

**ILANA Implementing Long-Acting Novel Antiretrovirals**



**ILANA Implementing Long-Acting Novel Antiretrovirals**

**Participant Information Sheet (PIS)**

Study title:

**The ILANA Study: Implementing Long-Acting Novel Antiretrovirals**

**REC Reference: 22/PR/0318**

**Invitation and brief summary:**

We are approaching you because you wish to receive two- monthly injections of VOCABRIA (long-acting) and REKAMBYS to treat your HIV and your doctor thinks you are suitable for the treatment. The ILANA study is a trial that is based at six HIV clinics in England. The aim of the study is to understand the views of people who choose to receive the new long-acting injectable HIV treatment instead of daily tablets and who are willing to receive it either in the clinic or in a community centre (eg a pharmacy, your GP surgery or at a community organisation in the area) . We would like to understand how feasible it is for people to receive the injections in the two settings and how satisfied people are with how we provide them. The questionnaires will be provided at month one, month four and month twelve visit. For the first six months the injections will be provided in your HIV clinic. For the second six months the injections will be provided by a healthcare provider either in the community setting or in the HIV clinic. The site where you receive injections will be decided by your HIV clinic, but you will be able to tell us where you prefer to receive the drug for the second six months. The study will also evaluate how healthcare professionals (doctors and nurses) working on the trial experience providing VOCABRIA (long-acting) and REKAMBYS.

**What’s involved?**

Until now treatment for HIV infection has always been daily pills containing drugs that work to treat HIV (antivirals). A new type of antiviral therapy given by injections has been developed. The injectable therapy is called VOCABRIA (long-acting) and REKAMBYS and is given as two injections of into the buttocks every two months by a health professional. There is no need to take any other HIV medications. VOCABRIA (long-acting) and REKAMBYS has been shown to be safe in three large trials, and just as effective and safe as daily pills. VOCABRIA (long-acting) and REKAMBYS is now recommended in both the British HIV Association, NICE and European guidelines and it is in use for NHS patients.

Many people find it challenging to take pills every day. This can be for many different reasons, such as the pressure to renew prescriptions in time, to have a supply of medication with them at all times, side effects, anxiety about taking pills, confidentiality concerns, and acting as a daily reminder of having HIV. Life circumstances such as unstable housing, having other health issues, taking other medications or work and personal commitments can add to these challenges. For some people, these challenges mean they do not take their medication every day. Though it is already proven that Cabotegravir and Rilpivirine works as well as taking daily tablets, more information about how to organise staffing and clinic space to deliver 2-monthly injections to suit both patients and staff.

This is because NHS HIV clinics have organised their systems around providing daily tablets to everyone. We will need to a re-organise our services so that people have the option of injectable therapy if they wish.

People who participate in the study must have discussed receiving 2-monthly injections with their clinic doctor and the doctor must agree that there are no medical reasons why it would not be safe or appropriate for you to receive injectable medications.

If your doctor thinks you are suitable to receive VOCABRIA (long-acting) and REKAMBYS according to NICE-guidance and if you decide to go ahead with injectable therapy then you may enrol in the trial if you choose to. If you enrol you will be given the injections by a healthcare professional in exactly the same way that they would receive the injections if you did not participate. We will check your blood tests in the same way that we would for people who receive the injections outside of the trial. The trial will last a year. The only differences are that in the second six months you must be willing to receive the injections at a community site and willing to complete questionnaires about your experiences of receiving injections. We will recruit 108 participants at six different clinics in England. The study will use questionnaires and interviews to understand how satisfied participants are with the treatment and if they experienced any difficulties with the how the treatment is delivered during the study. The results will help NHS staff to understand how to provide the injections in the best way. Information about any side effects or adverse events that could be related to taking the treatment will also be collected as part of your care within the trial.

At the end of the study participants can choose to continue with injections if they wish. If you choose not to participate in the study, you may still be able to access the injections at your HIV clinic provided that your doctor thinks you are suitable and the clinic has the capacity to provide it.

**What is the study schedule?**

You will first be asked to give your consent to participate and complete three simple questionnaires regarding your satisfaction with, and acceptability of your current oral medication (at the second, fourth and last visit) and participate in an interview with a health care professional to ask you about your views on the treatment. The interviews will happen on the first and last visit and, with your consent, the interviews will be audio-recorded.

You will receive your injections in the same way that you would receive it if you did not participate in the trial. This means that you will be provided with a tablet form of VOCABRIA and REKAMBYS to take daily for one month. This is to make sure that you don’t have any side effects of the medication itself, so we can stop the drugs if you do.

You will have blood tests at end of one month, stop taking the tablets and receive the first injections of VOCABRIA (long-acting) and REKAMBYS on that day. You will be given another VOCABRIA (long-acting) and REKAMBYS injection after one month, and then every two months for twelve months. You will not need to take any pills for your HIV once the injections have started. The schedule of injections and blood tests is exactly the same as it would be if you choose not to participate and you receive VOCABRIA (long-acting) and REKAMBYS on the NHS. The only difference is the questionnaires and where you receive the treatment in the second six months.

You will receive some reminders about your clinic injection visits and appointment times by SMS text message and/or emails and you will be able to contact the staff at the clinic if you need to reschedule an appointment. All injections will be given by a healthcare professional (nurse or doctor). This will be one injection in each buttock (your bottom cheeks). You will be observed for a short time after the injections and then you can leave. At month two, month four and month twelve visit, you will be asked to fill out the questionnaires again regarding how satisfied you are with the injections, and if you have any barriers or difficulties with our process.

## Project Duration/Schedule:

The study will continue for twelve months for each person who takes part.

**Do I have to take part in this research project?**

NO. It is entirely up to you to decide if you would like to participate. If you do not wish to take part any current or future treatment will not be affected in any way. If you do decide to take part, you will be given a copy of this Participant Information Sheet and Consent form to keep. If you decide to take part but later change your mind, you are free to withdraw from the project at any time. You don’t have to give us a reason for your decision if you don’t want to.

Your doctor may decide that it is best for you to discontinue this study at any time (e.g., if you can’t manage to attend the appointments).

**What are the possible benefits of taking part?**

Participants in the clinical trials of VOCABRIA (long-acting) and REKAMBYS have found the injections to be more convenient and reported reduced anxiety about missing pills, compared to taking daily tablets. More than 95% of people who took VOCABRIA (long-acting) and REKAMBYS in the trials preferred it to daily treatments.

Once you start receiving two monthly injections you will only need treatment on six occasions each year instead of every day.

You can choose to receive VOCABRIA and REKAMBYS either as part of the trial or as part of your routine HIV care. The treatment will be provided in exactly the same way. There is no clinical benefit to you to choosing to receive it as part of the trial. The questionnaires and interviews in the study are intended to provide NHS clinics with more information about how best to deliver the injections.

You will receive a single payment of £75 to compensate you for your time at the first study visit. You will not receive subsequent payments as treatment is provided as standard of care.

## What are the possible risks of taking part?

VOCABRIA (long-acting) and REKAMBYS has been proven to be safe, is approved for use and is already in use in other countries, the risks of the treatment itself is very low. The visits to the clinic and the blood tests are the same as during normal care which you would receive anyway on the injections. In the second six months some participants will receive their injections from health care professionals at community sites. This is different from how it will be given in the HIV as part of routine care, but the health care professionals are trained in giving the injections in the same way so the risks of this are very low. However, answering the questionnaires and taking part in interviews is not part of routine care but these have been validated as effective ways of assessing barriers and satisfaction to treatment and have been used in other trials for many years and would not pose significant risks.

What side effects can you expect from VOCABRIA (long-acting) and REKAMBYS?

VOCABRIA (long-acting) and REKAMBYS may cause side effects. The side effects apply to anyone who chooses to take VOCABRIA (long-acting) and REKAMBYS and are not specific to participating in this trial. If you experience any side effects whilst taking part in the study these will be recorded and managed appropriately.

Side effects associated with VOCABRIA (long-acting) and REKAMBYS:

The following side effects shown in Table 1 below have been seen in studies in people with HIV receiving VOCABRIA (long-acting) and REKAMBYS. Some of the side effects listed may not have been related to VOCABRIA (long-acting) and REKAMBYS but may have happened during the trial due to other reasons or illnesses.

**Table 1**

| **Very Common** (may affect more than 1 in 10 people) | **Common** (may affect between 1 in 10 people and 1 in 100 people) | **Uncommon** (may affect between 1 in 100 people and 1 in 1,000 people) |
| --- | --- | --- |
| Headache | Rash | Sleepiness |
| Fever | Diarrhoea or loose stools | Llightheadedness or fainting, during or following an injection) |
| Injection site reaction | Nausea (feeling sick to the stomach) | Hepatotoxicity (liver problems) |
| Flatulence (passing gas or wind) | Transaminase increase (blood test may show increase in the level of liver enzymes) |
| Vomiting (being sick) |
| Abdominal pain (stomach pain and discomfort) |
| Insomnia (problems sleeping) |
| Abnormal dreams/nightmares |
| Feeling lightheaded (dizziness) |
| Anxiety (feeling anxious) |
| Depression (feelings of deep sadness and unworthiness) |
| Myalgia (muscle pain) |
| Fatigue (lack of energy) |
| Asthenia (feeling weak) |
| Malaise (feeling generally unwell) |
| Weight increase of about 1.5 kg |

More detailed information on the side effects of VOCABRIA (long-acting) and REKAMBYS are described below: **Allergic reactions: There** have been very few reported allergic reactions to VOCABRIA (long-acting) and REKAMBYS. However, if you get any symptoms of allergy such as being sick, skin rash, a high temperature, lack of energy, swelling (sometimes of the face or mouth, causing difficulty in breathing), blisters, mouth ulcers, conjunctivitis, and muscle or joint aches you must call your study doctor immediately. In this case your doctor may decide to carry out tests on your liver, kidneys, or blood, and may tell you to stop taking VOCABRIA (long-acting) and REKAMBYS. If your doctor tells you to stop taking your medicines because of a possible allergy, then you must do this immediately.

**Skin rash.** Skin rash can occur with VOCABRIA (long-acting) and REKAMBYS. Most rashes have been very mild and go away very quickly. If you get a rash may that is severe you will be required to stop treatment. If you have any type of rash, itching or other skin problems during treatment tell your doctor. The doctor may ask you to come in for an examination.

**Abnormal liver tests.** A small number of participants in research studies taking VOCABRIA (long-acting) and REKAMBYS developed abnormal liver tests requiring them to stop treatment. In some of the participants, the abnormal liver tests were explained by other causes (e.g. a new virus infection), less than 1% of all participants did not have alternative explanations, suggesting VOCABRIA (long-acting) and REKAMBYS was the cause. The liver tests improved after stopping these drugs, suggesting that any effects were temporary. Blood tests to check liver health will be done during this study and you will be told if any action is needed and if so, you may be asked to stop taking the study drug.

**Side effects after receiving long-acting injections.** Following an injection of VOCABRIA (long-acting) and REKAMBYS, these medications will stay in your body for a long time (around 6 months). When you stop long-acting injections, the amount of drug in your body will decrease over time and will eventually disappear. In some people, low levels of these drugs may be present in the body for more than a year following the last injection. If you develop a side effect to the study drug after an injection your doctor will treat the symptoms.

**Injection site reactions.** The injections can cause reactions at the site. These are reported less frequently as time goes on. For the vast majority of people, these were mild (>80% of people), with only redness and/or discomfort lasting for less than 3 days. Very few (<2%) of people on the trials chose to leave the trials because of the injection site reactions. However, there may be more severe injection site reactions which occur in some people rarely very rarely (4% of people). This will be monitored during the study and you can withdraw from the study if you wish.

**Possible side effects from receiving an injection:**

Some people have symptoms within minutes after receiving an injection. These happen very rarely in less than 0.5% of participants and mostly resolve within minutes. Symptoms of this may include: difficulty breathing, stomach cramps, rash, sweating, numbness of your mouth, feeling anxious, feeling warm, feeling lightheaded or feeling like you are going to pass out (faint), and blood pressure changes, and pain (back and chest). Tell your healthcare professional if you experience these symptoms after you receive your injections. These cases may be due to an accidental injection of part of the medication into a blood vessel instead of the muscle. Your doctor may need to observe you briefly (approximately 10 minutes) after the injection if this occurs.

The injections will be given in the muscles of your buttocks (bottom “cheeks”). The injection could be given too deeply or not deeply enough, missing the muscle and entering your skin, blood vessel, or a nerve. The risks of this are not well understood but could make VOCABRIA (long-acting) levels too low or too high. If too low the drug may not work against your HIV. If rilpivirine (one of the drugs inside VOCABRIA) is too high, there could be a change in your heart rate. To date, no such severe changes in heart rate or sudden deaths have happened. Everything possible will be done to decrease this risk, including using the correct size needle. If your doctor thinks that the injection was not given the right way, you might be asked to stay in the clinic for longer to watch how you are doing. If you are worried about this risk, talk to your study doctor.

What if the side effects are intolerable?

If you experience side effects that you find intolerable and want to stop the injections, your doctor will give you tablets instead and you will have to stop the study.

What other possible risks are there to taking VOCABRIA (long-acting) and REKAMBYS?

**Risk of your HIV becoming resistant.** With any drug used to treat HIV, there is a very small risk that the virus in your body will become resistant, meaning that the drug will work less well or not work at all against your HIV. The risk of your HIV becoming resistant to VOCABRIA (long-acting) and REKAMBYS has been around 1.5% in the trials. It will depend on how well you attend the study visits to receive the injection. It is therefore very important that you attend your study visits on time to get your injections. Talk to your study doctor if you think you will be late or early for receiving injections—this includes holidays or work-related travel that may interfere with your scheduled visits.

Missing a tablet or injection can cause the drugs you are taking to stop working against the HIV virus (your HIV becomes resistant). This could limit the types of HIV drugs you will be able to use in the future.

When stopping long-acting treatment it is important to start taking another HIV medication, as recommended by your study doctor, to help prevent your HIV from becoming resistant.

**Giving blood.** When having a blood test you may feel faint, or experience mild pain, bruising, irritation or redness at the site. In very rare cases, you may get an infection. This risk is no different from normal care.

**Mental health problems.** Some people with HIV sometimes have feelings of depression or may have thoughts of hurting or killing themselves (suicide). A small number of people being treated with VOCABRIA (long-acting) and REKAMBYS have had suicidal thoughts and actions, particularly those with a prior history of depression or mental health problems.

Tell the study doctor if you have a history of mental health problems. If you have thoughts of hurting or yourself or have any other unusual or uncomfortable thoughts or feelings during this study, you should tell the study doctor or go to the nearest hospital right away.

This list of side effects is not complete. You may experience side effects that are different from those described in this informed consent form or ones that are not currently known.

What if I take other medications?

You should discuss all medications you are currently taking with the study doctor. Talk with your study doctor before starting any new medications, even drugs you buy from the chemist without prescription like herbal or vitamins. Some drugs could cause side effects if taken with the study drugs. Some drugs may make VOCABRIA (long-acting) and REKAMBYS work less well.

What about pregnancy and breastfeeding?

This section applies to you if you are a woman who is able to have children and/or you are breastfeeding a baby. Your study doctor will confirm if this applies to you.

**Pregnancy.** Doctors are advised not to prescribe VOCABRIA (long-acting) and REKAMBYS to people who are pregnant, breastfeeding or are planning a pregnancy. You will be need to have a pregnancy test before you can receive VOCABRIA (long-acting) and REKAMBYS on the study. So far no harm has come to women who have had babies on VOCABRIA (long-acting) and REKAMBYS but we don’t yet have enough information to be sure it is safe. If you become pregnant you will have the option of staying on VOCABRIA (long-acting) and REKAMBYS if that is what you decide to do after discussing the potential risks. This is the same as what would happen in your normal care if you became pregnant on VOCABRIA (long-acting) and REKAMBYS. Please let the study doctor know right away if you become pregnant during the study.

**Contraception.** If you are a woman who is able to have children, you should use contraception while on VOCABRIA (long-acting) and REKAMBYS. An acceptable method of contraception, as agreed with your study doctor, must be used from at least 7 days prior to the start of your first dose of VOCABRIA (long-acting) and REKAMBYS and for the duration of time you are on VOCABRIA (long-acting) and REKAMBYS. It is recommended that keep using contraception until at least 14 days after your last dose of VOCABRIA (long-acting) and REKAMBYS, and at least 12 months after your injection as VOCABRIA (long-acting) and REKAMBYS may still be present in the body during this time. You should inform your GP if you become pregnant within 12 months of the last injections of VOCABRIA (long-acting) and REKAMBYS and you are no longer in the study.

**Breastfeeding.** We advise mothers not to breastfeed a baby while on VOCABRIA (long-acting) and REKAMBYS because we don’t yet know if this is safe.

**Could this research project be stopped unexpectedly?**

It is unlikely this research project could be stopped unexpectedly.

**What happens when the research project ends?**

If you have successfully completed the study, you will continue to have access to VOCABRIA (long-acting) and REKAMBYS and able to be prescribed by their doctor if you wish to continue.

**What will happen to information about me?**

The information about you will include your initials/ hospital number/ name/ contact details. People will use this information to do the research or to check your records to make sure that the research is being done properly.

People who do not need to know who you are will not be able to see your name or contact details. Your data will have a code number instead.

We will keep all information about you safe and secure.

Once we have finished the study, we will keep some of the data so we can check the results.

The results of this study will be published in scientific journals, and presented at scientific conferences, meetings and seminars. We will write our reports in a way that no-one can work out that you took part in the study. Your quotes from the interviews may be used when results are presented but these will be kept anonymous. If you are interested we can send you a copy of the results and summary reports. We will also post summaries on our study website and social media accounts.

The information collected in this study may be used for other future research. No information that could identify you will be shared with other researchers.

With your permission, we will contact your GP to let them know you are taking part in the study.

What are your choices about how your information is used?

* You can stop being part of the study at any time, without giving a reason, but we will keep information about you that we already have.
* We need to manage your records in specific ways for the research to be reliable. This means that we won’t be able to let you see or change the data we hold about you.
* If at any time during the study you lost the ability to consent, any data collected which identifies you will be removed from the study. However, any data collected which does not identify you may be kept and used by the study team.
* You can decide at the end of the study that you would not like the data collected about you to be used for future research. In this case your data would be removed and not shared with other researchers.

### **Where can you find out more about how your information is used?**

You can find out more about how we use your information

* at [www.hra.nhs.uk/information-about-patients/](https://www.hra.nhs.uk/information-about-patients/)
* our leaflet available from [www.hra.nhs.uk/patientdataandresearch](http://www.hra.nhs.uk/patientdataandresearch)
* by asking one of the research team
* by sending an email to [c.orkin@nhs.net](mailto:c.orkin@nhs.net)
* by ringing us on 0207 377 7457
* by contacting sponsor’s Data protection: [data-protection@qmul.ac.uk](mailto:data-protection@qmul.ac.uk)

**What are the costs?**

This research project is not a drug company sponsored study. It is a study led by researchers at Queen Mary University of London, but we have asked for funding from VIIV Healthcare Ltd to provide VOCABRIA (long-acting) and REKAMBYS free of charge to the participating clinics and to cover costs of doing the study.   You will receive a single payment of £75 to compensate you for your time at the first study visit. All medication, tests and medical care required as part of the research project will be provided to you free of charge. There will not be any costs to you associated with participating in the study.

**Who has reviewed the research project?**

An independent ethics committee (independent to the study investigators) assessed the study before it started to ensure the study satisfied the criteria for a well-run study. This means that the data are authentic, accurate, and complete, safety and rights of participants are being protected, the study is conducted in accordance with the currently approved protocol and any other study agreements, GCP, and all applicable regulatory requirements.

**Quality Control**

All participant data relating to the study will be recorded on an electronic case report form (e-CRF). The study investigators are responsible for verifying that data entries are accurate and correct by signing the e-CRF. The investigators must maintain accurate documentation that supports the information entered in the e-CRF. The investigator will permit study-related monitoring, audits, ethics committee review, and regulatory agency inspections and provide direct access to source data documents. Records and documents about the conduct of this study will be archived for five years. No records may be destroyed during the retention period. No records may be transferred to another location or party.

**Further information and who to contact**

**Research project contact details:**

Professor Chloe Orkin: [c.orkin@nhs.net](mailto:c.orkin@nhs.net) or 0207 377 7457

If you would like to speak to someone outside of the research team you can contact the Patient Liaison and Advice Service at the Royal London Hospital: [RLHpals.bartshealth@nhs.net](mailto:RLHpals.bartshealth@nhs.net) or 0203 594 2040.

This research study has been funded by a research grant from ViiV Healthcare Ltd and has been designed in collaboration with people living with HIV.

Ethical approval has been granted by City and East Research Ethics Committee (IRAS number: 313217)

***Thank you very much for reading this and considering taking part.***