

# The 2013 Annual Clinical Report of the HIV clinic, Melbourne Sexual Health Centre, Alfred Health

## Background information

MSHC has focused on increasing access to HIV care through improved efficiency and effectiveness of services providing high quality free HIV clinical and treatment services with high levels of HIV viral suppression, high rates of STI screening of HIV positive individuals and risk reduction counselling.

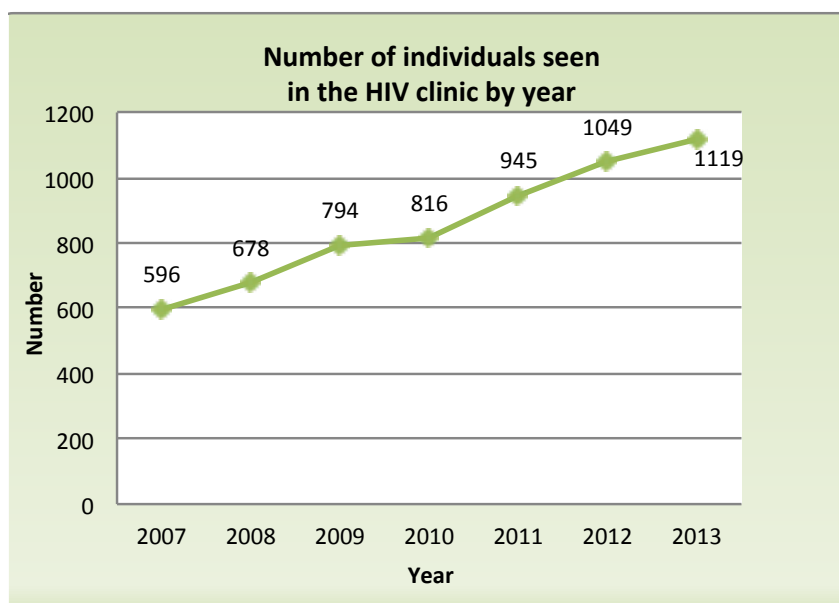
Through strategies that optimise HIV care at the Centre we aim to:

- Ensure individuals receive high quality follow up HIV care and treatment
- Screen and treat for bacterial STI
- Achieve HIV viral suppression in all clients attending the Green Room (TGR) who undertake antiretroviral therapy
- HIV care and treatment with antiretrovirals (ART)
- Extensive support by doctors and nurse provided adherence sessions to ensure clients are able to adhere to their medication
- Case management with community health and welfare providers for complex cases living with HIV
- In this report, we present data collected through our HIV surveillance activities to monitor our progress over time in the Green Room clinic population from 2007 - 2013.

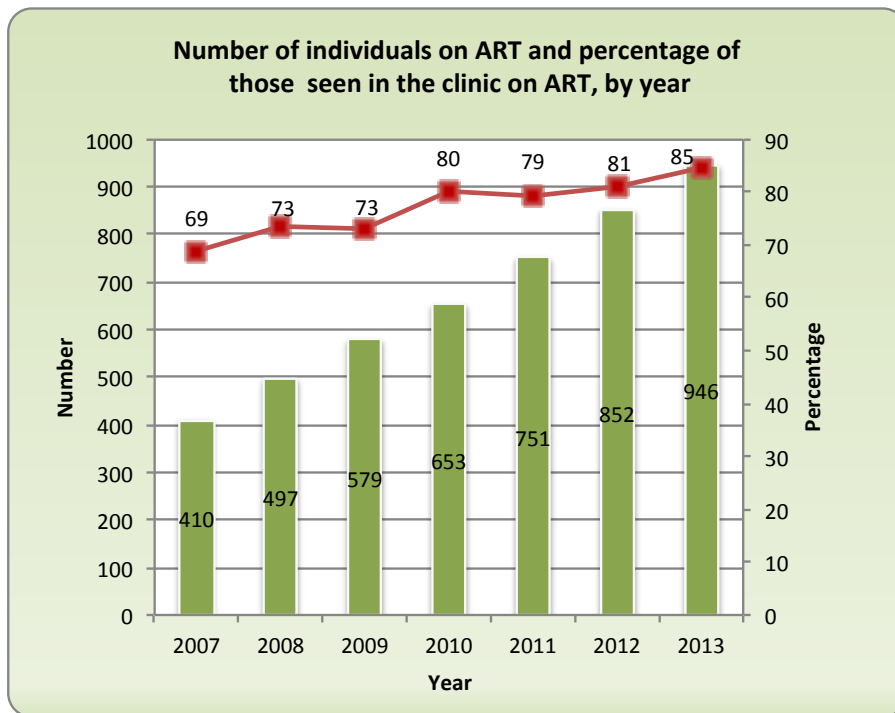
## Results

The number of individuals attending TGR for their HIV care has almost doubled from 596 in 2007 to 1,119 in 2013 as shown in Figure 1. Of these, the number of individuals taking ART has increased from 410 in 2007 (69%) to 946 in 2013 (85%) (Figure 2). Of the total number of individuals attending the clinic for their HIV care, 169 in 2007 (28%) versus 849 in 2013 (76%) had a plasma viral load of less than 400 copies/mL at their last visit in that year (Figure 3). Figure 4 shows the increasing numbers of individuals seen by year, taking ART and with plasma viral loads of less than 400 copies/mL. Among individuals on ART with plasma viral loads of less than 400 copies/mL at their last visit in that year, increased from 41% in 2007 to 90% in 2013.

Figure 1



**Figure 2**



**Figure 3**

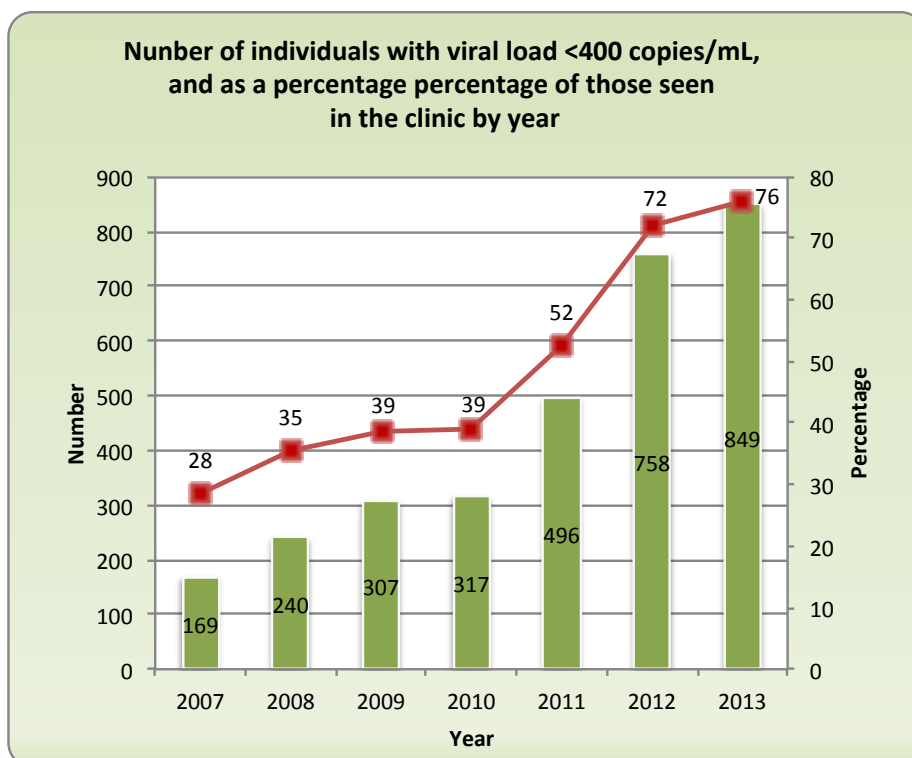
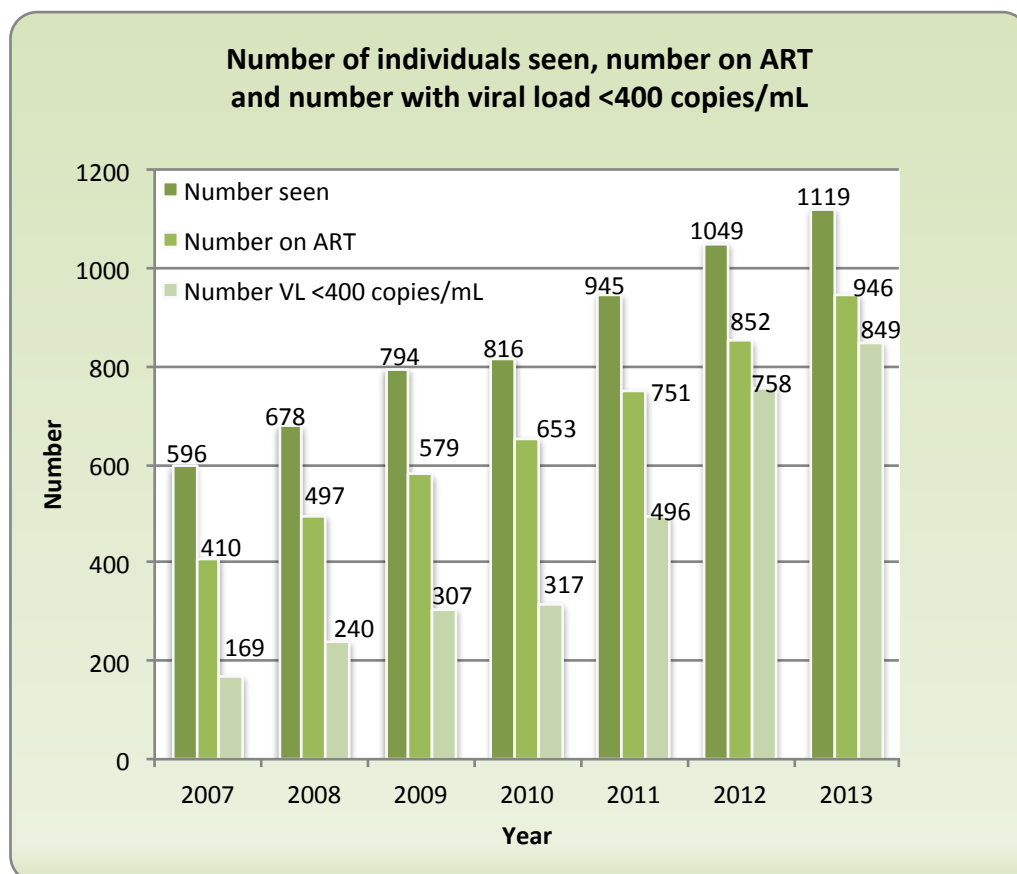


Figure 4



Currently there are no recommendations on clinical outcome indicators that clinical services should use for patients with HIV. Opportunistic infections and deaths are almost unheard of among patients diagnosed early with HIV in developed countries, making these largely irrelevant outcomes as a measure of HIV outpatient service quality.

Melbourne Sexual Health Centre provides an annual report of outcomes after starting HIV treatment at the Centre for the first time

<http://www.mshc.org.au/general/MSHCReports/HIVClinicQualityReports/tabid/593/Default.aspx>

We are doing this because how well patients do on treatment can affect their health. How well patients do on treatment is also related to the quality of care that staff provide patients with HIV.

Since 2000, 657 patients started HIV treatment for the first time at Melbourne Sexual Health Centre. Of these 35 or about 5% failed treatment over a 13 year period and most of these were in the first 4 years. By international standards this is a very good result.

Taking your HIV treatment as prescribed and trying to never miss any doses is the best way to avoid your treatment failing.