**SOUTH AFRICAN ANTIRETROVIRAL TREATMENT GUIDELINES (ADULTS) 2016**

### Monitoring pre-ART

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#### Baseline Tests

**Confidentiality note:** All HIV positive patients, irrespective of CD4 count or clinical stage, should be offered HIV testing. All adults should be offered HIV testing on their first visit to a healthcare facility.**

#### Interpretation/Action

**Seroconvertants:**

- Start ART with high viral load and CD4 ≤ 350 cells/µL
- Start ART in patients with FVC < 50 mL/min
- Start ART in patients with HBV co-infection

**CD4 ≥ 350 cells/µL:**

- Watch and wait
- Repeat HIV test after 6 months

**Viral load ≥ 100,000 copies/mL:**

- Start ART
- Refer to hospital urgently for lumbar puncture to exclude cryptococcal meningitis

**Viral load < 1000 copies/mL:**

- ART should be continued
- Repeat HIV test after 6 months

**CD4 < 350 cells/µL:**

- Start ART
- Repeat HIV test after 6 months

**CD4 ≥ 350 cells/µL:**

- Watch and wait
- Repeat HIV test after 6 months

### Monitoring on ART

**First visit:**

- Test for IRIS and ART prophylaxis
- ART should be started
- ART should be stopped

**Second and subsequent visits:**

- Test for IRIS and ART prophylaxis
- ART should be continued
- ART should be stopped

**Patient adherence:**

- ART should be continued
- ART should be stopped

### Isolated prophylactic therapy (IPT)

**Eligibility criteria:**

- HIV positive (most recent CD4 ≤ 250 cells/µL)
- Action: ART for all

**Inoculation sites:**

- Intradermal
- Intramuscular

**Drug Name**

- **Mycobacterium species**
  - **Isoniazid (INH):**
    - **Normal dose:**
      - 300 mg/day for 6 months
      - 3 months
    - **Dose adjustment:**
      - INH + Rifampicin: 600 mg/day
      - INH + Rifabutin: 450 mg/day

**Duration of treatment:**

- **INH + Rifampicin:**
  - 6 months
  - 3 months

### Management of treatment interruptions and defaults

- **Establish reasons for default:**
  - Adherence or treatment-related issues
- **Get full history of previous treatment:**
  - Artifactual ART failure
  - Treatment interruption
- **Consult local expert:**
  - In case of default, refer to an expert for management of treatment interruptions
- **Restoring ART:**
  - ART should be restarted
  - ART should be stopped

**Based on the National Consolidated Guidelines for the Prevention of Mother-to-Child Transmission of HIV (PMTCT) and the Management of HIV in Children, Adolescents, and Adults. National Department of Health, South Africa, April 2015.**

Updated November 2016 to incorporate the National Test and Treat protocol implemented by NDoH, Sep 2016.

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