Another study conducted in HIV clinics across 60 Spanish hospitals found that HIV confirmed diagnosis patients receiving Tenofovir disoproxil fumarate (TDF)/Emtricitabine (FTC) have a lower risk for COVID-19 related hospitalizations and lower mortality than those receiving other therapies. The same study found that out of 77,590 HIV-positive persons only, 236 patients were diagnosed with COVID-19, 151 were hospitalized, 15 were admitted to the ICU, and 20 died. No Patient receiving TDF/FTC was admitted to the ICU or died [1].

Previous retrospective studies demonstrated that patients taking Truvada were less likely to be hospitalized due to active COVID-19 infections. The same study also demonstrated that those taking Truvada did not suffer severe health consequences including death [2].

Truvada is a fixed-dose combination of two antiretroviral drugs used for the treatment of HIV/AIDS. It was developed by Gilead Sciences and consists of 300 milligrams of Tenofovir Disoproxil Fumarate (TDF) and 200 milligrams of Emtricitabine (FTC) [3].

Health Outcomes of Hospitalized Covid Patients on Truvada
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The purpose of this study was to explore the health outcomes of hospitalized COVID-19 patients on Truvada.

STUDY LIMITATIONS:

•Our institutions do not hold HIV-designated, inpatient or outpatient clinics, therefore limited access to HIV-patient populations.

CONCLUSIONS

•This study was unable to allocate data to support improved survival rates of hospitalized COVID-19 patients on Truvada.

•Future investigators should consider conducting research with the objective of analyzing the survival rates of hospitalized COVID-19 patients receiving a three-drug fixed-dose combination of Efavirenz, Emtricitabine and Tenofovir Disoproxil Fumarate (Atripla).

•Based on drastically higher death rate of paraplegic Covid-19 patients (who inherently have decreased mobilization), future research should be conducted to explore the benefits of enhanced physical therapy involving increased mobilization on hospitalized Covid-19 patients.

BIBLIOGRAPHY


Figure 1.3: Risk of COVID-19 and its related complications on patients on antiretroviral medications including Pre-Exposure Prophylaxis.