



WEPEB033



EP0170

# Providing a Path From Daily to Long-Acting HIV Treatment for People With HIV Starting Their First Treatment

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## How does HIV affect the body?

Human immunodeficiency virus (HIV) makes copies of itself throughout the body and kills the CD4 cells that fight off infections

## How can treatment help?

HIV medicines can slow or stop the virus from making copies of itself, preventing CD4 cells from being killed

## What treatments were studied here?



DTG/3TC

Daily pill consisting of HIV medicines, dolutegravir and lamivudine (DTG/3TC)

- Can be used by people with HIV starting their first treatment



CAB + RPV

Long-acting HIV treatment consisting of 2 injectable medicines, cabotegravir and rilpivirine (CAB + RPV), given once every 2 months

- Can be used after HIV is suppressed by another treatment

Most HIV treatments consist of 3 or more drugs, but DTG/3TC and long-acting CAB + RPV help control HIV using only 2 drugs

Different options give people with HIV greater choice in how and how often they have to take their HIV medicines

Starting HIV treatment with DTG/3TC can provide a path for people with HIV to quickly get the virus under control (or **suppressed**) and to decide if they want to switch to long-acting CAB + RPV

## What was the purpose of the VOLITION study?

The VOLITION study looks at how long it takes for DTG/3TC to slow or stop the virus from making copies of itself and asks how people feel about switching to long-acting treatment

**VOLITION has 3 phases, or parts:**

**1 The Screening Phase**, where people with HIV join the study to start their first HIV treatment

**2 The Suppression Phase** from Day 1 to Week 16, where people use DTG/3TC to slow or suppress HIV replication

- Once the virus is suppressed, people have a “**Day of Choice**” to **choose whether to switch to long-acting CAB + RPV or keep using DTG/3TC**

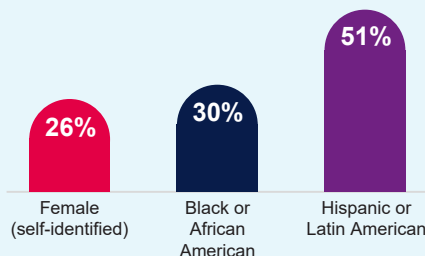
**3 The Maintenance Phase** from Week 16 to Month 11 or 12, where people use their chosen treatment to keep their HIV suppressed

## Who was included in the study?

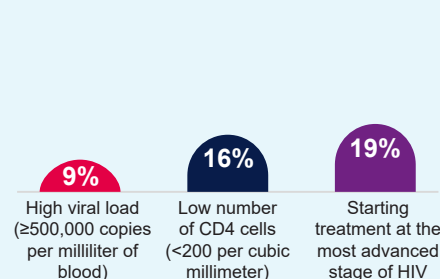
**171 people** with HIV started once-daily DTG/3TC as their first HIV treatment

Median age was **31 years**

### Demographics



### HIV characteristics



**Screening Phase**

At the start of the study



## How quickly did DTG/3TC suppress the virus?

### Suppression Phase

From Week 1 to Week 16



Median time

**98%** (167/171) had suppressed virus through the Suppression Phase

Only 1 person had virus that started making more copies again ( $\geq 200$  copies per milliliter of blood) after suppression

## How did people feel when using DTG/3TC?

### Most common side effects

**Fatigue**  
2%

**Diarrhea**  
2%

**Dizziness**  
2%

Only 1 (<1%) person stopped taking DTG/3TC, for reasons not related to the medicine

### On average, from Week 4 to Day of Choice



**Treatment satisfaction scores remained high**  
(58 out of a max score of 66)



**Bothersome symptoms, depression, and anxiety decreased**



## Why did some people want to switch to long-acting CAB + RPV?

### Day of Choice

Between Week 4 and Week 16

### At Day 1

**119 people** thought about the treatment they would choose at Day of Choice

**85%**

(101/119) of them were interested in switching to long-acting treatment

### At Day of Choice

**89%**

of 145 people with suppressed virus switched to long-acting treatment

**Among these, 65%** still worried about keeping their HIV diagnosis private, missing treatment doses, and/or feeling reminded about having HIV

### Top reasons why people switched:

Not having to worry about missing a dose each day

**80%**

Not having to carry medication

**68%**

Convenience

**64%**

People felt **empowered** when given the option to choose a future HIV treatment, even those who did not switch

**Among 155 people** who had the option to switch



**72%** said

"I am happy to know there are options for future treatment to match my lifestyle"



**55%** said

"It provides me with an option to suit my needs and daily life"

## What does this mean for people thinking about their first HIV treatment?

**DTG/3TC quickly suppresses the virus**, even in people with an advanced stage of HIV

Most participants felt **greater freedom and autonomy** when given options for future treatments

People with HIV can feel **empowered to choose a treatment path that meets their needs**



### Poster presentation titles:

Rapid Virologic Suppression With DTG/3TC Facilitates Early Switch to CAB+RPV LA for Treatment-Naïve People Living With HIV: Suppression Phase Outcomes From the Phase 3b VOLITION Study

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The Power of Choice: Strong Preference for CAB+RPV LA Following Rapid Suppression With DTG/3TC in ART-Naïve People Living With HIV

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