A Multidisciplinary Team Approach To Improving Adherence Among HIV Infected Adults

**Methods**

All patients receiving ART are offered a variety of adherence interventions that include:

- Developing an individual plan tailored to address potential challenges to adherence seen in a research rather than clinical setting.
- Review of an updated adherence list to identify patients needing follow up assessment of and attention to adherence related issues.
- Pre-clinic meetings to flag patients needing adherence interventions.
- Case conferences at weekly staff meetings to tailor individualized adherence plans.
- Side Effect Management: Potent treatment options are expanding, giving those who have multi-drug resistance new options for treatment.
- Pre-filling medication boxes: Increased staff capacity to monitor and support patients' adherence.
- Assessment of patient readiness when conducted by clinicians from both Behavioral Health and Medicine have generated a fuller picture of potential strengths and challenges for adherence and has likely enhanced the development of tailored plans.
- Enhanced Medical Management Services for ongoing support of the clinic's quality improvement projects.
- **Conclusion:** The core team is able to accomplish the goals of the project. The successful implementation of the project will likely result in improved adherence and outcomes.

**Background**

The Zinberg Clinic is a multi-disciplinary primary care clinic providing primary and acute care to the population of people with HIV living in Cambridge, MA. The clinic is located within Cambridge Health Alliance, an integrated health system that includes a major teaching hospital, an urban practice setting, and community health centers. The Zinberg Clinic has seen dramatic growth in the number of patients with HIV in recent years. The clinic provides comprehensive medical care including primary care, chronic care management, acute care, mental health, substance abuse, and case management. The Zinberg Clinic serves a diverse population, including immigrants and refugees, and has a strong commitment to providing care to all patients regardless of their ability to pay. The clinic is led by a multidisciplinary team of clinicians, including physicians, nurse practitioners, social workers, and case managers.

**Results**

- **Percentage of HIV Patients with Viral Load Checked in Last 6 Months**
  - 75% in 2001
  - 81% in 2002
  - 87% in 2003
  - 90% in 2004
  - 85% in 2005

- **Percentage of HIV Patients on ART with Undetectable Viral Load Last 4 Months**
  - 91% in 2002
  - 90% in 2003
  - 91% in 2004
  - 89% in 2005

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*Data from Zinberg Clinic, 2002-2007