

Patient Reported Experiences and Perceived Benefit of Treatment With Dolutegravir/Lamivudine in Europe (PAIRED Europe): Primary Analysis

Paul O'Brien,¹ Melanie Schroeder,¹ Kai J. Jonas,² Julie Priest,³ V. Paul DiMondi,³ Dainielle Fox,³ Vijaya Mudaliar,⁴ Ivana Rajkovic-Potjewyd,⁴ Helena Salgado Perianes,⁴ Gavin Harper,⁴ Eva Fernvik⁵

¹ViiV Healthcare, London, UK; ²Maastricht University, Maastricht, Netherlands; ³ViiV Healthcare, Durham, NC, USA; ⁴Adelphi Real World, Bollington, UK; ⁵ViiV Healthcare, Stockholm, Sweden

Background

As HIV treatments have advanced, people living with HIV are enjoying better health and longer lives. Finding treatments that are not only effective but also easy to manage over the long term is crucial. Dolutegravir/lamivudine (DTG/3TC) is a combination therapy that fits this need, offering a simple, single-tablet option. The PAIRED Europe study was conducted to understand how patients in Europe feel about this treatment, focusing on their experiences and satisfaction.

What treatment was studied here?

This study looked at DTG/3TC, a 2-drug combination in 1 tablet, designed to effectively control HIV while potentially minimizing side effects. The study also evaluated the practical benefits of its blister packaging.

What was the purpose of this study?

The study aimed to understand how patients experience and adhere to DTG/3TC treatment, which is important for managing HIV over a lifetime. It also looked at how the blister packaging might help patients manage their medication more easily.

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

The study included 226 adults with HIV-1 from France, Portugal, Poland, and Norway, all of whom had been on DTG/3TC for at least 3 months. Participants were diverse, with nearly half aged 50 or older and about a third identifying as cisgender female. Data were collected through surveys and interviews to gather detailed insights into their treatment experiences.

What are the research findings?

Participants reported high satisfaction with DTG/3TC, scoring 53.3 out of 60 for overall satisfaction. This was largely due to the treatment's effectiveness and safety. Most participants found the treatment easy to manage, with 76% using it for over a year and 90% planning to continue. Adherence was high, with a mean score indicating good adherence. The blister packaging was appreciated for its convenience, helping users keep track of their medication easily. Overall, participants noted improvements in their quality of life.

What does this mean for people with HIV?

For people living with HIV, DTG/3TC offers a straightforward and effective treatment option that supports long-term health. The high satisfaction and adherence rates indicate that this therapy can help maintain control over the virus and reduce side effects, which are key for lifelong management. The blister packaging adds convenience, potentially boosting adherence.

Conclusions

The study concludes that DTG/3TC is a highly satisfactory treatment for people with HIV in Europe, with high adherence and user-friendly blister packaging. These findings can guide future strategies for HIV treatment, aiming for better health outcomes and easier medication management.

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