

For HIV-infected, number of daily pills decreasing

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(HealthDay)—For HIV-infected patients, the number of pills and doses

of antiretrovirals has decreased over the past seven years, according to a study published online Dec. 30 in the *Journal of Clinical Pharmacy and Therapeutics*.

María Jesús Hernández Arroyo, from the University Hospital of Salamanca in Spain, and colleagues conducted a seven-year retrospective study of records of 264 HIV-infected patients enrolled in a pharmaceutical care program. The authors examined the number of pills and doses administered and the [antiretroviral treatment](#) (ART) adherence rate.

The researchers found that the patients took a mean of 6.2 pills daily in 2005, with 92.9 percent on a twice-a-day (BID) dosage regimen. The number of pills was reduced to 4.1 by 2012, with only 50.9 percent on a BID regimen. There was no significant correlation between the number of daily pills and dose and adherence to ART in any of the analyses.

"There has been a continuous reduction in the [number](#) of pills and doses of antiretrovirals taken by individual patients over the last seven years due largely to the introduction of improved treatments and regimens," the authors write. "More daily [pills](#) or doses was not associated with worse ART adherence in our pharmaceutical care program."

More information: [Abstract](#)
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