Engagement in the Continuum of HIV Care in Estonia

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## Spectrum of Engagement in HIV Care

<table>
<thead>
<tr>
<th>Not in HIV Care</th>
<th>Engaged in HIV Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unaware of HIV infection</td>
<td>Fully engaged in HIV care</td>
</tr>
<tr>
<td>Aware of HIV infection (not in care)</td>
<td></td>
</tr>
<tr>
<td>Receiving some medical care but not HIV care</td>
<td></td>
</tr>
<tr>
<td>Entered HIV care but lost to follow-up</td>
<td></td>
</tr>
<tr>
<td>Cyclical or intermittent user of HIV care</td>
<td></td>
</tr>
</tbody>
</table>

Gardner EM et al, 2011
Steps and Processes of Engagement in HIV Care

Mugavero MJ et al, 2013
Stages of Engagement in HIV Care, United States

Mugavero MJ et al, 2013
Stages of Engagement in HIV Care, Estonia

**Aim:** Describe and quantify PLWHA engagement in HIV/AIDS care in Estonia

**Methods:** Data from published reports, surveillance and administrative databases, anonymized or aggregated

Cascade indicators defined based on CDC and the Institute of Medicine (IOM) metrics

In 2013 (as of 31.08.2013)

*CDC, 2011*

*Morgan A et al., 2012*
Stages of Engagement in HIV Care, Estonia
HIV Infected in 2013

Estimated number of PLWHA 7,200–11,000 (averaging 9,100)

Rate of new HIV cases 23.5 per 100,000, highest in European Union

Estimated HIV prevalence in adult (aged 15-49) population 1.3%
Stages of Engagement in HIV Care, Estonia

Diagnosed with HIV

8 150 PLWHA in Estonia on 31.08.2013 *(based on newly registered HIV cases and AIDS deaths, cumulative since 1988)*

=> 90% of those infected have been diagnosed

Taking into account:
- overdose induced deaths of HIV-infected IDUs
  => 87%
- multiple registration of new HIV cases until end of 2008
  => ? (65%)

![Graph showing stages of engagement in HIV care](chart.png)

USA: 82%
Stages of Engagement in HIV Care, Estonia
Linked to Care

59% of PLWHA have been linked to HIV care

(based on at least one HIV-related medical service provided by an infectious diseases doctor)
Stages of Engagement in HIV Care, Estonia

Linked to Care

92% of those linked to care, reached an infectious diseases doctor within the optimal 3 months (90 days) of being diagnosed with HIV

- within 30 days 78%
- 60 days 86%
- 90 days 92%

However, at linkage 59% of PLWHA had CD4 count ≤ 350 cells/mm³
Stages of Engagement in HIV Care, Estonia

Retained in Care

33% of PLWHA can be considered retained in HIV care

*(had made at least 2 HIV-related visits at least 3 months apart in previous 12 months)*

- HIV-related out-patient visits to infectious diseases doctors
- Antiretroviral medication pick-up and counselling visits to nurses

USA: 37%
Stages of Engagement in HIV Care, Estonia
Prescribed ART

29% of PLWHA on antiretroviral therapy (ART) on 31.08.2013

However, 30% of those not on ART have CD4 count ≤ 350 cells/mm³

USA: 33%
Stages of Engagement in HIV Care, Estonia

Virally Suppressed

19% of PLWHA have HI-virus suppressed \((viral \ load \leq 200 \ copies/ml)\)

64% of PLWHA on ART are good treatment adherers

36% of PLWHA on ART are not good treatment adherers

USA: 25%
Engagement in the Continuum of HIV Care in Estonia, 2013

Testing:
- up to 35% PLWHA not diagnosed
- PLWHA reach the care they need too late (*based on CD4 count*)

Antiretroviral treatment (ART):
- about 1/3 of those not on ART should be prescribed ART (*based on CD4 count*)
- more than 1/3 of those on ART have low adherence (*based on viral load data plus evidence from other local studies*)