



Transcript

SA HIV Clinicians Society Newsletter
December 2011

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Society Contact Details

Head Office (for general queries):

Tel: + 27 (0)11 341 0162; Fax: +27 (0)11 341 0161

Mpho Maledimo, Office Administrator: mpho@sahivsoc.org

Laurie Schowalter, Technical Advisor: laurie@sahivsoc.org

Nelouise Geyer: Editor, *HIV Nursing Matters*:
nelouise@sahivsoc.org

Database Office (for membership/payment queries):

Tel: 071 868 0789; Fax: 086 682 2880

Jean Solan, Bookkeeper: jeansolan@global.co.za

Kerry Solan, Database Assistant: kerrysolan@global.co.za

Pat Solan, Database Manager: patsolan@global.co.za
Website: www.sahivsoc.org

Message from the President

Don't forget to vote! We have 18 candidates for the seven-member Board of Directors and you can read more about them on our website, www.sahivsoc.org. As I hope you know by now, the AGM will take place on 13 December, and to vote you need to send both a ballot AND a proxy form to the Society's office via fax (011 341 0161), email (sahivsoc@sahivsoc.org) or post (Suite 233 Postnet, Killarney Private Bag X2600, Houghton 2041) by **11 December**. Note that only members up to date in their membership fees can vote – but the good news is you still have some time to pay – all members up to date in their fees as of **08 December** will be eligible.

With a new Board of Directors will come a new president (I will be standing down). I'd like to thank the outgoing Executive Committee and the interim Board of Directors (Tim Tucker and Eric Hefer). In addition, our office staff – Laurie, the entire Solan family, Mpho and our constant helper Natalie – who have kept the wheels on some very rocky times. Thanks to our departing manager, Fatima, and welcome to our new CEO, Lauren Jankelowitz, who will join us in January.

If you'd like to learn more about what we've been up to over the past year and get a glimpse of our plans for 2012, please see the presentation "[2011 President's Report](#)" on our website. Expect to hear more from us in 2012. We plan to launch a new website early in the year which will link to our membership database - which means that you'll be able to log-in to the site and view your contact information, CPD history (and download certificates!) and payment history. We will be asking for your help in ensuring that the contact information we have for you is the most up-to-date. The website will also host a clinical case study programme, which will provide an online forum for continuous medical education. We will also host our first ever conference, most likely in mid-to late-November in Cape Town. We look forward to getting your feedback and thoughts on our new programmes and services.

Overall, the Society is in good financial and organisational health, and the new Board of Directors will be challenged to build on a strong foundation and make us even more effective. The epidemic is going nowhere soon – our patients are going to need us to fight whoever gets in the way, on their behalf. Thank you for your continued support of the organisation, and for your on-going efforts to bring the best possible HIV prevention, care and treatment services to those who need them.

Recent Releases

New National Strategic Plan Launched

On World AIDS Day President Jacob Zuma and Deputy President Kgalema Motlanthe launched the *National Strategic Plan for HIV and AIDS, STIs and TB, 2012 – 2016* (download the [summary](#) or [full plan](#)). The NSP sets the strategy for fighting HIV, TB and STIs in South Africa and it will guide the development of provincial operational plans, which are to be implemented in April 2012.

The new plan sets 5 ambitious goals for the next five years, including:

- Halve the number of new HIV infections;
- Ensure that at least 80% of people who are eligible for treatment for HIV are receiving it (at least 70% should be alive and still on treatment after 5 years);
- Halve the number of new TB infections and deaths from TB;
- Ensure that the rights of people living with HIV are protected; and
- Halve stigma related to HIV & TB.

By 2016, the plan aims to reduce mother to child transmission to less than 2% at 6 weeks after birth and less than 5% at 18 months, and to have 3 million people on antiretroviral treatment. The plan also calls for annual voluntary testing for HIV and TB for all persons living in South Africa. "Key populations" to whom HIV & TB prevention and care services should be targeted are also discussed. Young women aged 24 years, uncircumcised men, people who abuse alcohol and other substances and sex workers and their clients are among those identified.

The cost to implement the plan is reported at R18.7-billion in the next financial year and R23.4-billion the following year.

NSP Review

On World AIDS Day the Treatment Action Campaign (TAC) and SECTION27 launched a joint publication, the NSP Review. The aim of the publication is to provide quality analysis and monitoring of the implementation of the new NSP, and contributors are encouraged to submit to future editions. Visit [Section27's website](#) for more information on the magazine and to download a copy.

2010 National Antenatal Sentinel HIV and Syphilis Prevalence Study

In late November, the National Department of Health published the 2010 National Antenatal Sentinel HIV and Syphilis Prevalence Survey in South Africa, available for download on their [website](#) (note the file is large!). The survey found national HIV prevalence stable at 30.2%. KwaZulu-Natal remains the province most impacted, with a prevalence of 40.1%. Mpumalanga (35.1%), Free State (30.6%), Gauteng (30.4%), Eastern Cape (29.9%), North West (29.6%), Limpopo (21.9%), Western Cape (18.5%) and Northern Cape (18.4%) follow. The survey found that HIV prevalence among women aged 15-24 years is not decreasing (21.3%) and that among women aged 30-34 years, prevalence is increasing (41.5% in 2009 versus 42.9% in 2010).

Managing Fat Gain in Patients on Antiretroviral Therapy

Prof Gary Maartens

Lipodystrophy or changes in fat distribution occur very commonly in patients on antiretroviral therapy (ART). Some patients experience fat loss (lipoatrophy), others fat gain (lipohypertrophy), and many experience both forms of lipodystrophy. Subcutaneous fat loss is caused by the thymidine analogue nucleoside reverse transcriptase inhibitors (NRTIs), stavudine and zidovudine, particularly stavudine. Clinical trials have shown improvement on switching to either tenofovir or abacavir. Fat accumulation occurs intra-abdominally, in the breasts and as the unsightly "buffalo hump". Visceral fat is associated with insulin resistance, dyslipidaemia and an increased risk of vascular disease as occurs in HIV-uninfected people.

It was initially thought that protease inhibitors caused fat gain. However, randomised controlled trials show similar rates of fat gain with ART regimens consisting of dual NRTIs with either protease inhibitors, non- nucleoside reverse transcriptase inhibitors (NNRTIs), or integrase inhibitors, as well as with NRTI-sparing regimens of NNRTI plus PI. Therefore fat gain is not linked to any antiretroviral drug class.

Switching to antiretrovirals with a better metabolic profile is widely practiced for patients experiencing fat gain, but the few trials that have been conducted of switching antiretrovirals have failed to show a benefit. A recent review article on the pathogenesis and treatment of lipohypertrophy concluded "we do not recommend switching antiretrovirals to combat lipohypertrophy". Switching is not only ineffective but also increases the risk of virologic failure.

There are three measures that have been shown to be effective for fat gain. Diet and exercise works, but the effects are modest. Growth hormone (or growth hormone-releasing factor) is more effective but is prohibitively expensive. Finally metformin has a modest effect on body mass index and waist to hip ratio, but should probably be reserved for patients with abnormal glucose tolerance. Thus, as with obesity and the metabolic syndrome in the general population, there are no quick fixes for antiretroviral-associated fat gain. Cosmetic surgery is an option for breast enlargement or "buffalo humps", but recurrences are not uncommon and medical aid schemes will usually not fund this.

Counselling patients with fat gain is crucial. Telling patients that their fat gain is due to a specific antiretroviral is factually incorrect and is likely to have a negative impact on adherence. It is important to screen for hypertension, diabetes and dyslipidaemia and treat these when they are present.

References

Leung VL, Glesby MJ. Pathogenesis and treatment of HIV lipohypertrophy. *Curr Opin Infect Dis* 2011;24:43-9.
Sheth SH, Larson RJ. The efficacy and safety of insulin-sensitizing drugs in HIV-associated lipodystrophy syndrome: a meta-analysis of randomized trials. *BMC Infect Dis* 2010;10:183.

For further information on this topic, see the slides from a talk given by Prof Maartens at the Society's Johannesburg Branch meeting earlier this year: [Fat distribution on ARVs: dogma vs data](#)

*This article is reprinted with permission from the Aid for Aids (AfA) Healthcare Professional Newsletter, November 2011: Issue 30. All AfA Healthcare Professional Newsletters are available online at <http://www.aidforaids.co.za>. Past issues can also be downloaded on the Society's website, www.sahivsoc.org, under the **Publications** tab.*

Society Publications

HIV NURSING MATTERS

The December edition of *HIV Nursing Matters* focuses on nurses as managers, and will be posted this month. All archived issues of *HIV Nursing Matters* are available on the Society's website, www.sahivsoc.org, under the **Publications** tab. Society members are encouraged to submit articles for the Editor's consideration. Articles cannot exceed 1500 words and should be submitted to the editor, Nelouise Geyer, via email: Nelouise@sahivsoc.org.

SOUTHERN AFRICAN JOURNAL OF HIV MEDICINE

The December edition of the *Journal* can be downloaded from the Society's website www.sahivsoc.org or on the Journal's website www.sajhivmed.org.za (articles are now available in HTML).

Article submission: Articles should be submitted to the editor online at www.sajhivmed.org.za. Once an article has been submitted, the author will receive an acknowledgement of receipt, and the article will be subject to a peer review. The authors of all published articles will be awarded 15 CPD points, and co-authors will receive 5 CPD points. Reviewers of published articles will receive 3 CPD points. We are happy to accept articles from people writing for publication for the first time, and will provide support to first-time authors.

Branch Meetings Dates 2012

The 2012 Branch Meeting dates have been finalised; please diarise the below. Branch coordinators want to hear what topics you would like covered at your branch; please feel free to call or email your coordinator with speaker/topic suggestions. Many thanks to our very generous sponsors who helped make this activity possible in 2011: Abbott, Adcock Ingram, Aspen, BD Diagnostics, Cipla Medpro, MSD and Novagen.

PROVINCE / CITY	DATE	VENUE	TIME	COORDINATOR CONTACT DETAILS
EASTERN CAPE				
East London	15 February 18 April 20 June 15 August 17 October	Drs du Buisson & Partners, Ampath Laboratory, 58 St James Rd, Southernwood	19:00	Ms Daphne Gernetzky Tel: 043 703 4300 Email: gernetzkyd@ampath.co.za

Port Elizabeth	28 February 24 April 26 June 28 August 30 October	The President's Suite, St George's Cricket Ground	19:00	Dr Kas Kasongo Tel: 041 451 4423 Email: kasongo@pathcare.co.za
FREE STATE				
Bloemfontein	7 February 8 May 7 August 6 November	Bloemfontein Medi- Clinic Seminar Room 6th floor	18:30	Madaleen Janse van Vuuren Tel: 051 401 4633 Email: mvanvuuren@pathcare.co.za
Welkom	28 March 30 May 25 July 26 September	TBD		Dr Letlafua Lebata Tel: 072 237 1768
GAUTENG				
Johannesburg	23 February 29 March 26 April 31 May 21 June 26 July 30 August 27 September 18 October 29 November	Glenhove Conference Centre, 52 Glenhove Rd, Houghton	19:00	Mpho Maledimo Tel: 011 341 0162 Email: mpho@sahvisoc.org
Pretoria	6 October 3 November	Muelmed Hospital Boardroom, Pretorius St, between Hamilton and Leyds Streets	18:30	Dr Mariette Botes Tel: 012 440 0758 Email: mariette@hivpractice.co.za; Dr Lynne Webber Email: webberl@lancet.co.za Ms Elizabeth Malela Cell: 082 631 1588
KWAZULU NATAL				
Durban	15 February 28 March 18 April 16 May 20 June 18 July 19 September 17 October 21 November	TBD		Prof Yunus Moosa – moosay@ukzn.ac.za Ms Sue Anderson – sueand@absamail.co.za Dr Fundisiwe Chonco – choncof@ukzn.ac.za Ms Wendy Dhlomo Mphatswe – Mphatswe@ukzn.ac.za Rsvp Ms Natalie Martyn Tel: 079 393 4793 Email: nataliem@afrihost.co.za
Manguzi	4 February 5 May 4 August 3 November	TBD		Maryke Bezuidenhout Tel: 082 771 0397 Email: marykebez@gmail.com
LIMPOPO				
Polokwane	2 February 19 April 2 August 4 October	TBD		Dr Sizeka Maweya Tel: 082 345 9449 Email: sizeka@webmail.co.za
MPUMALANGA				
Nelspruit	8 March 10 May 12 July 13 September	Nou's Toeka, Nelspruit	18:00	Dr Ebby Mkhabela Tel: 013 755 1458 Email: ebby.mkhabela@righttocare.org
NORTHERN CAPE				

Northern Cape	7 February 1 May 7 August 6 November	Various locations		Mr Tsietsi Shushu Tel: 053 343 0011 Cell: 083 993 6976 Email: gtshu@yahoo.com
NORTH WEST PROVINCE				
Rustenburg	8 February 11 April 13 June 8 August 10 October 12 December	TBD	18:30	Dr Benjamin Makhoana Tel: 073 597 0828 Email: bmakhoana@auruminstitute.org
WESTERN CAPE				
Cape Town	26 January 29 March 31 May 26 July 27 September 29 November	Wolfson Pavilion Lecture Theatre, Institute of Infectious Diseases and Molecular Medicine, UCT Medical School		Dr Graeme Meintjes Email: graemein@mweb.co.za Rsvp: Ms Natalie Martyn Tel: 079 393 4793 Email: nataliem@afrihost.co.za
George	19 April 14 June 9 August 11 October	Mediclinic Geneva Conference Room, 7 Varing Ave, Dormehlsdrift, George	18:30	Dr Theo van den Handel Tel: 083 587 3562 Email: theo.vandenhandel@righttocare.org
Paarl	2 February 19 April 7 June 2 August 4 October 6 December	Nelson's Creek Estate	18:30	Dr Dirk Hagemeister Cell: 072 942 6218 Email: Dhagemei@pgwc.gov.za
BOTSWANA				
Gaborone (Southern Branch)	The first Thursday of every month	Boehringer Institute	18:00	Dr Tafireyi Marukutira Email: sahivcs@gmail.com
Francistown (Northern Branch)	Meetings held on the first Wednesday of every month	Conference Room, Nyangabgwe Hospital	19:00	Dr KF Mompoti Tel: (00) 267 713 09897 Cell: (00) 267 241 2518 Dr Samba Nyirenda Tel: (00) 241 5222 ext 216 / 241 7105 Fax (00) 241 4704 Cell (00) 7131 8255
NAMIBIA				
Windhoek and other centres	TBD			Dr Flavia Mugala-Mukungu Tel: (00) 26 461 246 917 Email: namhivsoc@namibnet.com

*If you are interested in starting a Branch in your area please contact Mpho Maledimo at (+27) 11 341 0162 or mpho@sahivsoc.org
Please note that branch coordinators are volunteers and do not receive a salary or stipend from the Society.*

Branch Meeting Presentations

All Society branch meeting presentations are posted on our website, under **News Centre** < [Presentations](#). Some recent additions include:

- Dr Carla Freeman: HIV & Mental Health
- Dr Khatija Ahmed: FEM-PrEP Trial Results: Does this call for a different approach?
- Prof Francois Venter: HIV transmission & sex: Why can't we get it right?
- Dr Louise Gilbert: Preconception counselling for the HIV-affected couple

- Prof Louise Kuhn & Prof Haroon Saloojee: Infant feeding debate

Important Information on CPD Points

Branch Meetings

All Society branch meetings held in South Africa are CPD-accredited by SAMA, and health care workers who attend meetings will receive one CPD point for each hour of the presentation. Please note that as of 01 January 2011, CPD points **will only be awarded to Society members whose annual membership fees have been paid in full at the time of the branch meeting.**

We use an automated system for distributing CPD certificates, based on our membership database, so please remember to include your Society membership number on the meeting registers (for your convenience, your membership number will be e-mailed to you with the meeting invitations). If any of your colleagues who are not members of the Society would like to attend the meetings, they are welcome, but please advise that they will not be eligible for CPD points.

Questionnaires

Two points are awarded for the completion of each multiple choice questionnaire in the *Southern African Journal of HIV Medicine*, with a pass rate of 70%. Questionnaires must be submitted online at: <http://www.cpdjournals.co.za/>

If you experience any problems with on-line questionnaire system, please contact Gertrude Fani at: 021 681 7216.

Please note that the Society is no longer able to issue certificates for faxed or posted questionnaires from current or back issues of the Journal.

Authors: Southern African Journal of HIV Medicine

Fifteen CPD points are awarded to the authors of all published articles, and co-authors will receive 5 CPD points. Reviewers of published articles will receive 3 CPD points.

Jobs

Members of the Society are welcome to submit job advertisements for free posting on the [jobs section](#) of our website. Also note that [Africa Health Placements](#) posts public sector vacancies, and can also assist health professionals find jobs in the public sector.

Training Courses

1. COLLEGES OF MEDICINE: DIPLOMA IN HIV MANAGEMENT – DIP HIV MAN (SA):

Examination Structure: Exit Examination: 2 written papers, no oral examination.

Requirements: 6 months supervised training at a teaching or CMSA-approved hospital OR 6 months in an HIV Clinic PLUS 10 day's attendance of HIV Management courses.

For more information on fees, examination dates, syllabus and candidate requirements, please contact the Colleges of Medicine or visit the website:

Tel: 011 726 7037

Website: http://www.collegemedsa.ac.za/view_exam.aspx?examid=59

2. CLINICAL HIV MANAGEMENT COURSE OFFERED BY THE WITS INSTITUTE FOR SEXUAL & REPRODUCTIVE HEALTH, HIV AND RELATED DISEASES

This full time, Johannesburg based two week course includes:

Module 1: Overview - History of HIV to palliative care

Module 2: Basic science

Module 3: TB and other opportunistic infections – prevention, diagnosis and treatment

Module 4: ARVs

Both adult and paediatric treatment and care are covered during the course. Field trips to leading Johannesburg ARV clinics are also part of the 10 day learning experience. 32 CPD points are awarded to participants attending every session and the course provides sound preparation for doctors planning to take the College of Medicine's HIV Management Diploma examination.

Fees are R6 000 or \$US 854.00 for non-South African residents with limited bursaries available.

For further details and application forms visit www.rhru.co.za or contact course co-ordinator Mercy Mopedi: Tel: 011 358 5312 or e-mail: mmopedi@rhru.co.za

3. STELLENBOSCH UNIVERSITY NURSING DIVISION: CERTIFICATE IN THE MANAGEMENT OF PATIENTS ON ANTIRETROVIRAL AND TUBERCULOSIS TREATMENT (SMART)

The course consists of a 5 day initial workshop that includes specialised skills training, followed by approximately 20 weeks of clinical practice and distance e-learning. Successful graduates will earn a certificate and have the expertise to assess, diagnose, prescribe medication and manage clients with HIV/AIDS and TB in Primary Health Care.

Who should enrol:	Any registered nurse working in a Primary Health Care facility and who is able to work at clinics or hospitals where there are initiating adults, children and pregnant women on ART.	
Course content:	CMART provides the nurse participant with evidence-based clinical management strategies for HIV/AIDS and TB. The course includes training in adult and paediatric care, treatment guidelines and PMTCT.	
Admission requirements:	A professional degree or diploma in general nursing Current registration with SANC Computer literacy and internet access Practicing in an ART site or future ART site within which HIV/AIDS and TB management is/will be a service, or able to do practical hours in an ART site to meet logbook requirements	
Application process:	Application forms are available: Faculty of Health Sciences, Tygerberg Campus, Nursing Div. * Western Cape applicants must apply through the Directorate of Nursing PGWC	
2012 dates and deadlines:	Dates	Application Due
	6 – 10 February	9 January
	7 – 11 May	9 January
	9 – 13 July	10 May
	1 – 5 October	10 May

Conferences 2011 - 2012

1. 19TH CONFERENCE ON RETROVIRUSES AND OPPORTUNISTIC INFECTIONS

Date: 5 – 8 March 2012
Venue: Seattle, Washington, USA
Website: <http://retroconference.org/>

2. 6TH INTERNATIONAL WORKSHOP ON HIV TREATMENT, PATHOGENESIS AND PREVENTION RESEARCH IN RESOURCE-LIMITED SETTINGS

Date: 8 – 11 May 2012
Venue: Mombasa, Kenya
Website: www.virology-education.com

3. 3RD SA TB CONFERENCE

Date: 12 – 15 June 2012
Venue: ICC Durban
Registration: <http://www.regonline.co.uk/Register/Checkin.aspx?EventID=1009953>
Website: <http://www.tbconference.co.za/home>

4. XIX INTERNATIONAL AIDS CONFERENCE

Date: 22 – 27 July 2012
Venue: Washington Convention Center, Washington DC, USA
Registration: <http://www.aids2012.org/Default.aspx?pageld=368>
Website: <http://www.aids2012.org/>

Resources and Services Available

TOLL-FREE NATIONAL HIV & TB HEALTH CARE WORKER HOTLINE

The HIV & TB Health Care Worker Hotline is available to provide assistance to health care workers with HIV- and TB-treatment related questions.

Tel: 0800 212 506 or 021 406 6782
 Email: pha-mic@uct.ac.za
 Fax: 021 448 0503
 Website: www.hivhotline.uct.ac.za

Alternatively, send a **SMS or "Please Call Me" to 071 840 1572**, and someone will call you back.
 The hotline operates from **Mondays to Fridays 08h30 – 16h30**.

MINDSET HEALTH

Mindset Health was launched in 2003 as a partnership between Mindset Network, the South African National Department of Health and Sentech. The organisation provides uplifting health education and health promotion material on a variety of health issues, including HIV and TB. The Mindset website includes a multitude of interactive health education services, including HIV and TB education curriculums, case studies and videos of the Society's Johannesburg branch meeting presentations from the past several years. Health care providers must register on the site to access the services. Registration is free, quick, and easy, and will grant instant access to a whole range of valuable added benefits and services. Visit <http://www.mindset.co.za/health/> to learn more about the materials available, or click on this link to [register](#).

IMMUNOPAEDIA: A NOVEL ONLINE IMMUNOLOGY LEARNING EXPERIENCE

Visit the award winning, Immunology learning website specifically designed for South African clinicians: www.immunopaedia.org.za. Immunopaedia aims to integrate and link clinical and immunological aspects of infectious and non-infectious diseases with treatment. The site utilises case studies, unique colour graphics and cutting edge stories from the world of immunology to teach clinicians, paediatricians, researchers, health care workers and students in clinical immunology. This learning environment facilitates an understanding of the immune system and brings together the worlds of clinical decision-making and immunology.

Register on the website today to earn 3 CPD points per case study and to receive a free monthly newsletter.

QUACKDOWN!

The Treatment Action Campaign, Community Media Trust and other partners launched a new website to expose quackery and help patients make informed choices about health care. It is called Quackdown!: <http://www.quackdown.info>.

HIV SUPPORT WEBSITE

www.hivsupport.co.za is a website for people living with HIV and AIDS (PLWHA) in South Africa. The purpose is two-fold: to offer an information-portal to South Africans LWHA and to provide a *free* 24/7 online support group for PLWHA, families and supporters. Featured topics will include PMTCT, children with HIV, TB and HIV, state drugs and other locally applicable information. Currently the site provides some basic information, with plans to grow and add the support group within the next couple of months. Please feel free to refer your patients to the website.

BACK ISSUES OF THE SOUTHERN AFRICAN JOURNAL OF HIV MEDICINE

The Society has a limited number of back issues of the *Southern African Journal of HIV Medicine*, available free of charge to members on a first come, first served basis. To order back issues, please contact 011 341 0162 or email: sahivsoc@sahivsoc.org

The Society Guidelines

The Society has published the following guidelines in the *Southern African Journal of HIV Medicine*:

- **Guideline on Safer Conception in Fertile HIV-Infected Individuals and Couples:** Published June 2011 (Issue 40)
- **INH Preventive Therapy (IPT) in HIV Infected South African Children:** Published June 2011 (Issue 40)
- **Management of HIV-Hepatitis B Co-Infection:** Published April 2011 (Issue 39)

- **ARV therapy in Children:** Published December 2009 (Issue 36)
- **Criteria for Expedited ARV Initiation:** Published March 2009 (Issue 33)
- **Post-Exposure Prophylaxis:** Published in November 2008 (Issue 31)
- **Prisoners:** Published in June 2008, with poster (Issue 30)
- **Renal Replacement Therapy:** Published in June 2008 (Issue 30)
- **Adult ART:** Published in April 2008 (Issue 29)
- **Cryptococcal Meningitis:** Published in December 2007, with poster (Issue 28)
- **Displaced Populations:** Published in 2007 (Issue 26)
- **Nutrition:** Chapters 1 & 2 published in June 2007 (Issue 27). Chapters 3 - 6 published in April 2008 (Issue 29)

The above guidelines are available from the Society (contact: 011 341 0162 or e-mail: sahivsoc@sahivsoc.org). They can also be downloaded from the [Society website: www.sahivsoc.org](http://www.sahivsoc.org) or the SA Journal of HIV Medicine website: www.sajhivmed.org.za

Guidelines currently under development include:

- HIV-infected healthcare workers
- Blood transfusions
- ARV resistance testing
- The use of PrEP in MSM
- Adult antiretroviral treatment
- ARV dosing for children and adolescents

Recommended Reading

Handbook of HIV Medicine (2nd Edition) edited by Douglas Wilson, Mark Cotton, Linda-Gail Bekker, Tammy Meyers, Francois Venter, and Gary Maartens, published by Oxford University Press. The second edition of the handbook is now available from Oxford University Press: Tel: 021 5961222, e-mail: orders.za@oup.com or website: <http://www.oxford.co.za>

Aid for AIDS Clinical Guidelines 8th edition 2010/2011 Contributors: Prof. Gary Maartens, Prof. Mark Cotton, Prof. Graeme Meintjes, Prof. Marc Mendelson, Dr. Helena Rabie, AfA Clinical Staff. Editors: Dr. Leon Regensberg, Mrs. Colleen Whitelaw. The guidelines have been thoroughly revised and updated. New sections, including HIV and the Traveller, Infection Control / Prevention and Hepatitis B coinfection, have been added. The section on managing ART and TB drug hepatotoxicity has been expanded. In order to assist practitioners further, a poster-size simplified guide to antiretroviral therapy in adults has been included. **To order a free copy, send an email to afa@afadm.co.za with your postal address or phone AfA on 0860 100 646.**

The Clinical Practice of HIV Medicine by Dr David C Spencer. Please note this book is out of print and copies are no longer available. A second edition is planned for publication later this year.

HIV/AIDS in South Africa edited by SS Abdool Karim and Q Abdool Karim, published by Cambridge University Press. This book covers all aspects of HIV/AIDS in SA from epidemiology, prevention strategies, basic science, medicine, sociology, economics, politics and treatment. To order a copy, contact Cambridge University Press: tel: (021) 412 7800, fax: (021) 419 0594, email: orders@cambridge.org or website: www.cambridge.org

Medical Management of HIV Infection (South African Edition) by John G. Bartlett, MD, Joel E. Gallant, MD MPH and Dr FM Conradie, published by TheraSim in cooperation with the Foundation for Professional Development, 2008.

Adult HIV: A learning programme for professionals by the Desmond Tutu HIV Foundation, published by Electric Book Works, 2008. For more information on downloading or ordering a copy, go to: www.EBWhealthcare.com

Primary HIV Clinical Care (5th Ed) by Dr Clive Evian, published by Jacana Media. This is a practical guide for health care personnel in primary care centres. It includes HIV clinical care for adults, children and pregnant women with latest updated national guidelines. To order a copy, contact Jacana Media: tel (011) 628 3200, fax (011) 482 7282, email orders@jacana.co.za or website: www.jacana.co.za

Email Discussion Groups

The Society hosts three internet-based discussion groups which utilise case studies to build the capacity of health care workers to address HIV- and TB-related clinical and ethical questions:

- **Paediatric Discussion Group (Manager/Moderator: Dr Leon Levin):**
To join please send your e-mail address to Dr Leon Levin: leonlevin@54.co.za or subscribe [online](#)
- **Adult HIV Discussion Group (Manager/Moderator: Dr Francesca Conradie):**
To join please send your first name, surname and email address to Dr Francesca Conradie: adghiv@witshealth.co.za
- **HIV Policy and Ethics Discussion Group (Manager: Ms Marlise Richter):**
To join please send your name, surname and e-mail address to Marlise at: ethics.policy@gmail.com
(To view past debates: <http://groups.google.com/group/policy-ethics?hl=en>)

The latest Antiretroviral (ART) SEP Prices Direct from the Manufacturer

WARNING: additional fees may be incurred when purchasing per prescription, per month, for dispensing and door-to-door delivery from pharmacies. Prices are accurate at time of going to press. Updated prices are available at: www.sahivsoc.org

NAME	STRENGTH	NAPPI CODES	COMPANY	QUANTITY	PRICE
KALETRA SOLUTION		700924	ABBOTT	300ML	R 285.47 INC VAT
NORVIR CAPSULES	100MG	836095014	ABBOTT	84	R 70.70 INC VAT
NORVIR ORAL SOLUTION	80MG/ML	838527035	ABBOTT	90ML	R 60.52 INC VAT
ALUVIA 200/50 TABS	LOP 200MG + RIT 50MG	710028001	ABBOTT	120	R 285.47 INC VAT
ALUVIA 100/25 PED TABS	LOP 100MG + RIT 25MG	715433001	ABBOTT	60	R 71.38 INC VAT
ADCO					
ADCO-ABACAVIR	300MG	715347001	ADCOCK	60	R 672.20 INC VAT
ADCO-EFAVIRENZ	50MG	715585001	ADCOCK	30	R 28.44 INC VAT
ADCO-EFAVIRENZ	200MG	712932001	ADCOCK	90	R 238.26 INC VAT
ADCO-EFAVIRENZ	600MG	709545001	ADCOCK	30	R 165.10 INC VAT
ADCO-LAMIVUDINE	150MG	707962001	ADCOCK	60	R 96.51 INC VAT
ADCO-LAMIVUDINE SOLUTION	10MG/1ML	708708001	ADCOCK	240ML	R 76.82 INC VAT
ADCO-LAMIVUDINE ALCOHOL & SUGAR FREE	10MG/1ML	708713001	ADCOCK	240ML	R 76.82 INC VAT
ADCO-NEVIRAPINE (BLISTER)	200MG	707961001	ADCOCK	60	R 181.20 INC VAT
ADCO-ZIDOVUDINE	300MG	707960001	ADCOCK	60	R 243.60 INC VAT
ADCO-ZIDOVUDINE SYRUP	50MG/5ML	708709001	ADCOCK	200ML	R 81.57 INC VAT
ADCO-ZIDOVUDINE ALCOHOL & SUGAR FREE	50MG/5ML	708711001	ADCOCK	200ML	R 81.57 INC VAT
ASPEN					
ATAZANAVIR CAPSULES	150MG	715828001	ASPEN	60	R 295.20 INC VAT
ATAZANAVIR CAPSULES	200MG	715827001	ASPEN	60	R 364.78 INC VAT
ABACAVIR SOLUTION	20MG/ML	713758001	ASPEN	240ML	R 254.35 INC VAT
ABACAVIR TABS	300MG	715063001	ASPEN	60	R 715.92 INC VAT
DIDANOSINE	25MG	703330001	ASPEN	60	R 116.43 INC VAT
DIDANOSINE	50MG	703332001	ASPEN	60	R 115.07 INC VAT

DIDANOSINE	100MG	703333001	ASPEN	60	R 122.41 INC VAT
DIDANOSINE	150MG	703392001	ASPEN	60	R 171.39 INC VAT
EFAVIRENZ	600MG	710019001	ASPEN	30	R 165.88 INC VAT
LAMIVUDINE	150MG	703716001	ASPEN	60	R 97.86 INC VAT
LAMIVUDINE SYR	10MG/ML	703715001	ASPEN	240ML	R 76.90 INC VAT
LAMZID (AZT+3TC)	AZT 150MG+ 3TC 300MG	703627001	ASPEN	60	R 325.97 INC VAT
NEVIRAPINE	200MG	703718001	ASPEN	60	R 189.54 INC VAT
NEVIRAPINE SUSPENSION	10MG/ML	704731001	ASPEN	240ML	R 129.01 INC VAT
PREZISTA (DARUNAVIR)	300MG	715303001	ASPEN	120	R 977.72 INC VAT
STAVUDINE	15MG	704885001	ASPEN	60	R 33.39 INC VAT
STAVUDINE	20MG	701172001	ASPEN	60	R 37.27 INC VAT
STAVUDINE	30MG	701174001	ASPEN	60	R 42.85 INC VAT
STAVUDINE	40MG	701175001	ASPEN	60	R 47.73 INC VAT
TENOFOVIR	300MG	715056001	ASPEN	30	R 210.90 INC VAT
TENOFOVIR & EMTRICITABINE	TDF 300MG + FTC 150MG	715579001	ASPEN	30	R 313.50 INC VAT
TRUVADA (TDF+FTC)	TDF 300MG + FTC 150MG	708254001	ASPEN	30	R 427.15 INC VAT
VIREAD (TENOFOVIR)	300MG	708253001	ASPEN	30	R 258.05 INC VAT
ZIDOVUDINE	100MG	705452001	ASPEN	100	R 149.99 INC VAT
ZIDOVUDINE	250MG	705455001	ASPEN	60	R 299.63 INC VAT
ZIDOVUDINE	300MG	703712002	ASPEN	60	R 261.84 INC VAT
ZIDOVUDINE SYRUP	50MG/ML	703713001	ASPEN	200ML	R 88.05 INC VAT
VIRTRIUM	D4T 30MG + 3TC 150MG + NVP 200MG	715716001	ASPEN	60	R 284.49 INC VAT
HYDREA CAPSULES	500MG	731706	BMS	100	R 223.97 INC VAT
REYATAZ	150MG	708257	BMS	60	R 345.50 INC VAT
REYATAZ	200MG	708258	BMS	60	R 434.72 INC VAT
VIDEX EC TABLETS	250MG	704783	BMS	30	R 199.90 INC VAT
VIDEX EC TABLETS	400MG	703785	BMS	30	R 257.97 INC VAT
ZERIT CAPSULES	15MG	841315	BMS	60	R 54.36 INC VAT
ZERIT CAPSULES	20MG	837458	BMS	56	R 54.26 INC VAT
ZERIT CAPSULES	30MG	841323	BMS	60	R 54.26 INC VAT
ZERIT CAPSULES	40MG	837407	BMS	60	R 54.26 INC VAT
VIRAMUNE TABLETS	200MG	840645	BOEHRINGER- INGELHEIM	60	R 189.55 INC VAT
VIRAMUNE SYRUP	10MG/ML	861855	BOEHRINGER- INGELHEIM	240ML	R 131.64 INC VAT
CIPLA-ABACAVIR	300MG	714098001	CIPLA	60	R 715.92 INC VAT
CIPLA-ABACAVIR SOLUTION	20MG/ML	714099001	CIPLA	240ML	R 270.18 INC VAT
CIPLA-DIDIVIR	FTC 200MG + TDF 300MG	715091001	CIPLA	30	R 313.50 INC VAT
CIPLA-DUOVIR	3TC 150MG + AZT 300MG	707300001	CIPLA	60	R 310.61 INC VAT

CIPLA-DUOVIR & EFAVIRENZ TABLETS CO-PACK	600MG	712993001	CIPLA	30 x tabs 3's	R 379.62 INC VAT
CIPLA-EFAVIRENZ	600MG	709331001	CIPLA	30	R 164.92 INC VAT
CIPLA-LAMIVUDINE TABS	150MG	701282003	CIPLA	60	R 96.60 INC VAT
CIPLA-LAMIVUDINE TABS	300MG	709337001	CIPLA	30	R 103.08 INC VAT
CIPLA-LAMIVUDINE ORAL SOLUTION	50MG/5ML	704041001	CIPLA	100ML	R 31.59 INC VAT
CIPLA-LAMIVUDINE ORAL SOLUTION	50MG/5ML	704041002	CIPLA	240ML	R 75.81 INC VAT
CIPLA-NEVIRAPINE TABS	200MG	704036001	CIPLA	60	R 189.54 INC VAT
CIPLA-NEVIRAPINE ORAL SUSPENSION	50MG/5ML	704040001	CIPLA	240ML	R 122.32 INC VAT
CIPLA-TENOFOVIR	300MG	714097001	CIPLA	30	R 210.90 INC VAT
CIPLA-TRIOMUNE-30	3TC 150MG + D4T 30MG + NVP 200MG	707970001	CIPLA	60	R 284.49 INC VAT
CIPLA-ZIDOVUDINE CAPSULES	100MG	704037001	CIPLA	100	R 173.18 INC VAT
CIPLA-ZIDOVUDINE	100MG	704037002	CIPLA	120	R 207.81 INC VAT
CIPLA-ZIDOVUDINE TABS	300MG	704038001	CIPLA	60	R 275.97 INC VAT
CIPLA-ZIDOVUDINE ORAL SOLUTION	50MG/5ML	704039001	CIPLA	100ML	R 40.25 INC VAT
CIPLA-ZIDOVUDINE ORAL SOLUTION	50MG/5ML	704039002	CIPLA	200ML	R 80.51 INC VAT
3TC TABLETS	150MG	821632019	GSK	60	R 120.48 INC VAT
3TC SOLUTION	50MG/5ML	821640003	GSK	240ML	R 85.51 INC VAT
COMBIVIR (AZT+3TC)	AZT 300MG + 3TC 150MG	875821006	GSK	60	R 365.94 INC VAT
HIV STARTER PACK (AZT+3TC)	AZT 100MG + 3TC 150MG	842346008	GSK	3 DAY KIT	R 53.48 INC VAT
KIVEXA (3TC+ABC)	3TC 300MG + ABC 600MG	707321001	GSK	30	R 922.26 INC VAT
RETROVIR CAPSULES (AZT)	100MG	784265003	GSK	100	R 230.18 INC VAT
RETROVIR CAPSULES (AZT)	250MG	837350026	GSK	60	R 315.88 INC VAT
RETROVIR TABLETS (AZT)	300MG	885317002	GSK	60	R 344.17 INC VAT
RETROVIR IVI	20MG/1ML	825018005	GSK	INF 200MG 5's	R 343.11 INC VAT
RETROVIR SYRUP	50MG/5ML	794236006	GSK	200ML	R 90.05 INC VAT
TELZIR (FOSAMPRENAVIR)	700MG	712478001	GSK	60	R 1481.48 INC VAT
TELZIR SUSPENSION (FOSAMPRENAVIR)	50MG/ML	713582001	GSK	225ML	R 494.89 INC VAT
TRIZIVAR (AZT+3TC+ABC)	AZT 300MG +3TC 150MG +ABC 300MG	703537001	GSK	60	R 1630.03 INC VAT
ZIAGEN (ABC)	300MG	898531003	GSK	60	R 961.67 INC VAT
ZIAGEN SOLUTION (ABC)	100MG/5ML	898538009	GSK	240ML	R 364.22 INC VAT
ATRIPLA TABLETS	EFV 600MG + FTC 200MG + TDF 300MG	715578001	MSD	30	R 483.78 INC VAT

CRIXIVAN CAPSULES	200MG	827258003	MSD	360	R 580.24 INC VAT
CRIXIVAN CAPSULES	400MG	824445023	MSD	120	R 384.09 INC VAT
CRIXIVAN CAPSULES	400MG	824445007	MSD	180	R 576.14 INC VAT
ISENTRESS	400MG	715825001	MSD	60	R 878.37 INC VAT
STOCRIN TABLETS	50MG	712069001	MSD	30	R 39.10 INC VAT
STOCRIN TABLETS	200MG	712070001	MSD	90	R 370.42 INC VAT
STOCRIN TABLETS	600 MG	703318001	MSD	30	R 217.67 INC VAT
AURO-ABACAVIR ORAL SOLUTION	20MG/ML	715494001	NOVAGEN PHARMA	240ML	R 254.34 INC VAT
AURO-ABACAVIR TABLETS	300MG	715493001	NOVAGEN PHARMA	60	R 715.91 INC VAT
AURO-EFAVIRENZ	50MG	710592001	NOVAGEN PHARMA	30	R 31.19 INC VAT
AURO-EFAVIRENZ	200MG	710593002	NOVAGEN PHARMA	90	R 297.98 INC VAT
AURO-EFAVIRENZ	600MG	710594001	NOVAGEN PHARMA	30	R 164.93 INC VAT
AURO-LAMIVUDINE	150MG	710602001	NOVAGEN PHARMA	60	R 97.29 INC VAT
AURO-LAMIVUDINE ORAL SOLUTION	10MG/ML	710603001	NOVAGEN PHARMA	240ML	R 75.80 INC VAT
AURO-LAMIZIDO	150MG/300MG	710596001	NOVAGEN PHARMA	60	R 325.70 INC VAT
AURO-NEVIRAPINE	200MG	710606001	NOVAGEN PHARMA	60	R 189.53 INC VAT
AURO-NEVIRAPINE ORAL SUSPENSION	50MG/5ML	710604001	NOVAGEN PHARMA	240ML	R 128.89 INC VAT
AURO-STAVUDINE	30MG	710589001	NOVAGEN PHARMA	60	R 41.31 INC VAT
AURO-STAVUDINE POWDER FOR ORAL SOLUTION	1MG/ML	710591001	NOVAGEN PHARMA	200ML	R 27.44 INC VAT
AURO-ZIDOVUDINE	100MG	710597002	NOVAGEN PHARMA	100	R 186.05 INC VAT
AURO-ZIDOVUDINE	300MG	710600001	NOVAGEN PHARMA	60	R 261.78 INC VAT
AURO-ZIDOVUDINE ORAL SOLUTION	50MG/5ML	710634001	NOVAGEN PHARMA	240ML	R 83.02 INC VAT
AURO-ZEFIN	300MG	715072001	NOVAGEN PHARMA	30	R 219.34 INC VAT
TYRICTEN TABLETS	FTC 200MG + TDF 300MG	715071001	NOVAGEN PHARMA	30	R 313.50 INC VAT
BACTRIM	80MG + 400MG	706434005	ROCHE	20	R 64.79 INC VAT
BACTRIM DS	160MG + 800MG	706442008	ROCHE	10	R 69.17 INC VAT
BACTRIM INFUSION	80MG + 400MG/5ML	706418018	ROCHE	5	R 221.41 INC VAT
VIRA-CEPT POWDER	50MG/G	709826001	ROCHE	144	R 350.31 INC VAT
INVI-RASE CAPSULES	200MG	825697018	ROCHE	270	R 797.18 INC VAT
SONKE ABACAVIR	300MG	715012001	SONKE	60	R 531.24 INC VAT
SONKE DIDANOSINE	25MG	709870001	SONKE	60	R 89.92 INC VAT
SONKE DIDANOSINE	50MG	709871001	SONKE	60	R 100.55 INC VAT
SONKE DIDANOSINE	100MG	709872001	SONKE	60	R 110.31 INC VAT

SONKE DIDANOSINE	250MG	715670001	SONKE	30	R 159.60 INC VAT
SONKE DIDANOSINE	400MG	715671001	SONKE	30	R 222.30 INC VAT
SONKE EFAVIRENZ	200MG	709529001	SONKE	90	R 207.94 INC VAT
SONKE EFAVIRENZ	600MG	709528001	SONKE	30	R 134.52 INC VAT
SONKE LAMIVUDINE	150MG	703378001	SONKE	60	R 44.40 INC VAT
SONKE LAMI+ZIDO	150MG + 300MG	707971001	SONKE	60	R 250.80 INC VAT
SONKE LAMI NEV STAV	150MG+200MG+ 30MG	709840001	SONKE	60	R 231.19 INC VAT
SONKE NEVIRAPINE	200MG	709533001	SONKE	60	R 171.00 INC VAT
SONKE STAVUDINE	30MG	709530001	SONKE	60	R 34.18 INC VAT
SONKE TENOFOVIR	300MG	714994001	SONKE	60	R 204.06 INC VAT
SONKE ZIDOVUDINE	300MG	709531001	SONKE	60	R 228.00 INC VAT

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