RETIENEN IN HIV CARE

Failure to attain HIV care within the recommended intervals is significantly related to poorer health outcomes.

- In the US, approximately 50% of PLWH who know their status are not retained in ongoing HIV care. *a,b*
- Point-of-care strategies to promote sustained retention in HIV care are important additions to HIV clinical care services.

OBJECTIVE

A situated Information-Motivation-Behavioral Skills for Retention in HIV Care (sIMB-Ric) measure was developed and administered to: 
- Evaluate the Model’s (see figure 1) ability to characterize recent gaps in HIV care (>3 months between medical visits).
- Guide point-of-care intervention strategies to reduce HIV care gaps and promote sustained retention in HIV care.

METHOD

Participants' HIV care-related information, motivation, and behavioral skills were assessed using a 5-point Likert-type scale.

Descriptive statistics were used to characterize participants’ demographic and retention in HIV care (i.e., gaps in care).

Reliability analysis was conducted on the full sIMB-Ric measure: theory-based subscales were identified via confirmatory factor analysis. Structural Equation Modeling tested the fit and structure of the model.

RESULTS

- Information: ~accurate information on HIV disease and treatment protocols, as well as heuristics which guide HIV care treatment decisions.
- Motivation: ~personal attitudes/behaviors, social norms, and perceived social support/consequences for engaging in routine HIV care.
- Behavioral Skills: ~objective and perceived ability to attend routine clinic visits over time and across different life circumstances.

- These IMB determinants were situated to the social and affective context of long-term disease management and the structural systems within which HIV care is negotiated (Amico, 2011).

CONCLUSIONS

- sIMB-Ric provided clear theory-based intervention targets that may aid sustained retention in care through point-of-care strategies.
  - Point-of-care strategies to prevent or reduce gaps in care are necessary clinical strategies to maximize individual and public health outcomes.
  - In this treatment experienced sample, information on HIV and HIV care played a less prominent role in characterizing retention in HIV care, while behavioral skills for managing affect towards living with HIV emerged as the strongest predictor suggesting affect-regulation may play a more prominent role in sustained retention in HIV care. The role of affect regulation in HIV health interventions has received limited attention to date, and should be examined in further in more diverse HIV-positive populations.

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Supported by National Institute of Mental Health (NIMH) Predoctoral National Research Service Award (F31 MH093264) awarded to R. L. Smith (Ph.D.)