

**CAB Conference Call
February 28, 2013
12:00 EST
Meeting Minutes**

Participants:

Carlos	San Juan Research Hospital
Carrie	University of Colorado
Claire	Harvard University
De`Angelo	University of Florida, Jacksonville
Delia	University of Miami
Jennifer	University of Colorado, Denver
Juan	University of Puerto Rico
Julie	University of Alabama, Birmingham
Julie	Harvard University
Julie	Westat
Kim	Texas Children's Hospital
Krystal	Harvard University
Laurie	FSTRF
Lesley	Texas Children's Hospital
Leslie	Texas Children's Hospital
Linda	St. Christopher's Hospital for Children
Marlene	Jacobi Medical Center
Marilyn	Bronx-Lebanon Hospital Center
Megan	Westat
Rosetta	Bronx-Lebanon Hospital Center
Sami	University of Miami
Sherry	St. Jude's Children's Hospital
Theresa	Texas Children's Hospital
Yuri	University of Miami

• **APPROVAL OF MINUTES**

The minutes from the January 24, 2013 call were approved with no changes.

• **DRUG INTERACTIONS**

Dr. Shafiq talked about drug interactions. Pill burden and management of treatment has improved. There are still challenges with drug interactions. It may be helpful to keep a list of prescribed medications. Patients can show the list to all of their doctors to help the doctor avoid harmful drug interactions.

Some drug interactions are good. Combining two drugs can make the drugs stronger and more effective. This is called a synergistic effect. There may also be harmful drug interactions. The additive effect is when two drugs cause the same toxicity. The combination of Zerit and Videx can cause peripheral neuropathy. The antagonistic effect is when one drug can cancel the effect of the other drug. When Zerit and AZT are taken at the same time, they can cancel each other out because they bind to the same binding site inside the T-cell.

It is important to pay attention to medication labels. Labels on pill bottle will indicate whether or not to take it with food. Some medications need to be taken with food in order for the body to absorb them most effectively. Reyataz, Prezista, Invirase, Intelence and Edurant must be taken with food.

Some medications must be taken with food in order to avoid an upset stomach. AZT and Viracept must be taken with food. Some medications must be taken on an empty stomach to minimize side effects. Videx, Sustiva and Crixican should be taken without food.

There are medications that need to be taken with a lot of water to prevent kidney stones or to minimize other harmful side effects. Crixican, Reyataz and Bactrim must be taken with water. Reyataz can yellow the skin if not taken with a lot of water. Bactrim must be taken with water to avoid kidney stones.

Grapefruit juice should not be mixed with HIV medications. Grapefruit juice may lower some of the levels of HIV medication in the body. Grapefruit juice travels through the same pathway in the liver where HIV medications travel. People should talk to their doctor before taking grapefruit juice with HIV medications.

Ziagen is present in Epzicom. Ziagen should not be taken with alcohol because alcohol increases Ziagen levels by ~40%. This can lead to hypersensitivity. Some people may have an antigen in their body called HLA-B5701 that makes them allergic to Ziagen. Before doctors prescribe Ziagen, they must administer the HLA-B5701 test.

Some medication may not be taken by people with certain medical conditions. Sustiva may not be taken by pregnant women or women who may become pregnant in the near future. During the first trimester, Sustiva may cause damage to the fetus. It is important to talk to your doctor if you are thinking about becoming pregnant. Sustiva may also increase depression levels in people with depression. People with kidney disease should not take Tenofovir. Tenofovir can lead to kidney disease in people who are at risk. Women with CD4 counts over 250 must not take Viramune. Men with CD4 counts over 400 must not take Viramune. Taking Viramune under these conditions can cause liver damage. Kaletra liquid has a high alcohol content. Kaletra liquid must not be taken by people with hepatitis or a history of alcohol abuse because it could trigger a relapse. It is important for people to tell their doctor about all their existing medical conditions.

It may be dangerous to take herbal medications with HIV medications. St. John's Wart is used for mood elevation and depression. St. John's Wart may lower the levels of HIV medication in the body. Ginseng can increase the levels of protease inhibitors. This may hurt the liver. It is important for people to talk to their doctor before trying herbal medications.

• **PHACS CAB EVALUATION SURVEY RESULTS**

Megan talked about the PHACS CAB Evaluation Survey results. There were 10 responses. Some suggested topics for upcoming calls are:

- Mental health and disclosure, and
- Cross-interaction between PHACS CAB members IMPAACT CAB members.

• **DISCLOSURE FOCUS GROUP**

Delia talked about participating in an HIV disclosure focus group with HIV-infected mothers. Many mothers had a hard time disclosing to their children. Some mothers did not think it was a good idea to disclose to their HIV-exposed but uninfected children. Some mothers thought that their children would eventually find out about their status and resent them for not disclosing. One mother disclosed to her child and the child became upset and judgmental. Over time, her child was less angry. He is now learning more about HIV. One mother did not want to disclose. She was worried that her children would tell everyone and that she would not be able to cope.

Mothers were asked what age they feel they should disclose to their children. Some mothers thought disclosure should occur when a child is age ten or older. Most mothers thought that there is no right

age to disclose. It is not about the child's age, but about knowing when mother and child are ready for disclosure. Education, trust, acceptance and love are most important when considering disclosure.

Rosetta talked about disclosure. There will be different reactions depending on the child. It may help to open the conversation by talking about sex.

Claire talked about the Health Education and Communication Committee (HECC). The HECC is looking to create a disclosure storybook for parents and children to read together. It may help start disclosure conversations. Claire is working with a student to help design the storybook.

- **HEALTH EDUCATION AND COMMUNICATION COMMITTEE (HECC) UPDATE**

Claire talked about the Health Education and Communication Committee (HECC). The HECC had a conference call on February 7, 2013. The next HECC call is March 7, 2013 at 1:00 PM EST. The HECC has created a list of goals. The HECC is looking to start many potential projects. One project is looking at how to help PHACS sites learn more about how other sites are distributing PHACS study results.

Claire talked about the PHACS focus groups. The focus groups will be conducted at AMP sites with young adult PHACS participants and CAB members. The aims of the focus groups are to get feedback about the AMP 18+ protocol and to learn about the challenges and strengths of PHACS young adults and CAB members. Claire is working with a student to develop an interview guide for the focus groups. The interview guide will be used with CAB members at the site. Claire invited CAB members to volunteer to review the interview guide.

Megan talked about the HECC session at the PHACS Spring 2013 Leadership Retreat. The HECC will meet with a small group to talk about creating a new PHACS website. Megan plans to send a survey to the CAB about the current website. CAB members are asked to give their feedback about the current website and to give suggestions about the new website. Feedback from the survey will be used during the HECC session at the retreat.

Action Item: Megan will send the PHACS CAB Website Use survey to the CAB.

- **PHACS CAB NEWSLETTER, JUNE 2013 EDITION**

Megan talked about the PHACS CAB Newsletter, June 2013 Edition. Megan encouraged the CAB to vote for a theme for the newsletter through the PHACS CAB Evaluation survey.

NOTE: The next CAB call will be on Thursday, March 28, 2013 at 12:00 pm EST.