NRTI-Sparing Regimens following Viral Suppression

ACTG 5116
NRTI-sparing Regimens following Viral Suppression
ACTG 5116: Study Design

**Study Design: ACTG 5116**

- **Background**: Randomized, open-label trial to compare NRTI-sparing regimen of lopinavir-ritonavir plus efavirenz versus efavirenz plus 2 NRTIs

- **Inclusion Criteria** (n= 236)
  - Prior ACTG 388 participants: HIV RNA ≤200 copies/mL on a first 3- or 4-drug ARV regimen
  - Non-ACTG 388 participants: stable first 3- or 4-drug NNRTI or PI-based regimen for ≥18 months without viral failure or resistance and HIV RNA ≤200 copies/mL

- **Treatment Arms**
  - Lopinavir-ritonavir 533/133 mg BID + Efavirenz 600 mg QD
  - Efavirenz 600 mg QD + 2 NRTIs

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ACTG 5116: Results

Week 48: Virologic Failure and Treatment-Related Discontinuations

Virologic Failure = two successive HIV-1 RNA values > 200 copies/mL

Class-sparing Regimens following Viral Suppression
ACTG 5116: Results

Week 48: Virologic Response (Intent-to-Treat)

![Graph showing virologic response at Week 48 for two treatment regimens.]

- Lopinavir-ritonavir + Efavirenz: 78/118 (66%)
- Efavirenz + 2 NRTIs: 87/118 (74%)

Conclusions: “Switching to EFV + NRTI resulted in better outcomes, fewer drug-related toxicity discontinuations and a trend to fewer virologic failures compared to switching to LPV/r + EFV.”

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