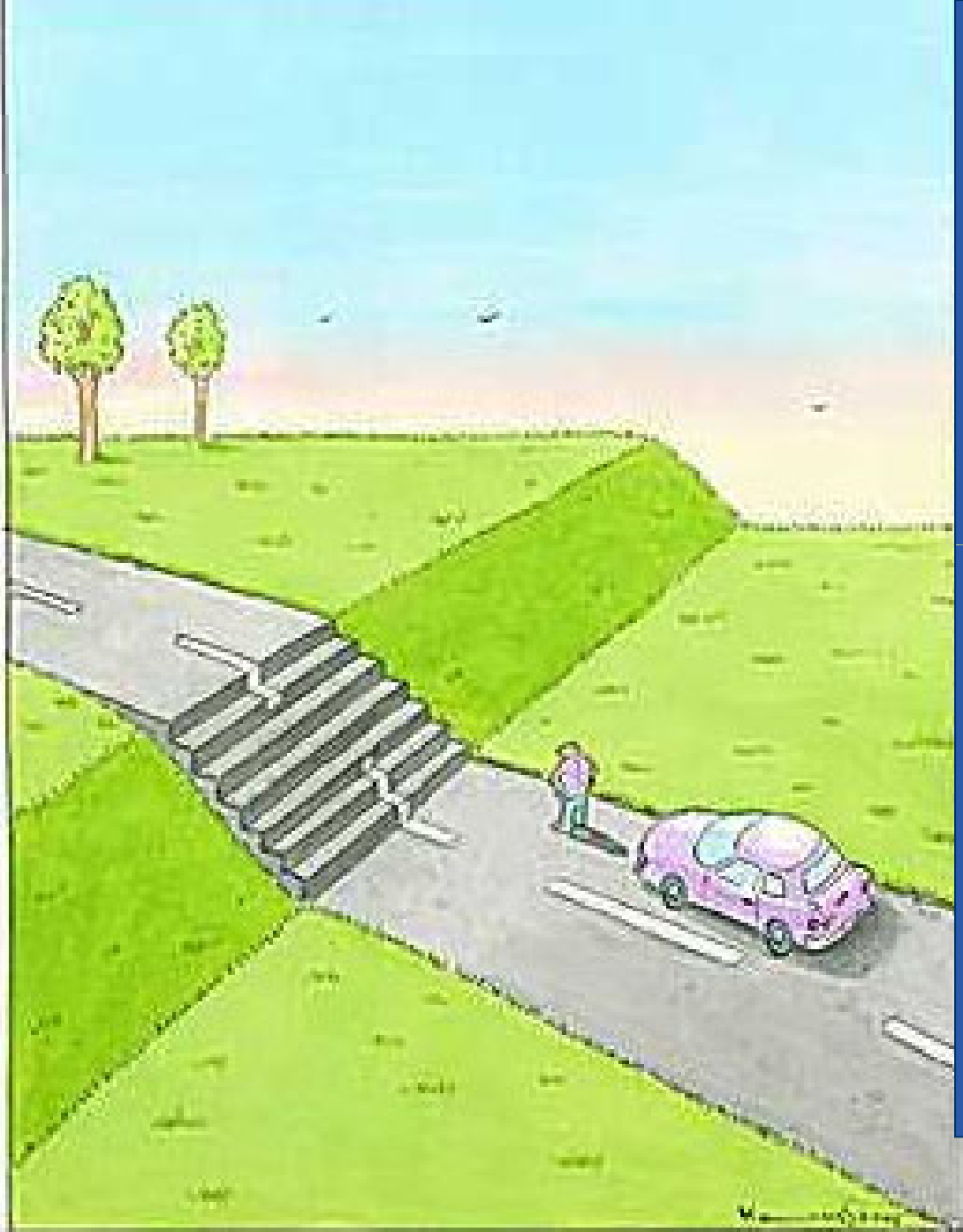


New Steps on the Road to Adherence



New Steps on the Road to Adherence

The Family Center

Donna Horton, BSN, ACRN

Julia Sanchez

Warren Reich, PhD



Disclosure Information

Grants/Research Support

- The Family Center's Project SWEL was supported with funding from the Pfizer Foundation's ConnectHIV initiative (April 2007 to March 2010).
- HRSA Education Committee Disclosures
 - HRSA Education Committee staff have no financial interest or relationships to disclose
- CME Staff Disclosures
 - Professional Education Services Group staff have no financial interest or relationships to disclose.

Learning Objectives:

By the end of this session participants will be able to:

- Generate ideas for the use of MEMScaps, text messaging and pill counting to enhance adherence in their programs.
- Understand the value of conducting internal program evaluations to maximize the effectiveness of adherence interventions.
- More directly involve their clients as active collaborators in the adherence process.

Project SWEL

- Stay
- Well
- Enjoy
- Life



Project SWEL components

Assessment

Individual counseling



**Multi-Faceted
Adherence Support**



Medication Adherence

- Known barriers to adherence
 - Limited knowledge about HIV
 - Threat to self-image
 - Social isolation
 - Lack of reinforcement or feedback

Project SWEL

Addresses each of these barriers

- Knowledge
 - Individual counseling
- Self-image
 - Women's Wellness Group
- Social contact
 - Treatment Adherence Buddy
- Reinforcement and feedback
 - MEMScaps

Integrated multi-tiered adherence support:

Treatment Adherence Buddies

Women's Wellness Group

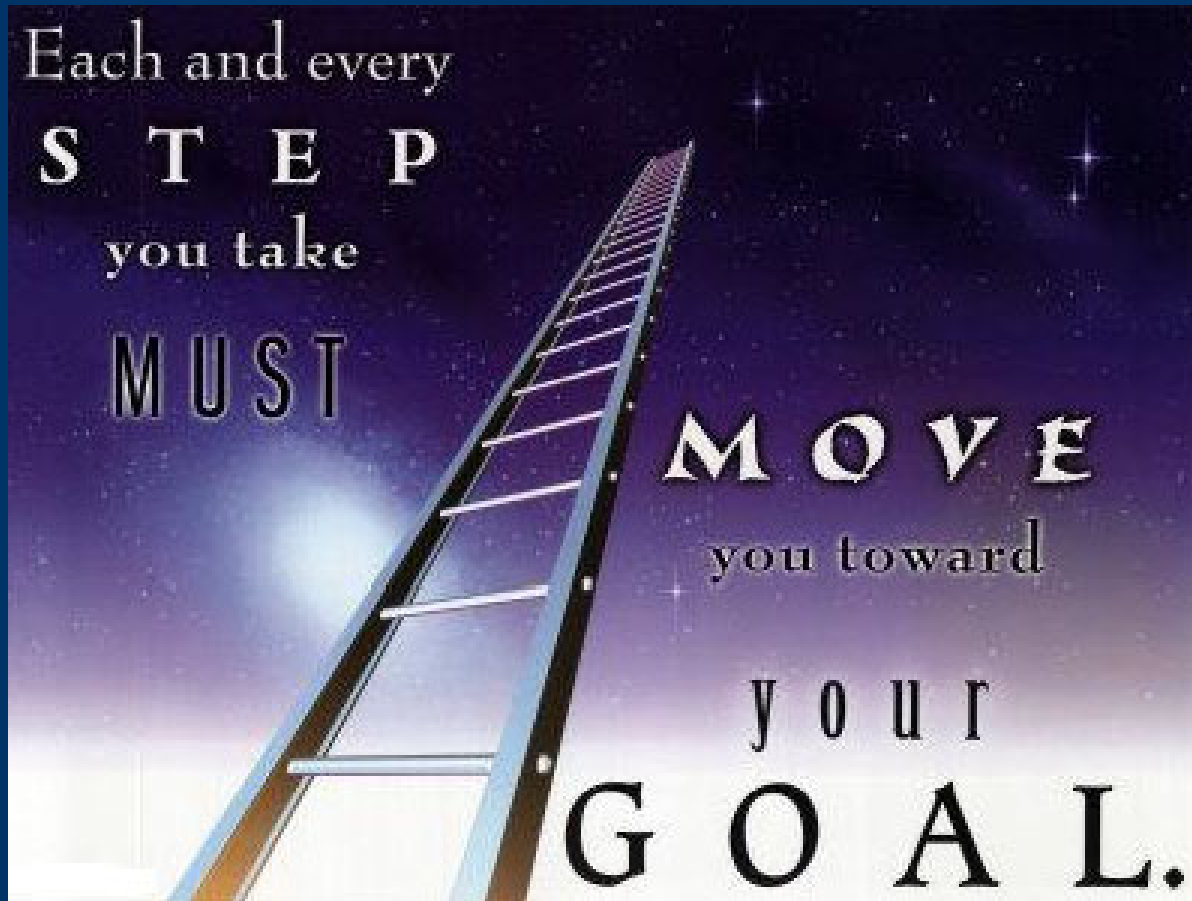
MEMScaps

Individual Counseling

Assessment into SWEL



Client as Collaborator



Counseling

- Assess client
- Establish adherence needs
- Set goals
- Mutually agree on next step

Women's Wellness Group

- Meets bi-monthly
- English and Spanish
- Peer support
- Enhances confidence/self-esteem



Treatment Adherence Buddies



- **TABs**
 - Adherent
 - Good social support
- **TABbies**
 - Difficulty with adherence
 - Lack of social support or confidante

MEMScaps



The MEMS monitor is composed of a microswitch, a clock and a memory.



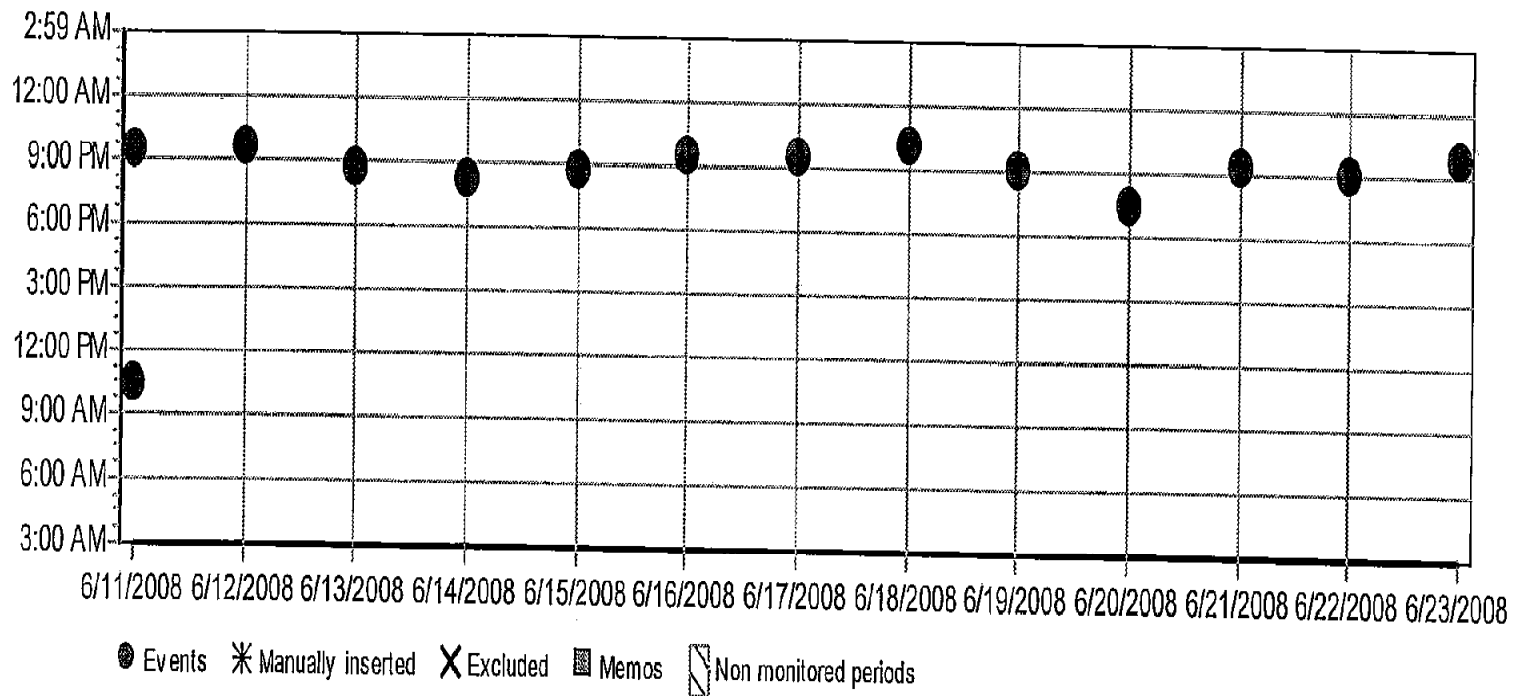
To read a monitor, very easy! Put the MEMS monitor, head down, on the MEMS Reader and click on Read MEMS 6 on the web portal.

20 Years of Leadership
A LEGACY OF CARE

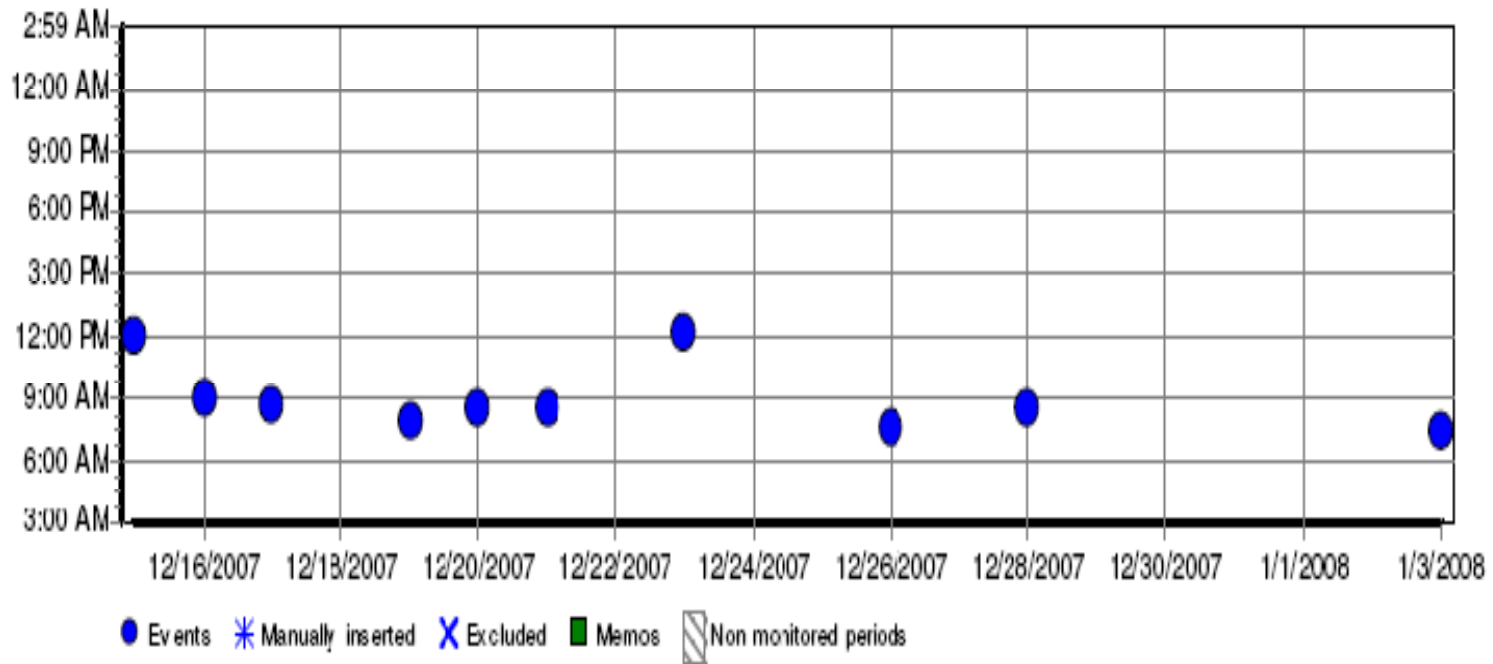


20th RYAN WHITE ALL GRANTEE MEETING AND 10TH ANNUAL CLINICAL CONFERENCE

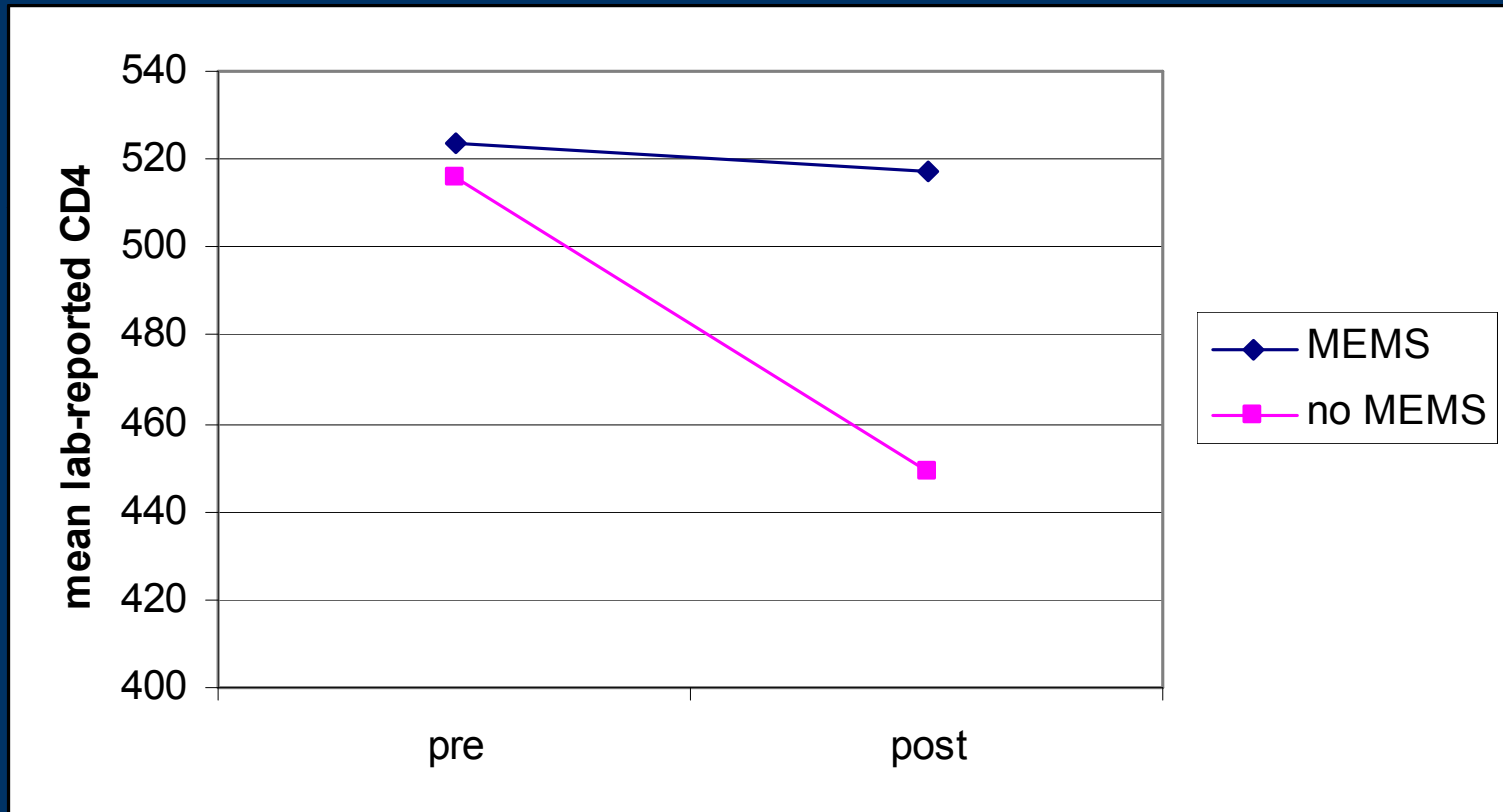
High-Adherence Client



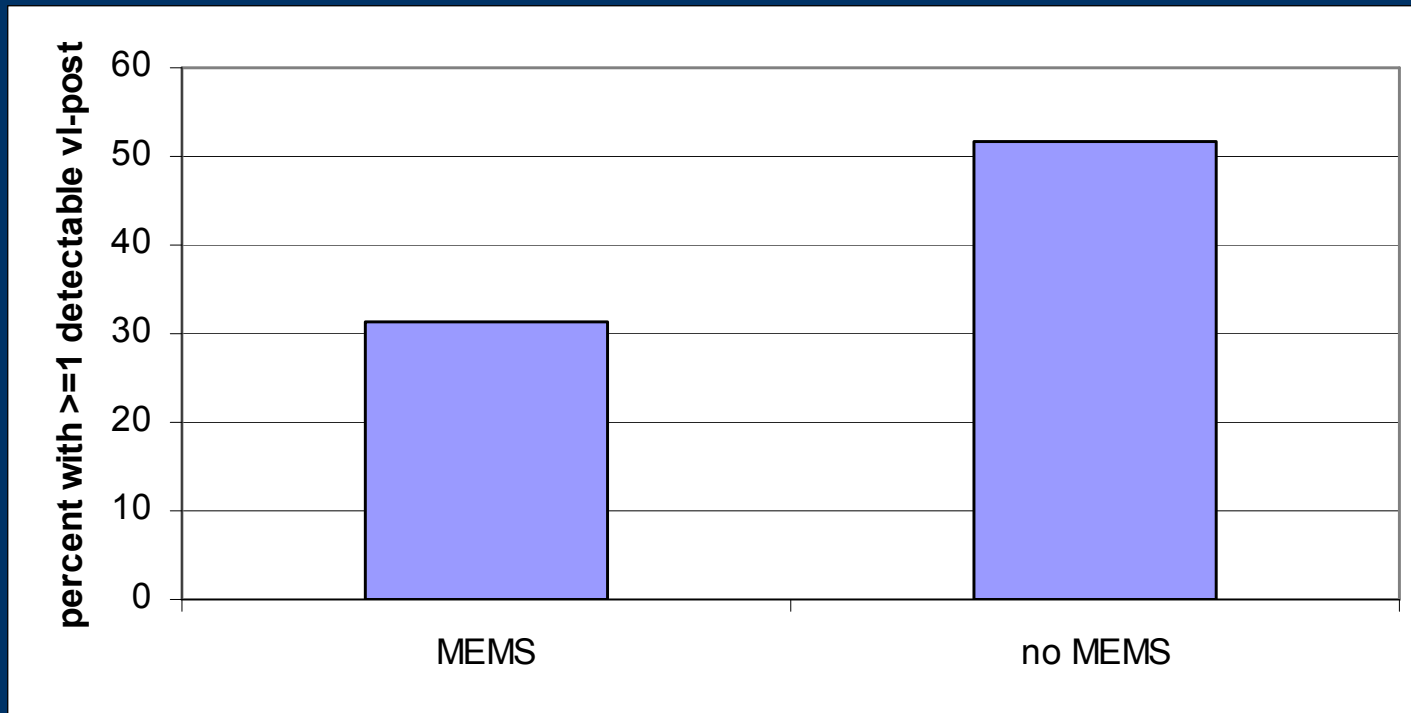
Low-Adherence Client



Impact of MEMS on CD4 Count

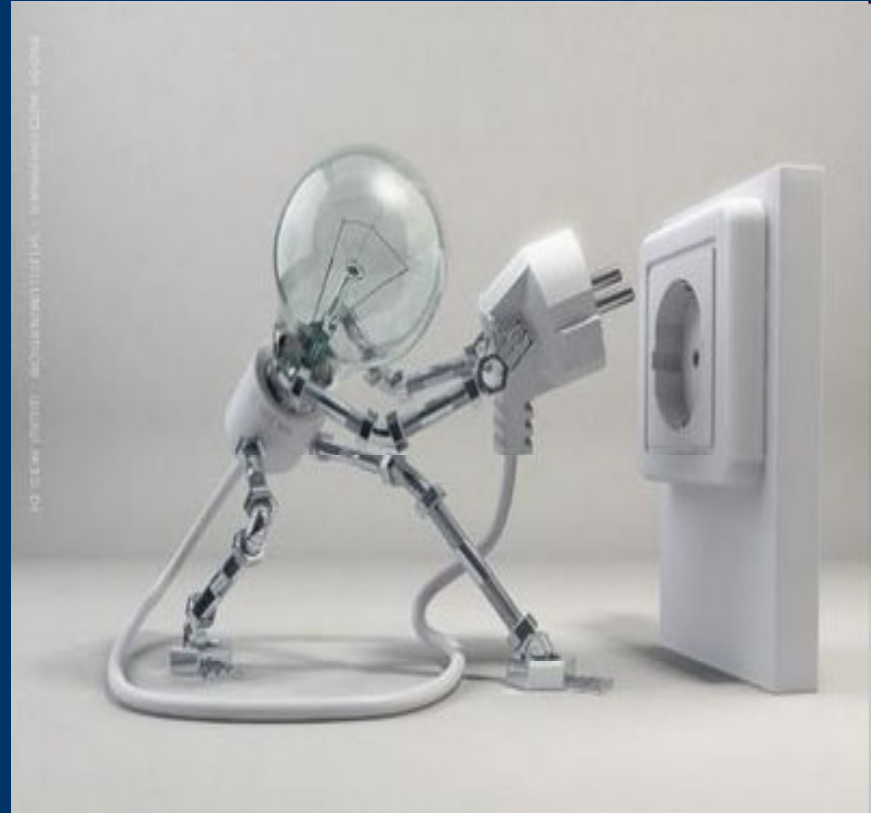


Impact of MEMS on Viral Load



New Developments

- Text messaging
- Pill Counting



Text Messaging



- Utilizes technology
- Widespread
- Discreet
- Well accepted
- Low cost

Pill Counting

- By phone
- Unannounced
- 1-2 x/month
- As valid as home/office pill counts



Our appreciation to:

- HRSA/HAB for setting standards, supporting our innovations and much feedback on the path
- Pfizer Foundation's ConnectHIV, for funding to design and refine our systems

THE FAMILY CENTER



For More Information:

- Donna Horton, ACRN, Community Health Nurse
 - dhorton@thefamilycenter.org
 - 212-766-4522 Ext 147
- Jan Hudis, MPA/MPH, Deputy Executive Director,
 - jhudis@thefamilycenter.org
 - 212-766-4522 Ext 124