HOW THE NURSE-LED **OPTION E** SERVICE COMPLIES WITH THE 2016 BHIVA GUIDELINES FOR MONITORING OF STABLE HIV POSITIVE PATIENTS

56 DEAN STREET

HIV Nurse Practitioner – Joe Phillips

HIV Nurse Practitioner – Paula McDonagh

Chelsea and Westminster Hospital NHS

NHS Foundation Trust

AIMS

Compare the care given to stable HIV positive patients in the nurse-led OptionE service at 56 Dean Street against the BHIVA guidelines 2016 for the monitoring and assessment of adults with HIV

Identify areas of strength in the nurse-led model of care and areas in need of improvement

OPTIONE

- 56 Dean Street OptionE service established 2004
- Stable patients seen twice yearly
- 25 minute appointments
- Results emailed to patients 1 week later
- Recall/Admin/letters
- Referred for physician review according to clinical need

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3.5 Monitoring of patients established on ART and with the viral load suppressed

Cover all annual issues as outlined in Table 3.2:

In addition:

History at each visit:

- Full medication history and recreational drug use
- Understanding of dosing instructions
- Adherence
- Mood
- Adverse effects
- Patients' concerns about medication

Examination

- According to any symptoms

Investigations

HIV viral load

- Every 6 months[1] – could be up to 12 months if on a protease inhibitor

CD4 cell count

- If <200 cells/mm^3, test 3–6-monthly. If 200–350 cells/mm^3, test annually
- If >350 cells/mm^3 on two occasions >1 year apart, no further CD4 cell counts required[2]

6–12 monthly:

- Full blood count
- Renal profile
- Liver profile
- Bone profile
- Dipstick urinalysis

Annually:

- Urine protein/creatinine ratio if protein positive in the urine dipstick analysis (may be more frequent if other co-morbidities that affect renal function)
- Metabolic assessment: (if aged ≥40 years) lipid profile, HbA1c

[1]If ART is used as a 'treatment as prevention' strategy, viral load may need to be measured every 3–4 months.

[2]Unless there is subsequent treatment failure or new HIV-related symptoms.

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3.2 Monitoring asymptomatic patients who currently do not want ART

History

- General health and wellbeing enquiry to be performed at least annually

Since last visit any new or changes in:

- Symptoms
- Contraception/pregnancy
- Sexual history
- Mental health
- Newly diagnosed co-morbidities and treatment changes
- Smoking status
- Alcohol/drugs including over the counter/recreational drugs
- Vaccines: flu/HPV vaccine
- Safeguarding
- Children/partner status and whether tested
- Housing, occupation/student, income/benefits
- Vaccinations
- Travel plans and history
- Patient's ideas about HIV and its treatment

Examination

Only if new symptoms or signs

Investigations

Annually if CD4 cell count >500 cells/mm^3

- HIV viral load
- CD4 count
- FBC / renal / liver profiles
- STI screen
- Hepatitis A/B /C infection/immunity status
- Cervical smear for women if not done by GP

6-monthly

- CD4 if previous result <500 cells/mm^3

3-monthly

- CD4 if previous result <350 cells/mm^3
- STI/hepatitis screen for higher risk patients[1]

Other

- Annual lipids in patients $\geq$ 40 years, if smoker and /or BMI >30
- Cardiovascular risk assessment for patients >40 years old (QRISK2)
- Bone fracture risk assessment using FRAX tool in everyone aged >50 years, post-menopausal women, or other high-risk patients every 3 years

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METHODOLOGY

August 2016 – July 2017 = 2590 OptionE appointments attended

249 of these were transfers of care in to the service

Non-stable patients

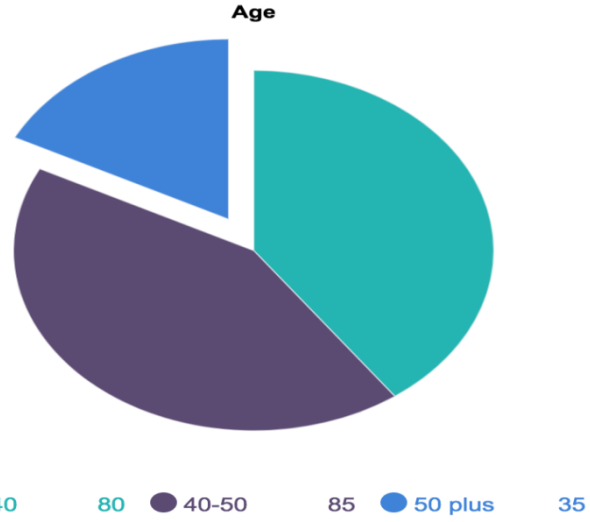
Around 1000 **yearly reviews** undertaken

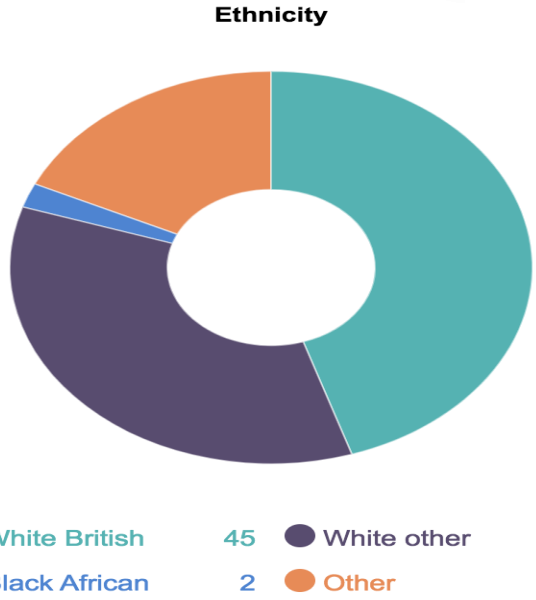
- Retrospective data collected by nurse practitioners direct from 200 electronic case notes & results – LastWord, Evolve, Lille
- 10% double checked.
- Demographic information collected included age, ethnicity, gender

DATA COLLECTED

- Medical / Mental health
- ART review / Drug review
- Annual bloods attended/ Urinalysis
- Cardiovascular risk/ Bone Profile
- STI screen offered / Partner status/children
- ETOH/ Recreational drugs/ Smoking status
- Safeguarding/ Social history/ Recent travel
- GP correspondence

DEMOGRAPHICS





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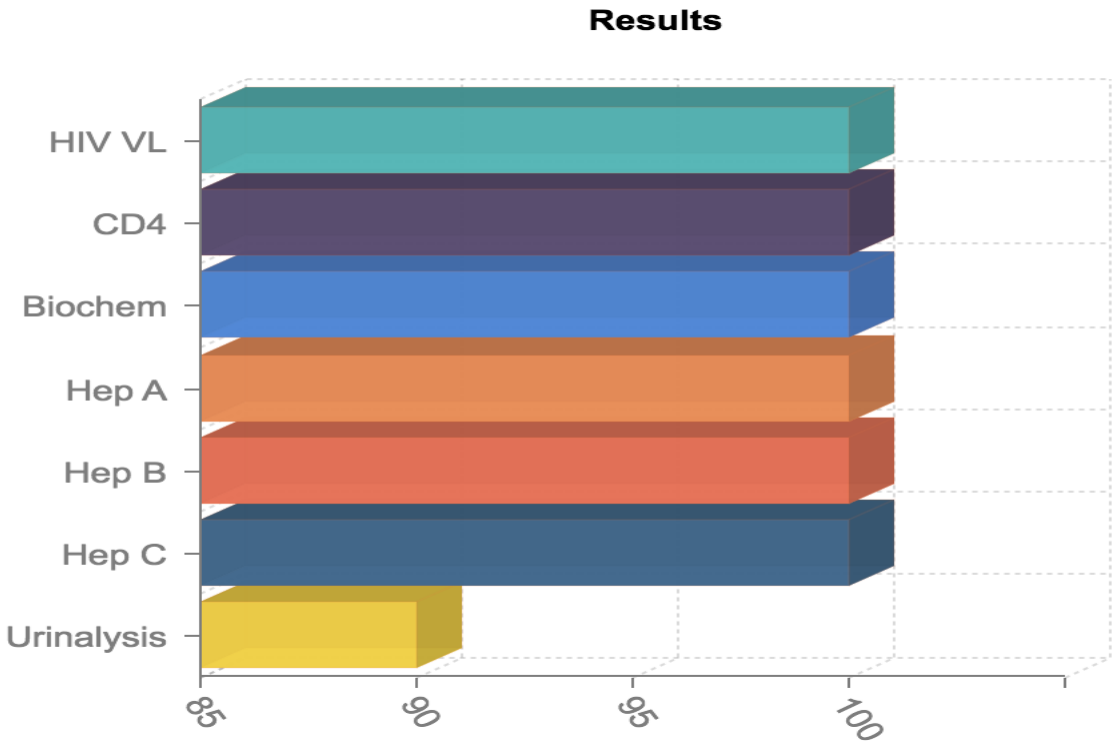
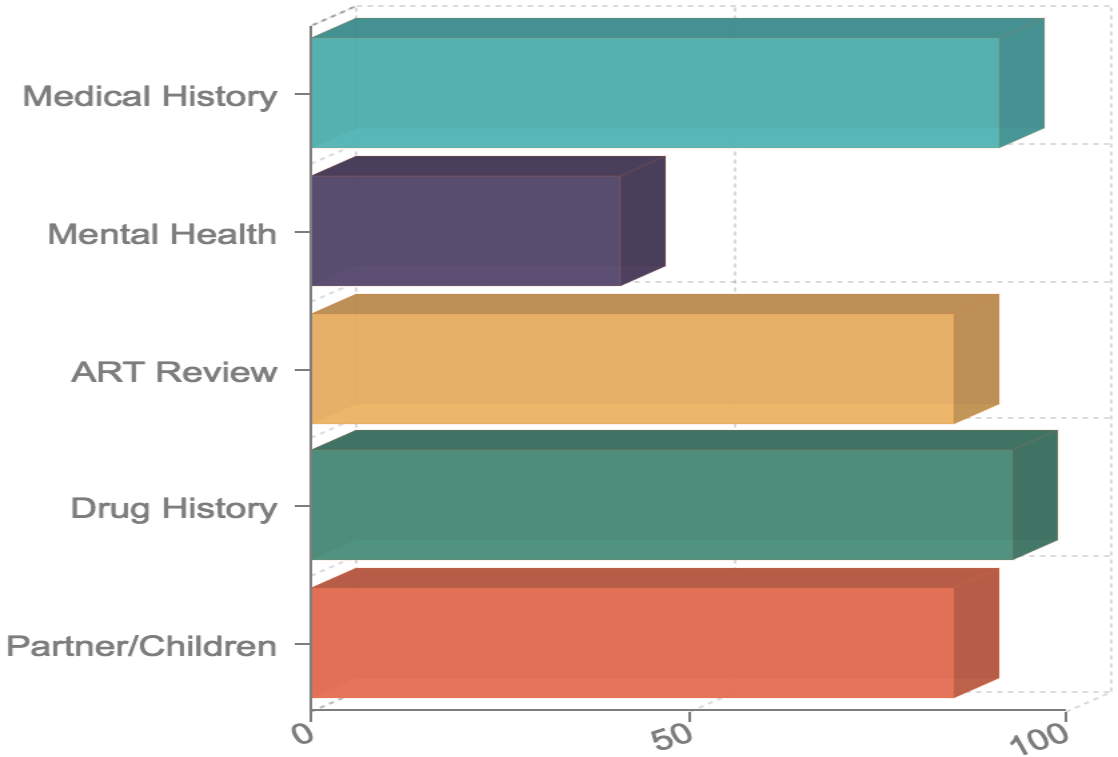
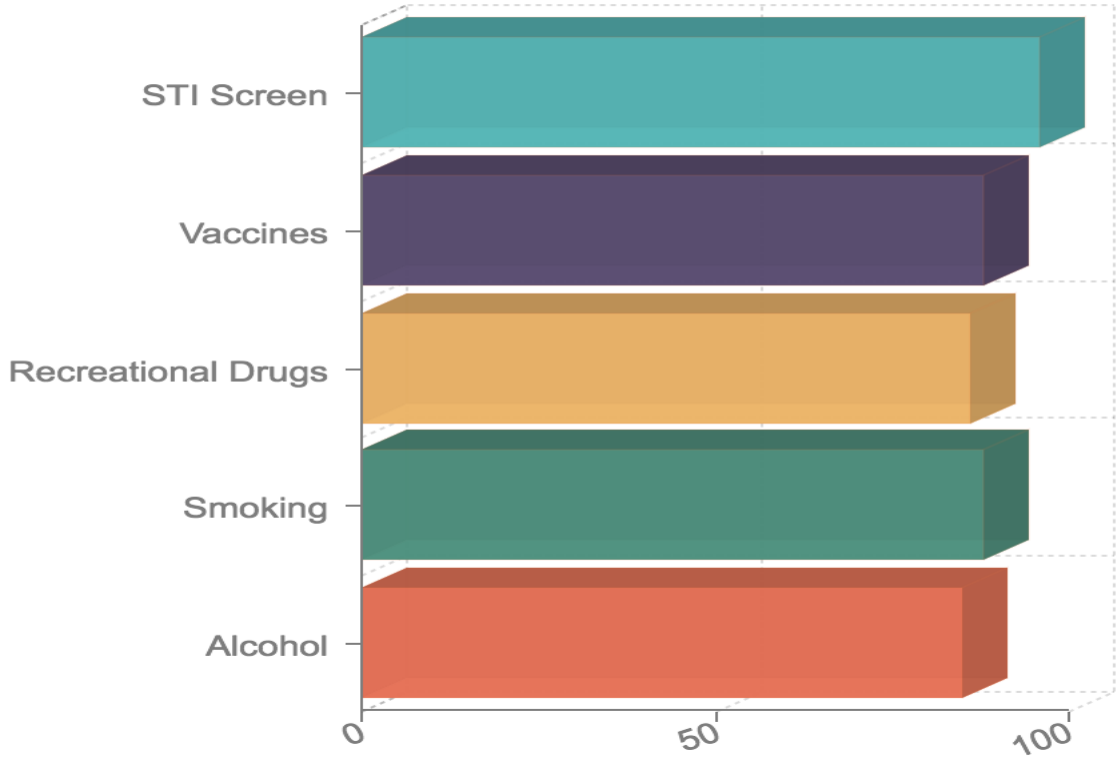
Results

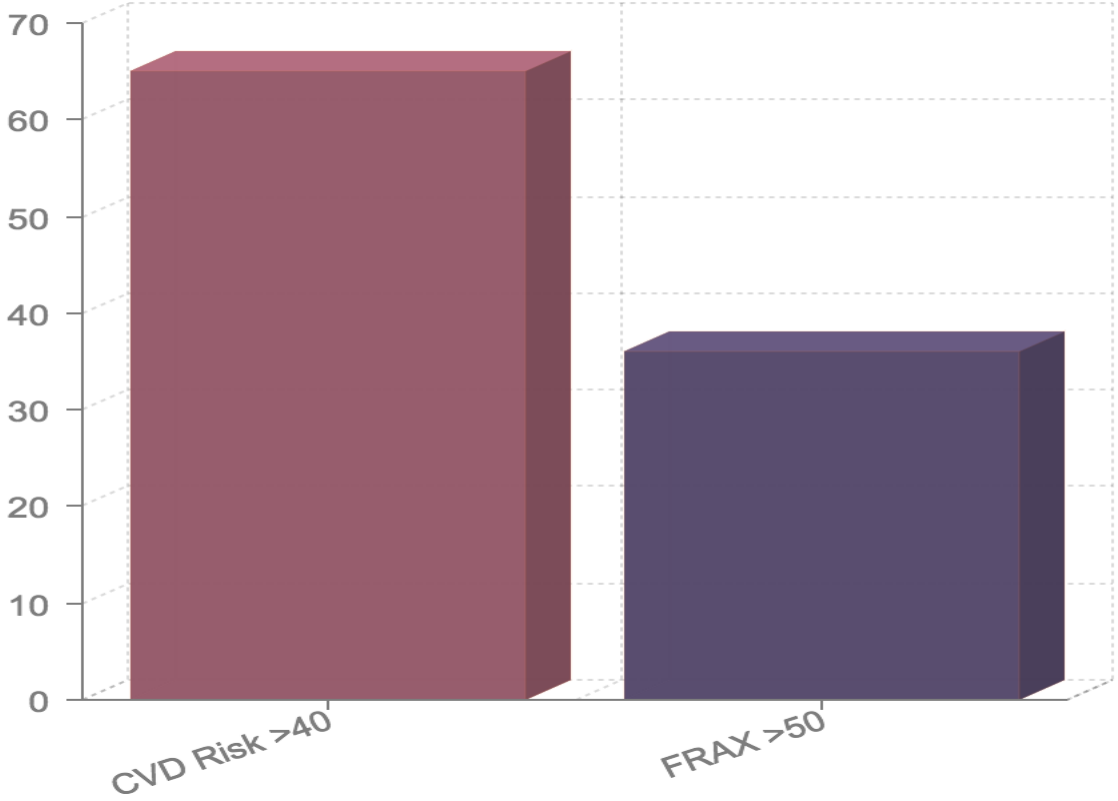

Results
HIV VL
CD4
Biochem
Hep A
Hep B
Hep C
Urinalysis
85
90
95
100

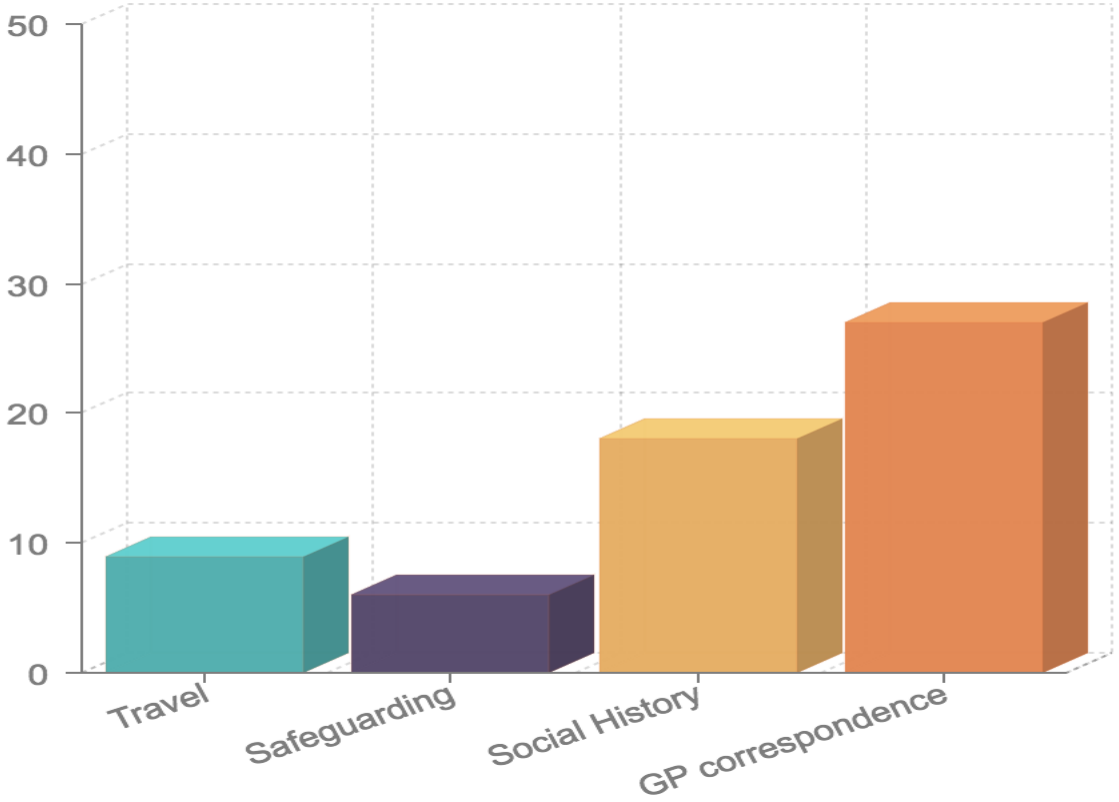
Results


Medical History
Mental Health
ART Review
Drug History
Partner/Children
0
50
100

Results


STI Screen
Vaccines
Recreational Drugs
Smoking
Alcohol
0
50
100


70
60
50
40
30
20
10
0
CVD Risk >40
FRAX >50


50
40
30
20
10
0
Travel
Safeguarding
Social History
GP correspondence

DISCUSSION

Strengths

- Accurate and timely blood tests
- Up-to-date medical & drug history (including ART)
- Sexual Health
- Substance misuse

Improvement

- Mental Health
- Safeguarding
- GP correspondence
- Older patient needs
- Documentation