

# **Integrating Addictions Medicine into HIV Care**

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# Objectives

1. Understand the association between STBBI and Substance Use Disorders (SUDs)
2. Understand the bi-direction impacts SUD and HIV care
3. Understand models for integrated care and recommendations
4. Understand harm reduction principles and recommendations
5. Understand the current forms of treatment for SUDs
6. Understand local resources for SUD treatment

# **STBBI and Substance Use Disorders**



# STBBI and Substance Use Disorders

- The Joint United Nations Programme on HIV/AIDS aimed to end the AIDS epidemic by 2030 with the following goals and a 2020 deadline:
  - 90% of all people living with HIV will know their status
  - 90% of all people with diagnosed HIV infection will receive sustained antiretroviral therapy
  - 90% of all people receiving antiretroviral therapy will have viral suppression
- By 2020, Canada had met the first (90%) and third (95%) of these targets, but failing to reach target for ART (87%; Public Health Agency of Canada, 2020)

# STBBI and Substance Use Disorders

- Recently, Canada has seen an increase in the number of new HIV diagnoses within a year – 1,833 new diagnoses
  - 20.5% due to intravenous drug use (IVDU)
  - 3.3% more occurring in MSM with IVDU
- This is a lower rate of transmission than has been noted in the US (>30%; Lesko et al., 2023)

# STBBI and Substance Use Disorders

- Drug use was identified as a driver of HIV transmission as early as the mid-1990s
  - IV cocaine use was found to lead to “explosive outbreaks” of HIV transmission (Tyndall et al., 2003)
  - The use of amyl nitrates for chemsex, and later methamphetamine for chemsex
- Demographic features (Indigeneity, precarious housing, sex work) were also identified as risk factors

# STBBI and Substance Use Disorders

- Drug use raises the risk of HIV exposure and transmission in, even separate from the actual act of injecting
  - Alcohol, amyl nitrate inhalants (poppers), methamphetamine, and other substances in the setting of chemsex leading to riskier sexual behaviors and transmission (Bositis, 2019; Tyndall 2003)
  - Increased interactions with other PLWH or other infectious conditions in close proximity
  - Incarceration, use of shelters
  - Transactional sex
  - Survival sex

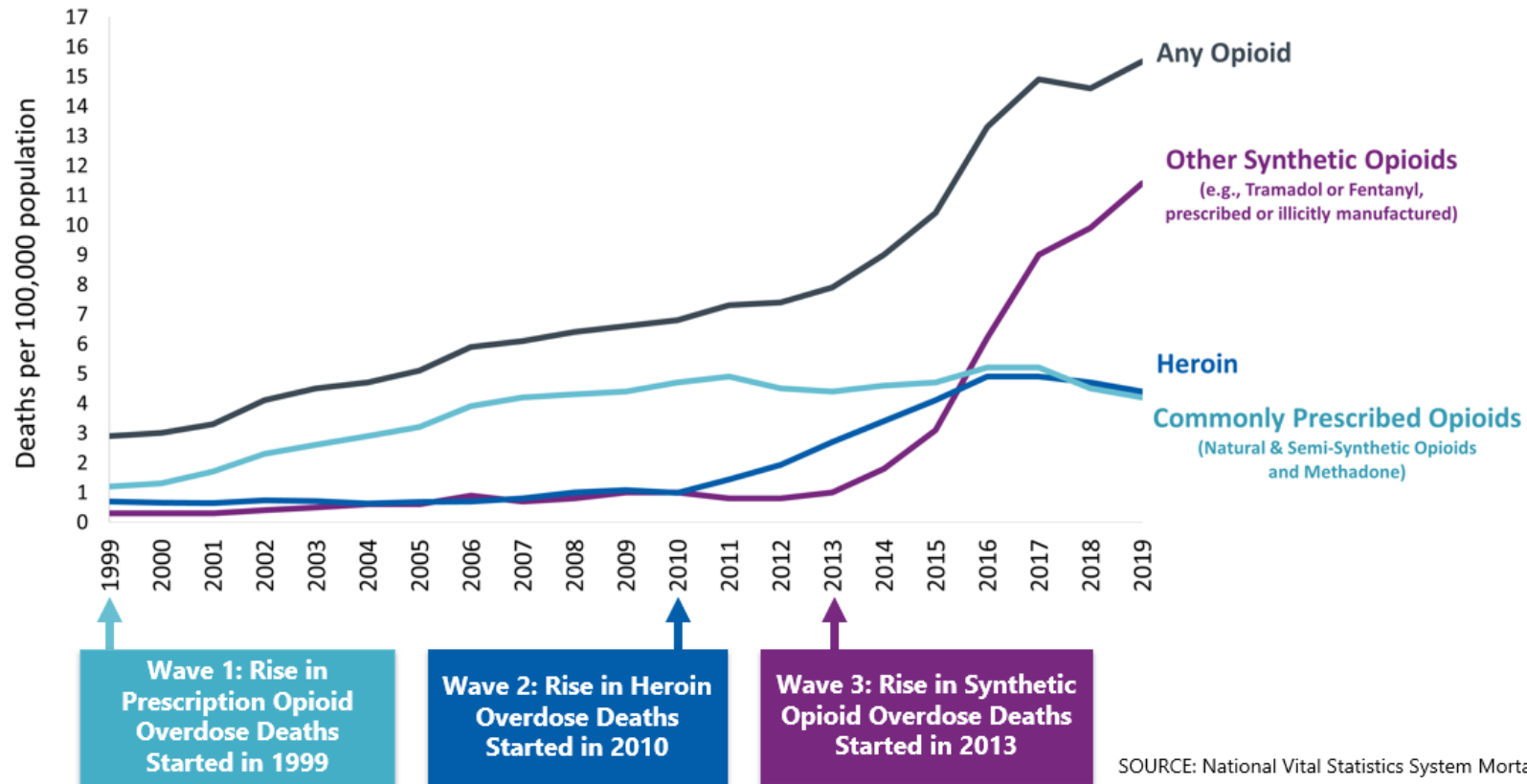
# STBBI and Substance Use Disorders

- IV opioid use was originally driven by heroin, but in the 1980's popularity decreased, with surging smoked crack-cocaine use rising in its place (Bositis et al., 2019)
  - Opioids returned to favour in 1996 with the introduction of Extended-release Oxycodone
- Rates of non-prescribed opioid use, especially IV use, have increased over time largely due to the synthetic opioid fentanyl



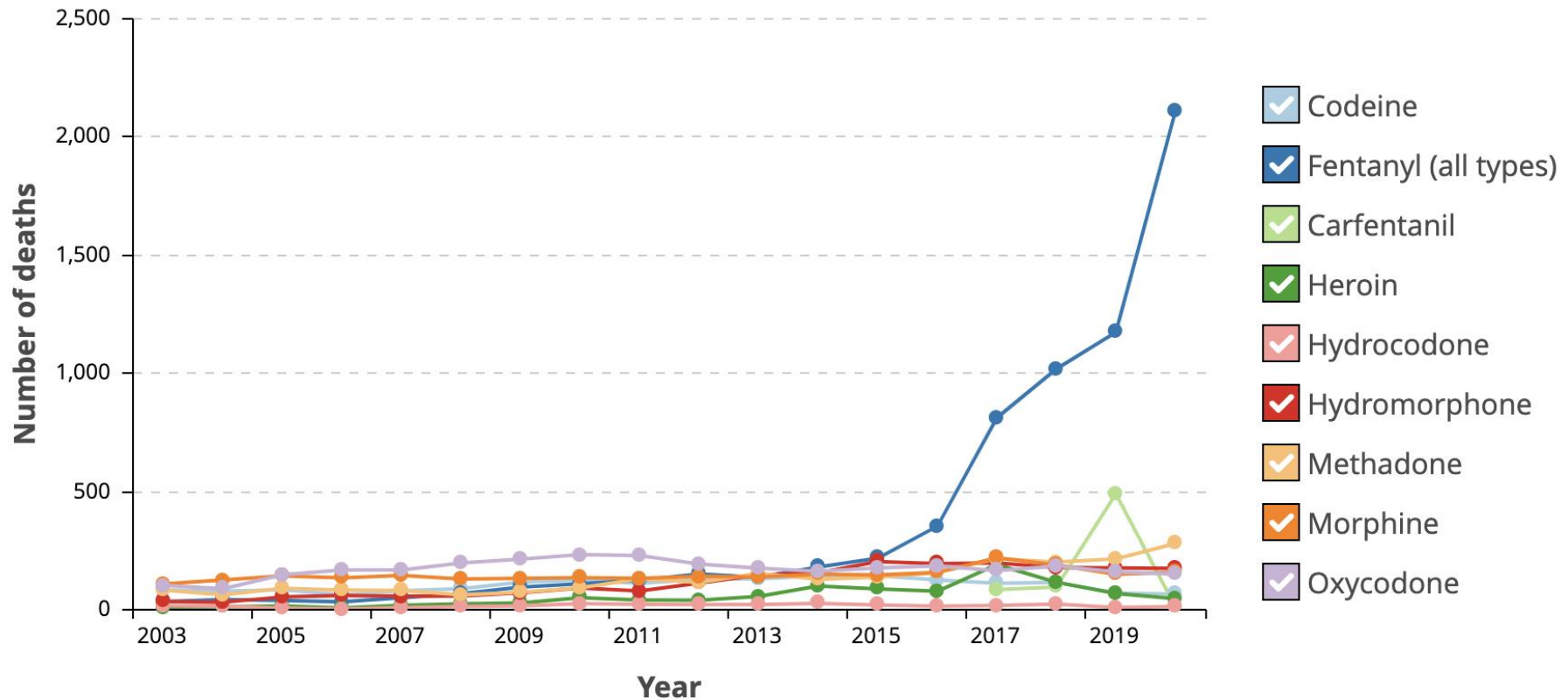
# STBBI and Substance Use Disorders

## Three Waves of the Rise in Opioid Overdose Deaths



# STBBI and Substance Use Disorders

Type of opioid present at death, Ontario, 2003 – 2020



# STBBI and Substance Use Disorders

- Many factors have contributed to an association between HIV diagnosis and substance use
  - MSM individuals and stigma related to sexuality
  - Chemsex
  - Precarious housing or incarceration
  - Limited finances
  - Disconnection from social supports, etc.
- This has led to a disproportionately high rate of substance use and diagnosed substance use disorders (Bositis, 2019)

# STBBI and Substance Use Disorders

- Rates of SU or SUD among PLWH is highly variable (Lesko, 2023)
  - Prevalence of substance use within the last month (cocaine and/or non-prescribed opioids) ~36%
  - Prevalence of diagnosed SUD 10-48%
- Cannabis use disorder was most common, followed by Alcohol use disorder (AUD), Methamphetamine UD, Cocaine UD, and then Opioid UD (Hartzler et al., 2017)
  - One-fifth had MULTIPLE substance use disorders

# **Impact of SUD care on HIV care**



# The Impact of SUD care on HIV care

- Outbreaks among specific communities most often centered about fentanyl or crystal meth injection (Lier et al., 2024)
- Areas found to have greater prevalence of OUD have demonstrated more of these outbreaks (Bostitis et al., 2019; Peters et al., 2016; Cranston et al., 2019; Evans et al., 2018)

# The Impact of SUD care on HIV care

- SU or a SUD have been associated with reduced engagement in care and outcomes
- Lesko et al; 2023
  - Patients seeing regular HIV care in Baltimore
  - 1/3<sup>rd</sup> had a cocaine or opioid use disorder history,
  - 1/5<sup>th</sup> had used cocaine or a non-prescribed opioid in the last 6 months

# The Impact of SUD care on HIV care

- No SUD, no recent use: 7.5% viral non-suppression
- No SUD, but recent use: 1.59-1.79x RR
- Hx Cocaine UD but no recent use: 1.63-1.79x RR
  - Notably found to be HIGHER than Cocaine UD WITH recent use 1.53-1.56x RR
- Hx Opioid UD but no recent use: 1-1.12. RR
  - With recent use increases to 1.53-1.56x RR
- Hx both Cocaine and Opioid UD with recent use: 1.75-1.89x RR



# The Impact of SUD care on HIV care

- Takeaways from Lesko et al. (2023)
  - Any recent use of cocaine or non-prescribed opioids increased risk of viral non-suppression
  - A history of OUD did not
  - A history of Cocaine UD significantly increased risk
  - Concurrent substance use had an additive effect
- Other studies have made similar conclusions, and have even identified dose-dependent impacts on viral non-suppression (Carrico et al., 2019)

# The Impact of SUD care on HIV care

- Alcohol, the most common SUD, hinders viral suppression (Azar et al., 2010)
  - Severity of SUD is associated with worsening outcomes
  - Reduced linkage to care (Episodic care, i.e. ED, instead of organized f/u)
  - Reduced viral suppression
- In individuals ever diagnosed with AUD, any alcohol use significantly reduces rates of viral suppression (Lesko et al., 2022)

# The Impact of SUD care on HIV care

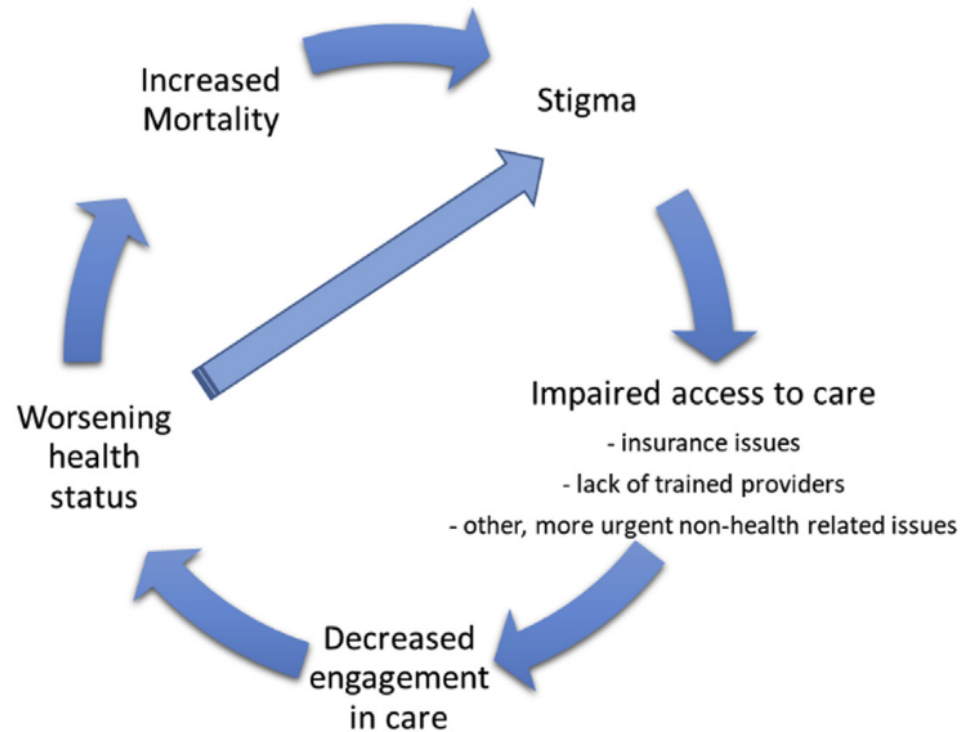


Fig. 2. Cycle of factors contributing to increased mortality in HIV-infected PWID.

Bositis (2019)

# The Impact of SUD care on HIV care

- From 2011-2015 the overall risk of death for PLWH decreased by 10%, but risk of overdose death increased 43% (Bosh et al., 2019)
- This has been found to be true for all PLWH, including those with CD4 >200. This suggests that non-HIV related causes drive this difference, most concerningly overdose deaths.

# The Impact of OUD care on HIV care

- Opioid Agonist Therapy (OAT) – the act of prescribing an alternative opioid as a form of harm reduction and stabilization
  - Provides a sense of stability
  - Promotes regular follow-up
  - Reduces peaks and valleys of use
  - Reduces risk of overdose through safe titration and ensured dosages
  - Gradual reduction over time

# The Impact of OUD care on HIV care

- **Buprenorphine:** partial mu-opioid receptor agonist
  - **Suboxone** (SL; with Naloxone) OD or **Sublocade** (IM) q4w
  - **Naloxone:** opioid receptor antagonists
- **Methadone:** synthetic mu-opioid agonist
- **Morphine SR** (Kadian): mu-opioid agonist

# The Impact of OUD care on HIV care

- Methadone OAT... (Hill et al., 2023; Doshi et al., 2021; Guise et al., 2017; McNamara et al., 2021):
  - Reduce HIV transmission risk behaviours
  - Reduces Acquisition
  - Reduces transmission to others
  - Adherence to ART
  - Maintenance of viral suppression
  - Improvement to related antimicrobial and HCV treatment

# The Impact of AUD care on HIV care

- **Naltrexone:** opioid and endorphin antagonist
  - Often emphasized for its ability to help cravings
- **Acamprosate:** weak glutamate/NMDA antagonist
  - Often emphasized in the context of bolstering ongoing abstinence



# The Impact of AUD care on HIV care

- **Naltrexone ER** (an IM injection q28d) has demonstrated in a double blind-RCT a significant, positive impact on both viral suppression and alcohol consumption (Springer et al, 2017; Springer et al., 2018)

# The Impact of StUD care on HIV care

- Pharmacologic agents: NONE
  - Potential options: mirtazapine, Naltrexone/Bupropion, Topiramate, or even Dextroamphetamine or methylphenidate
  - However, systematic review of systematic reviews have NOT found sufficient evidence to support or discount their use (Ronsley et al., 2020)
- **Contingency management** – rewarding patients for the achievement of specific and measurable desired behaviour (Ronsley et al., 2020; Hill et al., 2023)

# The Impact of StUD care on HIV care

- Contingency management (CM) has positive impacts on HIV care
  - Significant positive impact on HIV ART adherence (Ribeiro et al., 2023)
  - Significantly improved viral suppression among participants engaged in CM (Cunningham et al., 2020)

# The Impact of SUDs care on HIV care

- It is important to note the indirect ways in which substance use negatively impacts HIV care (Hill et al., 2023)
  - Housing difficulties
  - Interactions with the justice system
  - Incarceration
  - Racism
  - Stigma when trying to access care
  - Lack of transportation
  - Untreated mental health concerns
  - Financial impact

# The Impact of SUD Rx on HIV Rx

- Concern about drug-drug interactions have been raised by both SUD care providers and HIV care providers
- Pertinent impacts on ART activity:
  - **Atazanavir**: potentially decreased concentration with buprenorphine (for OUD)

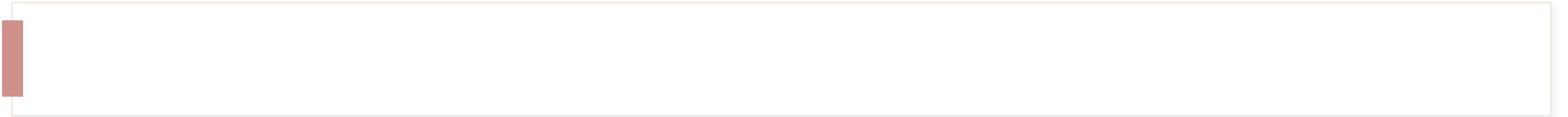
# The Impact of ART Rx on OUD Rx

- **Methadone:** hepatic metabolism, CYP3A4 (Cytochrome P450 family)
  - Increased by: none!
  - Decreased by: Darunavir, Atazanavir, Efavirenz, Rilpivirine
- **Buprenorphine:** hepatic metabolism, CYP3A4 (and CYP2C8)
  - Increased by: Elvitegravir/cobicistat, Darunavir, Atazanavir
  - Decreased by: Efavirenz, Etravirine
- Management: careful dose titration, consideration with medication changes (Bositis et al., 2019; Lier et al., 2024)

# The Impact of HIV care on SUD care

- HIV can negatively impact treatment of substance use disorders
  - Stigma
  - Deprioritization
  - Emphasis on abstinence then causes disengagement

# Integrated Care Models





# Integrated Care Models

- Integrating HIV and SUD care improves outcomes for patients (Hill et al., 2023).
  - Brick-and-mortar clinics
  - Mobile Health Clinics

# Integrated Care Models

- **Brick-and-mortar clinics:** one physical location. Ideally able to offer routine screening for SUD, HIV testing, and appropriate prevention or treatment of HIV (PrEP, ART, etc.), and treatment for identified SUD
- Pros: positive impact on retention in HIV prevention, retention in HIV care, reducing unplanned or incomplete discharges, and is cost effective (Serota et al., 2020; Seval et al., 2020)

# Integrated Care Models

- **Brick-and-mortar clinics:** literature review of quantitative/RCT studies regarding impact on outcomes (Vold, 2019) has identified:
  - Clinics that provided both HIV and OUD care had significantly better retention in OAT, viral suppression, and CD4 recovery than in patients engaged in care at different sites
  - Significantly improved effect on HIV suppression when integrating direct administration of both OAT and ART
- Ultimately this review commented on the overall lack of data

# Integrated Care Models

- **Brick-and-mortar clinics:** patient experience in such a model led to many positives (Guise et al., 2017):
  - Co-location highly valued by patients
  - Raised confidence in both HIV and SUD care providers
  - Felt less stigma regarding either issues
- Guise et al. also demonstrated decreased rates of referral rejection to specialty care.

# Integrated Care Models

- **Brick-and-mortar clinics:** Limitations identified include:
  - Geographic location
    - Lack of transport as a common issue
    - Lack of childcare
  - Medical institution mistrust
  - Racism and prejudice

# Integrated Care Models

- **Mobile Health Clinic Interventions:** more free-form, mobile group either on foot or in a vehicle that travels directly to individuals or designated meeting spots to provide care
  - Goal is to eliminate barriers that are present with brick-and-mortar approaches
- Model: Palliative Education and Care for the Homeless (PEACH) employing a similar model for palliative care!

# Integrated Care Models

- INTEGRAL Study by HIV Prevention Trials Network
  - Randomized, open label, two-arm trial
  - Examining efficacy of a MHC with “one stop” health services for PWID with OUD and at risk or living with HIV
    - Compared to peer navigation
    - Compared to brick and mortar clinics
  - Method: MHC parks in community locations to overcome transportation and stigma barriers in five different cities in the US

# Integrated Care Models

- INTEGRAL Study by HIV Prevention Trials Network
  - Outcomes:
    - Engagement in methadone OAT
    - Engagement in HIV PrEP if at risk
    - Engagement in HIV care for PLWH



# Integrated Care Models

- Integrated care models recommendations including:
  - Co-location should be favored over referral models
  - Client centered approach allowing for harm reduction focused on low-threshold access to care, emphasis long-term retention
- Ultimately there is the belief that HIV providers have a duty to also be comfortable treating SUDs, but this is placing excess pressure

# Harm Reduction Principles



# Harm Reduction Principles

- Discussing contamination of substances
- Safe supply of substances (such as opioid prescriptions) or having substances tested
- Safe supply of tools to use substances
- Safe environments to use in (such as a safe injection site, using with a trusted individual)
- Testing doses before using
- Recovery prescriptions, such as Narcan

# Harm Reduction Principles

## Sterile injection

- Use a tourniquet to minimize punctures
- Alcohol swab for 30s before/after
- Sterile syringe/supplies each time
- Safe disposal



# Harm Reduction Principles



# Harm Reduction Principles

## Safe consumption sites

- Many available all over the city!
- Please consider looking up perhaps the nearest ones in your community!

<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/supervised-injection-services/>

# Harm Reduction Principles



- Upcoming expected closure likely to negatively impact community

# Local Resources

Toronto Drug Checker: continually updated analysis of the contents of substances submitted to the city for purity testing

<https://drugchecking.community/>


Allows individuals to understand what other substances might also be mixed into what they expect to be fentanyl/cocaine/meth



# Local Resources

Rapid Access Addictions Medicine Clinics (RAAMs or RAACs)

- Consult Meta:Phi RAAM Clinics Map
  - <https://www.metaphi.ca/raam-clinics/>
- Local SUD clinics (True North, Coderix)
- CAMH



“The ambitious goal of ending the transmission of HIV will never be realized if we do not also address drug use while ensuring there are no disparities in access to treatment of HIV and SUD”

- **Dr. Nora Volkow**, director of the National Institute on Drug Abuse,  
2020



# Discussion

How have you incorporated SUD care into your HIV care?

What issues have you faced?

What resources have you found most helpful?

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# Extras



# STBBI and Substance Use Disorders

- Substance use and disorders are associated with other infections  
STBBI
  - IVDU is estimated to account for 1% of new HBV and 23% of new HCV (Vold et al., 2019)
  - IVDU is also associated with bacterial and fungal infections, including infectious endocarditis (McNamara et al., 2021)

# The Impact of SUD care on HIV care

- Using substances can invite exposure to infections, including HIV, through many avenues
  - Use of non-sterile equipment
  - Use of soiled substances
  - Sharing of tools with other individuals
- Further, behavioral changes after ingesting substances can lead to further risk-taking behaviour, especially in the context of stimulant use, such as methamphetamine (Tyndall et al., 2003)



**End**