

# HIV

Human immunodeficiency virus (HIV) is a virus spread through contact with certain fluids of an infected person, attacking the immune system and affecting the body's ability to fight infections and certain cancers. HIV is incurable and can progress to the most advanced disease stage if left untreated, known as Acquired Immunodeficiency Syndrome (AIDS).<sup>1</sup>

## TREATMENT

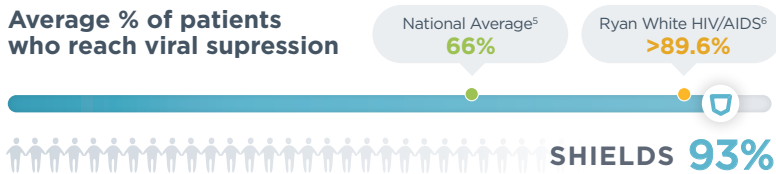
With proper medical care and a potent combination of antiretroviral therapy (ART), HIV has become a manageable chronic condition. ART therapy has proven to reduce health complications associated with the disease, increase life expectancy and prevent transmission.<sup>2</sup>



## THE GOAL OF THERAPY

The goal of therapy is to reduce the amount of HIV in the body (viral load) to a very low or undetectable level, which keeps the immune system working and prevents complications. When the viral load reaches this level, it is referred to as viral suppression, or having less than 200 copies of HIV per milliliter of blood.<sup>3,4</sup>

### Average % of patients who reach viral suppression



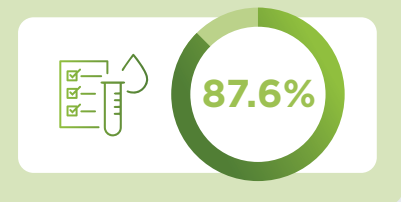
## WHY VIRAL LOAD MATTERS

Keeping a patient's viral load low is essential in helping them live longer, healthier lives while also reducing their chances of transmitting the virus to others. To maintain a low viral load, patients must adhere to ART and keep up with routine appointments. Nonadherence to ART may reduce treatment response, increase drug resistance and morbidity, and even result in death.<sup>7</sup> Assessment of viral load suppression on an annual basis is a core performance measurement for patient qualification in the Ryan White & Global HIV/AIDS Program.<sup>8</sup>

— Shields proudly has —  
**HIV PHARMACISTS (AAHIVP)**  
with clinical expertise, excellence and advanced clinical knowledge



## HIV Viral Load Labs completed within one year with Shields:



## 3 Common Barriers to the Treatment & Management of HIV

- 1** Lack of financial resources
- 2** Lack of personal support (stigma, etc)
- 3** Lack of education of disease state and treatment

## Our proven Shields model breaks down barriers to care to optimize patient outcomes

Shields Health Solutions' dedicated team of clinical pharmacists, liaisons and patient support advocates engages patients and their families to help educate, coordinate care and ensure patients receive specialty medication without significant delays.

### ENGAGE

Our clinical team engages with patients at the clinic and through telehealth appointments.

### INTERVENE

Clinical pharmacists intervene to improve the patient's care plan when drug interactions, related side effects, barriers to adherence or other concerns are identified.

### COORDINATE

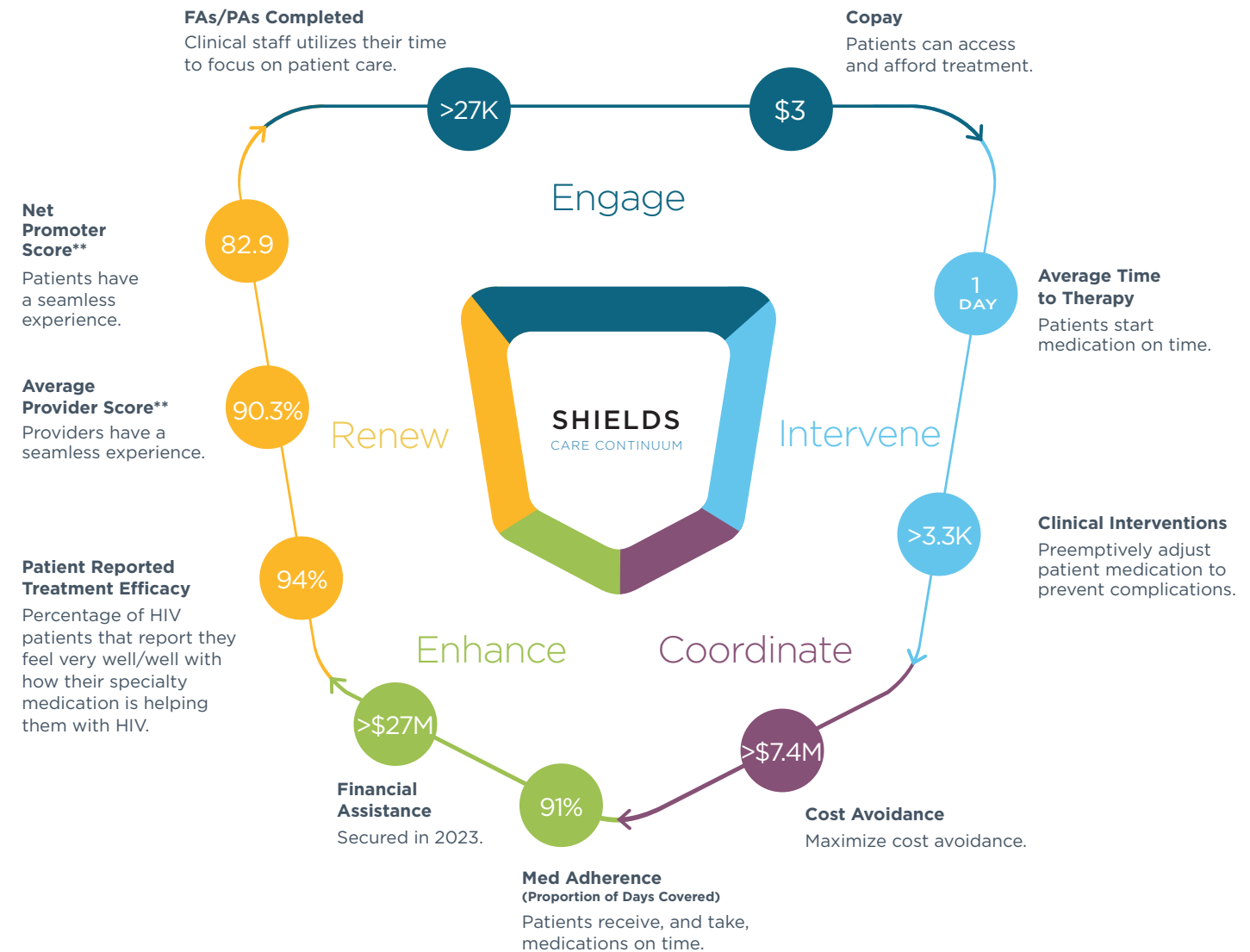
Liaisons investigate patient benefits, complete prior authorizations and identify financial assistance, minimizing barriers to optimal therapy.

### ENHANCE

Through clinical pharmacist interventions, we can enhance patient care by providing support and education, and by optimizing therapy when challenges arise, and treatment goals are not met.

### RENEW

Pharmacists provide ongoing interactions beyond refills, proactively identifying opportunities to improve patient care and outcomes at each touchpoint.



\* Shields Health Solutions Network includes data from a collective of member health systems that partner with Shields to elevate an integrated specialty pharmacy model.

\*\* All metrics are reflective of data collected in 2023.

\*\* Scores have been combined from both spring and fall 2023 survey results.

<sup>1</sup> About HIV/AIDS | HIV Basics | HIV/AIDS | CDC Accessed 06.08.23

What Are HIV and AIDS? | HIV.gov Accessed 06.08.23

<sup>2</sup> Adult and Adolescent GL.pdf (hiv.gov) Accessed 06.08.23

Treatment | Living with HIV | HIV Basics | HIV/AIDS | CDC Accessed 06.08.23

<sup>3</sup> HIV Treatment as Prevention | HIV Risk and Prevention | HIV/AIDS | CDC Accessed 06.08.23

<sup>4</sup> Primary Care Guidance for Persons With Human Immunodeficiency Virus: 2020 Update by the HIV Medicine Association of the Infectious Diseases Society of America | Clinical Infectious Diseases | Oxford Academic (oup.com) Accessed 06.08.23

<sup>5</sup> Monitoring Selected National HIV Prevention and Care Objectives by Using HIV Surveillance Data- United States and 6 Dependent Areas, 2021. HIV Surveillance Supplemental Report 2023;28(4). <https://www.cdc.gov/hiv/library/reports/hiv-surveillance/vol-28-no-4/index.html> Accessed March 14, 2024.

<sup>6</sup> Health Resources and Services Administration. Ryan White HIV/AIDS Program Annual Data Report 2022. <https://ryanwhite.hrsa.gov/data/reports>. Published December 2023. Accessed January 11th, 2024.

<sup>7</sup> Treatment Goals | NIH (hiv.gov) Accessed 06.08.23

<sup>8</sup> <https://ryanwhite.hrsa.gov/data/reports>. Published December 2023. Accessed January 11th, 2024