

# A Real-World Observational Study on Patients With HIV Who Switched From Nevirapine + 2 Nucleoside Reverse Transcriptase Inhibitors to Dolutegravir/Lamivudine in British Columbia, Canada

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## Key Takeaways

We assessed real-world use of dolutegravir/lamivudine (DTG/3TC) in antiretroviral therapy (ART)-experienced, virologically suppressed Canadian patients living with HIV (PLHIV) who switched from nevirapine extended release (NVP XR) + 2 nucleoside reverse transcriptase inhibitors (NRTIs) to DTG/3TC due to market discontinuation

Results showed that switching to DTG/3TC was effective and well tolerated with low metabolic impact and few discontinuations over 12 months in a group of PLHIV who had no reason to switch other than a manufacturing discontinuation

## Introduction

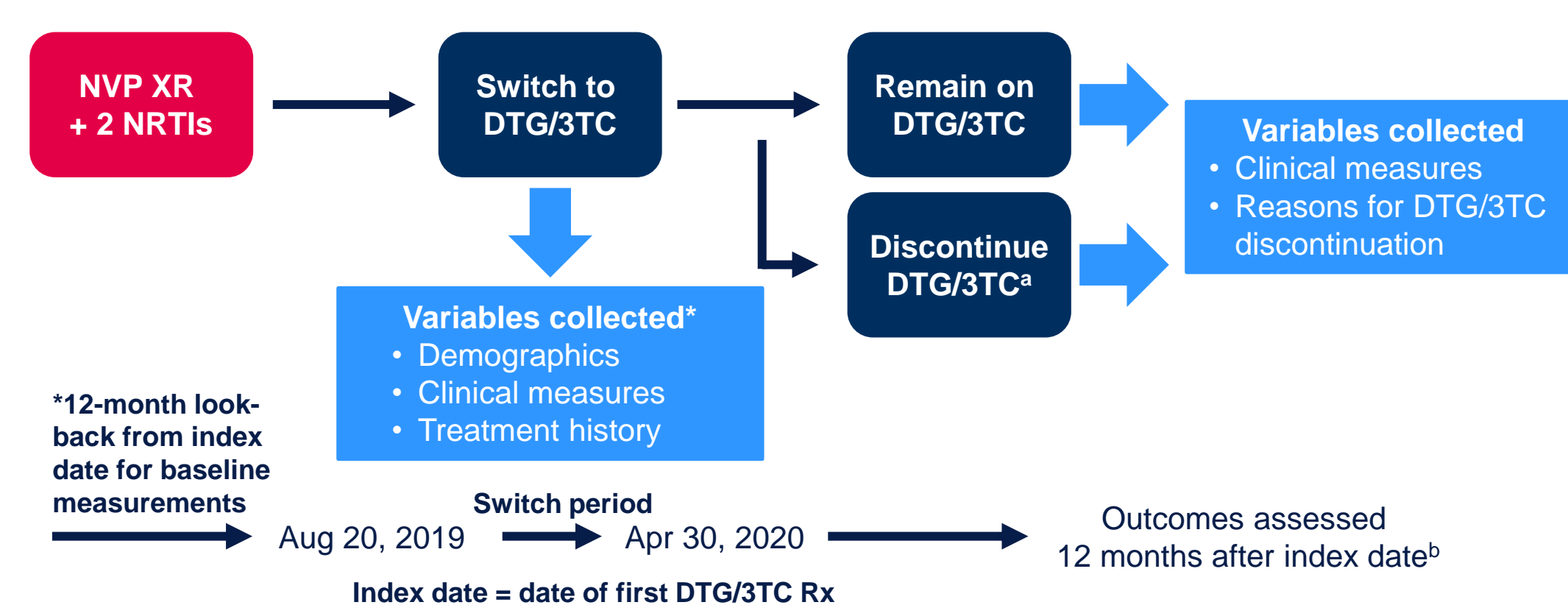
- Despite the availability of single-tablet ART regimens in recent years, some PLHIV remained on multi-tablet NVP XR + 2 NRTIs due to its excellent safety profile<sup>1-3</sup>
  - Discontinuation of NVP XR from the Canadian market on August 20, 2019, required switching to another ART regimen
- Fixed-dose combination DTG/3TC as a once-daily, single-tablet, 2-drug regimen is recommended as first-line therapy for ART-naïve PLHIV and as a switch option for virologically suppressed PLHIV in major US and international guidelines<sup>4-6</sup>
- We conducted this analysis to better understand real-world use of DTG/3TC in ART-experienced, virologically suppressed Canadian PLHIV who had previously been using NVP XR + 2 NRTIs
  - Changes in weight and body mass index (BMI) were also examined given controversy concerning use of second-generation integrase strand transfer inhibitors and weight gain<sup>7</sup>

## Methods

### Study Design

- A retrospective, observational cohort study using de-identified electronic medical records from Spectrum Health in British Columbia, Canada (Figure 1)
- PLHIV were selected for inclusion based on the following criteria:
  - ≥18 years of age as of August 20, 2019
  - Virologically suppressed (HIV-1 RNA <50 c/mL)
  - Switched from NVP XR + 2 NRTIs to DTG/3TC between August 20, 2019, and April 30, 2020

Figure 1. Study Design



\*Last viral load measurement before DTG/3TC discontinuation was used.

<sup>a</sup>Included a ±6-month window to account for variability of routine care visit schedules and impact of COVID-19 pandemic.

## Study Outcomes

### Primary Endpoints:

- (1) proportion of PLHIV with HIV-1 RNA <50 c/mL and <200 c/mL at Month 12 and
- (2) CD4+ cell count at baseline and Month 12

### Secondary Endpoints:

- Change in weight and BMI, number of ART regimens before switch, and proportion of PLHIV with prior virologic failure before switch
- Virologic failure: one measurement of HIV-1 RNA ≥50 c/mL followed by a second consecutive measurement ≥200 c/mL or 2 consecutive measurements of HIV-1 RNA ≥200 c/mL on different dates with the second occurring within 90 days of the first

### Exploratory Endpoints:

- Reasons for discontinuing DTG/3TC after switch, and metabolic syndrome-related variables and medication use at baseline and Month 12
- All endpoints were summarized using descriptive statistics
- The completed analysis set was composed of all PLHIV with follow-up data in the 12-month window (6 and 18 months after index date)
- The complete case subgroup was composed of all PLHIV with data at baseline and Month 12

## Results

### Baseline Characteristics

- 69 PLHIV who met study criteria were identified (Table 1)
- Overall, mean age was 54.2 years and 100% of the cohort were male
- Median (IQR) duration of follow-up was 17.0 (16.0-17.7) months

Table 1. Demographics and Baseline Characteristics: Completed Analysis Set

Parameter	N=69
Age, mean (SD), y	54.2 (8.5)
Sex, male, n (%)	69 (100)
≥6-month duration of HIV-1 RNA <50 c/mL before switch, n (%)	65 (94)
≥6-month duration of HIV-1 RNA <200 c/mL before switch, n (%)	69 (100)
Duration of NVP XR use before switch, median (IQR), y	5.0 (2.2-7.2)
Number of prior ART regimens before switch, n (%)	
1 prior ART regimen	69 (100)
NRTIs administered with NVP XR, n (%)	
Abacavir + lamivudine	60 (87)
Emtricitabine + tenofovir alafenamide	3 (4)
Emtricitabine + tenofovir disoproxil fumarate	6 (9)

### Primary Outcomes

- 69 PLHIV completed the study; 63 remained on DTG/3TC while 6 discontinued DTG/3TC during the study period
- A high proportion of PLHIV maintained virologic suppression (defined as HIV-1 RNA <50 c/mL or <200 c/mL) at Month 12 (Figure 2)
  - Among the 6 PLHIV who discontinued DTG/3TC, 5 had HIV-1 RNA <50 c/mL while 1 had HIV-1 RNA <200 c/mL at discontinuation
- Among PLHIV with available data, mean CD4+ cell count increased between baseline and Month 12 (Figure 3)

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Figure 2. Virologic Outcomes at Month 12 in the Completed Analysis Set

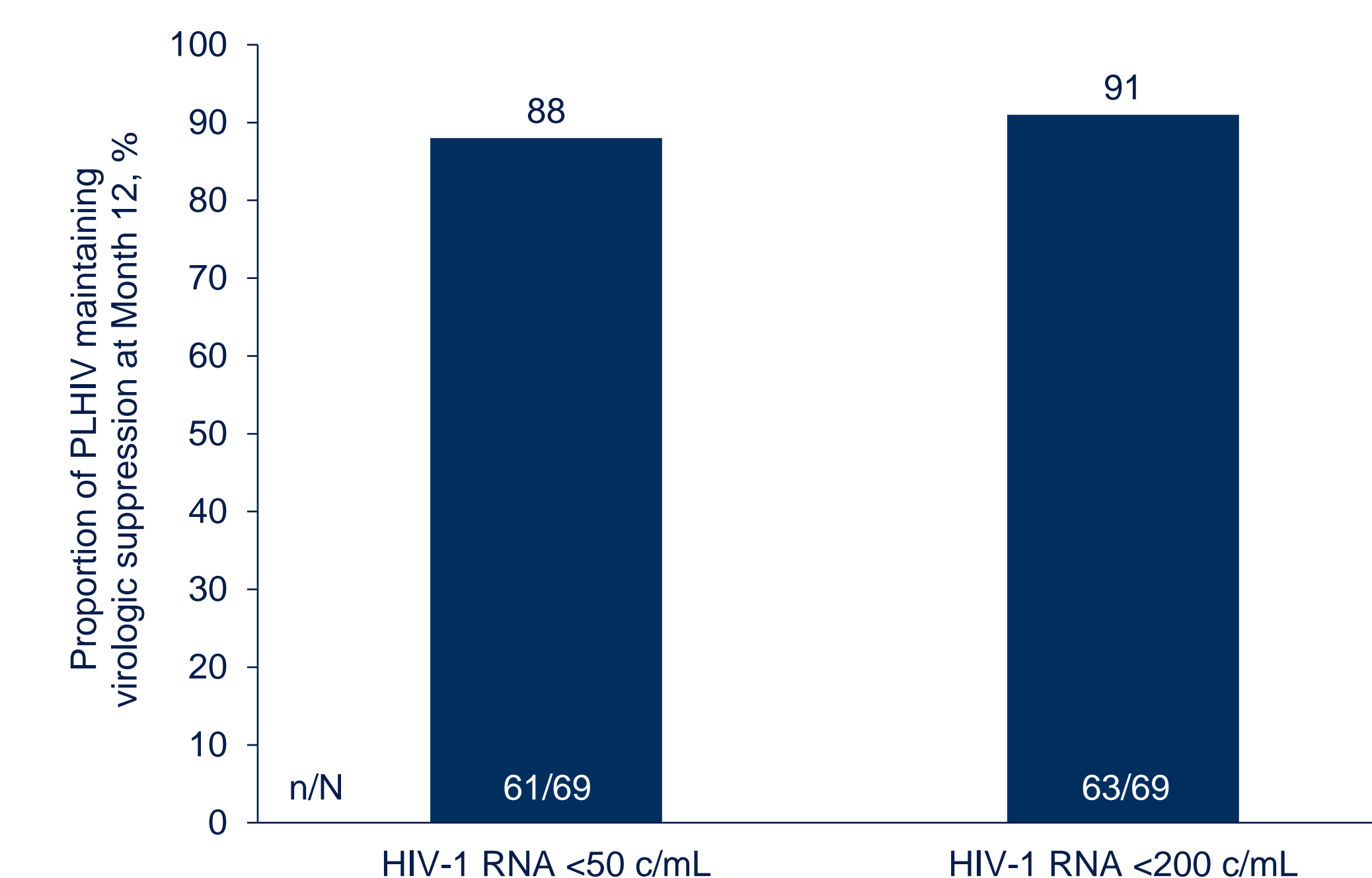
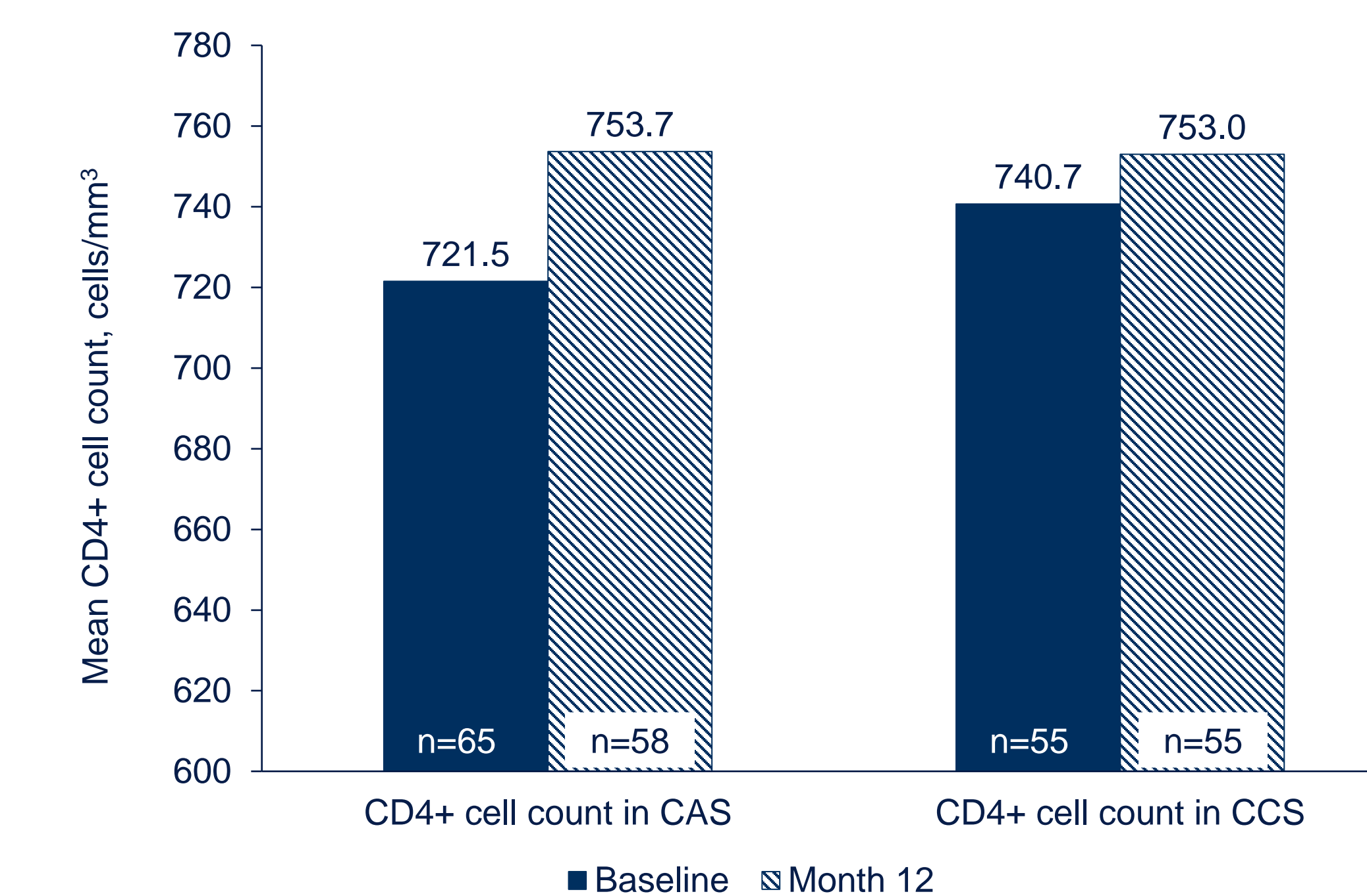


Figure 3. Mean CD4+ Cell Count at Baseline and Month 12 in the Completed Analysis Set and Complete Case Subgroup



CAS, completed analysis set (composed of all PLHIV with follow-up data in 12-month window [6 and 18 months after index date]); CCS, complete case subgroup (composed of all PLHIV with CD4+ cell count data at baseline and Month 12).

### Secondary Outcomes

- All 69 PLHIV had only 1 prior ART regimen (NVP XR + 2 NRTIs) before switch
- No PLHIV experienced virologic failure in the 12 months before index date
- Among PLHIV with data at baseline and Month 12, median change from baseline in weight and BMI was small (Table 2)

## Exploratory Outcomes

- No discontinuations were due to virologic reasons: 6 (9%) PLHIV discontinued DTG/3TC, all for tolerability reasons (fatigue, n=2; weight gain, n=2; insomnia, n=1; nausea, n=1)
- There were no substantial differences in use of prescriptions for management of weight, diabetes, blood pressure, or lipids at Month 12 compared with baseline
- Changes from baseline in other exploratory metabolic variables were small and inconsistent (Table 2)

Table 2. Weight, BMI, and Metabolic Syndrome-Related Variables at Baseline and Month 12: As Observed<sup>a</sup>

Parameter	Baseline (N=69)	Month 12 (± 6 months) (N=69)
Weight, kg		
CAS, median (IQR) [n]	80.0 (74.0-91.0) [63]	81.0 (73.0-89.5) [37]
CCS, median (IQR) [n]	78.8 (74.0-88.0) [34]	80.5 (72.6-89.5) [34]
Change from BL, median (IQR)		1.8 (-1.5, 3.7)
BMI, kg/m <sup>2</sup>		
CAS, median (IQR) [n]	26.5 (23.9-29.4) [41]	27.0 (24.5-29.4) [27]
CCS, median (IQR) [n]	26.0 (23.8-28.3) [25]	27.0 (24.5-28.6) [25]
Change from BL, median (IQR)		0.8 (-0.3, 1.4)
>10% increase in weight, n/N (%)	—	1/34 (3)
Metabolic syndrome-related variables, CAS		
Triglycerides >1.7 mmol/L, n/N (%)	21/62 (34)	17/53 (32)
HDL cholesterol <1.03 mmol/L, n/N (%)	5/63 (8)	10/59 (17)
Blood pressure >130/85 mm Hg, n/N (%)	6/31 (19)	2/24 (8)
HbA <sub>1c</sub> >5.7%, n/N (%)	7/35 (20)	9/24 (38) <sup>b</sup>
Diagnosis of type 2 diabetes, n/N (%)	2/69 (3)	5/69 (7)

BL, baseline; CAS, completed analysis set (composed of all PLHIV with follow-up data in 12-month window [6 and 18 months after index date]); CCS, complete case subgroup (composed of all PLHIV with data at baseline and Month 12).

<sup>a</sup>Missing data were removed in percentage calculation for categorical variables in the table.

<sup>b</sup>4 of the 9 PLHIV with HbA<sub>1c</sub> >5.7% at Month 12 had HbA<sub>1c</sub> >5.7% at baseline; 3 PLHIV with HbA<sub>1c</sub> >5.7% at Month 12 did not have baseline data, while 2 PLHIV shifted from HbA<sub>1c</sub> <5.7% at baseline to HbA<sub>1c</sub> >5.7% at Month 12.

## Conclusions

- Results indicate that 12 months after switching from NVP XR + 2 NRTIs to DTG/3TC, most PLHIV maintained virologic suppression and had improved CD4+ cell counts with few treatment discontinuations, and there was no virologic failure or development of resistance
  - All PLHIV who remained on DTG/3TC until study end maintained HIV-1 RNA <200 c/mL
  - The use of NVP, which is associated with increases in HDL cholesterol, likely led to the increased prevalence of low HDL cholesterol 12 months after switch<sup>1-3</sup>
- Findings support the real-world effectiveness and low metabolic impact of DTG/3TC after switching from a 3-drug regimen in a group of PLHIV who had no reason to switch other than a manufacturing discontinuation
- Results are also consistent with results from the phase 3 TANGO<sup>8</sup> and SALSA<sup>9</sup> studies and with real-world studies on DTG/3TC use<sup>10</sup>

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