

Abstract category: E48 Modeling of the effect of HIV-related prevention or care/treatment programmes at national, regional and local level

**Title: Substitution of zidovudine for stavudine - outcome in India**

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Text: **Issues:** National Aids Control Organization (NACO) a Government of India organization started national ART program in India on April 2004. The first line drugs were zidovudine and stavudine based regimens. It is felt that zidovudine based regimen is the best regimen for the patients. If anemia (HB < 8gms) complicates at the initiation of ART then stavudine is preferred. So after initiation of ART with stavudine if HB levels increase to > 8 gms can we substitute the stavudine to zidovudine is the operational question which has to be answered.

**Description:** An operational study was conducted in Government Hospital for Thoracic Medicine, Tambaram, Chennai, India. Stavudine based patients who have been on ART and their HB raising more than 8gms were substituted with zidovudine and followed with HB levels every month and results were studied.

**Conclusions:** Total numbers who were shifted to zidovudine were 232.

Males 121

Females 111.

Average age of patients 34 (median 34, mode 30).

Females 32.22 (median 32, mode 30).

Males 36.27 (median 36, mode 35)

Average duration of substitution - 0.81 hundred-patient-years.

Males 1.61

Female 1.86.

Average baseline cd4 - 132 (median 89).

Female 123 (median of 95).

Males 133 (median of 82).

Of 232 cases only 6 cases developed anemia after zidovudine substitution to the level of less than 8gms (grade 3 toxicity) and less than 10gms (grade 1 toxicity) only 19 cases developed. So an average of only 8% developed anemia after zidovudine substitution.

**Next steps:** The fear of anemia with Zidovudine substitution for stavudine after the HB reaches the 8gms is not needed. After substitution follow up with HB after 15 days and every month is essential to avoid any untoward events in those patients. A patient who had Zidovudine induced anemia earlier must not be substituted.

Keywords: 1. zidovudine induced anemia  
2. substitution of Art  
3. NACO,INDIA  
4. grades of toxicity  
5. Haemoglobin

Country of research: India