A Disease made for Telemedicine. Tele-HIV Care

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Bringing Telemedicine to your Practice

Telemedicine is a tool/modality with as many applications as there are people using it

• You will need to think out some common patient problems you encounter in your practice and choose several that you think can be handled successfully on Telemedicine

• Need to determine what ancillary data that is needed and how to receive it before the Telemedicine visit

• Just get started!
HIV (and Me)

• First patient in 1981
• Director of first HIV Clinic in 1984
• Director of 6 others since; on 3 continents
• For all of this work it was **absolutely** necessary to physically encounter and examine the patient
Binh Thanh OPC: The First 200 Patients

Nguyen Cong Hao and Stephen A. Klotz
Natural History of HIV-1 Infection
HIV Treatment in 2019

• Everyone with HIV is immediately placed on anti-retroviral drugs
• With new drugs every patient is generally undetectable for HIV RNA within 1 month--disease controlled
• This preserves (or restores) immune cells and prevents transmission of HIV
Current HIV Therapy

• Antiretroviral therapy (early and daily)
• See HIV patient once a year
• Laboratory tests twice a year
My First HIV-Telemedicine Clinic for DOC in 2006

• Providing HIV Telemedicine to Pima County Jail and Arizona Department of Corrections since 2006.
• Monthly communication with DOC allowed for following laboratory and radiology results.
What I Learned from doing Telemedicine to DOC

• Captive audience; no show rate practically zero
• Inmates pay attention; much more focused patient-doctor interaction than in “brick and mortar” clinic
• Excellent continuity of care; clinics conducted once a month since 2006; laboratory values and radiology results sent by FAX prior to the clinic date
Clinic Day to the DOC

• Pete turns on all the equipment and insures we can reach all the DOC sites
The database is accessed and list of clinic patients pulled up

- Clinic list is made out beforehand and entered into computer
- Krystal lets me know which patient is coming onto the screen
- She also visits patients in jail to ensure transitioning to civilian life
Our video room

- Larry, a pharmacist specializing in HIV drugs attends every clinic.
- He enters separate notes in the computer.
- We write a note which is sent to the DOC with orders for drugs and laboratory monitoring as well as the next clinic visit needed for the patient.
Clinic visit

- There is a health care worker arranging the camera at the DOC site and patient flow
- Each clinic visit lasts from 10-15 minutes
- We can zoom in to some extent to visualize lesions
Upcoming Programs

• HIV TelePharmacy: twice per year
• HIV TelePrEP statewide
• HIV clinic exclusively on Telemedicine
Conclusions

- HIV is a disease made for Telemedicine
- Telemedicine is the future of HIV care