

Using Mobile Technology with ARTAS Interventions

STEVE DELLINGER,
COMMUNITY HEALTH EDUCATOR
ALABAMA DEPARTMENT OF PUBLIC HEALTH



What is ARTAS?

CDC-Funded Initiative

Evidence-based for Linkage to HIV Care and Retention in HIV Care

Antiretroviral Treatment Access Study v.I & II <evaluation>

- ARTAS v1 – 2001-2003 (*Randomized Controlled Trial*)
- ARTAS v2 – 2004-2006 (*Real-world Demonstration*)
 - Atlanta, Chicago, **Jacksonville** (FL), **Anniston** (AL), Kansas City (MO), **New Orleans**, **Miami**, **Columbia** (SC), Baltimore, **Richmond** (VA)

Antiretroviral Treatment and Access to Services <implementation>

- ARTAS Implementation in Alabama – 2012/2013 (ADPH)

ARTAS Process Definition

Anti-Retroviral Treatment and Access to Services (ARTAS) is an individual-level, multi-session, time-limited intervention with the goal of linking recently diagnosed persons with HIV to medical care soon after receiving their positive test result.

ARTAS is based on the Strengths-based Case Management (SBCM) model, which is rooted in Social Cognitive Theory (particularly self-efficacy) and Humanistic Psychology.

(SBCM is a model that encourages the client to identify and use personal strengths; create goals for himself/herself; and establish an effective, working relationship with the Linkage Coordinator).

Why ARTAS:

Linkage to care shortly after HIV diagnosis:

- Provides opportunities for intervention to prevent transmission

Engagement or re-engagement:

- Process of helping HIV patients keep their scheduled clinic appointments

Re-entry:

- Re-connects HIV patients to primary care after they have dropped out of care

Providing counseling/interventions:

- Promotes sustained adherence to treatment

“Leads to better health outcomes”

ARTAS Core Elements *(mobile app eligible: Y/N)*

Build an effective, working relationship between the Linkage Coordinator and each client

Focus on the client's strengths by:

- a. Conducting a strengths-based assessment *(mobile app: YES)*
- b. Encouraging each client to identify and use his/her strengths, abilities, and skills to link to medical care and accomplish other goals

Facilitate the client's ability to:

- a. Identify and pursue his/her own goals *(mobile app: YES)*
- b. Develop a step-by-step plan to accomplish those goals using the ARTAS Session Plan *(mobile app: YES)*

ARTAS Core Elements *(mobile app eligible: Y/N)*

Maintain a client-driven approach by:

- a. Conducting between one and five structured sessions with each client **within 90-days** / linked to medical care <whichever occurs first> *(mobile app: YES)*
- b. Conducting active, community-based case management by meeting each client in his/her environment and **outside the office whenever possible** *(mobile app: YES)*
- c. Coordinating and linking each client to available community resources, both formal (e.g., housing agencies, food banks) and informal (e.g., friends, support groups, spiritual groups) based on each client's needs
- d. Advocating on each client's behalf, as needed, to link him/her to medical care and/or other needed services

ARTAS using mobile technology (ODK)

FEATURES

App. development 'in house' (ADPH)

'Off-the-shelf' construction (CommCare ODK)

Integrated emulators

Intuitive structure

'Real-time' data entry:

- Client activity updates
- Field staff compensation DB tied to app.

BENEFITS

Low cost <"free">, short development time

Tutorials/min. requirement for writing code

Ability to test app. prior to placing in field

Short 'ramp-up', streamlined staff training

Enabled reporting efficiencies:

- Allow staff to spend more time 'face-to-face' with clients
- Improved support of ARTAS process
- Lessened burden of repetitive data entry

In closing...

“With the exception of a cure and vaccine research, the battle against HIV is shifting from the laboratories to the communities. This is where we need to be during the next decade to make a difference.” -Dr. Michael Saag, UAB SoM

(New England Journal of Medicine, Feb 5, 2015 <excerpt from Editorial>)

Contact Information & References

Steve Dellinger 205-930-1078 steve.dellinger@jcdh.org

References:

Linkage to and Retention in HIV Medical Care: NASTAD webinar Nov 16, 2011, Jeanne Bertolli, PhD, *et al*

Advancing HIV Prevention: cdc.gov/hiv/topics/prev_prog/AHP

CDC National Prevention Information Network: cdcpin.org

CDC's High Impact Prevention Project:
effectiveinterventions.org/en/highimpactprevention/publichealthstrategies/artas.aspx

Alabama Department of Public Health: adph.org