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Predictors of good outcome after one year of anti-retroviral therapy among patients diagnosed with HIV enrolled in the treatment hub of Makati medical centre

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Setting: A surge in the incidence of HIV in the Philippines was recently observed. Makati Medical Center (MMC) was accredited in 2012 as one of the treatment hubs after the introduction anti- retroviral therapy (ARV).

Objective: Predictors good outcome were identified after a year of ARV among HIV patients enrolled at MMC Treatment Hub.

Design: This is a retrospective cohort study of 417 HIV patients treated from January 2006 to January 2014.

Results: Most patients enrolled were male (98%), single (98%), of reproductive age (91%), males having sex with males (49%) and engage in anal sex (44%). The median age at the start of treatment is 31 years old (25-35 IQR). After a year of ARV, 92% had good outcome while 7.7% had poor outcome. Compliance and better HIV staging after a year treatment were associated with good outcome.

Conclusion: Good compliance and better HIV staging after treatment are predictors of good outcome of treatment at 1 year.