A low-cost, sustainable, second generation system for surveillance of people living with HIV in Spain: 10-year trends in behavioural and clinical indicators, 2002 to 2011

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A second-generation surveillance system of people infected with human immunodeficiency virus (HIV) has been implemented in Spain. Behavioural and clinical data were collected between 2002 and 2011 through an annual one-day, cross-sectional survey in public hospitals, including all in- and outpatients receiving HIV-related care on the survey day. Mean age increased over time (from 38.7 years in 2002 to 43.8 years in 2011) and 68.4% of the 7,205 subjects were male. The proportion of migrants increased from 6.1% to 15.9%, while people who inject or used to inject drugs (PWID and Ex-PWID) decreased and men who have sex with men (MSM) and heterosexuals increased. Unprotected intercourse at last sex increased among MSM and PWID/Ex-PWID. Patients receiving antiretroviral treatment increased significantly from 76.0% to

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88.2% as did those with CD4 T-cell counts ≥350 (from 48.2% to 66.9%) and viral copies <200 (from 47.0% to 85.2%). HIV-infected people with hepatitis C virus RNA decreased from 36.0% in 2004 to 29.9% in 2011, while those with HbsAg remained stable at around 4.4%. Implementation of a low-cost, sustainable system for second-generation surveillance in people living with HIV is feasible. In Spain, the information obtained has helped to define and refine public health policy and document treatment effectiveness.

Introduction

Second generation surveillance for human immunodeficiency virus (HIV) is the systematic, ongoing collection of biomedical and behavioural information in all groups of interest for HIV, with the objective of monitoring changes in risk behaviour and other factors that influence the occurrence of HIV infection [1]. Implementation of second generation surveillance in people living with HIV (PLWH) is important because, if they engage in risk behaviours, they can transmit the infection to others and expose themselves to re-infection with HIV or infection with other pathogens.

Ecological studies have shown an inverse relation between uptake of HIV treatment by PLWH and new HIV diagnoses [2,3], and early treatment has recently been proven to be a highly efficacious measure to prevent HIV transmission to HIV-negative sexual partners [4]. However, even in high-income countries, linkage of HIV-positive individuals to treatment and viral load suppression is not easy to achieve [5,6]. This underlines the importance of obtaining data on treatment access and effectiveness in PLWH in order to document progress towards the control of the HIV epidemic.

In 2009, the European Centre for Disease Prevention and Control (ECDC) commissioned a mapping study of behavioural surveillance activities in European Union/European Economic Area (EU/EEA) countries. Despite the fact that PLWH are the major group of interest for the prevention and control of further spread of HIV, the results showed that behavioural surveillance activities were very scarce among this group and pointed out the challenges in collecting this type of information in a sustainable way due to difficulties in sampling this population and following up over time. In addition, this report suggested relevant indicators to be collected for PLWH which included not only behavioural information but also clinical data such as viral load or CD4 T-cell count [7].

In 2011, between 130,000 and 160,000 people in Spain were estimated to be living with HIV, around 30% of whom did not know their HIV status, and more than 90,000 were reported to be receiving highly active anti-retroviral therapy (HAART) [8,9].

Starting in 1996, when HAART was scaled up in the country, it was decided to set up a population-based information system, the ‘Encuesta hospitalaria de pacientes infectados con VIH (EH)’ (Hospital survey of patients infected with HIV), with the objective of obtaining up-to-date clinical and epidemiological information on PLWH. This survey has since been carried out yearly, except on two occasions, and a report of its results is published to inform clinical and public health practice [10]. Over time, the EH has been modified to include other information of interest, and in 2002, questions on sexual and other risk behaviours were introduced.

The EH is the only population-based source of clinical and behavioural information that we are aware of in the European setting which has allowed the systematic collection of information on PLWH over time. Here we present trend data from 2002 to 2011 on key behavioural and clinical indicators among PLWH in Spain.

Methods

The EH is an annual one-day cross-sectional survey that collects socio-demographic, epidemiological, behavioural, clinical and preventive measures such as vaccinations on all PLWH attending general public hospitals for HIV-related care on the day of the survey; both inpatients and outpatients are included. Because of limited resources, HIV-infected people who receive care at the hospital for reasons other than HIV are excluded.

Since a sampling frame for PLWH does not exist, the study was performed in public hospitals. The rationale behind this was that HIV care in Spain is hospital-based and free of charge, and all HIV-infected persons living in the catchment area of a public hospital receive care at that hospital; catchment areas are geographically defined and the population covered by a particular hospital is known, thus allowing coverage calculations; ‘population coverage’ is defined as the proportion of the total population living in a particular region/s included in the participating hospitals’ catchment.

<table>
<thead>
<tr>
<th>Year</th>
<th>Hospitals providing care for HIV in the study area</th>
<th>Participating hospitals n (%)</th>
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<tr>
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<td>124</td>
<td>91 (73)</td>
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HIV: human immunodeficiency virus.

* Participating regions varied from 13 in 2007 and 2011 to 16 in 2003 (of a total of 19).
### Table 2
Socio-demographic and epidemiological characteristics of HIV-infected patients in Spain, 2002–2011 (n=7,205)

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<td>821</td>
<td>100.0</td>
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</tbody>
</table>

HIV: human immunodeficiency virus; MSM: men who have sex with men; PWID: people who inject drugs.
Furthermore, with a few exceptions, antiretroviral drugs are available only in public hospitals, so that the vast majority (more than 95%) of HIV-infected patients in Spain receive HIV care and treatment in public hospitals.

Participation in the survey is voluntary for both hospitals and individual patients. Between 2002 and 2011 the number of participating hospitals varied from 67 in 2006 (population coverage: 61.3% of the total population in the participating regions) to 91 in 2011 (population coverage: 72.1%), while the total hospitals providing care for HIV patients in the study area ranged from 106 in 2007 to 127 in 2009. The number of participating regions ranged from 13 in 2007 and 2011 to 16 in 2003 (of a total of 19) (Table 1).

In the 2011 survey round, 91 hospitals participated, with an overall population coverage in the participating regions of 72.1% (ranging from 36% in the region Madrid to 100% in the regions Cantabria, Castilla y León, Valencia, Navarra, La Rioja and Melilla). With regard to the whole Spanish population, survey coverage was 38.1%.

Most questions remained the same over the years, but some were excluded, added or modified according to what was deemed necessary at any given time. Once completed, the questionnaires were sent to the National Centre of Epidemiology, where the data were entered into a database and analysed using existing staff resources.

For continuous variables, the mean and its standard deviation were calculated and the t-test was used for comparisons. For categorical variables, distributions were calculated and the chi-squared test was used for comparisons.

The study was performed in accordance with the requirements of the Spanish legislation on data protection. Throughout all study procedures, questionnaires were totally anonymous, i.e. no personal identifiers were collected and linkage of questionnaires to individual patients is not possible.

Results

From 2002 to 2011 a total of 7,205 PLWH were included in the study, and the majority of them were in ambulatory care, with a proportion increasing from 75.8% in 2002 to 82.8% in 2011. Respondents were predominantly male (between 65.4% and 71.0% depending on the year), and their mean age increased steadily over
time, both overall (from 38.7 in 2002 to 43.8 years in 2011) and in all transmission categories, except men who have sex with men (MSM) whose mean age increased until 2006 (from 41.4 to 44.8 years) and remained stable thereafter. The proportion of people born outside Spain also increased significantly over time from 6.1% in 2002 to 15.9% in 2011 (p<0.05); in the same period, the proportion of foreign-born among the total Spanish population increased from 6.2% to 14.2% [11]. With regard to transmission categories, there has been a clear decrease in the proportion of people infected through injecting drug use while the proportions of MSM and those infected through heterosexual sex have increased. Throughout the study, employment among respondents was low (45.8%), a significant proportion of patients were living in prison or other closed institutions (3% and 5% respectively) and almost 2% were homeless (Table 2).

Overall, six of 10 individuals reported having had sex in the 12 months before the survey, and there was a statistically significant increase in the proportion of people who were sexually active in the age groups between 30 and 34 years (from 63.4% in 2002 to 85.5% in 2011) and between 35 and 39 years (from 64.4 in 2002 to 69.6% in 2012). By sex, there were no differences in the proportion of those reporting sexual intercourse (60.6% in men vs 62.4% in women) and no changes were obvious during the period. Overall, 62.5% of heterosexuals and 64.9% of MSM reported sexual intercourse in the past 12 months. There was a significant decrease in sexual activity among patients infected through the sharing of injecting equipment (from 60.1% in 2002 to 55.2% in 2011; p<0.05). No trend was observed in other risk groups.

Among individuals reporting sex in the 12 months before the survey, the global proportion reporting unprotected intercourse at last sexual encounter has remained stable over time (range: 19.6%–28.6%). However, there has been a significant increase (p<0.05) in unprotected sex at last sexual encounter among individuals aged between 35 and 39 years (from 17.0% in 2002 to 28.7% in 2011) and between 40 and 49 years (from 17.7% to 24.6%). Similar trends were observed in MSM (from 13.6% in 2002 to 22.3% in 2011) and PWID (from 21.0% in 2002 to 27.1% in 2011). It is worth noting that although the proportion of unprotected sex among MSM increased, it was still less frequent than in the other two main transmission groups (heterosexual and PWID) (Figure 1).

Since 2011, information has been collected on condom use at last sexual encounter by HIV status of the sexual partner: of 328 patients who, in the previous 12 months, always had sex with partners of serodiscordant/unknown status, 21% did not use a condom at last sexual encounter, while the corresponding figure among the 112 reporting sex always with HIV-positive partners was 37.5%. Of the remaining 13 subjects who had sex with partners of any status, six did not use a condom at last sexual encounter.
**Figure 3**
Proportion of HIV-infected people presenting more than 350 CD4 T-cells/mL at last measurement, by transmission category, Spain, 2002–2011 (n=6,759)

HIV: human immunodeficiency virus; MSM: men who have sex with men; PWID: people who inject drugs.

**Figure 4**
Proportion of HIV-infected people on antiretroviral treatment with undetectable viral load (<200 copies/mL) at last measurement, by transmission category, Spain, 2002–2011 (n=5,364)

HIV: human immunodeficiency virus; MSM: men who have sex with men; PWID: people who inject drugs.
In 2011, 10.5% of patients reported having been diagnosed with another sexually transmitted infection in the past 12 months, generally syphilis (65%). Syphilis diagnoses increased from 0.8% in 2002 to 6.8% in 2011 (p<0.05), and the same trend was observed for gonorrhoea (from 0.1% to 1.8%, p<0.05).

In patients who acquired the infection through shared injecting equipment, data were collected on drug injection and participation in a methadone maintenance programme (MMP) in the 30 days before the survey. The proportions of respondents reporting drug injection and participation in MMPs both oscillated during the study period, but the changes were not statistically significant: drug injection ranged between a high of 13.7% in 2003 and a low of 4.8% in 2011, while MMP participation ranged between a high of 41.9% in 2003 and a low of 26.4% in 2007 (Figure 2).

Overall, 88.2% of patients in 2011 were receiving antiretroviral treatment (ART) at the time of the survey, compared with 76.0% in 2002 (p<0.05). There were no significant differences in the proportion of respondents on ART by transmission category, and trends followed the same increasing direction as the overall trend. Of the 91 patients who were not on treatment in 2011, 43 (47.3%) did not meet the clinical criteria [12] to receive it, 37 (40.7%) did meet them, and 11 (12.1%) had test results pending. Of the 37 patients who had a treatment indication but were not taking ART, 22 did so following a personal decision, five had interrupted ART because of toxicity, and in the remaining 10 cases treatment had just been prescribed, they were waiting to recover from another disease before initiating ART or there was no information. Among the 716 PLWH who were in treatment in 2011, 560 (78.2%) had optimal adherence according to their physician’s judgment.

The most common regime (290/716; 40.5%) prescribed in 2011 comprised two nucleoside reverse transcriptase inhibitors (NRTI) and one non-nucleoside reverse transcriptase inhibitor, and the second most common (277/716; 38.7%) consisted of two NRTI and one protease inhibitor.

Between 2002 and 2011, PLWH included in the survey experienced a clear improvement in their health, as reflected by different clinical parameters: the proportion ever diagnosed with acquired immunodeficiency syndrome (AIDS) decreased from 50.9% to 37.2% (p<0.05); the proportion with a CD4 T-cell count greater than 349 cells at last measurement increased from 48.2% to 66.9% (p<0.05), and similar trends were observed in the three main transmission categories (Figure 3). The proportion of people on ART with suppressed viral load (less than 200 copies) at last measurement increased from 47.0% in 2002 to 85.2% in 2011 (p<0.05) (Figure 4).
The most prevalent co-morbidities in PLWH in the Spanish setting were viral hepatitides, in particular hepatitis B and C. Data collection on hepatitis B and C in the EH began in 2004. In the period from 2004 to 2011, the percentage of persons positive for HBsAg remained stable (around 4.4%), while the percentage of people positive for HCV RNA decreased significantly from 36.0% to 29.9%; however, when analysing trends by transmission categories, the decrease was observed in heterosexuals but not in PWID or MSM (Figure 5).

Apart from hepatitis, other co-morbidities were evident. In 2011, the most common were: infectious diseases (n=33, 4.1%), mental disorders (n=21, 2.6%), respiratory disorders (n=11, 1.3%) and solid neoplasias (n=9, 1.1%). Lipoatrophy was present in 188 of 812 patients (23.2%), a higher proportion, although not statistically significant, than the 158 of 820 (19.3%) notified in 2004 when this information was first collected.

**Discussion**

This analysis provides population-based information on PLWH in Spain and presents 10-year trend data for key behavioural and clinical indicators. Our experience with the EH indicates that it is feasible to systematically perform second generation surveillance on PLWH at low cost and in a sustainable manner. The data collected are useful for identifying changes in epidemiological patterns, for investigating risk behaviours, and for assessing treatment effectiveness and the possible impact of treatment as prevention [4].

The population infected with HIV in Spain has experienced important changes since the 1980s and 1990s with regard to main route of infection and country of origin. Sexual transmission, rather than parenteral transmission through shared injecting equipment, is now the main route of HIV transmission. The proportion of PLWH born outside Spain has also increased sharply. These changes, similar to those revealed in other information systems [13], reflect the impact of measures implemented in response to drug injection in the country [14] and the effect of migration patterns in recent years.

In our study, between 25% and 30% of PLWH who had had sex in the 12 months before the survey reported unprotected intercourse in their last sexual encounter. While the overall figure has not changed significantly during the last 10 years, the proportion reporting unprotected sex at last sexual encounter appears to be increasing among PWID and MSM. MSM are overrepresented among new HIV diagnoses in Spain and are the only transmission route with an increasing trend. MSM are also overrepresented in syphilis and gonorrhoea diagnoses performed in a network of STI clinics [15], and outbreaks of hepatitis A, syphilis and lymphogranuloma venereum [16-18] have been described among MSM in recent years. All these facts are in line with our findings and underscore the importance of reinforcing preventive measures in this group.

It is well known that HIV-positive PWID in Spain have poorer adherence to treatment than other HIV-infected patients [19]. In this context, not using condoms could be an additional sign of poorer treatment results, since the same factors of social disadvantage, lack of support and stigma that make PWID less adherent to treatment, could also make them less compliant with preventive measures recommended by their physicians, such as condom use that prevents re-infection with HIV and/or infection with other agents.

Almost 90% of PLWH in Spain were on ART in 2011, and although the proportion on treatment has always been very high, it has increased further during the last decade. This is likely to be a reflection of the less stringent international criteria to initiate treatment since HIV diagnosis and treatment have during the entire study period been available to anyone in need of it and provided free of charge.

Continued clinical improvement after HAART implementation has been reported in HIV-infected cohorts in Spain [20-22]. Our results confirm these findings and reflect very good treatment effectiveness, confirming that ART is an effective prevention tool. Unfortunately, not all patients have profited equally; poor education and drug use have been found to be important determinants of treatment effectiveness [22,23], and a recent analysis of EH data showed that regular attendance of HIV clinics, which is likely to be highly correlated with treatment effectiveness, was inversely associated with being homeless, living in institutions, being unemployed, having low educational status and having injected drugs [24]. These results highlight the fact that, even in countries with free access to healthcare and treatment, social determinants play a central role in achieving treatment effectiveness and should be taken into consideration, particularly in a time of economic crisis.

Co-morbidities are a major factor for the quality of life and life expectancy of PLWH. In Spain, due to the central role that injection of drugs had in the initial expansion of the HIV epidemic, hepatitis B and C are the most important co-morbidities, as our results show. Both infections, especially hepatitis B, can also be associated to sexual contact, but this association was not present in our data. Vaccination for hepatitis B is available free of charge in Spain during the entire study period, and the proportion reporting vaccination in our study increased from 17.7% in 2002 to 32.9% in 2011. The prevalence of active infection with HCV in our study (three of 10 PLWH) is similar to that found in other studies in Spain [25]. Although treatment for those infections, including liver transplant, is available, hepatopathies are one of the major causes of mortality in HIV-infected people [26,27].

The information system described in this paper has some limitations. Firstly, patients who attend clinics more regularly and/or those who are more seriously
ill tend to be overrepresented. Secondly, it is possible that patients tend to respond to behavioural questions in a favourable way. Thirdly, questionnaires are administered by many different individuals, making it difficult to control reproducibility and data quality. Fourthly, HIV-infected people who receive care at the participating hospitals for reasons other than HIV are excluded and it is not clear how this could influence the outcomes. Finally, the survey is very sensitive to administrative problems arising on the day of the survey, e.g. a temporary lack of human resources or a strike in the transportation system.

On the other hand, this information system has several strengths. Firstly, it is population-based, allowing all PLWH who attend HIV care in a particular area to participate, rather than those enrolled in cohorts, which often tend to have strict enrolment criteria. Secondly, by providing periodic snapshots across the years it is possible to observe the development of the epidemic over time. Thirdly, clinical staff know the patients and their clinical data very well, allowing them to use existing rapport and clinical knowledge to more easily complete the questionnaire. Last but not least, the entire survey uses existing resources and thus is performed at little to no cost.

**Conclusion**

In summary, this hospital-based one-day cross-sectional survey of PLWH allows the collection of second generation surveillance data in this group in Spain. This information is useful to inform preventive policies and to plan services, and allows the assessment of treatment effectiveness and the identification of treatment and prevention barriers.

The results of this analysis have identified areas in which HIV prevention and control in Spain can be further strengthened and provide a model for other countries aiming to implement a low-cost and sustainable system for second generation surveillance among PLWH. While clinical results suggest good treatment effectiveness in our setting, efforts should be made to improve condom use among the patients and to further reduce drug injection.

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MD was the main study researcher. She supervised field work in their hospitals. They have reviewed all versions of the manuscript. CG performed data collection and management, quality control and reviewed all the manuscript drafts. MP, AT, HM, GG, MCR, JT, GG, RA, AI, LJV, EM, LE, DC, IL were the staff responsible for coordinating the survey in the autonomous regions. They participated in development of the study protocol, supervised field work and estimated the population coverage. They have critically reviewed all versions of the manuscript.

SM, JG-G, AMB, SA, MTG, CR, AC and the Hospital Survey Study Group were the clinicians responsible for patient recruitment the participating hospitals and performed field work in their hospitals. They have reviewed all versions of the paper. All authors have seen and approved the final manuscript.

*Erratum*

The name of A Diaz was left out from the author list on publication. It was added on 23 May 2014. We apologise for this mistake.

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