

# MiStart: In Practice

Bry Fryczynski & Gabriell Stewart, MPH



# Presentation Objectives



Gain familiarity of MiStart Standard Operating Procedures and the importance of early rapid antiretroviral therapy (ART) initiation.



Highlight the importance of MiStart and how it can improve health outcomes for Michiganders with HIV.



Increase knowledge of available MiStart and community resources.



Distribution of information and resources to aid in MiStart adoption.

# What is MiStart?



Michigan Rapid Start ART (MiStart) is Michigan's implementation of Rapid Start ART:

- ARV initiation within 7 days.
- Linkage within 30 days.
- Increase provider awareness.

# MiStart: Standard Operating Procedures

## Purpose

- Federal Guideline recommended clinical practice model.
- Starting antiretroviral therapy (ART) the same day or within 7 days of diagnosis **AND** includes linkage to HIV health care within 30 days.
- End the HIV epidemic in the United States by 2030.
  - 75% reduction in new HIV infections by 2025.
  - 90% reduction by 2030.

## Rationale

- Earlier HIV viral suppression.
- Improved retention in care.
- Reduced HIV transmission.
- Improves equity and accessibility of ART.

# Importance & Health Outcomes

Actionable steps.

Increase in self-efficacy.

Path to viral suppression.

Reduce likelihood of virus progression.

Improve health outcomes.

# MiStart: Eligibility

## Persons Appropriate for MiStart:

- Nearly everyone with confirmed new diagnosis.
- High clinical suspicion of acute HIV.
- Reactive rapid HIV result.
- Known HIV diagnosis re-engaging into care.

## Persons Not Appropriate for MiStart:

- Complex/unknown ART history.
- Untreated opportunistic infections.
- Reactive rapid with low probability of HIV.

# MiStart: Basic Steps

## Treatment Options/Readiness

- Provider education of treatment options and MiStart.
- Medication readiness assessment.
- HIV Care assessment.

## Medication Provision

- Same day ART initiation preferred.
- ART initiation within 7 days.
- Schedule initiation appointment, if needed.

## Prioritize Linkage

- Sample starter packs available throughout MI.
- Start ART, even if care will be with different provider.
- Leverage warm handoffs.

# MiStart: Starter Packs

Many medications for rapid start are tablet based.

Sample starter packs contain a 3-to-5-day supply (can be up to 7 days).

Free sample starter packs can be accessed through the Michigan Pharmaceutical Representatives.

# Distribution



## Documentation

- Process.
- Progress.
- Outcomes.

## Share

- Internal Partners.
- External Partners.
- National Collaborations.

# Monitoring & Measurement

---

## Evaluation

- Gaps in care.
- Opportunities for program improvement.
- Outcome measures.

## Helpful Inclusions

- Demographic data.
- Exposure factors.
- Initial HIV lab results and initial viral load & CD4.

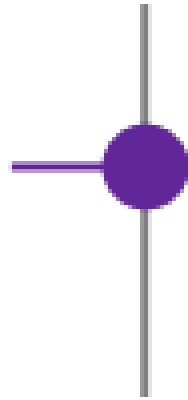
## Reporting

- Michigan Adult HIV Confidential Case Report form.
- Michigan Pediatric HIV/AIDS Confidential Case Report Form.

# Linkage to Care Dashboard

# 30-Day Care Initiation

**Day 30  
(1 month)**



## **Care initiation**

Evidence of a visit to a provider with prescribing privileges within 30 days of initial HIV diagnosis.

Further broken down into

- Rapid Care initiation (within 7 days)
- Rapid ARV treatment (within 7 days)

# Linkage to HIV Care

(following diagnosis)

Year of diagnosis 2024

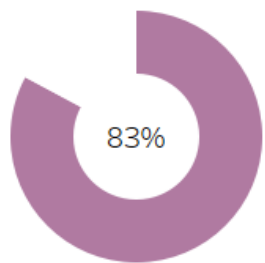
Diagnosed at a RW provider? (All)

RW diagnosing provider (All)

687

diagnoses

## Care Initiation Evidence of a visit to a provider with prescribing privileges within 30 days of initial HIV diagnosis

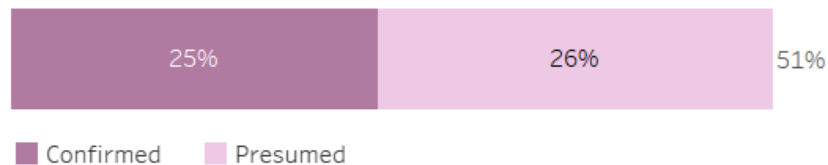


Rapid\* Care Initiation

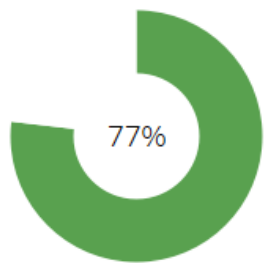


Rapid\* ARV

\*Rapid: w/in 7 days



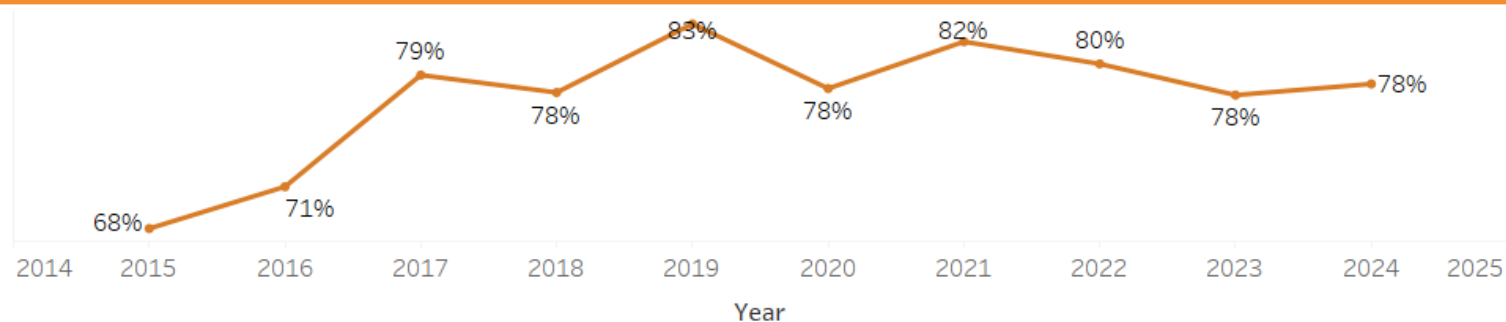
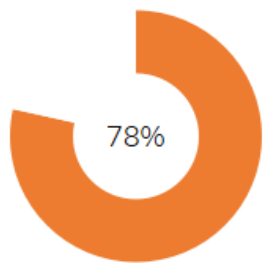
## Care Engagement Evidence of a second provider visit or Ryan White enrollment within 90 days of initial HIV diagnosis.



Days to first RW service following diagnosis



## Viral Suppression within 6 months of initial HIV diagnosis



# MiStart: In Practice



# Agency Spotlight





# THANK YOU

Gabriell Stewart  
StewartG3@michigan.gov

Bry Fryczynski  
FryczynskiB@michigan.gov