

## Best practices in HIV care > Near-term follow-up from initial assessment (1, 3-6-12 months)



> Histories examinations and screens	
Medications—Rx/OTC/herbal	
Physical examination: include vitals, weight, BMI, waist circumference, thorough skin inspection, DRE with visual genital and anal inspection, manual breast exam	
Mental health issues	
Substance use—tobacco, alcohol, drugs (including illicit use of prescription drugs)	
Eye exam for patients with CD4 below 100	
Neurocognitive assessment	
Contact information, active appointment reminders and tracing	

> HIV immune markers	
CD4 as and % *	
VL *	
CD8 count (and CD4/8 ratio)*	

*\*In some cases, quarterly frequency may be relaxed/extended if patient is stable and sufficiently virally suppressed.*

> Laboratory investigations	
CBC with differential and platelets	✓
ALT/AST/ALP/Bilirubin	✓
Electrolytes, blood urea nitrogen, UACR	✓
Lipid profile (total cholesterol, LDL/HDL/triglycerides)—fasting	✓
Fasting glucose/hemoglobin or A1C	✓
Urinalysis with urine protein/creatinine	✓
Colonoscopy q10 yrs at >50 FOBT ±	✓

> ART management	
Using appropriate techniques, discuss with patient ART benefits/risks	
Readiness, beliefs and acceptance/mutual decision making	
Assess access to ART including barriers, such as lack of insurance or drug coverage, other medications and mental health and substance use issues	
Adherence reminders/peers	
Identify any specific factors affecting adherence (e.g. transgender affirmation, women and cART effects, partner or home dynamics)	

> Social needs assessment	
Education	
Poverty assessment	
Housing/food security/transportation	
Access to medicine	
Relationships/support network	
Sexual and reproductive health/family planning	
Sleep habits	
Activities of daily living (ADL)	
Substance use issues	

> Health teaching	
Weight loss/gain strategies	
Exercise program	
Safer sex practices/STI counseling	

> For women	
Cervical pap (colposcopy and biopsy if needed)	
Pregnancy desires and counseling/folic acid test	
Sexual health/dysfunction discussion	

> For men	
Morning serum testosterone levels tested	
Discuss sexual function/dysfunction	
Digital rectal exam	