

The Development of a Web-Based Program to Improve Adherence to HIV/AIDS Medications among Drug Abusers in a Community Clinic

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Adherence, and Drug Abuse Treatment*
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About ISA...

- ❑ Health R&D company, established 1978
- ❑ Specializing in developing and testing web-based behavioral health interventions
- ❑ Engaged in multiple projects addressing drug use and HIV

Overview of the Project

- ❑ **Purpose:** To develop and test a web-based program designed to *improve medication adherence and reduce stress* among HIV patients.
- ❑ **Test Site:** Whitman Walker Clinic, a large community clinic in Washington, DC.
- ❑ **Sample:** 200 HIV+ patients (50% drug users) prescribed HAART medications.
- ❑ **Design:** An RCT, with data collection at baseline and three posttests at 3, 6 and 9 months.
- ❑ **Outcome Measures:** Self-reports of stress, drug use and medication adherence; MEMS caps; viral loads.

Challenges & Approaches

□ Recruitment of high-risk, low income Ss

- Incentives -- \$125 or equivalent
- On-site Research Analyst
- Assistance of clinic staff (subcontractor)

□ Access to the web-based program

- Two dedicated laptops at the clinic
- RA to assist with accessing the program

□ Retention

- Incentives (\$\$)
- Emails, postcards, phone calls

The Project Team

- **ISA:** Royer Cook, Rebekah Hersch, Doug Billings, Samantha Leaf
- **Consultants:** Steve Safren, Harvard; David Murray, Ohio State
- **Collaborators/Subcontractors:** Whitman Walker Clinic (Justin Goforth); Redmon Group (technical programming)

The Web-Based Intervention:

Life Steps for managing medications and stress

Life Steps combines a web-based stress management program with a web-based version of an in-person cognitive behavioral HIV medication adherence program, developed by Steve Safren.

Life Steps is a multi-media program with interactive exercises and downloadable segments and forms.

Life Steps Outline

❑ **Medication Adherence**

Understanding Medication Adherence, Getting To Appointments ,Communicating with Your Treatment Team, Coping with Side Effects, Obtaining Mediations, Formulating a Daily Medication Schedule, Storing Medications, Using Cue Control Strategies, & Handling Slips

❑ **Stress and HIV**

Review of Medication Adherence, HIV-Stress Relationship, & The Stress Response

❑ **Assess Your Stress**

Review of Medication Adherence, Assessing Your Stress, & Identifying Stressors

❑ **Stress Management Strategies**

Review of Medication Adherence, Avoid Negative Coping (*focused on alcohol and drugs*), & Make Positive Choices

Further Questions about *Life Steps*

For questions about this project please contact:

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Program Demonstration

Life Steps for Managing Medications and
Stress Management