

ANTI RETROVIRAL THERAPY



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HAART-Highly Active Anti-Retroviral Therapy

- Combination Therapy.-Taking more than one drug for HIV Treatment.

Drugs Administered

-Coblister.

-Fixed Dose.



- Coblister – Two or more pills packed in 1 unit using plastic/aluminium blister pack.
- Fixed dose combination-Two or more drugs are combined together in one pill/ capsule tablet.

When to start ARV Therapy?

- Consider the patient's acceptance or readiness and the probability of adherence.
- Strength of the recommendation is dependent on the CD4 cell count and viral burden.

Early vs Delayed Therapy.

Early Therapy

Benefits

- Control of viral replication.
- Delay of immune compromise.
- Lower risk of resistance.
- Decrease of HIV transmission

Delayed Therapy

Risks

- Cumulative drug side-effects.
- Early drug resistance.
- Limit future options.

Delayed Therapy

Benefits

- Avoid drug side-effects
- Delay in drug resistance
- Preserve options for other days

Risks

- Risk of irreversible immune system depletion.
- Possible difficulty in suppressing viral replication.
- Increase in HIV.

Groups of ARVs:-

- Nucleoside/Nucleotide Reverse Transcriptase-NRTI
- Non Nucleoside Transcriptase-NNRTI
- Protease Inhibitors-PI
- Fusion/ Entry Inhibitors

NRTI

- Stops HIV replication.
- HIV uses reverse transcriptase to replicate.
- The drug destroys the virus blueprint hence stops replication.

NNRTI

- Stops HIV replication within cells.
- Inhibits reverse transcriptase

PI

- Inhibits protease enzyme which breaks down proteins.
- In the final stage the infected human cell produces viral proteins.
- PI prevents HIV from carrying out this process.

F or EI

- For HIV to enter it first attaches to cell surface and fuses with the envelop.
- Fusion inhibitors stop it from entering the cell.

Access to drugs in Kenya is limited by;

- Access to ARVs is restricted to major hospitals.
- Cost of Drugs.
- Viral load monitoring.
- Lack of accessibility to ARV drugs remains a major obstacle.

CONCLUSION



- ART does not cure HIV.
- ART does not prevent re-infection from HIV.
- Protect yourself from HIV.
- Go to VCT centers for HIV protection counseling.