



Case Study: >>Jeff G.

Living With HIV/AIDS Made Easier for Man



Jeff G. is a 39 year old who has been diagnosed with HIV/AIDS. He takes approximately 30 pills each day and has struggled with keeping up with all the different medications and when they are to be taken. Some of the medications are for chronic pain caused by a previous back surgery, but most of them are to help fight the AIDS virus.

Jeff understands the importance of taking his medication, and has tried using pill organizers and a watch alarm, but this proved to be difficult for him to manage and wasn't effective in helping him take his medicine. Besides having many pills to take, some of them have special instructions that make them particularly difficult to take as prescribed. One of his medications must be taken an hour before he eats, and he would often forget it.

Jeff began receiving reminders on a text pager through a grant with his local AIDS project. His reminder schedule included eight different times during the day when he needed to stop what he was doing and take medication.

When Jeff returned to the clinic, he wasn't surprised to find his blood work showed his viral load had dropped significantly. He could already tell he felt better, and knew that taking his medicine consistently was making a difference in his health and the quality of his life.

Jeff credits the reminders with giving him back his life. "I was overwhelmed with trying to keep up with everything, and it was consuming my life," he states. "Now I can focus on other things and know I won't forget my medicine."