**NNRTI RALtegravir Lamivudine (NRL): the NatuRAL choice for ageing patients**

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**BACKGROUND**

Ageing patients with HIV may not be suitable for abacavir or tenofovir based HAART. There is a growing need for new treatment strategies.

**METHODS**

The Joint HIV renal clinic identified 23 HIV positive patients on NNRTI Raltegravir Lamivudine(3TC) HAART and 1 patient who was on NNRTI + Raltegravir (no 3TC)

eGFR was calculated using CKD-EPI on all patients pre starting NRL and compared this to current eGFR or eGFR before switching off NRL.

Demographic, clinical and baseline data was also collected from patient records.

**Patients on NRL 24 (including 1 not on Lamivudine)**

11 men and 13 women, average age 64years (31-94)

88% over age 50years.

10/24 (42%) diabetic.

14/24 (58%) hypertensive,

4/24 (16%) HIVAN

11/24 (46%) had CKD3 or worse pre-switch to NRL.

15/24 (58%) had a baseline HIV VL>100,000.

**Conclusions**

NRL is an effective HAART option that is well tolerated with good preservation of renal function making it an ideal choice for ageing patients.

79% of these NRL patients are on generic NNRTI and 3TC making NRL extremely cost-effective.