CHAMPS Pilot Is Actively Recruiting, Read More To See If You Are Eligible

Investigating whether a community health worker (CHW) intervention delivered remotely through a mobile health (mHealth) app can help improve health outcomes associated with adherence to HIV medication and viral suppression in people living with HIV (PLWH).

July 19, 2023 By Dr. Rebecca Schnall

Researchers at the Columbia University School of Nursing have launched the CHAMPS Pilot study to investigate whether a community health worker (CHW) intervention delivered remotely through a mobile health (mHealth) app can help improve health outcomes associated with adherence to HIV medication and viral suppression in people living with HIV (PLWH).

Statement: Led by Dr. Rebecca Schnall (Columbia University School of Nursing), the CHAMPS Pilot study aims to understand how a remote CHW can help improve HIV medication adherence among PLWH.

Background: PLHW now achieve near-normal life expectancy due to the availability of multiple HIV medications (called anti-retroviral therapy or ART) for the management of HIV. Managing HIV using ART requires regular use as prescribed by healthcare providers – this is called ART adherence. However, daily life struggles and barriers to medical access, like costs, transportation, and time, make it difficult for PLWH to take their ART as prescribed. Thus, there is a need for low-cost and readily available interventions to help improve ART adherence among PLWH.

Brief Summary: Prior studies have demonstrated that peer-led interventions, such as forming enhanced relationships with CHWs, can help improve ART adherence and HIV-related health outcomes because they increase engagement with healthcare systems. Other studies investigating the use of tailored medication reminders through mHealth apps also show improvements in ART adherence among PLWH. The CHAMPS Pilot study delivers a remote CHW intervention through the CleverCap app – a health self-management app for PLWH – with the goal of increasing adherence to ART while reducing barriers to care. The CHAMPS Pilot is recruiting 40 people living with HIV in the U.S. Study participants will receive $90 as compensation for their time. Some participants will receive access to the app, which sends push notification reminders to take HIV medication, HIV medication trackers, the ability to link to a smart pill bottle/dispenser, and the ability to communicate with a CHW for support. Everyone in the study will have access to online resources and medication adherence counseling.

Conclusion: CHW interventions delivered through mHealth apps may help improve adherence to HIV medication and related health outcomes in PLWH. This study will test the feasibility of delivering CHW interventions remotely and is designed to offer support to PLWH and help them get the most out of their HIV treatment.

The CHAMPS Pilot is actively recruiting. To see if you are eligible, please click the following link: https://redcap.link/1zrr4d9m

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