

## SUPPLEMENT



# GUIDELINES

ON POST-EXPOSURE PROPHYLAXIS FOR  
HIV AND THE USE OF CO-TRIMOXAZOLE  
PROPHYLAXIS FOR HIV-RELATED INFECTIONS  
AMONG ADULTS, ADOLESCENTS AND CHILDREN:  
RECOMMENDATIONS FOR A PUBLIC HEALTH  
APPROACH

DECEMBER 2014 SUPPLEMENT TO THE 2013 CONSOLIDATED GUIDELINES  
ON THE USE OF ANTIRETROVIRAL DRUGS FOR TREATING AND PREVENTING  
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# ABBREVIATIONS AND ACRONYMS

3TC	lamivudine
ABC	abacavir
ART	antiretroviral therapy
ARV	antiretroviral
ATV/r	atazanavir/ritonavir
AZT	zidovudine
CI	confidence interval
DRV/r	darunavir/ritonavir
EFV	efavirenz
FTC	emtricitabine
GRADE	Grading of Recommendations, Assessment, Development and Evaluation
HBV	hepatitis B virus
HCV	hepatitis C virus
HIV	human immunodeficiency virus
HR	hazard ratio
ILO	International Labour Organization
LPV/r	lopinavir/ritonavir
NNRTI	non-nucleoside reverse-transcriptase inhibitor
NRTI	nucleoside reverse-transcriptase inhibitor
NVP	nevirapine
OR	odds ratio
PI	protease inhibitor
PICO	population, intervention, comparison and outcomes
RAL	raltegravir
RR	relative risk
TB	tuberculosis
TDF	tenofovir disoproxil fumarate
UNAIDS	Joint United Nations Programme on HIV/AIDS
USAID	United States Agency for International Development

# DEFINITIONS

## GENERAL

**HIV** refers to human immunodeficiency virus. There are two types of HIV: HIV-1 and HIV-2.

**HIV-1** is responsible for the vast majority of HIV infections globally. Within these guidelines, HIV refers to both HIV-1 and HIV-2 unless otherwise specified.

## AGE GROUPS AND POPULATIONS

The following definitions for adults, adolescents, children and infants are used to ensure consistency within these consolidated guidelines, as well as with other WHO guidelines. It is recognized that other agencies may use different definitions.

An **adult** is a person older than 19 years of age unless national law defines a person as being an adult at an earlier age.

An **adolescent** is a person aged 10 to 19 years inclusive.

A **child** is a person 19 years or younger unless national law defines a person to be an adult at an earlier age. However, in these guidelines when a person falls into the 10 to 19 age category they are referred to as an adolescent (see adolescent definition).

An **infant** is a child younger than one year of age.

## HEALTH CARE SERVICES

**Continuum of HIV care** refers to a comprehensive package of HIV prevention, diagnostic, treatment and support services provided for people living with HIV and their families ranging across: initial HIV diagnosis and linkage to care; management of opportunistic infections and other comorbid conditions; initiating, maintaining and monitoring ART; switching to third-line ART; and palliative care.

A **public health approach** addresses the health needs of a population or the collective health status of the people rather than just individuals. A public health approach involves a collaborative effort by all parts of the health sector, working to ensure the well-being of society through comprehensive prevention, treatment, care and support. For HIV, this involves: simplified limited formularies; large-scale use of fixed-dose combinations for first-line treatment for adults and children; care and drugs given free at the point of service delivery; decentralization; and integration of services, including task shifting and simplified clinical and toxicity monitoring.

## HIV TESTING AND PREVENTION

**Voluntary counselling and testing** (also referred to as client-initiated testing and counselling) describes a process initiated by an individual who wants to learn his or her HIV status. Since there are now many different community approaches to providing HIV testing and counselling and people often have mixed motivations for seeking testing (both recommended by a provider and sought by a client), WHO prefers to use the term HIV testing and counselling. All forms of HIV testing and counselling should be voluntary and adhere to the five C's: consent, confidentiality, counselling, correct test results and connections to care, treatment and prevention services. Quality assurance of both testing and counselling is essential in all approaches to HIV testing and counselling.

**Combination prevention** refers to a combination of behavioural, biomedical and structural approaches to HIV prevention to achieve maximum impact on reducing HIV transmission and acquisition.

## ART (ANTIRETROVIRAL THERAPY)

**ARV (antiretroviral)** drugs refer to the medicines themselves and not to their use.

**ART** refers to the use of a combination of three or more ARV drugs to achieve viral suppression. This generally refers to lifelong treatment. Synonyms are combination ART and highly active ART.

**ART for prevention** is used to describe the HIV prevention benefits of ART.

**Eligible for ART** refers to people living with HIV for whom ART is indicated according to the definitions of clinical and immunological eligibility in WHO treatment guidelines. The term is often used interchangeably with "needing treatment", although this implies an immediate risk or an obligation to initiate treatment.

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## Post-exposure prophylaxis for HIV

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## The use of co-trimoxazole prophylaxis for HIV-related infections among adults, adolescents and children

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