

PEOPLE LIVING WITH HIV EXPERIENCES DURING TRANSITION FROM NEVIRAPINE TO DOLUTEGRAVIR-BASED ANTIRETROVIRAL THERAPY IN INDONESIA: A QUALITATIVE STUDY

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Background:

WHO recommends transition from nevirapine (NVP) to dolutegravir (DTG) as antiretroviral therapy (ART). The transition from NVP to DTG began in Indonesia in March 2023 as a strategic step to improve the effectiveness of Human Immunodeficiency Virus (HIV) treatment. However, challenges in implementing this transition remain with the lack of knowledge including the risk of neuropsychiatric side effects and adaptation to the new regimen. This study aims to describe the experiences of People Living with HIV (PLWH) transitioning from NVP to DTG, including their perceptions of DTG efficacy, experiences of side effects, and adaptation challenges.

Methods:

This qualitative study used a phenomenological approach involving 30 PLWH transitioning from NVP to DTG for at least six months at Cipto Mangunkusumo Hospital, Jakarta. Data were collected through in-depth interviews in November 2024 and analyzed thematically using NVivo.

Results:

Five main themes were identified: (1) Preparation and Transition Process, (2) Initial Transition Experience, (3) Side Effects and Adherence, (4) Support and Communication, and (5) Evaluation and Recommendations. Most participants (53% male, 47% female) reported positive experiences, particularly appreciating the convenience of once-daily dosing. The main challenges included adjusting to the new medication schedule and managing minor side effects such as sleep disturbances. Family support and effective communication with healthcare workers were key factors in ensuring a successful transition.

Conclusion:

The transition from NVP to DTG was well received by PLWH, supported by effective communication from healthcare workers, family support, an easier regimen, and manageable side effects. These results highlight successful implementation and can help guide future ART transition strategies.

Disclosure of Interest Statement:
None.