A Peek into CDC’s e-Learning Training Toolkit to Improve Adherence to Antiretroviral Treatment

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Presentation Overview

- Project Background
- Toolkit Components
- Pilot Study
- Conclusions
- Next Steps
Project Background

Shifting and Shrinking Resources

- Restricted resources to travel
- Constant turnover of clinical staff
- Limited or no time away from the office
- Shrinking training resources
- Swifter response getting interventions to the community
Project Background

- May 2011 – Medication Adherence Chapter added to the Compendium
- August 2011 – Request for Task Order Proposal: Training and TA for Prevention with Positives: Development of implementation, training, and promotional materials
- September 2011 – John Snow Inc. in Boston, MA awarded a 1-year contract
Statement of Work

1. Develop educational content and SCORM-compliant material for 4 web-based training modules
2. Develop, create and pilot the implementation toolkit for each module
3. Develop educational and promotional material for HIV-positive consumers
4. Develop and pilot a mobile application to update the Pager Messaging strategy
Every Dose Every Day Toolkit Components

- 4 Evidence-based strategies*
  - Helping Enhance Anti-Retroviral Therapy (HEART)
  - SMART (Sharing Medication Adherence Responsibilities Together) Couples
  - Peer Support
  - Partnership for Health – Medication Adherence

- Implementation resources
- Consumer materials
- Mobile Application (app)

*Continuing Education credits available for physicians, nurses, pharmacists and certified Health education specialists
EVERY DOSE EVERY DAY
Supporting strategies for improving HIV medication adherence
Medication Adherence

A New Medication Adherence e-Learning Training Toolkit for Providers

Every Dose Every Day is designed to help providers support medication adherence among people living with HIV to improve the health outcomes and increase the prevention benefits of treatment.

Adherence to anti-retroviral therapy (ART) is critical to the success of HIV treatment and treatment as prevention. However, the benefits of ART can be realized only by those individuals who are tested, diagnosed, timely linked to medical care, and start and adhere to ART to achieve viral suppression.

Video: Reason for Staying Adherent
Core e-Learning Module Components

Strategy Overview

Key Players and Roles

Key Components

Partnership for Health

Strategy in Action

Knowledge Check
HEART

What is HEART?

HEART (Helping Enhance Adherence to Antiretroviral Therapy)

HEART e-Learning Training Information

Helping Enhance Adherence to Antiretroviral Therapy (HEART) is a 5-session individual and dyadic-level intervention strategy. This social support and problem-solving intervention includes 5 sessions and a patient-identified support partner. Two sessions are delivered just before initiating antiretroviral therapy and 3 sessions occur during the first 12 months of treatment. The intervention is designed to be delivered over a 6-month period, with sessions spaced 4 weeks apart. The content of each session is designed to address specific themes related to medication adherence, social support, and problem-solving skills.
Partnership for Health for Medication Adherence

What is Partnership for Health?

Partnership for Health - Medication Adherence e-Learning Training Information

P4H – Medication Adherence is a brief, clinic-based individual-level, provider-administered intervention strategy that emphasizes the importance of the patient-provider relationship to promote the patient's motivation and confidence to adhere to complex medication regimens.
SMART Couples

What is SMART Couples?

SMART (Sharing Medical Adherence Responsibilities Together) Couples

SMART Couples e-Learning Training Information

SMART Couples is a couple-level intervention administered to individual discordant couples, with poor medication adherence in the HIV-positive partner. The intervention consists of four sessions with the patient and his/her partner and lasts about 45 minutes to an hour. Sessions address adherence to ART and safer sex behaviors within the couple. 

More Info...

Resources & Tools

- SMART Couples Implementation Materials
- Medication Adherence Consumer Handouts
- Medication Adherence Posters
Peer Support

What is Peer Support?

Peer Support e-Learning Training Information

Peer Support is an individual- and group-level intervention strategy that can be implemented with patients who are either ART-experienced or ART-naïve. Patients who are HIV-positive, taking ART medicines and adherent to their treatment are trained to serve as “peers”. Peers provide medication-related social support through group meetings and weekly individual telephone calls. Group meetings are led by peers, who are supervised by agency/clinic program staff. The group meetings are designed to give patients an opportunity to engage face-to-face with their assigned peer, meet other peers and patients who are taking ART medications and share experiences with the group. Whereas, the
Because my life is worth living.

Everyone has a reason for taking every dose, every day. What is yours?
Talk to your provider about the importance of taking your HIV medication every day.

Barbara, living with HIV since 1991

Because I love me.

Everyone has a reason for taking every dose, every day. What is yours?
Talk to your provider about the importance of taking your HIV medication every day.

Shirley, living with HIV since 1997
Because there's so much good food in the world.

Everyone has a reason for taking every dose, every day. What is yours?
Talk to your provider about the importance of taking your HIV medication every day.

Lance, living with HIV since 2016

Because every day is a new adventure.

Everyone has a reason for taking every dose, every day. What is yours?
Talk to your provider about the importance of taking your HIV medication every day.

Alfredo, living with HIV since 1993
Because there’s so much I haven’t done yet.

Everyone has a reason for taking every dose, every day. What is yours? Talk to your provider about the importance of taking your HIV medication every day.

Because I want to grow old with my partner.

Everyone has a reason for taking every dose, every day. What is yours? Talk to your provider about the importance of taking your HIV medication every day.
Every Dose Every Day Mobile Application

App Features:
- My Meds
- Drug Details
- Dose reminders
- Healthcare Team
- Reasons Photo
- Viral load tracker
- CD4 count tracker
- Tips for health and wellness
- Buddy Support
Continuing Education Pilot Evaluation

- Continuing education accreditation obtained for physicians, nurses, pharmacists and certified health education specialists
- 20 providers reviewed each module
  - 5 physicians
  - 5 nurses
  - 5 pharmacists
  - 5 certified health education specialists
- Reviewed content of at least 1-2 module(s)
- Completed a 30-item survey for each module reviewed
Continuing Education Pilot Evaluation Results

- Providers took an average of 60 minutes to complete each module
- 90% of providers thought length and pace of module was appropriate
- 95% of providers indicated they could apply the knowledge gained as a result of the module
- Fewer than 5% of providers reported needing technical assistance with implementation
Continuing Education Pilot Evaluation Results

- “Course is very well done, user-friendly and informative, including the investigators and diverse clinical providers helped ensure the material remained engaging.” (HEART - MD)

- “This program shows a lot of forethought in planning and content detail that is articulated in a clear manner for easy comprehension by any participant.” (HEART - CHES)

- “This is a useful and very relevant training for physicians with patients on ARVs.” (PfH – MD)
Continuing Education
Pilot Evaluation Results

- “...very well done course with informative content! The real story video clips are awesome!” (Smart Couples – MD)

- “Explaining and demonstrating the intervention and the language to use in implementing each step was excellent.” (Smart Couples – RN)
Continuing Education Pilot Evaluation Results

“Overall the training was great and easy to follow.”
(Peer Support - RN)

“The concepts were easy to understand and having the questions dispersed throughout the presentation was especially helpful. The videos portrayed a wide range of individuals with HIV which was nice.” (Peer Support - pharmacist)
Conclusions

- **E-learning technologies...**
  - supports CDC High Impact Prevention efforts to make HIV prevention activities scalable
  - facilitates swifter dissemination to communities
  - may be a more feasible delivery method to assist providers with supporting optimal patient adherence
  - offers an economical method to provide resources and training to HIV providers
Next Steps

- Launch toolkit by the end of June 2014
- Implement our dissemination and marketing plan
- Train new capacity building providers to provide technical assistance to jurisdictions
- Develop an evaluation plan to assess uptake and implementation
What's Next?

Need Technical Assistance?
For more information see:
www.effectiveinterventions.org
Every Dose Every Day Trailer
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THANK YOU!

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The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.