

### Case Study 3

**Background information:**

Stephane, 35, gay male living in Paris, France. He works as an interpreter, which allows him to earn some money, but this is sporadic and his financial situation is not very rosy. As a result, he is often under stress. A year ago he split with his partner, when he realized that the partner has minimum 3-4 other partners and he is HIV-positive and has been so for quite a while. Stephane knows a bit about HIV, as he has been on the gay community for a while. He gets tested and the result comes positive. His CD count is 748 cells/mm<sup>3</sup> and the viral load is 17,000 copies/ml. Stephane has been referred to you by his clinic for case management. The first thing that he tells you is that he wants to start treatment immediately, as he has read in the internet that the sooner, the better.

**Questions:**

**1. What do you think about this?**

Answer:

**2. What other info you may need to know before you are able to counsel Stephane any further?**

Answer:

**Additional background information:**

The hospital refuses to prescribe medicines for the time being. Six months later, however, you see him again. His CD4 count is  $340 \text{ cells/mm}^3$  and he has lost a lot of weight. He tells you that there has not been much work and he partied a lot, using regularly ecstasy in clubs. He has heard about a study starting in France that will be looking into the effect of 4 days on and 3 days off treatment.

**3. What do you think about such a study?**

Answer:

**4. Will you advise Stephane to get enrolled? Why? Or why not?**

**Answer:**

**5. If the study allows choosing the combination therapy, which medicines would you chose for Stephane?**

**Answer:**