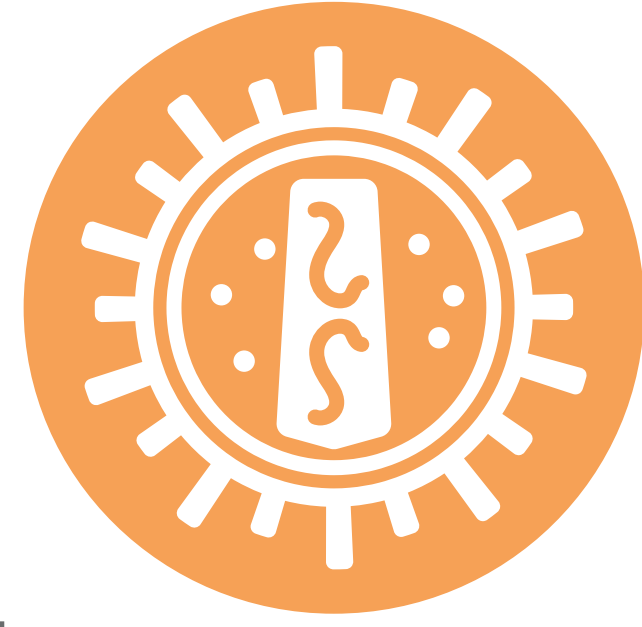


BACKGROUND

People living with HIV experience different clinical challenges at different life stages, due to different patient factors such as age. Physicians need to be able to identify and tackle challenges that adolescents face during their transition to adult HIV care. Here, we assessed if online independent medical education could increase HIV and infectious disease (ID) physicians' knowledge and confidence regarding the challenges experienced by adolescents with HIV and the tools that can be used for a smooth transition to adult care. We developed an online CME activity titled: "Transitioning Into Adult Care for Adolescents Living With HIV." The goal was to assess whether this online CME activity would improve knowledge on the challenges experienced by adolescents with HIV and the tools to overcome those challenges.



METHODS

As part of a larger curriculum, we developed an online CME activity titled: "Transitioning Into Adult Care for Adolescents Living With HIV." The goal of this activity is for learners to be better able to identify and tackle challenges that adolescents face during their transition to adult HIV care, as well as the consequences of suboptimal transition. The activity was a 30-minute discussion between 2 leading experts accompanied with slides.

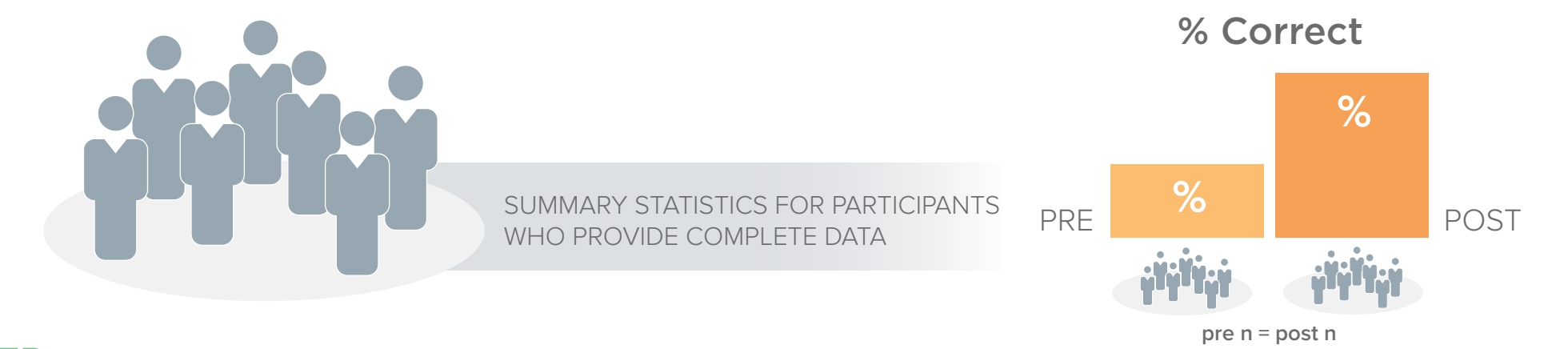
The activity is currently available on Medscape from 1/10/2024 until 1/10/2025, and the data we collected from 1/10/2024 through 3/23/2024.



How to Read the Linked Learner Assessment

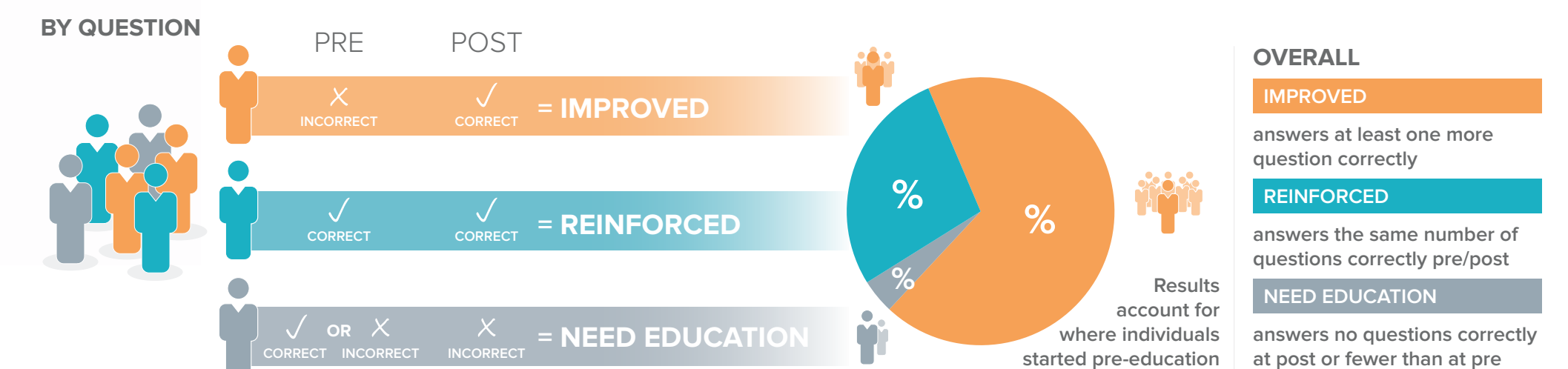
OUTCOMES COMPLETERS

Each individual completed BOTH the pre- and post-education questions – SAME individuals pre- and post-education



LINKED LEARNER

Each individual tracked pre- and post-education – Learners serve as their own controls



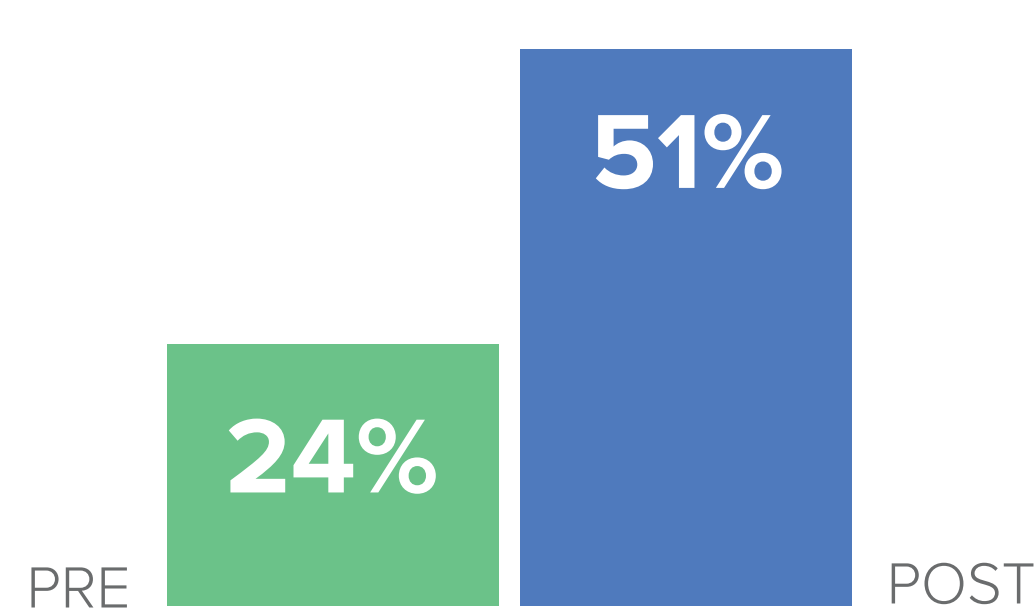
RESULTS

A total of 397 ID/HIV specialists participated in the activity, of whom 32 completed the pre- and post activity questions. Overall 51% of ID/HIV specialists improved their knowledge of challenges that adolescents with HIV experience, indicating a considerable effect of the education. The average percentage of correct responses rose from 24% to 51% for ID/HIV specialists pre-activity to post-activity. 50% of ID/HIV specialists had a measurable improvement in confidence in their ability to optimally support people living with HIV when transitioning from pediatric to adult care.

OVERALL

ID/HIV specialists (n = 32)

AGGREGATED RESULTS



COHEN'S D

0.91

EFFECT SIZE	EDUCATIONAL IMPACT
< .20	MODEST
.20 - .49	SMALL
.5 - .79	MODERATE
≥ 0.80	LARGE

CHI-SQUARE TEST

P < .001

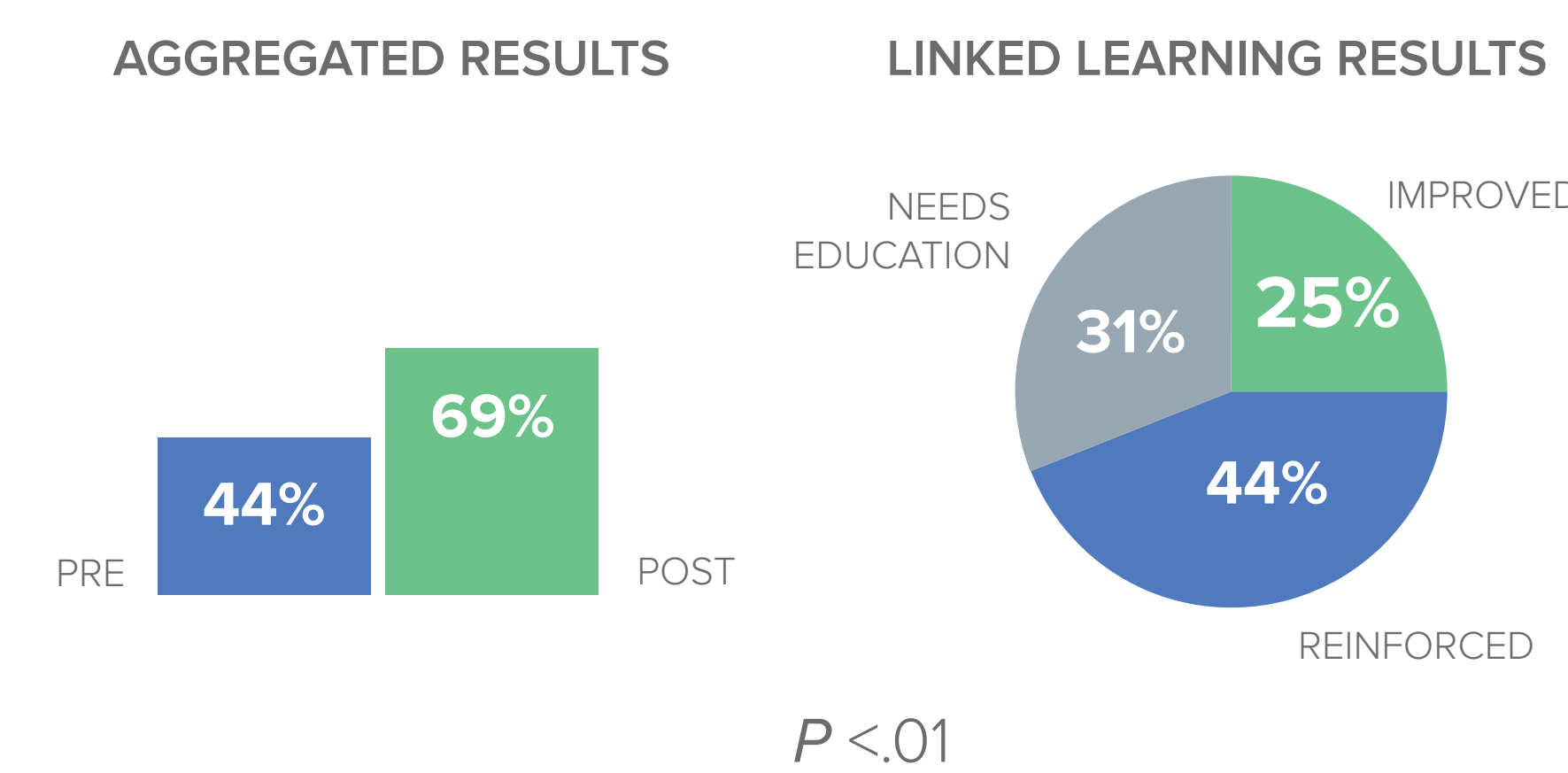
SIGNIFICANCE (P < .05)

LEARNING OBJECTIVE 1

Increased knowledge regarding the challenges experienced by adolescents with HIV

Question 1: According to expert opinion, despite the use of single-pill antiretroviral therapy (ART) in adolescents living with HIV, adherence to ART may still be challenging due to which of the following factors? (Correct Answer: memory of unpleasant syrup-based medications)

ID/HIV specialists (n = 32)



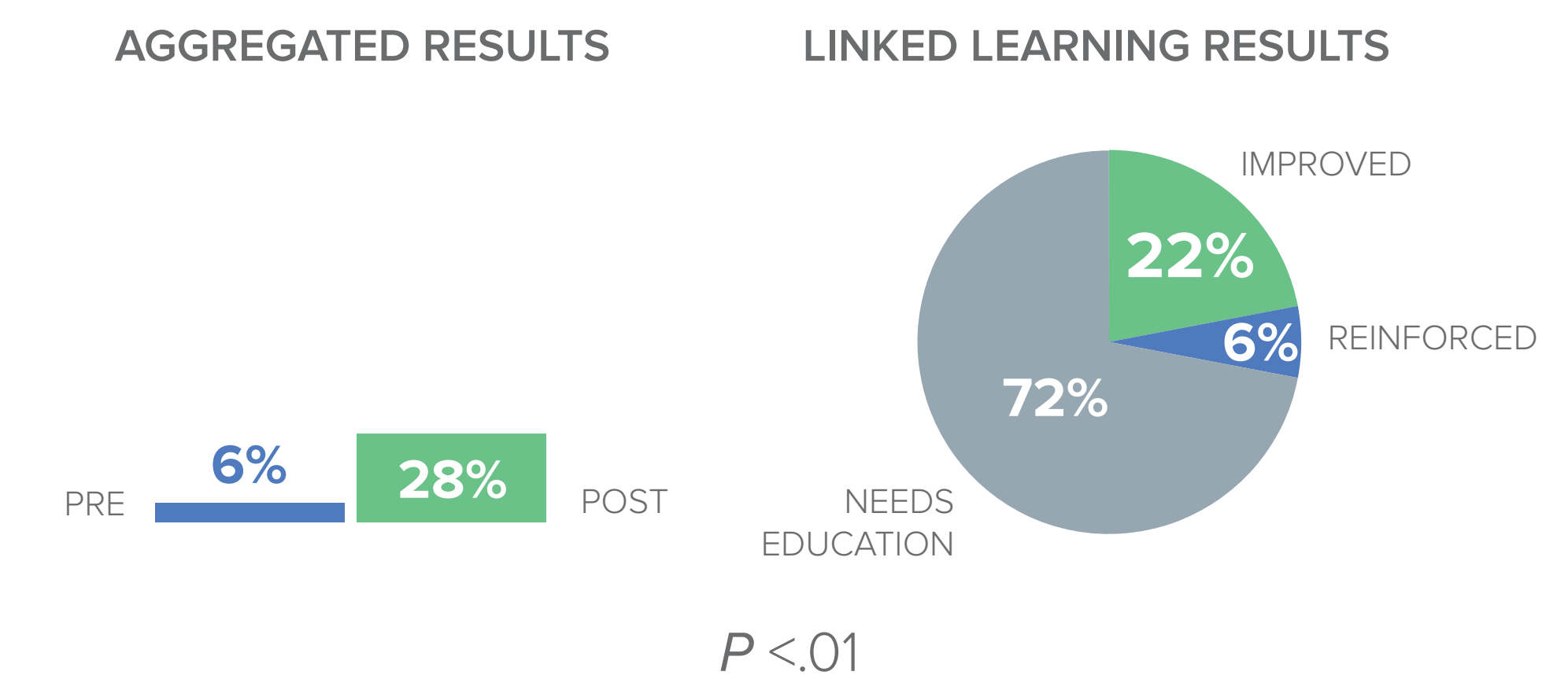
The activity resulted in 69% of the learners with improved or reinforced knowledge regarding the challenges experienced by adolescents with HIV.

LEARNING OBJECTIVE 2

Increased knowledge regarding the tools that physicians can use to smooth the transition process to adult care

Question 2: The Modified HEEADSSS Assessment can be used to assess adolescent people living with HIV. Which of the following aspects is included in the Modified HEEADSSS Assessment? (Correct Answer: eating)

ID/HIV specialists (n = 32)



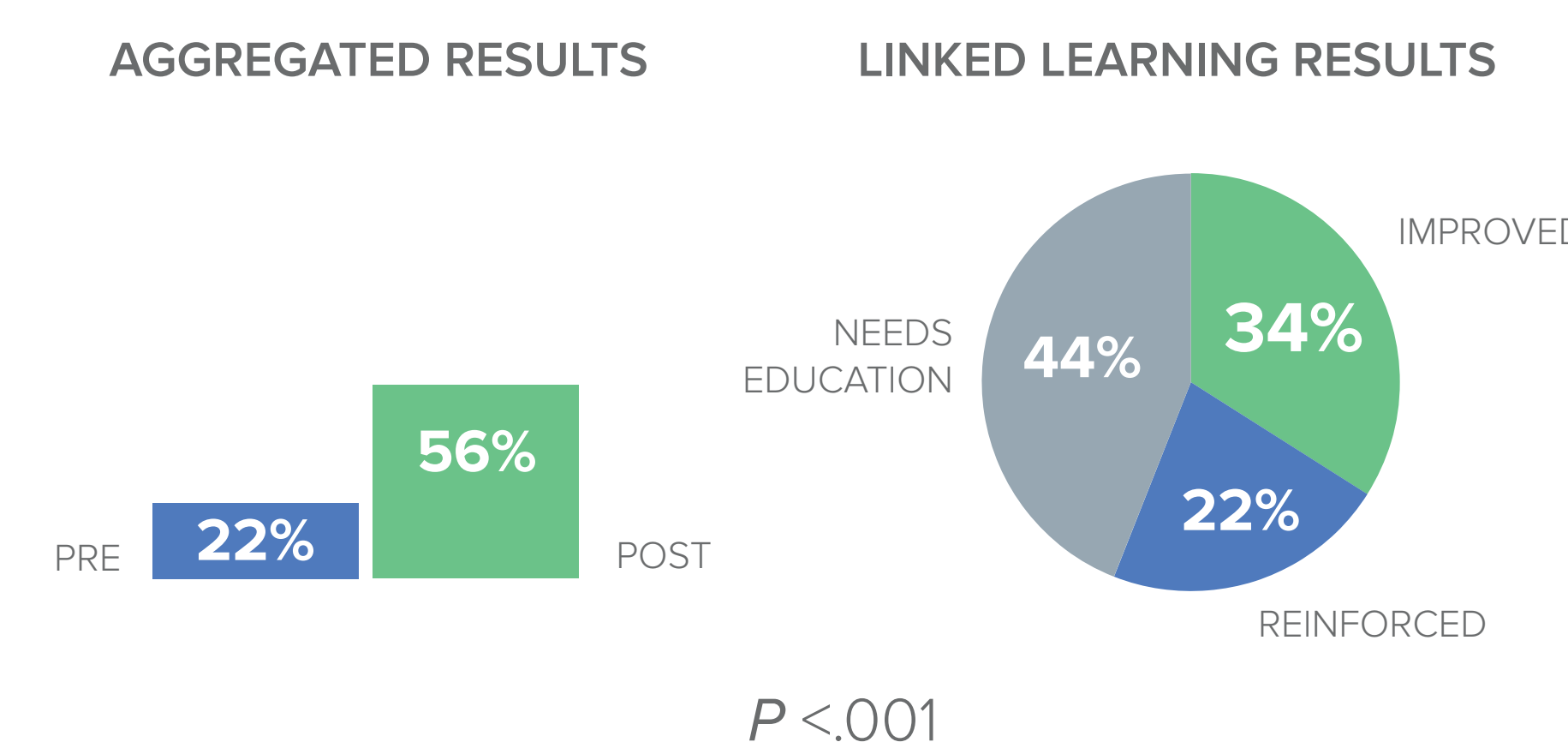
The activity resulted in 72% of the learners needing further education regarding the tools that physicians can use to smooth the transition process to adult care.

LEARNING OBJECTIVE 3

Increased knowledge regarding the challenges experienced by adolescents with HIV

Question 3: Adolescents and young people living with HIV experience the challenge of additional morbidity burden compared with young people who are HIV negative. A retrospective cohort analysis of 180 young adults living with perinatally acquired HIV (median age at transition, 17.5 years) and their post-transition outcomes in the 900 Clinic found that compared with their peers who are HIV negative, adolescents living with HIV experienced what at higher incidence? (Correct Answer: 10-times-higher incidence of malignancy)

ID/HIV specialists (n = 32)



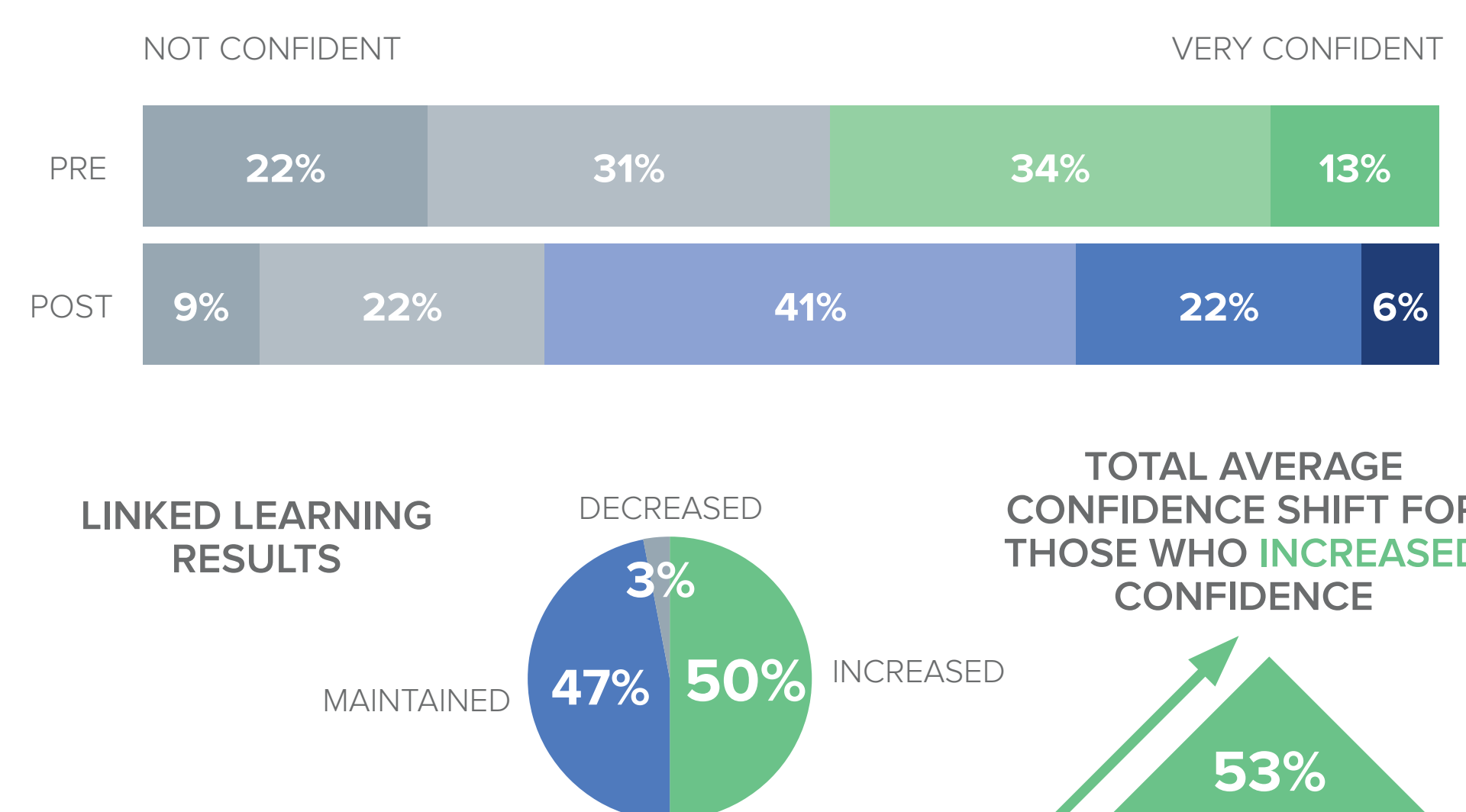
The activity resulted in 44% of the learners needing further education on the challenges experienced by adolescents with HIV.

CONFIDENCE ANALYSIS

For the 32 HIV specialists who participated in the activity "Increasing Understanding in Transitioning Into Adult Care for Adolescents Living with HIV: Effect of Online Education on Physician Knowledge and Confidence," there was a 53% confidence shift concerning their ability to support patients when transitioning from pediatric to adult care.

Question 4: How confident are you right now in your ability to optimally support people living with HIV when transitioning from pediatric to adult care? (Select ranking from 1 [Not confident] to 5 [Very confident])

ID/HIV specialists (n = 32)



CONCLUSIONS

This online CME activity significantly improved ID/HIV specialists' knowledge regarding the challenges experienced by adolescents with HIV such as ART adherence, stigma, and additional morbidity burden. There were significant confidence gains in physician ability to optimally support adolescents transitioning from pediatric to adult care. However, there is room for further improvement, up to 72% of physicians provided incorrect answers post-education. By further addressing these educational gaps, physicians will be better equipped to care for patients living with HIV.

ACKNOWLEDGEMENTS

Supported by an independent educational grant from Viiv Healthcare

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