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MULTicentric HIV patients tracer For clinicAl assistanCe and rEsearch: data from MULTIFACE study

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Background

- E-health-based clinical tracking is emerging as a crucial tool for remotely monitoring people with HIV (PWH) in order to optimize clinical resources, with particular regard to Patient Reported Outcomes (PROs), which are emerging as a key aspect in the monitoring of PWH.

Study Design

- The aim of this study was to develop a model for remote PROs monitoring, assisting clinicians in disease tracking and patients' management by establishing collaborative remote care.
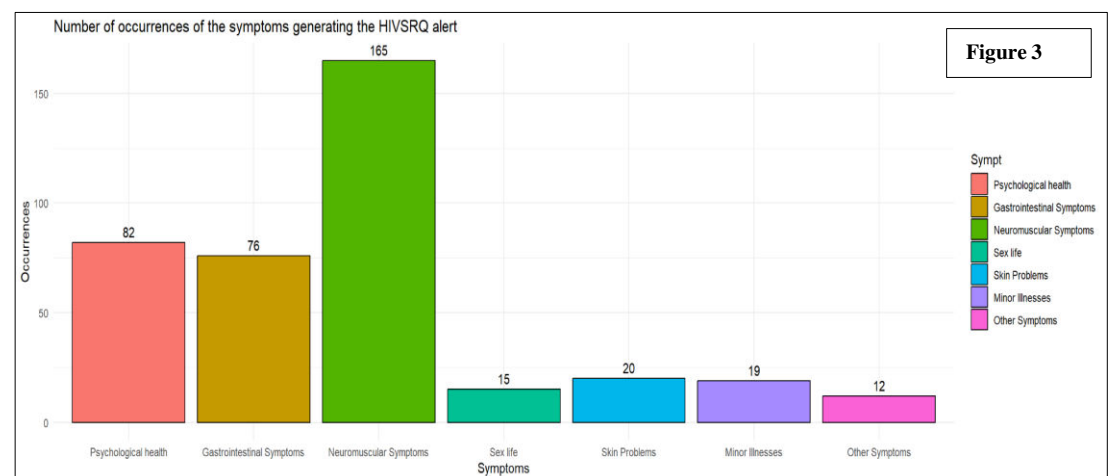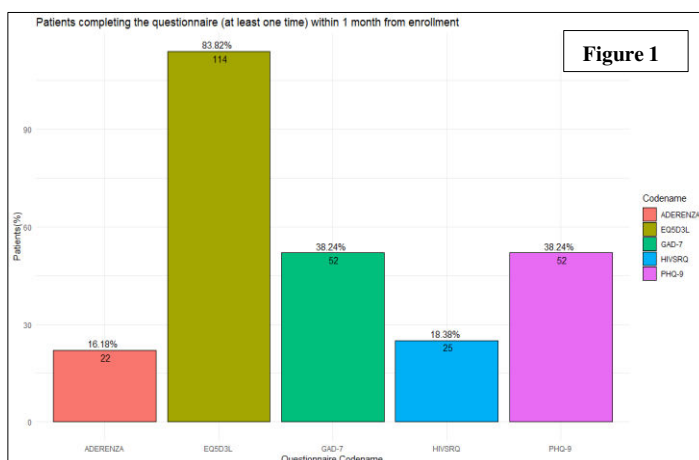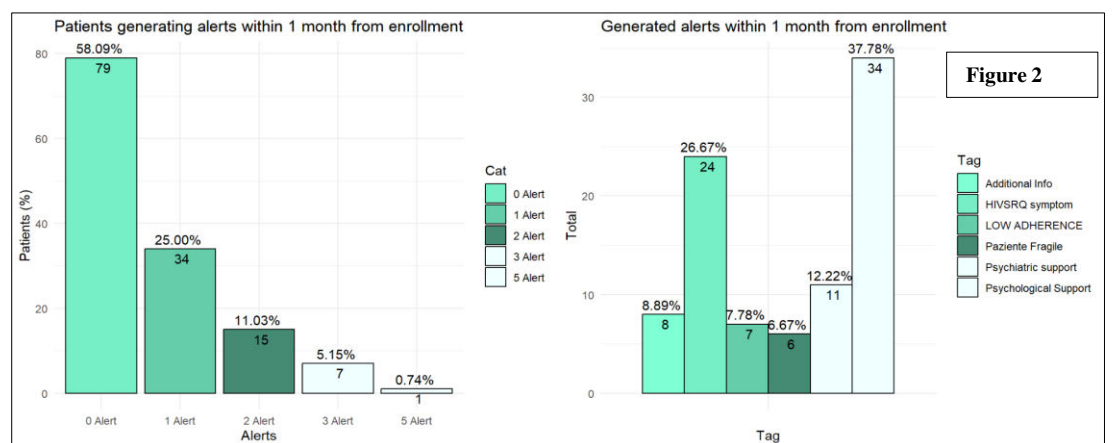
Methods

- A three-center intervention study on adults PWH undergoing antiretroviral therapy, diagnosed with HIV for more than 3 months, providing informed content and capable of using smart devices was designed.

- We developed and implemented a remote monitoring program leveraging on the Healthentia mobile App, able to submit and collect a set of questionnaires (HIVSRQ, ADH5Q, GAD-7, PHQ-9, HSS), tailored to individual needs identified from the screening questionnaire (EQ5D3L) thanks to an algorithm-based pathway.

Results

- As of March 31, 2024, after 1 month from study starting, 136 PWH were enrolled, of whom 84 were men (61.8%), with an average age of 50.97 (SD 11.1). Among them, 119 PWH filled at least 1 questionnaire (83.8% EQ5D, 18.4% HIVSQR, 16.2% ADH5d, 38.2% GAD-7, 38.2% PHQ-9, as reported in Figure 1).

- The mean VAS score of screening EQ5D-3L questionnaire was 80.5 (IQR 71.0-91.0). Overall, 90 alerts were generated; the stratification of those by type is shown in Figure 2

- According to our preliminary analysis, 50% of the alerts came from psychological distress (PHQ-9 and GAD-7) and 26% from symptoms (HIVSQR). The most frequently occurring domain of HIVSQR generating alerts was related to neuromuscular symptoms, as shown in Figure 3.

Conclusions

- The collection of PROs may represent an optimization of PWH management if there is an immediate return to the physician that allows intervention in clinical practice.

- The most relevant interaction between PWH and physicians is related to mental health issues followed by neuromuscolar symptoms.

- The results of this study, although preliminary, suggest that the patient need-based approach with real-time return to the physician may represent an advanced model of patient-centered interactive management.

Figure 2

Figure 1

Figure 3

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