

Participant Centered Adherence Counseling for MTN-017

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Overview: MTN-017 Adherence Counseling

- Goal
 - Help participants adhere to product use regimen as specified in study protocol
 - To reach a more accurate estimate of product use

- Contacts
 - Weeks 0, 4, and 8 of each Study period
 - A total of 9 contacts per participant

- Elements
 - Convergence Interview
 - Adherence Counseling
 - Client Centered + Problem solving approaches

Training

- Counselors
 - Counselors
 - Nurses
- Received 2 days of onsite training
- Completed 2 practice sessions with colleague
 - Rated for fidelity
 - 1 of two sessions needed to meet competency
- Monthly coaching calls
- Review first 10 sessions of each counselor, then randomly select 1 of 5 sessions.



SESSION CONTENT



Initial Visit

- STEP 1:** Welcome participant; present overview of client centered adherence counseling
- STEP 2:** Set structure for session
- STEP 3:** Assess understanding of product use regimen
- STEP 4:** Assess confidence of using product as indicated
- STEP 5:** Identify plan for using product as indicated
- STEP 6:** Identify & problem-solve potential obstacles to using the product as indicated
- STEP 7:** Close session



Mid-Period Visit

STEP 1: Welcome participant; set structure for session

STEP 2: Conduct DATA convergence interview

STEP 3: Conduct PK convergence interview (Visit 6 & 9)

STEP 4: Explore what helped participant's adherence

STEP 5: Explore participant's thoughts on their adherence

STEP 6: Explore ways to improve adherence

STEP 7: Close the session



Period End Visit

STEP 1: Welcome participant; set structure for session

STEP 2: Conduct DATA convergence interview

STEP 3: Conduct PK convergence interview

STEP 4: Explore what helped participant adhere to product

STEP 5: Close the session



The Convergence Interview

What is it like?



Fidelity Ratings



Fidelity ratings: Intervention steps

Poor **1** **2** **3** **4** **5** **6** **7** ***Excellent***

Average rating of 5+ = Competence

Fidelity ratings: Global Scales

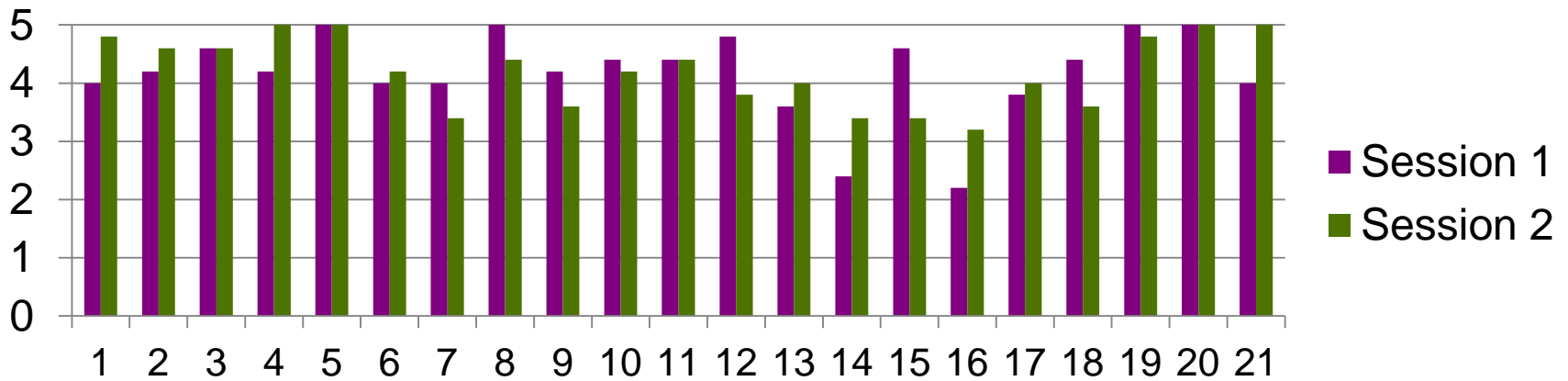
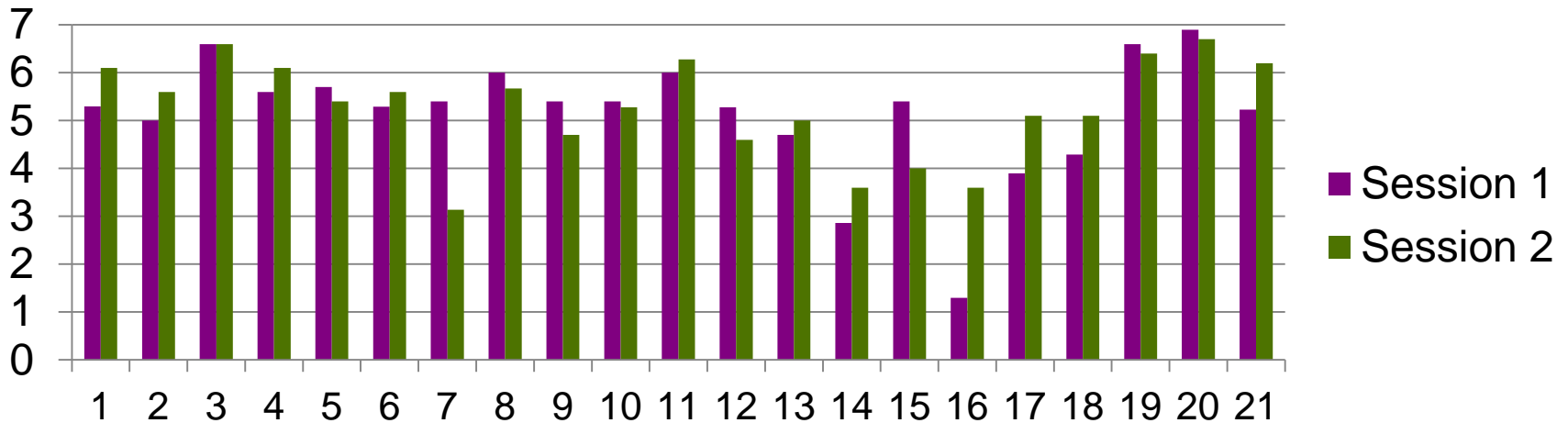
1 2 3 4 5

- Collaboration
- Respect for autonomy
- Evocation
- Direction
- Empathy

Average rating of 4.0+ = Competence

Adapted from MITI (Moyers, et al.,)

Fidelity: Practice sessions



Fidelity: Study Sessions

Session Type	Duration Minutes (M)	Steps (M)	Globals (M)	Pass
Initial (n=27)	12:20 [4:48 - 23:36]	5.54 [3.17 - 7.0]	4.33 [3.2 - 5.0]	67%
Mid-Period (n=19)	17:05 [8:49 - 32:41]	5.54 [4.1 - 6.67]	4.45 [3.4 - 5.0]	60%
End-Period (n=10)	11:40 [6:56 - 20:05]	5.50 [4.6 - 6.75]	4.38 [3.6 - 5.0]	70%

Fidelity: Initial Period Session (n=27)

SESSION STEP	M	RANGE
1: Welcome participant; present overview of client centered adherence counseling	5.9	2.0 – 7.0
2: Set structure for session	5.6	1.0 – 7.0
3: Assess understanding of product use regimen	5.4	1.0 – 7.0
4: Assess confidence of using product as indicated	5.7	3.0 – 7.0
5: Identify & problem-solve potential obstacles to using the product as indicated	5.2	1.0 – 7.0
6: Close session	5.6	1.0 – 7.0

Fidelity: Mid-Period Session (n=20)

SESSION STEP	M	RANGE
1: Welcome participant; set structure for session	6.1	4.0 - 7.0
2: Conduct DATA convergence interview	5.9	3.0 - 7.0
3: Conduct PK convergence interview (Visit 6 & 9)	4.5	4.0 - 5.0*
4: Explore what helped participant's adherence	5.5	1.0 - 7.0
5: Explore participant's thoughts on their adherence	5.3	1.0 - 6.0
6: Explore ways to improve adherence	4.6	2.0 - 7.0
7: Close the session	6.1	4.0 - 7.0

Fidelity: End-Period Session (n=10)

SESSION STEP	M	RANGE
1: Welcome participant; set structure for session	6.0	3.0 -7.0
2: Conduct DATA convergence interview	5.3	1.0- 7.0
3: Conduct PK convergence interview	4.8	1.0 -7.0
4: Explore what helped participant's adherence	6.0	5.0 - 7.0
5: Close the session	5.6	4.0 - 7.0

Challenges identified

- Insufficient use of manual
 - Skipped steps in session
 - Important alterations in wording
- PK convergence
 - Not confrontational, which is great!
 - With “Detectable” results
 - Less exploration of positive results
 - Tendency to use as check on participant’s product use.
- Plans/Problem solving obstacles
 - When adherence is poor, this tends to be done well
 - When adherence is good, less focus on reviewing plan and planning for future obstacles



Summary: Training

□ Initial Training

- All counselors met to criteria for using the intervention
 - Yet, they varied in their ease of learning and using this approach
 - There is a clear need for continuing coaching and fidelity monitoring to ensure the quality and consistency of counseling provided

□ Coaching

- Counselors welcome coaching sessions
 - Used sessions to discuss challenges in counseling
 - Were comfortable reviewing recordings together



Summary: Fidelity to Intervention

- Majority of sessions “passed” criteria
 - Challenges remain and must be overcome
 - Few patterns established
 - Skipping steps in sessions
 - Missed opportunities with “good” participants

- All counselors had excellent sessions
 - Challenge is not ability, but consistency



Next Steps

- Continue coaching and monitoring of sessions
- Assess for “drift”
 - Limited data available, but is becoming apparent
- Counselors with low fidelity ratings
 - More intensive coaching
 - Red flagging



Thank you.