Executive summary of the consensus document on the shared care of patients with HIV infection between primary and hospital care

Javier Martínez-Sanz, Juan E. Losa-García, Nuria Orozco, Ignacio Alastrué, Juanjo Mascort, María Jesús Pérez-Eliás y Grupo de Trabajo de Atención Compartida en VIH (Sociedad Española de Medicina de Familia y Comunitaria [semFYC] y Grupo de estudio del SIDA de la Sociedad Española de Enfermedades Infecciosas y Microbiología Clínica [GeSIDA SEIMC])

ABSTRACT
The current reality of the diagnosis and treatment of HIV infection justifies a multidisciplinary and coordinated approach between primary care and hospital care. This entails a two-way relationship and communication between the two care settings. This consensus document, coordinated by the AIDS Study Group of the Spanish Society of Infectious Diseases and Clinical Microbiology (SEIMC-GeSIDA) and the Spanish Society of Family and Community Medicine (semFYC), arose because of this need. Here, the recommendations of the four blocks that comprise it are summarized: the first tackles aspects of prevention and diagnosis of HIV infection; the second contemplates the clinical care and management of people living with HIV; the third deals with social aspects, including legal and confidentiality issues, quality of life, and the role of NGOs; finally, the fourth block addresses two-way and shared training/teaching and research.

Keywords: HIV, Primary Care, Hospital Care, Shared Care.

RESUMEN EJECUTIVO DEL DOCUMENTO DE CONSENSO SOBRE EL MANEJO COMPARTIDO DEL PACIENTE CON INFECCIÓN POR VIH ENTRE ATENCIÓN PRIMARIA Y HOSPITALARIA

RESUMEN
La realidad actual del diagnóstico y tratamiento de la infección por virus de la inmunodeficiencia humana (VIH) justifica un abordaje multidisciplinar y coordinado entre Atención Primaria y Atención Hospitalaria, contemplando la bidireccionalidad y la comunicación entre los dos escenarios asistenciales. El presente documento de consenso, coordinado entre el Grupo de Estudio del SIDA de la Sociedad Española de Enfermedades Infecciosas (SEIMC-GeSIDA) y la Sociedad Española de Medicina de Familia y Comunitaria (semFYC), nace de esta necesidad. Aquí se resumen las recomendaciones de los cuatro bloques que lo componen: el primero trata aspectos de prevención y diagnóstico de la infección por el VIH, en el segundo se contempla la atención y el manejo clínico de las personas que viven con VIH, el tercero trata aspectos sociales, incluyendo temas legales y de confidencialidad, la calidad de vida y el papel de las ONG; por último, el cuarto bloque aborda la formación/docencia y la investigación bidireccional y compartida.

Polizas clave: VIH, Atención primaria, Atención Hospitalaria, manejo compartido.
1. BACKGROUND

This consensus document, coordinated by the AIDS Study Group of the Spanish Society of Infectious Diseases and Clinical Microbiology (SEIMC-GeSIDA) and the Spanish Society of Family and Community Medicine (semFYC), arises from the need to pool knowledge and evidence to improve the multidisciplinary and coordinated approach between Primary Care (PC) and Hospital Care (HC), both in the prevention and screening of HIV infection in the general population, and in the comprehensive care of the multiple aspects and nuances that make up the care of people living with HIV (PLHIV).1

The recommendations of the four blocks, which contemplate bidirectionality and communication between the two care settings, are summarized here. Some recommendations may have been updated after the publication of the original consensus document; the clinical guidelines published periodically by GeSIDA should be consulted.

2. PREVENTION, DIAGNOSIS, AND REFERRAL

2.1 Prevention of HIV infection

The starting point for preventing HIV infection is identifying the risk of acquisition to apply the most appropriate prevention measures for each individual (A-II).

How can we improve risk identification?

- We need to raise awareness about screening guidelines that identify persons at increased risk of acquiring HIV infection (A-II).
- Patient medical histories should include the number of sexual partners, types of practices, condom use, drug use during sexual intercourse, sharing of drug-related material during consumption, history of other sexually transmitted infections (STIs), psychosocial situation, and country of origin. Staff should be given sufficient time to attend to each patient according to their needs (B-III).

What are the non-pharmacological HIV prevention measures for HIV and other STIs?

- Male circumcision only in settings with generalized/widespread HIV epidemic (C-II).
- Condom use (A-II).
- Regular HIV testing in populations at high risk (A-III).
- Behavioral modification interventions (informational campaigns, sex education, outreach to vulnerable people, risk reduction...) (B-II).
- Social assessment, including socio-familial environment and livelihoods, to provide support measures if necessary (B-II).
- Syphilis screening annually if there is unprotected sex (B-II), and in gay, bisexual, and other men who have sex with men (GBMSM) with risk factors, monitoring at least N. gonorrhoeae, C. trachomatis and hepatitis C virus (C-II). Screening should be performed every 3-6 months, depending on risk factors.

What are the pharmacological HIV prevention measures?

- Offer antiretroviral treatment (ART) to all PLWH (A-I), according to current recommendations in clinical guidelines.
- Offer pre-exposure prophylaxis (PrEP) (A-I) and post-exposure prophylaxis (PEP) (A-II) in situations in which they are indicated, following current recommendations (table 1 and 2).
- Regular screening and early treatment of STIs, since ulcerative and rectal STIs increase the risk of acquiring HIV (B-II).

2.2 Diagnostic delay. Strategies to optimize screening

What do the clinical guidelines recommend?

- The guidelines propose different screening recommendations, from the routine offer to the general population to the targeted offer for people at higher risk.
- In Spain, there is a Guide of Recommendations for the Early Diagnosis of HIV in healthcare settings (figure 1), which should be updated according to the latest available evidence (A-II).
- The training of healthcare professionals on the implications of diagnostic delay should be reinforced so that they request HIV testing more frequently (A-III) (table 3).
- Strategies should be implemented to carry out screening in different healthcare settings, providing professionals with the appropriate working conditions in order to perform them (A-II).

What are the practical experiences in our setting?

- In Spain, we have extensive practical experience in strategies to optimize HIV screening, both in healthcare and community settings, including mobile units, pharmacies, premises managed by NGOs, and outreach strategies in high-risk environments with offers in leisure or street venues.
- We especially recommend optimizing screening by implementing strategies in PC and community settings (B-I).

2.3 Referral to Hospital Units

What are the referral strategies? (A-II)

- Referral for ART is recommended for all patients with HIV infection (A-I) as soon as possible after diagnosis (A-II).
- Dynamic communication should be facilitated between primary care specialists and hospitalists to enable patient access in any situation that may require it. Non-face-to-face referrals or e-consultations should be optimized to avoid excesses/mistakes in referrals and to guarantee the rapid exchange of information (A-II).
- Rapid two-way inter-consultation circuits should be generated between PC and HC for PLWH presenting STIs, infections not associated with HIV, the need to study a systemic syndrome or for those who cannot go to the hospital and can be attended in PC, as well as displaced patients who need to carry out specific administrative procedures (A-III).
- PLWH should be referred to PC if they require care for healthcare matters usually managed by the family physician, keeping the latter at the center of the care of PLWH (A-II).
Table 1. Criteria to identify candidates for pre-exposure prophylaxis approved by the National Health System

<table>
<thead>
<tr>
<th>1. Gay and bisexual men and other men who have sex with HIV-negative men and transsexual individuals over 16 years old, with at least two of the following criteria:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• More than 10 different sexual partners in the past year</td>
</tr>
<tr>
<td>• Practice of unprotected anal sex in the past year</td>
</tr>
<tr>
<td>• Drug use related to unprotected sex in the past year</td>
</tr>
<tr>
<td>• Administration of post-exposure prophylaxis on several occasions in the past year</td>
</tr>
<tr>
<td>• At least one bacterial STI in the past year</td>
</tr>
<tr>
<td>2. Women engaged in prostitution who report non-regular condom use</td>
</tr>
<tr>
<td>3. Cisexual women and men, as well as users of intravenous drugs with unsafe injection practices who report non-regular condom use and who present at least two of the following criteria:</td>
</tr>
<tr>
<td>• More than 10 different sexual partners in the past year</td>
</tr>
<tr>
<td>• Practice of unprotected anal sex in the past year</td>
</tr>
<tr>
<td>• Drug use related to unprotected sex in the past year</td>
</tr>
<tr>
<td>• Administration of post-exposure prophylaxis on several occasions in the past year</td>
</tr>
<tr>
<td>• At least one bacterial STI in the past year</td>
</tr>
</tbody>
</table>

Remarks:
1. HIV infection must be ruled out before prescribing PrEP. If there is any doubt about a possible recent infection (mononucleosis syndrome or other criterion), PrEP should not be recommended until reasonably ruling out HIV infection.
2. The patient must be willing to regularly comply with the recommendations and join a follow-up program over time.
3. There must be no clinical or analytical contraindication to receive TDF or FTC.

Table 2. Non-occupational post-exposure prophylaxis recommendations

<table>
<thead>
<tr>
<th>TYPE OF EXPOSURE</th>
<th>TRANSMISSION RISK ACCORDING TO SOURCE</th>
<th>RECOMENDATION</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anal or vaginal intercourse, whether receptive or insertive, without a condom or with the misuse of condoms</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sharing syringes or needles to inject drugs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Percutaneous puncture with exposure to blood or other potentially infectious fluids*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Human bites with continuity solution (?) on the skin</td>
<td>Exposures with observable risk of transmission:</td>
<td></td>
</tr>
<tr>
<td>• HIV positive with detectable or unknown plasma viral loadc</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• HIV status unknown with risk factorsd</td>
<td>Recommend post-exposure prophylaxis</td>
<td></td>
</tr>
<tr>
<td>Exposures with low or minimal risk of transmission:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• HIV positive with undetectable plasma viral load</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• HIV status unknown without risk factors</td>
<td>Assess individually*</td>
<td></td>
</tr>
<tr>
<td>Oral-genital intercourse (penis, vagina, anus), whether receptive or insertive, with or without ejaculation, without condom or other barrier method or poor prophylactic use</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exposure of other mucosa or of non-intact skin to blood or other potentially infectious fluids*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Any other type of exposure with non-infectious fluidsb</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exposures on intact skin. Bites without rupture of the skin or bleeding. Superficial puncture or erosion with abandoned needles or other sharp or cutting objects that have not been in recent contact with blood. Kisses. Mouth-to-mouth resuscitation without lesions on the skin or mucosa. Hugs. Masturbation without breaking the skin</td>
<td>Exposures with negligible or no risk of transmission:</td>
<td></td>
</tr>
<tr>
<td>• HIV positive with detectable or undetectable viral plasma load and HIV status unknown with or without risk factors</td>
<td>Post-exposure prophylaxis not recommended</td>
<td></td>
</tr>
</tbody>
</table>

HIV: human immunodeficiency virus.
* Blood, fluids that contain visible blood, semen, vaginal secretions, cerebrospinal fluid, pericardial pleural effusion, peritoneal, peritoneal, synovial, and amniotic fluid, and human milk.
* Urine, feces, saliva, vomit, nasal secretions, tears, sweat, and sputum, if they do not contain visible blood.
* The greater the viral plasma load, the greater the risk of transmission.
* Men who have sex with men (MSM), intravenous drug users (IDU), sex workers, sexual aggressors, people with a history of incarceration and individuals originally from a country with an HIV prevalence over 1% (Haiti, Bahamas, Jamaica, Belize, Trinidad and Tobago, Estonia, Russia, Thailand, and sub-Saharan Africa).
* Individually assess each case. In general, it is not recommended to start post-exposure prophylaxis if the source is a person with HIV with a detectable or unknown viral plasma load, or if the HIV status is unknown without risk factors. In the latter case, not carrying out post-exposure prophylaxis may be considered given that the transmission risk is very low.

FTC: emtricitabine; HIV: human immunodeficiency virus; PrEP: pre-exposure prophylaxis; STI: sexually transmitted infection; TDF: tenofovir.
3. SHARED CARE FOR PEOPLE LIVING WITH HIV

3.1 Coordination and Quality of Care

Shared care combines the advantages of PC (proximity and expertise in chronic diseases) with the expertise of an HIV specialist. Although the WHO has recommended shared care since 2004, scarce data are available that evaluate these models in high-income countries, with generally good health outcomes (table 4).

What are the main recommendations for shared care?

- Using all care settings to support early diagnosis, counseling, and shared follow-up of PLWH is recommended (B-III).
- Generating evidence on shared care in high-income countries is considered a priority (C-III).
- With the increase in age and comorbidities in PLWH, it is necessary to implement effective organizational models in other chronic diseases, which implies improving coordination between HC and PC (A-III).
- A chronic and shared care model between PC and HC for PLWH should be implemented as soon as possible, which would greatly benefit both the patient and the healthcare system (B-II) (table 5).

New models of non-face-to-face care and coordination

- The national medical societies in Spain have guidelines regarding telemedicine in the management of PLWH14,17.
- Models of non-face-to-face care with patients and between HC and PC should be established to achieve greater proximity and accessibility of care (C-III).
- Telemedicine should be seen as a complementary support tool to optimize resources and facilitate patient care (C-III).
- Progress should be made towards safer and more standardized telemedicine care, and its results on the health of PLWH should be evaluated (C-III).

3.2 Vaccinations for patients with HIV infection

What are the recommendations on the vaccination schedule?

- Vaccinate with the same guidelines as the general population. Live attenuated vaccines with CD4+ cell counts < 200 cells/μL (A-I) are contraindicated.
- Pneumococcal (A-II), annual influenza (A-II), SARS-CoV-2 (A-II), high-dose HBV (A-I), and postvaccination serological response (B-I), hepatitis A (A-I), human papillomavirus (A-III), and herpes zoster (B-I) vaccines are indicated (table 6).
- Serology against the hepatitis A and B viruses should be performed on all patients at the beginning of the study to assess their vaccination status (A-I). In women of childbearing age, rubella serology is recommended for vaccination if IgG is negative (C-III).
- The vaccination status and the vaccination record should be reviewed both in PC and in HC (C-III).
Table 3. Indicative conditions and recommendations for the human immunodeficiency virus test

### RISK OF EXPOSURE

**Persons for whom targeted screening is recommended due to presenting a higher risk of HIV infection**

- Individuals who request it due to suspecting an exposure to risk
- Sexual partners of people with HIV infection.
- Active IDU or individuals with a history of having been IDU and their sexual partners
- MSM and their sexual partners
- Individuals who engage in prostitution, as well as their partners and clients in the past year
- Individuals who want to stop using protection with their stable partners
- Individuals who have suffered sexual assault
- Individuals who have had exposure to HIV risk, whether occupational or accidental
- Individuals originally from countries with a high HIV prevalence (> 1%) and their sexual partners

### DEFINING CONDITIONS OF AIDS

**Neoplasms**

- Cervical cancer
- Non-Hodgkin's lymphoma
- Kaposi sarcoma

**Bacterial infections**

- Pulmonary or extrapulmonary *Mycobacterium tuberculosis*
- Disseminated or extrapulmonary *Mycobacterium avium* complex or *Mycobacterium kansasii*
- Disseminated or extrapulmonary *Mycobacterium*, other species or unidentified species
- Recurrent pneumonia (two or more episodes within 12 months)

**Viral infections**

- Cytomegalovirus retinitis
- Cytomegalovirus in other locations (except liver, spleen, and lymph nodes)
- Bronchitis/pneumonitis due to herpes simplex, common herpes ulcer(s) > 1 month
- Progressive multifocal leukoencephalopathy
- Herpes simplex: chronic ulcers (> 1 month of duration) or bronchitis, pneumonia or esophagitis

**Parasitic infections**

- Cerebral toxoplasmosis
- Diarrheal cryptosporidiosis > 1 month
- Isosporiasis > 1 month
- Atypical disseminated leishmaniasis
- Reactivation of American Trypanosomiasis (meningoencephalitis or myocarditis)

**Fungal infections**

- Pneumocystis pneumonia due to Pneumocystis jirovecii
- Esophageal Candidiasis
- Bronchial/tracheal/pulmonary Candidiasis
- Extrapulmonary cryptococcosis
- Disseminated/extrapulmonary histoplasmosis
- Disseminated/extrapulmonary coccidioidomycosis
- Disseminated talaromycosis

### INDICATIVE CONDITIONS

**Conditions associated with undiagnosed HIV prevalence > 0.1%**

- Sexually transmitted infections
- Malignant lymphoma
- Anal cancer/dysplasia
- Cervical dysplasia
- Herpes zoster
- Hepatitis B or C (acute or chronic)
- Mononucleosis syndrome
- Leukocytopenia/idopathic thrombocytopenia that lasts > 4 weeks
- Seborrheic dermatitis/exanthems
- Invasive pneumococcal disease
- Fever with no apparent cause
- Candidemia
- Visceral leishmaniasis
- Pregnancy (implications for the fetus)

**Conditions possibly associated with undiagnosed HIV prevalence > 0.1%**

- Primary lung cancer
- Lymphocytic choriomeningitis
- Oral hairy leukoplakia
- Severe or atypical psoriasis
- Guillain-Barré Syndrome
- Mononeuritis
- Peripheral neuropathy
- Unexplained weight loss
- Idiopathic lymphadenopathy
- Idiopathic oral candidiasis
- Idiopathic chronic diarrhea
- Idiopathic chronic kidney failure
- Hepatitis A
- Community-acquired pneumonia
- Candidiasis
- Primary lung cancer
- Lymphocytic choriomeningitis
- Oral hairy leukoplakia
- Severe or atypical psoriasis
- Guillain-Barré Syndrome

**Conditions with prevalence of HIV infection possibly < 0.1%, but in which not diagnosing the infection can have important negative consequences**

- Cancer
- Transplant
- Autoimmune disease treated with immunosuppressive therapy
- Primary space-occupying lesion of the brain
- Idiopathic/thrombotic thrombocytopenic purpura

HIV: human immunodeficiency virus; IDU: intravenous drug user; MSM: men who have sex with men.

Table 4. Experiences in shared care for individuals who live with human immunodeficiency virus

<table>
<thead>
<tr>
<th>MATERIALS AND METHODS</th>
<th>INTERVENTION</th>
<th>PATIENTS INCLUDED</th>
<th>RESULTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tu D11</td>
<td>Prospective interventional cohort study</td>
<td>Application of CCM for 18 months</td>
<td>269</td>
</tr>
<tr>
<td>Goetz MB20</td>
<td>Use of Quality Enhancement Research Initiative to improve the diagnosis of HIV infection</td>
<td>Program based on the CCM with clinical reminder alarms, feedback audit, through information systems, organizational changes</td>
<td>NC. 11 centers</td>
</tr>
<tr>
<td>Gómez Ayerbe C30</td>
<td>Prospective evaluation of serology request</td>
<td>DRIVE 01 Program Questionnaire on risk exposure and indicative conditions of HIV and HIV screening through rapid tests</td>
<td>5,329 patients</td>
</tr>
<tr>
<td>Rogers GD30</td>
<td>Prospective evaluation focused on the use of semistructured interviews and on critical ethnography.</td>
<td>NO Care and Prevention Program Use and cost of services, quantitative information</td>
<td>NC</td>
</tr>
<tr>
<td>Cabral H7</td>
<td>Randomized pairwise intervention</td>
<td>Seven educational modules. Monthly telephone contact. Results: follow-up maintained and VL undetectable at 12 months</td>
<td>348</td>
</tr>
<tr>
<td>Kay ES20</td>
<td>Review of electronic case histories of a PC clinic for PLWH in the United States. They examine the variables related to irregular follow-up</td>
<td>NO Number of missed appointments in PC, categorized: 1 - 2 or 3 or more appointments</td>
<td>1,159</td>
</tr>
<tr>
<td>Page J20</td>
<td>Describe and compare the care of the PLWH seen in PC (10 PCP) and HC (six hospital physicians) in Switzerland</td>
<td>NO Initial questionnaires, at 6 and 12 months, including questionnaires on depression, physical wellbeing, adherence, quality of life, satisfaction and evaluation of services</td>
<td>106</td>
</tr>
<tr>
<td>Hutchinson J30</td>
<td>Cross-sectional study through questionnaires in clinics that treat PLWH. They evaluate factors related with good shared care and barriers to achieving it</td>
<td>They evaluate the context in which they work, the center’s funding, the care provided, coordination with hospital care, knowledge and teaching on HIV of PCP, feasibility and barriers</td>
<td>10 people reporting</td>
</tr>
<tr>
<td>Kendall CE11</td>
<td>Cross-sectional study to understand the organization and composition of clinics that provide care for PLWH in Canadaa</td>
<td>NO</td>
<td>17,678 patients seen in 22 clinics: 12 PC (6 exclusively for HIV patients) and 10 HC</td>
</tr>
<tr>
<td>Weibel A30</td>
<td>Randomized interventional study, adjusted by socio-demographic factors, social situation, comorbidities...</td>
<td>Intervention in nursing and social work to provide early palliative care related to infection by HIV and other chronic diseases. Evaluation of health outcomes: quality of life, symptom burden, coping skills, social isolation, HIV self-management.</td>
<td>179 participants (71 intervention and 79 control)</td>
</tr>
<tr>
<td>Riera A22</td>
<td>Cross-sectional satisfaction questionnaire Prospective study to evaluate an intervention</td>
<td>Intervention study in Primary Care (PCIS) in HIV patients with good control: one annual visit in the hospital and one in their PC. Evaluation at 2 years of follow-up through VL, adherence to ART, hospitalizations, death, NAE, evaluation of cholestroleremia and tobacco use</td>
<td>Initial questionnaire 918 patients included in the intervention study</td>
</tr>
</tbody>
</table>
3.3 Current Antiretroviral Treatment Management

What are the recommendations for ART monitoring?

- ART consists of a combination of two or three antiretroviral drugs. Laboratory evaluation and aspects related to the choice and monitoring of ART are specified in the corresponding GeSIDA guidelines (Table 7)\textsuperscript{18}.
- It is essential to know the main side effects of antiretroviral drugs and to avoid polypharmacy, interactions, and new side effects (A-I).
- Special situations, such as pregnancy, tuberculosis, and/or comorbidities, require extreme precautions in monitoring and treatment (A-I).

How to manage interactions and polypharmacy?

- Collaboration between PC and HC professionals is critical in order to avoid severe interactions and to reduce the risk of polypharmacy (B-III).
- ART and concomitant medication should be accessible to all prescribing physicians in real-time (B-II).
- All medication for PLWH should be reviewed at every clinical visit, especially if the medication is to be modified. Online tools like the one developed by the University of Liverpool (available at: https://www.hiv-druginteractions.org/) can be used to assess interactions. Contraindications should be considered, and dose adjustments made when necessary (A-II).

How to monitor adherence and control ART?

- Adherence to ART should be monitored at each clinical visit. This should be done through multidisciplinary collaboration between healthcare professionals (A-II).
- Adherence to ART should be recorded in the clinical history. This information should be shared between PC and HC (C-III).
- The use of two independent methods for measuring adherence is recommended. Pharmacy records and simple validated questionnaires are easily accessible in the clinic (C-III).
- Healthcare for PLWH should include implementing adherence improvement programs, such as sending reminders via mobile devices or patient education programs (B-I).

3.4 Management of comorbidities

Cardiovascular risk

- Cardiovascular risk (CVR) should be assessed in the initial evaluation and repeated annually with any of the available tools (Framingham, REGICOR, D:A:D, ACC/AHC...)(A-I).
- Patients should be encouraged to change their lifestyle, including avoiding smoking (the main modifiable CVR factor), adopting a diet more suited to their needs, and providing the necessary physical exercise (A-II).
- In managing dyslipidemia, diabetes mellitus, and high blood pressure, using the same therapeutic algorithm as in the general population is recommended, while taking interactions with ART into account (A-II) (Figure 2).
- HbA1c should be requested before starting ART. Subsequently, in patients with diabetes, it should be monitored every six months to maintain a level < 7% (A-I).
- Interactions between the drugs used (mainly statins) and some antiretroviral drugs should be considered (A-II).

Hepatic, respiratory, renal, bone, and CNS comorbidities

- In patients with HIV infection, all hepatic, renal, bone, pulmonary, and/or CNS comorbidities should be evaluated at each clinical visit (HC and PC). Preventive screening and, if necessary, modification of lifestyle habits, antiretroviral therapy, and specific treatment of the healthcare issue should be performed. (A-I) (Table 8).

HIV-associated infections

- Knowing the vaccination status, the patient’s immunological status, and the use of prophylaxis for opportunistic diseases will help to establish an appropriate differential diagnosis for an infectious condition (A-II). The GeSIDA document on the prevention and treatment of opportunistic infections and other coinfections in PLWH\textsuperscript{19} has recently been updated.
- Perform STI screening in sexually active patients at least once a year (or more frequently, depending on individual risk assessment) (A-II) (Table 9).
- Active search for parasitosis in patients from specific countries (migrants, travelers...) (A-II).

Screening for neoplasms

- In the first year after the diagnosis of HIV infection, it is recommended to perform two cervical cytology tests (every six months). If both are normal, they should be repeated annually, including the inspection of the anus, vulva, and vagina (B-III).
- Breast and colon cancer screening should be performed according to the recommendations for the general population (B-III).
- In immunosuppressed patients (B-III):
  - Annual cytology starting at age 21.
  - From age 30.
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Table 6. Vaccination schedule for patients with human immunodeficiency virus infection

<table>
<thead>
<tr>
<th>INFECTION</th>
<th>VACCINES AVAILABLE</th>
<th>PATHWAYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pneumococcus</td>
<td>13-Valent Pneumococcal conjugate vaccine (PCV13)</td>
<td>Designed to administer a single dose</td>
</tr>
<tr>
<td></td>
<td>23-Valent Pneumococcal non-conjugated vaccine (PPV23)</td>
<td>Administer 2 months after PCV13</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Possible booster ≥ 5 years later</td>
</tr>
<tr>
<td>Influenza</td>
<td>Tri- or tetravalent (3-4 subtypes of the influenza virus)</td>
<td>Annual seasonal booster (October-November), no restrictions</td>
</tr>
<tr>
<td>HBV</td>
<td>There is a combined HBV and HAV vaccine</td>
<td>3 doses (40 µg): 0, 1 and 6 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 doses (20 µg): 0, 1, 2 and 6 months</td>
</tr>
<tr>
<td>HAV</td>
<td>Existe vacuna combinada del VHB y VHA</td>
<td>Administer 2 doses: 0 and 6 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td>If CD4+ cell count &lt; 350, administer 3 doses (0, 1 and 6 months)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Request prevaccine markers for individuals born before 1977</td>
</tr>
<tr>
<td>HPV</td>
<td>9-Valent vaccine (HPV 6, 11, 16, 18, 31, 33, 45, 52 y 56).</td>
<td>Administer 9-valent vaccine, 3 doses: 0, 2 and 6 months</td>
</tr>
<tr>
<td></td>
<td>Monovalent (serogroup C), 4-valent (serogroups A/C/W/Y) and recombinant (serogroup C, 2- and 4-antigenic) conjugate vaccine</td>
<td>Administer 4-valent vaccine (MenACWY), 2 doses: 0 and 2 months</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Assess the booster every 5 years</td>
</tr>
<tr>
<td>Meningococcus</td>
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</tr>
<tr>
<td>ATTENUATED LIVE VACCINES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Measles, Rubella, Mumps</td>
<td>Triple viral vaccine with high immunogenicity</td>
<td>Administer 2 doses: 0 and 1 months</td>
</tr>
<tr>
<td>Herpes zoster</td>
<td>Recombinant vaccine with Ag (glycoprotein E) of the varicella zoster virus</td>
<td>2 doses: 0 and 2 months</td>
</tr>
<tr>
<td>TRAVELERS</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Yellow fever</td>
<td>Attenuated live viral vaccine</td>
<td>1 dose (CD4+ cell count &gt; 200 cell/µL and age &lt; 60 years old)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Reminder every 10 years (if the risk persists)</td>
</tr>
<tr>
<td>Rabies</td>
<td>Composed of inactivated viruses</td>
<td>3 doses: 0, 7 and 28 days (fourth dose, if insufficient serological response)</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Repeat +1 year and every 3-5 years</td>
</tr>
<tr>
<td>Typhoid fever</td>
<td>Vi capsular polysaccharide Ag vaccine</td>
<td>Single dose (can be repeated/3 years)</td>
</tr>
<tr>
<td></td>
<td>Oral attenuated vaccine</td>
<td>4 doses, taken/48 hours</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2 weeks before traveling</td>
</tr>
<tr>
<td>OTHER VACCINES</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COVID-19</td>
<td>SARS-CoV-2 vaccine</td>
<td>Number of doses based on selected vaccine</td>
</tr>
</tbody>
</table>

Ag: antigen; HAV: hepatitis A virus; HBV: hepatitis B virus; HPV: human papilloma virus

- Triennial co-test in women with CD4 count > 200 cells/µL and active ART
- Annual co-test with CD4 count < 200 cells/µL or without ART (B-III).
- Currently, anal cytology, followed by high-resolution anoscopy if the cytology is abnormal, represents the method of choice for screening for squamous intraepithelial lesions (B-II). Annual anal cytology is recommended for PLWH of the GBMSM group (especially >35 years or advanced immunosuppression) and women with lower genital tract dysplasia (B-III).

- PLWH with liver cirrhosis and those with HBV infection and estimated risk of hepatocellular carcinoma greater than 0.2% per year should be screened by biannual liver ultrasound (A-I).

Neuropsychiatric alterations in HIV infection

- In PLWH, it is advisable to assess their emotional health, paying attention to coping strategies and stigma (A-III). In places where there is no free choice of a mental health specialist, it is
Validated scales such as the HADS can be used to screen for anxiety and depression at the time of diagnosis and on an annual or biennial basis (A-III).

If depressive symptomatology is identified, suicide risk should be assessed using the MINI structured interview (B-II).

### 3.5 Particular aspects of the follow-up of women with HIV

**Pregnancy**

- Pregnancy is a criterion for an immediate referral from PC to HC. To avoid vertical transmission, all women with HIV should receive ART as early as possible, preferably before conception (A-II).
- The ART of choice should be triple therapy. Abacavir-lamivudine or TDF-emtricitabine combinations plus a third drug, which may be raltegravir, dolutegravir, or darunavir/ritonavir, are of choice. The choice will depend on the time of initiation (whether prior to conception or not), the history of resistance or intolerance, and the patient’s preference (A-II).
- Intrapartum treatment with IV zidovudine is indicated if the plasma viral load is > 1000 copies/ml or unknown at delivery time (A-I).

### Assess Cardiovascular Risk over the next 10 years

- Advice about healthy diet and lifestyle. Consider modifying the ART if the CVR at 10 years is ≥ 10%

- Identify modifiable risk factors and act on them

- Quit smoking

- Blood pressure

- Coagulation

- Carbohydrate Metabolism Disorders

- Lipid metabolism disorders

- Pharmacological treatment if: SBP ≥ 140 or DBP ≥ 90 mmHg (especially if CVR at 10 years is ≥ 10%)

- Pharmacological treatment if: CVD is established

- Consider treatment with acetylsalicylic acid 75-150 mg

- Target: HbA1c < 7%

- Target: According to clinical situation and guidelines: 2nd Prevention or very high CVR: LDL-C < 55 1st Prevention: LDL-C < 80 > 50% reduction compared to initial levels

**Modified according to the ACC/AHA Guidelines 2019** and European AIDS Guidelines 2022.

### Table 7. Recommended starting antiretroviral treatment combinations as preferred regimen

<table>
<thead>
<tr>
<th>THIRD DRUG</th>
<th>REGIMEN</th>
<th>COMPONENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Integrase inhibitor</td>
<td>BIC/FTC/TAF</td>
<td>- ABC is contraindicated in patients with positive status for HLA-B*5701</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Do not use in patients with chronic hepatitis B</td>
</tr>
<tr>
<td></td>
<td>DTG/ABC/3TC</td>
<td>- Not recommended in patients with baseline figure of CD4+ cell count &lt; 200 cell/µL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Do not use in patients with chronic hepatitis B</td>
</tr>
<tr>
<td></td>
<td></td>
<td>- Not recommended after failure of PrEP without the result of resistance study</td>
</tr>
<tr>
<td></td>
<td>DTG+FDC/TAF*</td>
<td>-</td>
</tr>
</tbody>
</table>
During delivery, cesarean section is indicated in women with confirmed or suspected viral load of more than 1000 copies/ml (A-II). It is recommended in women with a viral load between 50-1000 copies/ml, although each case should be personalized (B-III).

In these circumstances, breastfeeding is not recommended (A-II).

Conception, contraception, menopause

• In PLWH, family planning must be done in the best possible clinical situation, minimizing the risks for the woman, the couple, and the fetus, explaining the different reproductive options (A-II) (table 10).
• It is recommended to evaluate the age of onset of menopause, considering the symptoms associated with menopause, premature aging, and comorbidities. Hormone replacement therapy can be assessed with the same indications as in the general population (A-III).
• DEXA is advised in postmenopausal women with HIV infection (A-I).

3.6 Toxic habits

• It is recommended to ask about tobacco use at least once every two years and advise patients to quit smoking by providing help through specific intervention (A-I).
• Factors that negatively influence adherence to ART (alcohol and other drug abuse) should be addressed from PC and dealt with available resources (B-II).
• Refer PLWH with alcohol dependence (B-III), severe nicotine use disorder (A-III), or problematic drug use (including chemsex) to specialized Addiction Care. The comprehensive approach to chemsex users is detailed in the specific guidelines.
• The treatment of choice for cannabis, cocaine, and MDMA abuse is psychotherapy and/or psychoeducation (B-II).
• Agreed-upon protocols for interdisciplinary work and referral between hospital emergency departments, PC, STI centers, HIV units, mental health and addiction resources, and community-based organizations should be designed and implemented (A-III).
• Preferential care centers for chemsex users should be identified in each city. A referral professional should be assigned to each user to follow up on the case and coordinate referrals between services (A-III).

4. SOCIAL ASPECTS

How can the social determinants of vulnerability be approached?

• A gender approach should be incorporated, and all types of diversity (sexual, gender, class, functional, cognitive, age, and cultural) should be considered, along with the structural factors at the intersection of health and HIV, taking them into account when recording medical histories and while providing health care (A-II).
• Interventions must be adapted to the particularities of vulnerable PLWH (GBMSM, sex workers, transgender people, people with problematic drug use, and migrants), improving the interaction between socio-community services and PC/HC (B-II).
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**Assessment of health-related quality of life**

- Health-related quality of life (HRQoL) in PLWH should be assessed to personalize and improve health care (B-II).
- The EQ-5D-5L instrument is one of the most commonly used tools for cost-efficiency calculations or comparisons with the general population. If the aim is to determine the degree to which different dimensions of HRQOL are affected, the WHO-QOL-HIV-BREF is a reliable questionnaire with psychometric evidence for PLWH in Spain (B-III).
- HC typically has the most favorable settings to determine the HRQoL for PLWH, but the results should be shared with PC (B-III).
- Ideally, HRQoL should be recorded at the beginning of ART and annually before the follow-up consultation in HC (B-III).

**Legal and ethical aspects. Confidentiality**

- HIV testing should be informed and consented to by the patient. Healthcare facilities should ensure that the test is performed and the results are reported in a confidential manner (A-I).
- Training of healthcare and administrative personnel involved in the care of PLWH on privacy and confidentiality issues should be increased for all age ranges, considering the impact of gender, disability, and culture (A-III).
- The rights to privacy and data protection of PLWH should be guaranteed if there is no risk of transmission (see the original document where particular situations are detailed).

### 5. SHARED TEACHING AND RESEARCH IN HIV INFECTION.

- Regular teaching sessions should be agreed upon to generate shared knowledge regarding screening, management of HIV infection, comorbidities, and social, ethical, and legal aspects (A-II). Online formats and flexible schedules should be sought (B-III).
- The development of joint meetings between different healthcare settings should be encouraged concerning the shared care of PLWH and those at risk of acquiring HIV (A-III).

### Table 9. Screening for sexually transmitted infections

<table>
<thead>
<tr>
<th>ETIOLOGICAL AGENT</th>
<th>DIAGNOSIS</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Treponema pallidum</em></td>
<td>Serology (treponemal test + nontreponemal test for syphilis)</td>
</tr>
<tr>
<td><em>Chlamydia trachomatis</em></td>
<td>Multiplex PCR (vaginal, rectal and oropharyngeal swab according to sexual practices)</td>
</tr>
<tr>
<td><em>Neisseria gonorrhoeae</em></td>
<td>Optical microscopy, culture, multiplex PCR (vaginal, rectal and oropharyngeal swab according to sexual practices)</td>
</tr>
<tr>
<td><em>Trichomonas vaginalis</em></td>
<td>Cervical, vaginal, urethral exudate</td>
</tr>
<tr>
<td><em>Human papilloma virus</em></td>
<td>Vaginal, anal cytology (according to sexual practices) PCR</td>
</tr>
</tbody>
</table>

**Table 10. Reproductive options based on the follow-up of the infection in the partner**

<table>
<thead>
<tr>
<th>SITUATION</th>
<th>MEASURE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Man or woman with HIV infection without virological control</td>
<td>1. Wait until virological control</td>
</tr>
<tr>
<td></td>
<td>2. If this option is not possible:</td>
</tr>
<tr>
<td></td>
<td>a. Sperm washing and insemination</td>
</tr>
<tr>
<td></td>
<td>b. Use pre-exposure prophylaxis</td>
</tr>
<tr>
<td>Woman with HIV infection with suppressed viral load</td>
<td>3. If it is the woman who has the HIV infection, self-insemination is an option.</td>
</tr>
<tr>
<td>Woman or man with HIV infection</td>
<td>If it is not possible to wait for virological control, self-insemination is an option</td>
</tr>
</tbody>
</table>

HIV: human immunodeficiency virus.

PC: polymerase chain reaction.


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MIEMBROS DEL GRUPO DE TRABAJO DE ATENCIÓN COMPARTIDA EN VIH DE LA SEMFYC Y DEL GRUPO DE ESTUDIO DEL SIDA DE GESIDA-SEIMC

Ignacio Alastrué (semFYC), Centro de Información y Prevención del Sida y otras ITS. Alicante
Juan E. Losa (GeSIDA), Hospital Universitario Fundación Alcorcón. Madrid
Nuria Orozco (semFYC), Centro de Salud Segorbe. Castellón
María Jesús Pérez Elías (GeSIDA), Hospital Ramón y Cajal, IRYCIS. Madrid
Jose L. Ramón (semFYC), Centro de Salud de Haro. La Rioja
Cristina Agusti Benito (GeSIDA), CEEISCAT-CIBERESP. Agència de Salut Pública de Catalunya
Jésica Abadía (GeSIDA), Hospital Río Hortega. Valladolid
Gaspar Alonso (GeSIDA), Hospital Universitario de Getafe. Madrid
Lara Arbizu (semFYC), Centro Salud Arnedo. La Rioja
Pablo Bachiller (GeSIDA), Complejo Asistencial. Segovia
Ignacio Barreiro (semFYC), Hospital General Universitario. Valencia
Josefina Belda (semFYC), Centro de Información y Prevención del Sida y otras ITS. Alicante
Pilar Barrufet (GeSIDA), Hospital de Mataró. Barcelona
Alfonso Cabello (GeSIDA), Fundación Jiménez Díaz. Madrid
Arantxa Cabezas (GeSIDA), Asociación Bienestar y Desarrollo. Barcelona
Lorena Caja (semFYC), Centro de Salud Fernando el Católico. Castellón
Ricard Carrillo (semFYC), Centro de Salud La Florida Sud. Barcelona
Miguel Cervero (GeSIDA), Hospital Universitario Severo Ochoa. Madrid
Javier de la Torre (GeSIDA), Hospital Costa del Sol. Marbella
Ignacio de los Santos (GeSIDA), Hospital Universitario de la Princesa. Madrid
Alberto Díaz de Santiago (GeSIDA), Hospital Universitario Puerta de Hierro. Madrid
Ana Díez (semFYC), Centro de Salud Puerta de Arnedo. La Rioja
Francisco Fanjul (semFYC), Hospital Universitario Son Espases. Palma
Mª Eugenia Flor (semFYC), Centro de Salud de Laguardia. Álava
Juan Flores (GeSIDA), Hospital Arnau de Vilanova. Valencia- Llíria
Mª José Fuster (GeSIDA), Directora ejecutiva SEISIDA. Facultad de Psicología UNED
Virginia Fuentes (semFYC), Centro de Salud Ruzafa. Valencia
Carlos Galera (GeSIDA), Hospital Universitario Virgen Arrixaca. Murcia
Mª José Galindo (GeSIDA), Hospital Clínico Universitario de Valencia. Valencia
Lucio J. García-Fraile (GeSIDA), Hospital Universitario de la Princesa. Madrid
Alejandra Gimeno (GeSIDA), Hospital Universitario de Torrejón. Madrid
Cristina Gómez (GeSIDA), Hospital Clínico Universitario Virgen de la Victoria. Málaga
Jana Hernandez (GeSIDA), Hospital General de Villalba. Madrid
Xabier Kortajarena (GeSIDA), Hospital Universitario Donostia
Juan C. López (GeSIDA), Hospital General Universitario Gregorio Marañón. Madrid
Juan Macías (GeSIDA), Hospital Universitario de Valme. Sevilla
Andrés Marco Mourino (GeSIDA), Programa de Salud Penitenciaria. Institut Català de la Salut
Luz Martín Carbonero (GeSIDA), Hospital Universitario La Paz. Madrid
Javier Martínez Sanz (GeSIDA), Hospital Ramón y Cajal. Madrid
Juanjo Mascort (semFYC), Centro de Salud La Florida Sud. Barcelona
Aldana Menéndez (GeSIDA), Entidad ABD (asociación bienestar y desarrollo). Barcelona
Dolores Merino (GeSIDA), Hospital Universitario Juan Ramón Jiménez. Huelva
Carolina Mir (semFYC), Centro de Salud Serrería 1. Valencia
Raquel Monsalvo (GeSIDA), Hospital Universitario del Tajo. Madrid
Sara Nistal (GeSIDA), Hospital Universitario Rey Juan Carlos. Madrid
Nuria Orozco (semFYC), Centro de Salud Segorbe. Castellón
Jesús Ortega (semFYC), Centro de Salud Navarrete. La Rioja
Carmen Peinado (semFYC), Centro de Salud Nájera. La Rioja
José L. Pérez (GeSIDA), Hospital Universitario Infanta Cristina. Parla-Madrid
Joseba Portu (GeSIDA), Hospital Universitario Araba. Vitoria-Gasteiz
Miguel A. Ramiro (GeSIDA), Clínica Legal, Universidad de Alcalá. Madrid
Melchor Riera (GeSIDA), Hospital Universitario Son Espases. Palma de Mallorca
Beatriz Rodríguez (semFYC), Centro Salud Mar. Pontevedra
Alberto Romero (GeSIDA), Hospital Universitario de Puerto Real. Cádiz
Rafael Rubio García (GeSIDA), Hospital Universitario 12 de Octubre. Instituto de Investigación i+12. Universidad Complutense
Pablo Ryan (GeSIDA), Hospital Universitario Infanta Leonor. Madrid
Jacinto Sánchez (GeSIDA), Complejo Asistencial Universitario. Palencia
Yolanda Sánchez (semFYC), Centro de Salud Calahorra. La Rioja
Tatia Santirso (semFYC), Unidad Docente Multiprofesional de Atención Fami-
liar y Comunitaria. La Rioja
José Sanz (GeSIDA), Hospital Universitario Príncipe de Asturias. Alcalá de Henares. Madrid
Regino Serrano (GeSIDA), Hospital Universitario de Huesca. Madrid
María Velasco (GeSIDA), Hospital Universitario Fundación Alcorcón. Madrid
Marina Velasco (GeSIDA), Centro Sanitario Sandova. Madrid
Cristina Zorzano (semFYC), Centro de Salud. Hornoilla. La Rioja