

Single-Tablet Regimens (STR) Offer Better Persistence and Adherence, With Lower Costs by Adherence Status, Than Multiple-Tablet Regimens (MTR) for People Living With HIV (PLWH) Enrolled in Medicaid

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Key Takeaways

- Overall, adherence to antiretroviral therapy (ART) was poor for people living with HIV (PLWH) enrolled in Medicaid in the United States
- PLWH enrolled in Medicaid were more persistent and adherent to single-tablet regimens (STR) vs multiple-tablet regimens (MTR)
- STR offers cost savings for PLWH enrolled in Medicaid who are adherent to ART compared with MTR

Introduction

- High adherence to ART is essential to achieving and maintaining virologic suppression and preventing the development of resistance and transmission of HIV to others¹
 - An adherence rate of ≥95% to ART has been associated with optimal virologic suppression²
- Use of STR is associated with higher rates of ART adherence compared with use of MTR; however, in the United States, the shift to STR has been slower among PLWH covered by Medicaid vs commercial insurance³⁻⁶
- This study examined persistence, adherence, healthcare resource utilization (HCRU), and costs associated with STR vs MTR use among new initiators and treatment-experienced PLWH enrolled in Medicaid over a 1-year study period

Objectives

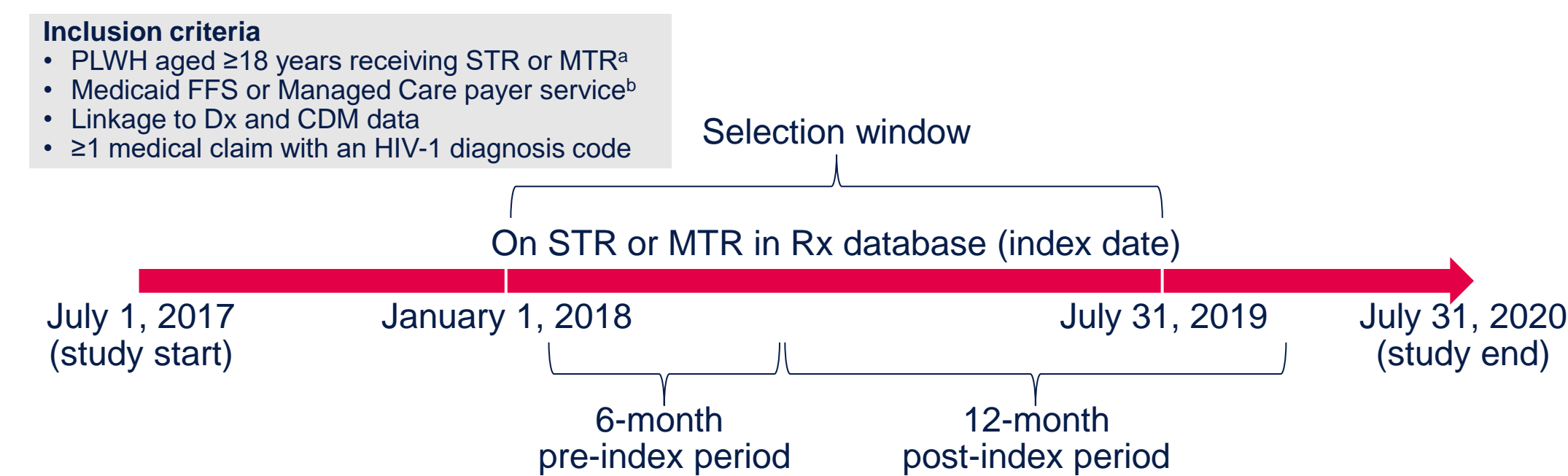
- To assess adherence (primary objective) and HCRU and costs (secondary objectives) associated with STR vs MTR use overall and by treatment experience (new initiators vs treatment-experienced) for PLWH covered by Medicaid in the United States

Methods

Design

- Retrospective observational cohort analysis in PLWH covered by Medicaid in the United States and treated with STR or MTR (Figure 1)
- A HIPAA-compliant deterministic matching algorithm linked PLWH across databases using IQVIA's New Data Warehouse (Prescription Claims [Rx], Professional Fee Claims [Dx], and Hospital Charge Data Master [CDM]) to develop 2 mutually exclusive cohorts on STR vs MTR during the study selection window

Figure 1. Study Timeline



- A 6-month pre-index period was used to assess study eligibility criteria and patient demographic and clinical characteristics, and a 12-month post-index period was used to descriptively evaluate treatment patterns and all-cause and disease-specific HCRU/costs
- For the STR cohort, date of the first STR claim was used for the index date; for the MTR cohort, date of the first MTR drug during the selection window was used for the index date
- The following definitions were used:
 - Persistence: not discontinuing or switching ART regimens during the 1-year post-index period
 - Discontinuation: gap of ≥90 days in STR or MTR continuous covered days
 - Switch from STR to MTR: filling an MTR after the index date up to the end of the post-index period or 60 days after STR discontinuation, with a ≥30-day supply of MTR in the post-index period
 - Switch from MTR to STR: filling an STR after the index date up to 30 days before or 60 days after MTR discontinuation, with a ≥30-day supply of STR in the post-index period
 - PLWH who both switched and discontinued ART regimens were reported as having switched
 - Adherence: proportion of days covered (PDC) over the post-index period and calculated as the number of days covered by STR or MTR during follow-up divided by total days of follow-up

Results

Patient Demographics and Clinical Characteristics

- The final sample included 4,603 and 2,728 PLWH in the STR and MTR cohorts, respectively (Table 1)
 - Overall, PLWH on STR vs MTR had similar mean (SD) age (44.4 [12.3] vs 47.4 [11.7] years); 57% of both populations were male, and Charlson comorbidity index scores were comparable
- In treatment-experienced PLWH, the most common core agents were INSTIs (STR, 69%; MTR, 60%), NNRTIs (STR, 33%; MTR, 13%), and PIs (STR, 2%; MTR, 51%)

Table 1. Patient Demographics and Clinical Characteristics

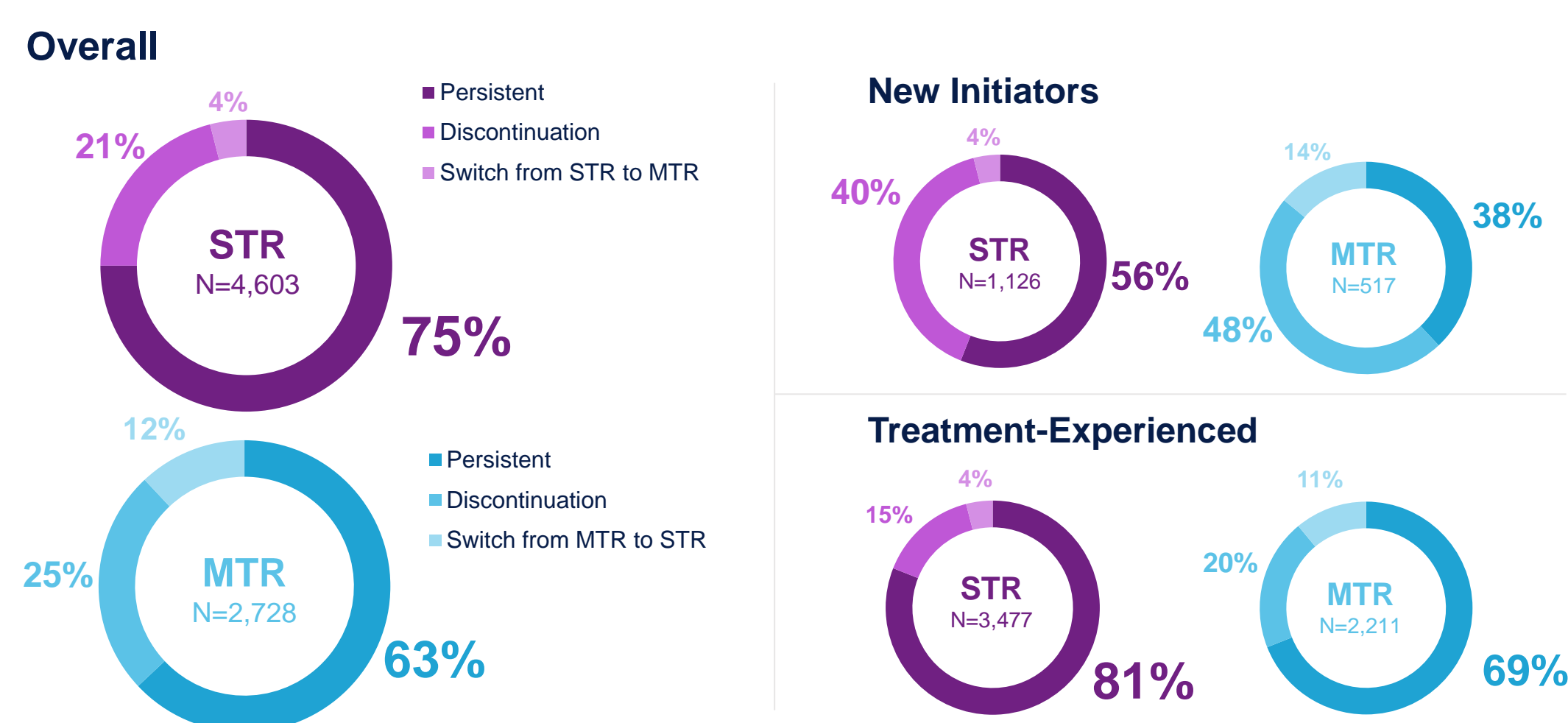
Characteristic	Overall (N=7,331)		New initiators (N=1,643) ^a		Treatment-experienced (N=5,688)	
	STR (N=4,603)	MTR (N=2,728)	STR (N=1,126)	MTR (N=517)	STR (N=3,477)	MTR (N=2,211)
Age, mean (SD), years	44.4 (12.3)	47.4 (11.7)	40.9 (12.5)	42.2 (12.8)	45.5 (12.0)	48.6 (11.1)
Age group (%), years						
18-54	74	67	81	81	72	64
≥55	26	33	19	19	28	36
Sex, male, %	57	57	56	53	58	58
Medicaid expansion state, % ^b	83	79	83	80	83	79
Payer type, %						
Fee-for-Service	25	29	26	28	25	30
Managed Care	75	71	74	72	75	70
Physician specialty, %						
Primary care provider ^c	46	47	44	37	46	50
Infectious disease	50	48	50	53	50	47
Other	4	5	5	9	3	3
Missing/Unknown	<1	<1	1	1	<1	<1
Charlson comorbidity index, % ^d						
0	72	64	72	67	73	63
1-2	23	28	23	26	23	29
3-4	4	6	4	5	4	6
5+	1	2	1	2	1	2

^aIdentified as having no prior STR or MTR ART in the pre-index period. ^bStates that expanded Medicaid coverage as part of the Affordable Care Act. ^cIncludes internal medicine, general practice, family practice, physician assistant, and nurse practitioner. ^dExcluding HIV/AIDS from the calculation, a higher score indicates higher 1-year mortality risk.

Persistence and Adherence

- Overall, persistence over the 1-year follow-up was higher among PLWH on STR (75%) vs MTR (63%; Figure 2)
- Mean (SD) number of persistent days was higher in the STR (295.3 [111.4]) vs MTR cohort (267.5 [120.4])
 - New initiators had higher discontinuation rates (STR, 40%; MTR, 48%) than treatment-experienced PLWH (STR, 15%; MTR, 20%)

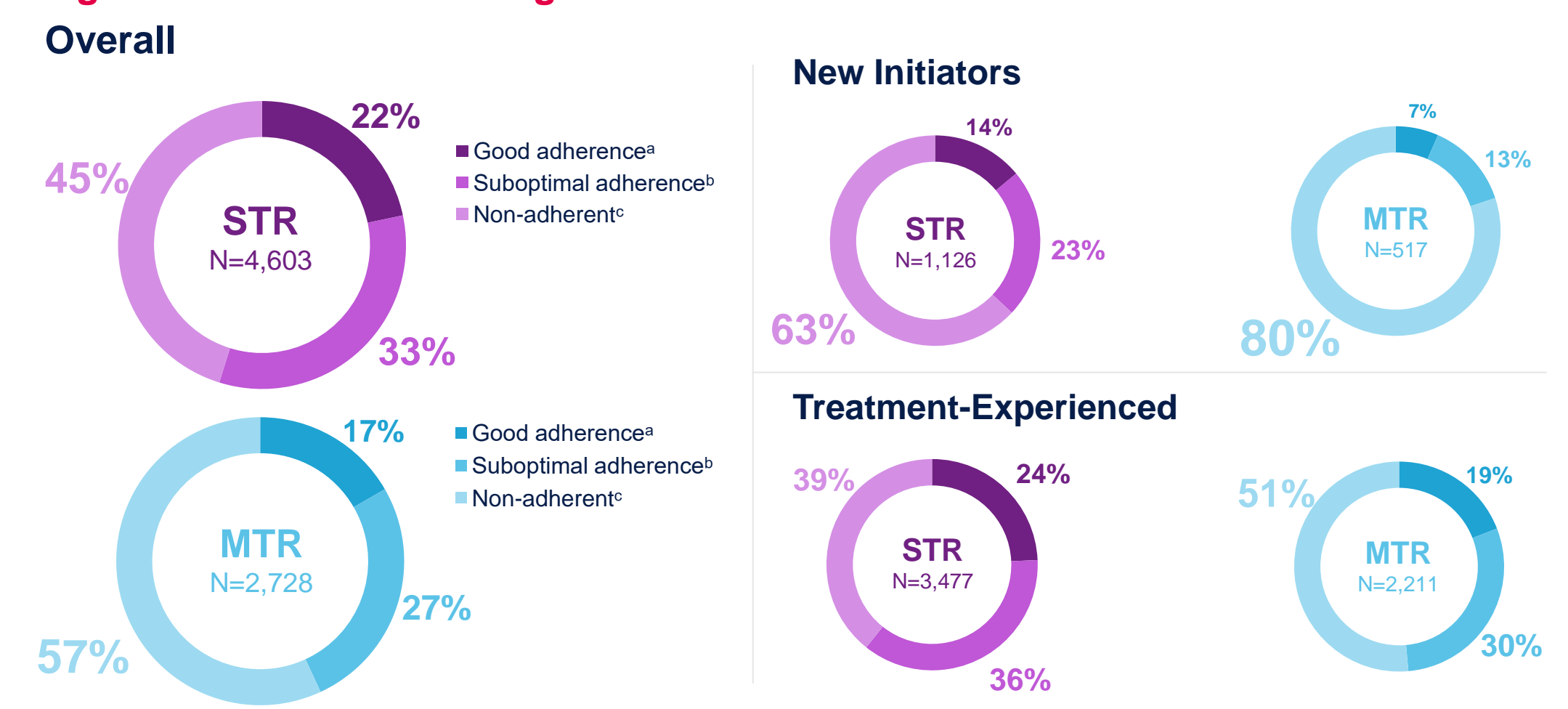
Figure 2. Persistence, Discontinuation, and Regimen Switch Through 1 Year in PLWH on STR vs MTR



Acknowledgments: This study was funded by ViiV Healthcare. Editorial assistance and graphic design support for this poster were provided under the direction of the authors by MedThink SciCom and funded by ViiV Healthcare.

- Overall, 4% of PLWH on STR switched to MTR, whereas 12% of PLWH on MTR switched to STR; results were comparable among new initiators and treatment-experienced PLWH
- Across the entire study population (N=7,331), only 20% of PLWH maintained good adherence (≥95% PDC) through 1 year; 80% of PLWH had suboptimal adherence (≥80% to <95% PDC) or were non-adherent (<80% PDC)
- A higher proportion of PLWH on STR vs MTR had good adherence (≥95% PDC; STR, 22% vs MTR, 17%), and a higher proportion of PLWH on MTR were non-adherent (<80% PDC; STR, 45% vs MTR, 57%; Figure 3)

Figure 3. Adherence Through 1 Year on STR vs MTR

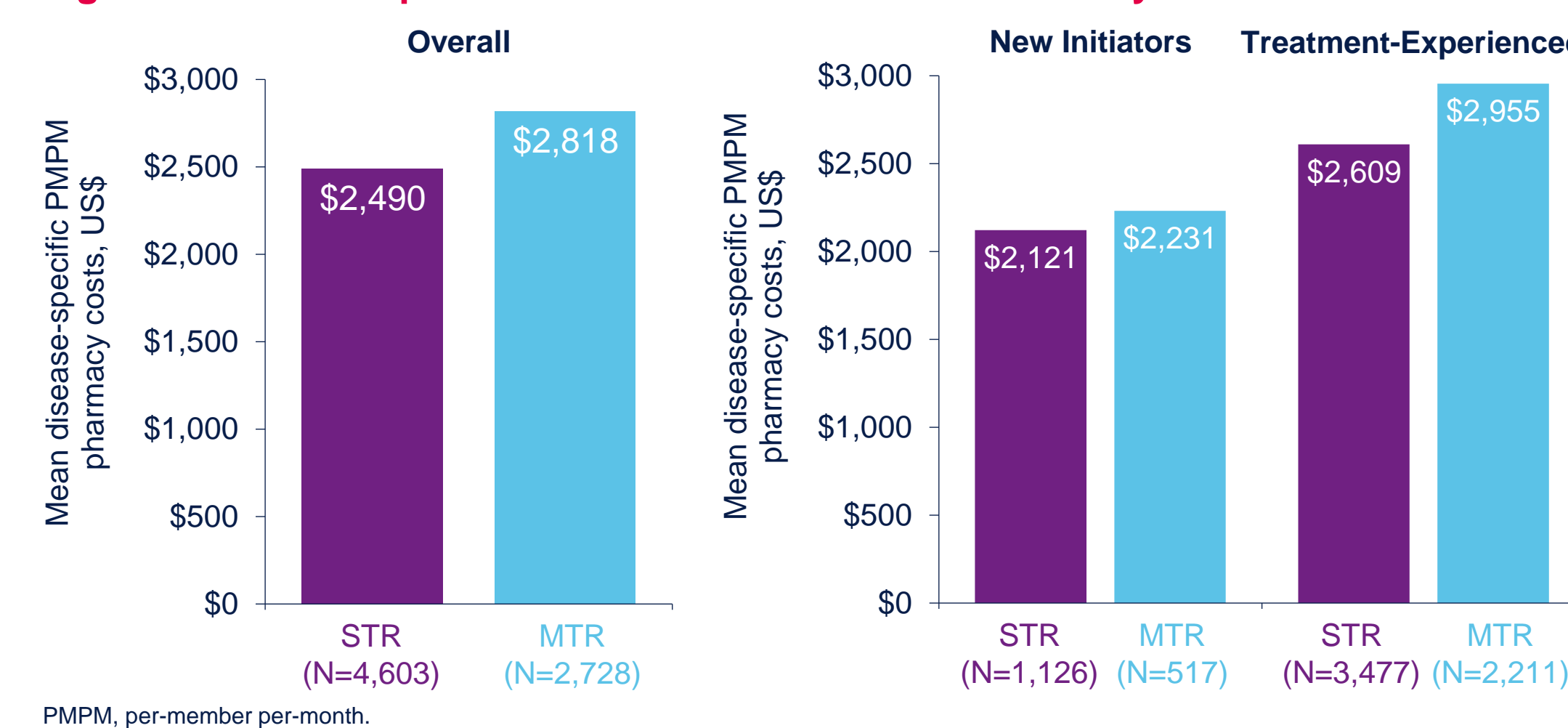


^aGood adherence: proportion of days covered ≥95%. ^bSuboptimal adherence: proportion of days covered ≥80% to <95%. ^cNon-adherent: proportion of days covered <80%.

Disease-Specific Costs

- Overall, mean disease-specific per-member per-month pharmacy costs were higher among PLWH on MTR (\$2,818) vs STR (\$2,490; Figure 4)
- Across regimens, costs were higher for treatment-experienced PLWH vs new initiators

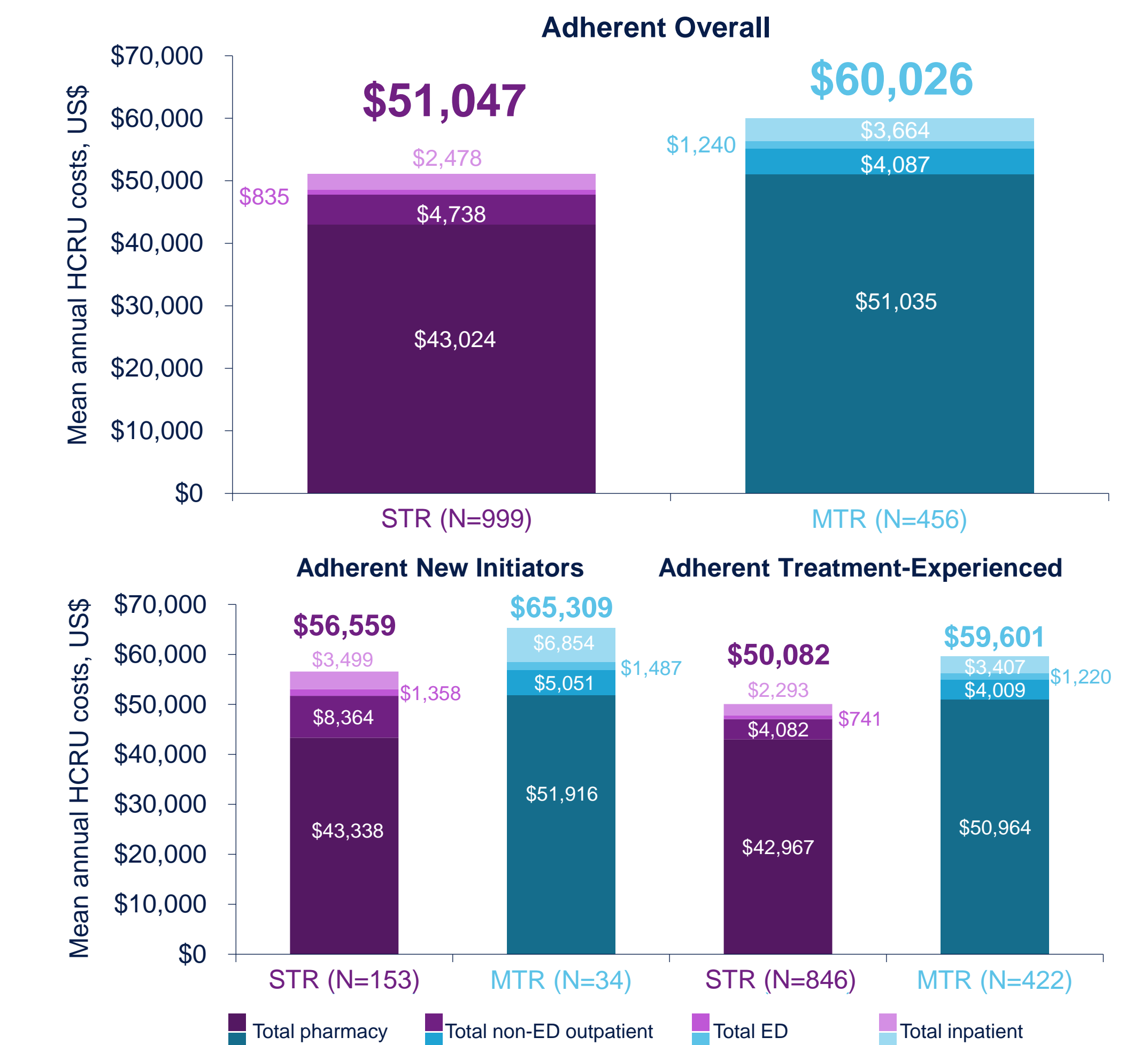
Figure 4. Disease-Specific Per-Member Per-Month Pharmacy Costs



All-Cause HCRU and Costs

- Through the 1-year study period, a lower proportion of adherent (≥95% PDC) PLWH had ≥1 all-cause emergency department visit (STR, 43%; MTR, 43%) vs non-adherent PLWH (STR, 56%; MTR, 56%), whereas minimal differences were observed for ≥1 all-cause hospitalization among adherent (STR, 5%; MTR, 7%) vs non-adherent PLWH (STR, 6%; MTR, 8%)
- Overall, among adherent PLWH, annual all-cause costs were lower for PLWH on STR vs MTR (\$51,074 vs \$60,026), primarily due to higher mean pharmacy costs for PLWH on MTR (STR, \$43,024; MTR, \$51,035); comparable results were observed for new initiators and treatment-experienced PLWH (Figure 5)

Figure 5. Mean Annual All-Cause HCRU Costs Among Adherent PLWH^a



- Overall, among non-adherent PLWH, annual all-cause costs were lower for PLWH on STR vs MTR (\$37,712 vs \$43,991; Table 2)

Table 2. Mean All-Cause Annual HCRU Costs Among Non-Adherent PLWH^a

All-cause HCRU cost per patient, mean, US\$	Overall		New initiators		Treatment-experienced	
	STR (N=3,604)	MTR (N=2,272)	STR (N=973)	MTR (N=483)	STR (N=2,631)	MTR (N=1,789)
Total all-cause	37,712	43,991	36,900	41,746	38,012	44,597
Total pharmacy	29,682	34,514	25,233	27,636	31,327	36,372
Total non-ED outpatient	3,559	4,092	3,829	4,805	3,460	3,900
Total ED	1,208	1,486	1,784	2,290	995	1,268
Total inpatient	3,263	3,899	6,054	7,016	2,231	3,057

ED, emergency department. ^aNon-adherent was defined as proportion of days covered <95%.

Conclusions

- PLWH enrolled in Medicaid were more persistent and adherent to STR vs MTR, and this result was consistent across new initiators and treatment-experienced PLWH
- PLWH on STR vs MTR had lower mean all-cause total costs with the same adherence/treatment experience status
- All-cause costs were lower in non-adherent vs adherent PLWH, primarily due to lower pharmacy costs as a result of non-adherence; however, non-adherence to ART increases the risk of virologic failure and resistance development as well as HIV transmission¹
- Although demographic and clinical characteristics of the cohorts were similar at the pre-index period, limitations include lack of a matched comparison between groups and no adjustments to account for differences between groups
- Among PLWH adherent to ART, STR offers potential cost savings for appropriate patients

References: 1. Panel on Antiretroviral Guidelines for Adults and Adolescents. <https://clinicalinfo.hiv.gov/sites/default/files/guidelines/documents/adult-adolescent-arv/guidelines-adult-adolescent-arv.pdf>. Accessed August 23, 2022. 2. Paterson et al. *Ann Intern Med*. 2000;133:21-30. 3. Sax et al. *PLoS One*. 2012;7:e31591. 4. Cohen et al. *BMJ Open*. 2013;3:e003028. 5. Priest et al. *J Med Econ*. 2021;24:1204-1211. 6. Kangethe et al. *J Manag Care Spec Pharm*. 2019;25:88-93.