------------------|-------------------------|------------------------------------|---------------------------|
| Women | | | |
| Deaths | 2 (1.0) | 4 (2.0) | 6 (1.5) |
| TB diagnoses | 4 (2.0) | 8 (3.9) | 12 (2.9) |
| Pregnancies | 12 (5.9) | 8 (3.9) | 20 (4.9) |
| Family planning use at 24m | 138 (67.3) | 141 (69.1) | 279 (68.2) |
| Infants | | | |
| Deaths | 4 (2.0) | 1 (0.5) | 5 (1.2) |
| Reported breastfeeding at 6m | 73 (35.6) | 70 (34.3) | 143 (35.0) |
| Mother-to-child transmission of HIV | 0 | 0 | 0 3 |

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