

Weight changes amongst treatment experienced patients taking dolutegravir at 24 months follow up: Nigeria cohort analysis

J. Campbell¹, O. Abudior², I. Amamilo², J. Harwell³, C. Middlecote⁴, J. Conroy⁴, W. Eigege², N. Otubu², J. Jiboye², F. Lufadeju², C. Amole⁴, O. Wiwa², O. Agbaji⁵, D. Anweh⁶, S. Akanmu⁷

¹CHAI Analytics and Implementation Research, Boston, US, ²Clinton Health Access Initiative (CHAI) Abuja, Nigeria, ³CHAI Clinical Sciences Team, ⁴CHAI, HIV Access Program, ⁵Jos University Teaching Hospital, Nigeria, ⁶Federal Medical Center Makurdi, Nigeria, ⁷Lagos University Teaching Hospital, Nigeria

Background

Dolutegravir (DTG) based regimen was recommended as an alternative in the Nigeria National Guideline for HIV Prevention, Treatment and Care (2016). In July 2017 a 12-month follow up study on early adopter acceptability commenced at 3 high volume Centers of Excellence. Subjects were surveyed on questions regarding DTG acceptability, including side effects at 2-months, 6-months, and 12-months post DTG initiation. At all survey time points study subjects frequently self-reported an 'increase in appetite' at a rate higher than any other listed side effect: 2 months – 20%, 6 months – 19%, 12 months – 15%.

We extracted weight and height information on the study patients to analyze weight and body mass index (BMI) changes that occurred after DTG initiation up to 24 months post DTG initiation.

The objectives were to: 1. Describe changes in study subject weight and BMI from baseline time of switch (T0) to 6 months (6m), 12 months (12m), 18m and 24 months (24m), 2. Determine if weight change trends were changing over time, 3. Look at proportion of patients gaining more than 10% of baseline weight, and 4. Changes in BMI category

Methods

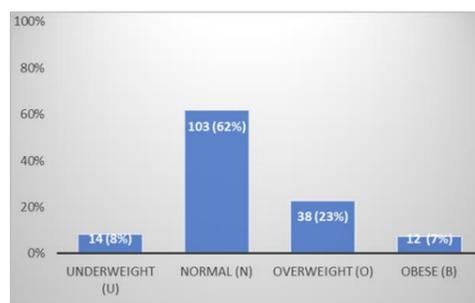
- Study population: There were 271 subjects in the acceptability study, only treatment experienced patients at switch were included in the analysis, 235 (87%)
- Age, sex, facility, weight, height, viral load and CD4 data were extracted in April 2020
- Generalized Estimating Equations was used to test weight changes and significance, adjusting for cluster sampling at 3 facilities and study subject demographic data:
 - Change in weight for all subjects and disaggregated for normal and overweight/obese
 - Percent of weight change for all subjects and disaggregated for normal and overweight/obese
 - Frequencies of subjects losing or gaining more than 10% weight from their baseline weight
 - Shifts in proportion of subjects by BMI category over time
- Subjects with missing data were excluded in a particular analysis, but not excluded entirely (ie. A subject with baseline and 12-month but not 18-month weight data were included in a T0 to 12m analysis, but not in the T0 to 18m. Subjects without height data were included in weight change analyses and excluded from BMI analyses)
- Analysis was conducted in SAS 9.4

Results: Weight changes at 6m, 12m, 18m, and 24m

Descriptive Statistics:

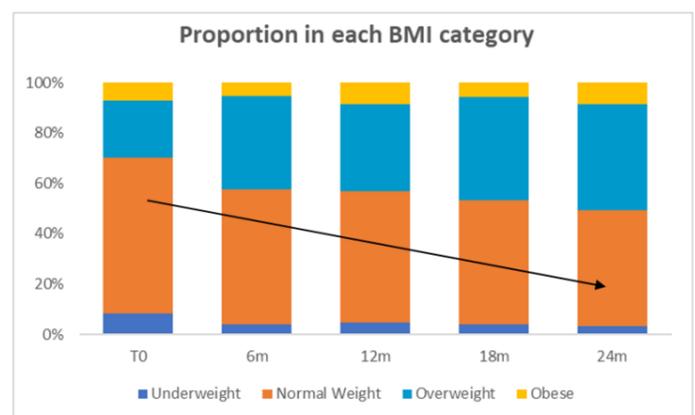
271 subjects enrolled in the study across 3 sites
 235 (87%) were treatment experienced at switch to DTG,
 208 (77%) had a baseline weight; 167 (62%) had a baseline BMI,
 206 (76%) had a baseline weight plus at least one additional weight
 186 (69%) had a weight at T0 and 24m, 149 (55%) had a BMI at T0 and 24m

Baseline BMI distribution (n=167)



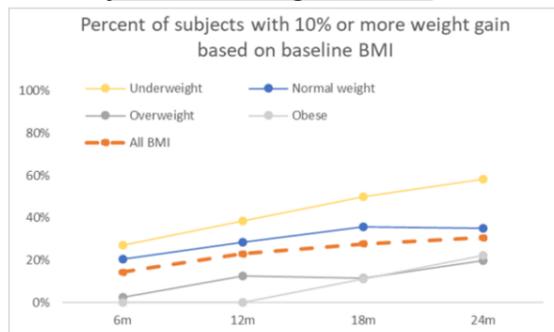
	n	%	At baseline (median)	
			weight	BMI
Total	206	76%	61.7	22.9
Age (median)	47			
Male	75	36%	67.0	23.7
Female	131	64%	59.0	22.9
VL suppress at T0	168	95%	61.7	22.9
VL unsuppress at T0	8	5%	60.4	23.1
Luth	54	26%	64.3	23.9
Juth	88	43%	63.5	23.6
FMC	64	31%	56.0	22.4

BMI category breakdown T0 - 24 months



The proportion changes in BMI categories, show an overall decrease in the normal and underweight categories, while the proportion of overweight and obese increase. The percent in normal BMI reduces from 62% in T0 to 46% at 24m.

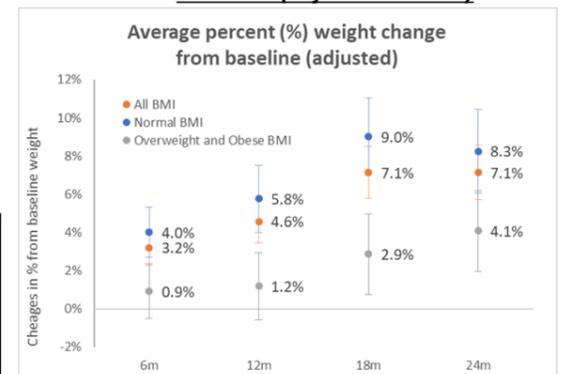
Proportion of patients gaining 10% or more from baseline weight over time



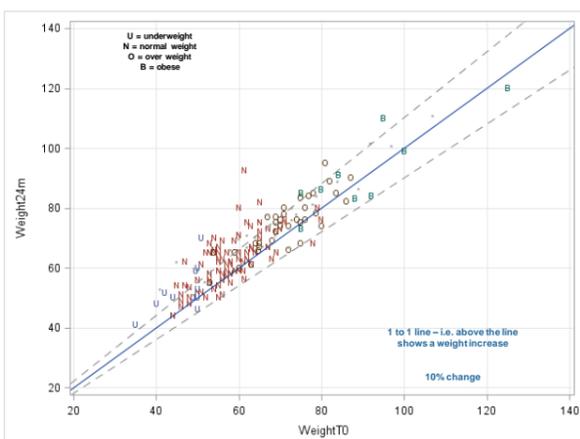
• For most of the BMI categories the proportion of patients gaining 10% or has increased, however for those with a normal baseline BMI, there shows signs of plateauing

- All BMI – Overall there is an increase in the percent of weight gained at all follow up times compared to baseline, but there is a plateauing at 24m (all p-values <0.01)
- Normal BMI – there is a statistically significant increase in percent of weight at all 6m, 12m, and 18m, with a decrease from 18m to 24m (all p-values < 0.01)
- Overweight/ obese – there is no statistical increase until 18m then percent of weight gain starts to increase

Average percent of weight changes by BMI over time (adjusted with CIs)



Weights at T0 and 24m:



Many subjects are above the 10% weight gain line at 24 months, most were underweight or normal BMI at T0

Conclusions and Limitations

- There was weight gain among patients that switch to DTG and the weight gain may continue for up to 18 months with signs of plateauing. This was found particularly in subjects with normal baseline BMIs at time of switch.
- We did not find weight gains amongst the overweight and obese population for the first year after switch, that increased at 18m and 24m. Although this is a small sample size.
- No subjects in the cohort have discontinued DTG due to weight or appetite concerns.
- Further analysis should be considered to determine if there is a consistent plateauing after 18m.

Limitations:

- ~ The study was not a controlled trial and was not initially designed to assess changes in weight. It was not powered to look at weight changes so conclusions could not be drawn in all circumstance.
- ~ Not all subjects had weights consistently recorded. Additionally, scales were not calibrated and there were no specifics on time of day or clothing during weight measurements.
- ~ Not all subjects in the study had recorded weights (82%) - there is a potential for bias with subjects that have recorded weights more likely to have experienced weight change and had this data purposefully collected.
- ~ There are natural weight gains that occur over time and the analysis does not include a control group to compare if the weight gains found would be unique to DTG patients and would not occur on other regimens.
- ~ Study participants were enrolled from a population of PLHIV experiencing side effects so some weight gain may be expected for patients switching to a more tolerable regimen with a 'return to health effect'.

