



Getting to Undetectable: HIV Medication Adherence Strategies for Your Clients

When people living with HIV (PLWH) take their HIV medication exactly as prescribed – every dose, every day – they can achieve viral suppression and live longer, healthier lives. HIV medication, also known as antiretroviral treatment (ART), lowers the amount of virus in the body and greatly reduces the risk of transmitting HIV to others. Community-based organizations (CBOs) play a key role in helping PLWH to identify practical, long-term strategies to achieve optimal medication adherence, whether your client is just starting treatment or been on ART for years.

CDC Supported Medication Adherence Strategies

CDC-funded CBOs working with newly diagnosed HIV-positive clients are required to provide medication adherence strategies that meet clients' unique needs or refer them to appropriate services. To support adherence, CBOs should have a strong partnership with an HIV clinic or provider and may choose to implement the CDC strategies below.



HEART - Helping Enhance Adherence to Antiretroviral Therapy

Clients and their support partner of choice work through problem-solving activities to anticipate, identify, and address adherence barriers. HEART is delivered before and in the first two months after starting ART.



Peer Support

HIV-positive peers, currently adherent to ART, provide medication-related social support through group meetings and weekly individual telephone calls to PLWH who are having difficulty with adherence.



SMART - Couples Sharing Medical Adherence Responsibilities Together

HIV discordant couples, with poor adherence in the HIV-positive partner, support each other to address ART adherence and safer sex practices.



Partnership for Health for Medication Adherence





Providers deliver brief messages about the importance of adherence and work with patients to problem-solve adherence barriers during their routine medical visits.

Access Training and Other Resources

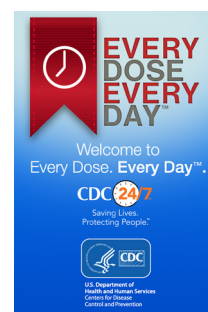
Visit effectiveinterventions.cdc.gov to access Every Dose Every Day, the medication adherence [online training toolkit](#) for providers. Training topics include:

- Benefits of ART adherence
- Components of each adherence strategy
- Key players and staff roles and responsibilities
- Overview of session content
- Strategy in action (e.g., videos of sessions)
- Integrating the strategy into practice
- Additional resources (e.g., implementation and consumer materials)

Compare Medication Adherence Strategies: Select the Best Strategies for Your Target Population and Agency

STRATEGY	TARGET POPULATION	SUPPORT PARTNER	FACILITATOR	STRUCTURE
HEART 	Clients new to ART Clients changing their ART regimen	Identified by the client	<ul style="list-style-type: none"> • HIV case manager • Health educator • Social worker • Medical provider (e.g. MD, RN, NP, PA) 	Five (1 1/2 - 2 hour) in-person sessions Five follow-up phone calls over six months
Peer Support 	Clients new to ART Clients experienced with ART	HIV-positive peers identified by the agencies Peers should be taking ART, adherent to their treatment, and trained by CBO staff to participate	Trained peers and supervisory program staff	Monthly one hour group meetings with other HIV-positive clients and peers Weekly individual phone calls with peers for three months
SMART Couples 	HIV serodiscordant couples, with poor adherence in the HIV-positive partner	HIV-negative partner in a relationship for more than six months	<ul style="list-style-type: none"> • HIV case manager • Health educator • Social worker • Medical provider • Counselor 	Four 45-60 minutes with the couple
Partnership for Health for Medication Adherence 	Clients new to ART Clients changing their ART regimen	No	Medical provider	Brief counseling session (three to five minutes) during each medical visit

Check out the [Every Dose Every Day \(E2D2\) Mobile App](#) that helps clients set up medication reminders easily, and keep track of appointments, laboratory results, and refills. It is confidential, secure, and easy to use. The mobile app can be used with any of the strategies above.



REQUEST CBA

CBA@JSI can help you look at the benefits and challenges of each strategy, find one that best fits your organization, and plan for implementation.

Learn more about how JSI can help your organization and request CBA at www.cba.jsi.com.



This guide was prepared by JSI's Capacity Building Assistance project, CBA@JSI, funded by the Centers for Disease Control and Prevention, under grant number 1U65PS004406.