

WHO 2016 GRADE assessment: Do fixed-dose combinations / once daily regimens for ART improve adherence compared to separate tablets

Quality assessment							No of patients		Effect (95% CI)	Quality	Importance
No of studies	Design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Intervention	Comparator			
FDCs: virological suppression ¹											
4	RCTs	Serious risk of bias	No serious inconsistency	No serious indirectness	Serious imprecision	None	323/406	307/400	RR 1.04 (0,98-1.10)	MODERATE	CRITICAL
FDCs: adherence ¹											
5	RCTs	Serious risk of bias	No serious inconsistency	No serious indirectness	Serious imprecision	None	294/438	259/435	1.10 (0.98-1.22)	MODERATE	CRITICAL
Once daily regimens: virological suppression ²											
6	RCTs	Serious risk of bias	No serious inconsistency	No serious indirectness	Serious imprecision	None	1312	1270	1.01 (0.94-1.09)	MODERATE	CRITICAL
Once daily regimens: Adherence ²											
7	RCTs	Serious risk of bias	No serious inconsistency	No serious indirectness	Serious imprecision	None	1677	1392	3.9% (1.4-6.5%)	MODERATE	CRITICAL

Sources:

- 1) Ramjan R, Calmy A, Vitoria M, et al. Systematic review and meta-analysis: Patient and programme impact of fixed-dose combination antiretroviral therapy. Trop Med Int Health. 2014 May;19(5):501-13.
- 2) Nachega JB, Parienti JJ, Uthman OA, et al. Lower pill burden and once-daily antiretroviral treatment regimens for HIV infection: A meta-analysis of randomized controlled trials. Clin Infect Dis. 2014 May;58(9):1297-307.