

HIV PHARMACOTHERAPY

The Pharmacist's Role in Care and Treatment

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Dedication

To *Cassie, Eamon, and Alida* for always reminding me to go instead where there is no path, and to *Debbie and Bob S.* for believing in me.

Jason J. Schafer

Many thanks to my husband *Viet Vu* and son *Khai* for inspiring me to maintain balance, and to *Evelyn Rodriguez* for her steadfast encouragement.

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For *Ben and Lily* and my early mentor *Betty*.

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Thanks to my husband *Mark Pellar* and wonderful daughters *Sophie* and *Beatrice*. You inspire me every day.

Alice L. Tseng

Contents

| | |
|---|-----|
| Foreword | vii |
| <i>Alice K. Pau, PharmD, FASHP, FIDSA</i> | |
| Preface | ix |
| Acknowledgments..... | x |
| Editors and Contributors | xi |
| List of Tables and Figures | xvi |

SECTION I: The Diagnosis and Pharmacologic Management of HIV-1 Infection

Section Editor: Elizabeth M. Sherman, PharmD, AAHIVP

| | |
|--|-----|
| CHAPTER 1: HIV Infection Overview..... | 3 |
| <i>Elizabeth M. Sherman, PharmD, AAHIVP, and Marylee Worley, PharmD, BCPS</i> | |
| CHAPTER 2: HIV Testing and Diagnosis | 17 |
| <i>Jason J. Schafer, PharmD, MPH, BCPS, AAHIVP</i> | |
| CHAPTER 3: Antiretroviral Therapy | 25 |
| <i>P. Brandon Bookstaver, PharmD, FCCP, FIDSA, BCPS, AAHIVP; Kristina E. R. Connolly, PharmD, BCPS; and Celeste R. Caulder, PharmD</i> | |
| CHAPTER 4: Initiating HIV Treatment and Supporting Adherence..... | 69 |
| <i>Agnes Cha, PharmD, AAHIVP, BCACP, and Tiffany E. Bias, PharmD, AAHIVP, BCPS (AQ-ID)</i> | |
| CHAPTER 5: HIV Treatment Failure and Resistance | 85 |
| <i>Janet Grochowski, PharmD, BCPS, AAHIVP, and Parya Saberi, PharmD, MAS, AAHIVP</i> | |
| CHAPTER 6: Preventing HIV Transmission with Antiretroviral Therapy | 103 |
| <i>Katy L. Garrett, PharmD; Mackenzie L. Cottrell, PharmD, MS, BCPS, AAHIVP; and Angela DM Kashuba, PharmD, DABCP, FCP</i> | |

SECTION II: The Pharmacologic Management of HIV Co-infections

Section Editor: Alice L. Tseng, PharmD, FCSHP, AAHIVP

| | |
|--|-----|
| CHAPTER 7: Opportunistic Infections | 127 |
| <i>Christine A. Hughes, BScPharm, PharmD, FCSHP, and Deborah Yoong, BScPharm, ACPR, PharmD</i> | |
| CHAPTER 8: Viral Hepatitis | 163 |
| <i>Denise Kreuzwiser, BScH, BScPharm, ACPR, AAHIVP; Pierre Giguère, BPharm, MSc, AAHIVP; and Alice L. Tseng, PharmD, FCSHP, AAHIVP</i> | |

| | |
|--|-----|
| CHAPTER 9: Sexually Transmitted Infections | 185 |
| <i>Deborah V. Kelly, BScPharm, PharmD, FCSHP, AAHIVP, and Tony Antoniou, PharmD, PhD, BScPharm</i> | |
| CHAPTER 10: HIV and Tuberculosis | 203 |
| <i>Eric F. Egelund, PharmD, PhD, AAHIVE, and Emily C. Huesgen, PharmD, BCACP, AAHIVP</i> | |
| <hr/> | |
| SECTION III: Primary Care and Special Populations with HIV | |
| <i>Section Editor: Jennifer M. Cocohoba, PharmD, MAS, BCPS, AAHIVP</i> | |
| CHAPTER 11: HIV Primary Care | 221 |
| <i>Jennifer M. Cocohoba, PharmD, MAS, BCPS, AAHIVP, and Betty J. Dong, PharmD, FCCP, FASHP, FAPhA, AAHIVP</i> | |
| CHAPTER 12: Neuropsychiatric Disorders, Mental Health, Pain, and Substance Use | 243 |
| <i>Jennifer E. Thomas, PharmD, AAHIVP, and Joshua Caballero, PharmD, BCPP, FCCP</i> | |
| CHAPTER 13: Care of the Transgender Patient | 261 |
| <i>Bryan M. Bishop, PharmD, BCPS</i> | |
| CHAPTER 14: Women's Health | 271 |
| <i>E. Kelly Hester, PharmD, FCCP, BCPS, AAHIVP</i> | |
| CHAPTER 15: Pediatric HIV Infection | 285 |
| <i>Kathleen K. Graham, PharmD, and Ana M. Puga, MD</i> | |
| CHAPTER 16: HIV and Cancer | 313 |
| <i>Karim Ibrahim, BPharm, DClinPharm, AACPA, MSHP, and Alison Yi Jin Wong, BPharm, MSc, AAHIVP</i> | |
| CHAPTER 17: Transplant and HIV | 329 |
| <i>Melissa Badowski, PharmD, MPH, BCPS, AAHIVP; Sarah E. Pérez, PharmD, BCACP, AAHIVP; and Elizabeth Hetterman, PharmD, BCPS</i> | |
| CHAPTER 18: Care Transitions for Persons Living with HIV | 341 |
| <i>Michelle M. Foisy, BScPharm, PharmD, ACPR, FCSHP, AAHIVP</i> | |
| Index | 353 |

During my almost 30 years providing pharmaceutical care for persons with human immunodeficiency virus (HIV), I have witnessed remarkable advances—from discovery to rapid diagnosis, prevention, and treatment of opportunistic infections to the development of safe and effective antiretroviral therapy (ART)—in a relatively short time period. The results of these advances have saved millions of lives not only in the United States, but globally, including many low income countries most affected by HIV. For more persons with HIV to receive the full benefit of therapy, the effort must begin with early diagnosis, followed by linkage to and retention in care, receipt of appropriate ART, and continuous adherence to therapy and care.¹ Pharmacists at different practice settings can play critical roles in every stage of the care continuum.

The results of two large randomized controlled trials—the START and TEMPRANO studies—solidified the roles and benefits of early ART in reducing both AIDS-associated and non-AIDS comorbidities.^{2,3} It is now well accepted that all persons with a diagnosis of HIV infection should be started on ART regardless of their CD4+ T-cell count. With effective ART, the life expectancy of most persons living with HIV can approximate those in persons without HIV.¹ With the increase in longevity resulting from ART, most patients remain free of AIDS-related symptoms, but many develop comorbidities traditionally associated with aging such as cardiovascular disease, neurocognitive impairment, and cancer. The complexity of treatment of HIV infection, opportunistic infections, and other comorbidities, with resultant polypharmacy, adverse effects, drug interactions, and adherence issues has made it essential to include a pharmacist as a member of the multidisciplinary care team. Until there is a cure for HIV infection, persons with HIV are expected to continue their ART for life. Lifelong ART poses challenges to all patients, even those who are adherent to their medications. Pharmacists and other healthcare providers need to keep partnering with patients through this long journey so that benefits from the prescribed treatments continue.

Traditionally, pharmacists consult medical textbooks, treatment guidelines, and other publications for information regarding management of patients with HIV. No single textbook has provided a focused guidance for pharmacists in HIV care. It is, thus, timely for the editors to assemble a group of pharmacists with expertise in HIV care for this new book *HIV Pharmacotherapy: The Pharmacist's Role in Care and Treatment*. In the following pages, they share their expertise and provide guidance to other pharmacists who are beginning to provide, or are already providing, pharmaceutical care for persons with HIV. This book offers a comprehensive compendium for pharmacists on different and important topics associated with caring for persons with HIV—from the time of diagnosis to initiation of ART, management of patients with virologic failure, management of different co-infections, and provision of care for special patient populations. At the end of each chapter, the authors identify important roles pharmacists should play in

the care of these patients, as well as specific resources available to consult. This textbook will be very useful both in the classroom as well as in the clinical setting.

Despite having more potent, less toxic, and easier to take ART drugs now than in earlier years, long-term adherence to therapy continues to be a challenge for some patients. Clinical and basic science research efforts are underway to identify improved treatment outcome. Some of these efforts include new investigational antiretroviral drugs and biologics that target drug-resistant HIV; longer-acting agents (e.g., injectable, implantable depots) that target less frequent dosing and improve adherence; and therapeutic vaccines and other modalities aimed at achieving functional cure of HIV with the potential for temporary or permanent discontinuation of ART. Some of these investigational approaches are in advanced clinical trials and may soon be available, while others are in earlier stages of investigation. Additionally, clinical research studies are underway to evaluate pharmaceutical approaches to pre-exposure prophylaxis such as microbicides, implants, vaginal rings, and long-acting injectables.

The management of HIV infection is continuously evolving, with treatment guidelines updated annually, or more frequently, as a result of new drug approval, new research findings, or emerging toxicities. This textbook is an excellent guide for all who provide pharmaceutical care for persons with HIV. However, the field is constantly changing, so you need to also consult the most up-to-date guidelines or publications when required. Some of these resources are outlined in the textbook, and many of them are periodically updated electronically.

The safe and effective use of ART and concomitant medications is key to treatment success for all persons with HIV. The most critical tool for this success is to have a good understanding of the principles and pharmacology of ART, to promptly recognize any potential drug interactions and/or toxicities and to design strategies to avoid both, and to be aware of unique aspects of care related to special populations. This book provides pharmacists with these basic tools all in one source. It will be a valuable reference to help in the management of patients with HIV in the years ahead.

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HIV infection remains among the most important infectious diseases worldwide. Although the epidemic has changed significantly over the years, traditional obstacles to successful care remain such as prevention, early diagnosis, stigma and public perception, linkage to care, retention in care, and adherence to antiretroviral therapy. As patients age with HIV infection, new challenges emerge increasing the importance to provide comprehensive HIV and primary care as well as identify and manage comorbid conditions and coinfections—all while maintaining virologic suppression and meeting the unique needs of key patient populations.

Pharmacists have long been recognized as essential members of the HIV healthcare team. Their involvement in managing HIV-infected patients improves outcomes. To address both the traditional and contemporary challenges of HIV care, the pharmacist's role is evolving with a focus on providing comprehensive care to all patients with HIV infection.

PURPOSE

The goal of this book is to provide pharmacists with a consolidated resource that will assist them in delivering comprehensive care to patients with HIV infection. All pharmacists practicing HIV medicine will value this resource as the first comprehensive and consolidated HIV pharmacotherapy reference that they can use to facilitate learning as well as decision making in the clinical setting. This resource will also be valuable to student pharmacists and pharmacy residents eager to establish their knowledge and understanding of HIV medicine to make meaningful contributions to patient care.

HOW TO USE THIS BOOK

This book covers both core and advanced concepts of HIV care. Because each chapter first introduces fundamental disease state concepts before moving on to more advanced information, new practitioners entering the field of HIV medicine can use this book to build a foundation of HIV knowledge. Because each chapter also covers advanced aspects of care and provides evidence-based, patient care recommendations, it can also serve as a resource for pharmacists who encounter patients with HIV infection as a part of their routine practice. Tables and figures that consolidate information and provide quick reference to key concepts can also assist in direct patient care decisions. Links and references to important pieces of primary literature, key practice guidelines, and online tools at the end of each chapter provide opportunities for additional learning. Each chapter also concludes with a discussion of the role of the pharmacist, highlighting evidence where available and identifying practice gaps for pharmacists that require additional study.

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List of Tables and Figures

Chapter 1

- TABLE 1-1. Estimated Per-Act Probability of Acquiring HIV from an Infected Source, by Exposure Act
- TABLE 1-2. Common Signs, Symptoms, and Laboratory Findings of Acute HIV Infection
- TABLE 1-3. AIDS-Defining Conditions
- FIGURE 1-1. World map of HIV prevalence in persons ages 15 to 49 years old.
- FIGURE 1-2. HIV typical disease progression.
- FIGURE 1-3. HIV care continuum among persons with HIV in the United States in 2011.

Chapter 2

- No tables
- FIGURE 2-1. Pattern of HIV serologies and comparison of generations 1–4 HIV tests in detecting HIV in human serum.
- FIGURE 2-2. HIV 1/2 testing algorithm.

Chapter 3

- TABLE 3-1. Summary of Available Antiretrovirals
- TABLE 3-2. Antiretroviral Adverse Effects
- TABLE 3-3. Interactions Between Antiretrovirals and Acid-Suppressing Agents
- TABLE 3-4. Antiretroviral Enzyme Effects
- TABLE 3-5. Drug-Food Interactions
- TABLE 3-6. Common Barriers to Antiretroviral Adherence
- TABLE 3-7. Rule of “One-Sixth”
- TABLE 3-8. Completed HIV-1 Vaccine Trials
- FIGURE 3-1. Drug therapy targets in the HIV life cycle.
- FIGURE 3-2. Detailed timeline of landmark discoveries in the history of HIV treatment.

Chapter 4

- TABLE 4-1. Suggested Topics, Questions, and Respective Laboratory Results That Should Be Obtained Prior to Initiating ART

- TABLE 4-2. Laboratory Monitoring Before ART and Ongoing Assessment of ART
- TABLE 4-3. Strategies for Pharmacists to Improve Adherence
- TABLE 4-4. Recommended Initial Treatment Regimens
- TABLE 4-5. Advantages and Disadvantages of Recommended Initial Treatment Regimen Components with Supporting Literature
- No figures

Chapter 5

- TABLE 5-1. Genetic Barrier to Resistance Adapted from Panel on Antiretroviral Guidelines for Adults and Adolescents
- TABLE 5-2. Selected Important Information on NRTI Resistance
- TABLE 5-3. Weight Factor of ETR Resistance-Associated Mutations
- TABLE 5-4. Major Pathways of Resistance with RAL
- TABLE 5-5. Major Pathways of Resistance with EVG
- No figures

Chapter 6

- TABLE 6-1. Oral PrEP Clinical Trials Efficacy in Preventing HIV Acquisition and Medication Adherence
- TABLE 6-2. Indications for PrEP Use Among Three High-Risk Populations
- TABLE 6-3. Estimated Per-Act Risk for Acquiring HIV from an Infected Source, by Exposure Act
- TABLE 6-4. Preferred and Alternative PEP Regimens
- TABLE 6-5. Preferred and Alternative nPEP Regimens
- FIGURE 6-1. Diagnosis risk by transmission group.
- FIGURE 6-2. PrEP drug development pipeline.
- FIGURE 6-3. Algorithm for evaluation and treatment of possible non-occupational HIV exposures.

Chapter 7

- TABLE 7-1. Pharmacist's Assessment to Identify, Prevent, and Resolve OI-Associated Drug Therapy Problems
- FIGURE 7-1. Relationship between CD4 count and types of pathogens.

Chapter 8

- TABLE 8-1. Interpretation of Hepatitis B Serologic Test Results
- TABLE 8-2. Treatment Regimens for Treatment-Naïve Hepatitis C Genotype 1 Infection

- TABLE 8-3. Treatment Regimens for Treatment-Naïve Hepatitis C Genotypes 2 to 6
- TABLE 8-4. Antiretroviral Treatment Options for Patients on Hepatitis C Treatment
- No figures

Chapter 9

- TABLE 9-1. Treatment for Infections Characterized by Urethritis and Cervicitis
- TABLE 9-2. Treatment for Infections Characterized by Vaginal Discharge
- TABLE 9-3. Treatment for Genital Herpes
- TABLE 9-4. Treatment for Syphilis
- No figures

Chapter 10

- TABLE 10-1. Differences in TST and IGRA Tests
- TABLE 10-2. First- and Second-Line Medications Used to Treat Active Tuberculosis
- TABLE 10-3. Selected Drug Interactions Between the Rifamycins and ART with the Expected Effect on ART Concentrations
- No figures

Chapter 11

- TABLE 11-1. ART-Induced Mean Lipid Changes (mg/dL) from Baseline to 48 Weeks (Selected Studies)
- TABLE 11-2. Antiretrovirals Requiring Dose Adjustment in Renal Dysfunction
- No figures

Chapter 12

- No tables
- No figures

Chapter 13

- TABLE 13-1. Definitions Related to Gender and Sexuality
- TABLE 13-2. Medications Used in the Treatment of Transgender Patients
- No figures

Chapter 14

- TABLE 14-1. Management of Drug Interactions Between Antiretroviral Therapy and Hormonal Contraceptives
- TABLE 14-2. 2016 Recommended Therapies in Pregnancy for Prevention of Mother-to-Child Transmission
- FIGURE 14-1. Safe conception considerations for serodiscordant couples.

Chapter 15

- TABLE 15-1. Panel's Recommendations for Initial Postnatal Management of the HIV-Exposed Neonate
- TABLE 15-2. Neonatal Dosing for Prevention of Perinatal HIV Transmission
- TABLE 15-3. Special Considerations in Neonates, Infants, Children, and Adolescents with HIV Infection
- TABLE 15-4. HIV Infection Stage Based on Age-Specific CD4 Cell Count or Percentage
- TABLE 15-5. Preferred cART Regimens for Initial Treatment of Neonates, Infants, Children, and Adolescents
- TABLE 15-6. Dosing Guidelines for Preferred Antiretroviral Agents for the Treatment of Infants and Children with HIV
- TABLE 15-7. Dosing Guidelines for Preferred Antiretroviral Agents for the Treatment of Adolescents with HIV
- TABLE 15-8. Antiretroviral Treatment Considerations in Infants, Children, and Adolescents with HIV
- TABLE 15-9. Strategies to Improve Adherence to Antiretroviral Medications
- TABLE 15-10. Pediatric Vaccine Preventable Diseases and Primary Prophylaxis for *Pneumocystis* Pneumonia, *Toxoplasma* Encephalitis, and *Mycobacterium avium* complex
- FIGURE 15-1A. Estimated number of cases of perinatally acquired AIDS, by year of diagnosis —United States, 1985–2004.
- FIGURE 15-1B. New HIV infections among children (aged 0–14 years) with and without the provision of antiretroviral medicines to prevent mother-to-child transmission, global, 1995–2015.

Chapter 16

- TABLE 16-1. Cumulative Cancer Incidence by 75 Years Old (Data from 2005–2009)
- TABLE 16-2. Rituximab Combined with Chemotherapy for Patients with HIV-Associated NHL

- TABLE 16-3. Examples of Some Potential Antiretroviral Agents and Chemotherapy Interactions
- TABLE 16-4. Summary of Antiretroviral Therapy Choice During Chemotherapy
- No figures

Chapter 17

- TABLE 17-1. HOPE Act Donor and Recipient Criteria for HIV-Positive to HIV-Positive Transplantation
- TABLE 17-2. Characteristics of Adverse Effects with Maintenance Immunosuppressive Agents
- TABLE 17-3. Drug–Drug Interactions
- No figures

Chapter 18

- TABLE 18-1. Medication Errors in the Hospital Setting
- TABLE 18-2. Solutions to Minimize Medication Errors in the Hospital Setting
- TABLE 18-3. Solutions to Facilitating Continuity of Care in the Outpatient Setting
- FIGURE 18-1. Integration of infectious diseases clinic services and specialty pharmacy services.