

24-Month Outcomes of Cabotegravir Plus Rilpivirine Long-Acting Every 2 Months in a Real-World Setting: Effectiveness, Adherence to Injections, and Patient-Reported Outcomes From People With HIV-1 in the German CARLOS Study

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Background

The CARLOS study is a study in Germany that is exploring an HIV treatment option that could make life easier for people living with HIV. This treatment, called cabotegravir plus rilpivirine long-acting (CAB + RPV LA), is a long-acting regimen that requires fewer doses than the usual daily pills. CAB + RPV LA has the potential to improve convenience and quality of life for people with HIV.

What treatment was studied here?

This study focused on CAB + RPV LA, an HIV treatment given every 2 months by injection. It is designed to keep HIV under control for people who have already controlled HIV with other medications.

What was the purpose of this study?

The main goal of the study was to see how well CAB + RPV LA works in real life over 2 years. Researchers wanted to understand how effective it is, how easy it is for people to take the treatment on time, and what people think about it after switching from daily pills.

Who took part in the study and how was the treatment studied?

The study involved 351 people, mostly men, with a median age of 42 years, who had been taking daily HIV pills for approximately 8 years before switching to the new treatment. Over

2 years, researchers collected information from regular doctor visits and asked participants about their experiences.

What are the research findings?

After 2 years, HIV remained under control in most participants, with few experiencing treatment failure. More than 94% of people generally stuck to the recommended injection schedule. Treatment satisfaction increased after switching to CAB + RPV LA, and 99% of participants preferred this new treatment because it was more convenient and less stressful. Side effects were mostly mild, with few participants stopping treatment due to these effects.

What does this mean for people with HIV?

CAB + RPV LA could be an effective long-term option for people with HIV who want a simpler treatment plan. It shows high success in controlling HIV, and the increase in treatment satisfaction could improve overall well-being for people with HIV.

Conclusions

The CARLOS study found that CAB + RPV LA is effective and easy to stick to in everyday life, with most people preferring it for its convenience. This suggests it could be a good choice for people with HIV looking for a simpler treatment option and supports CAB + RPV LA as a good long-term option for people with HIV.

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