INVITE-Home

What We Learned from Clinicians

Making long-acting injectable antiretroviral therapy (LAI-ART) work beyond the clinic

What is INVITE-Home?

INVITE-Home is a study evaluating home-based long-acting injectable HIV treatment (LAI-ART), in which injections are given at home by a trusted treatment buddy chosen by the patient. Treatment buddies may include a partner, family member, or close friend.

Who did we talk to?

19 HIV clinicians with LAI-ART experience from 4 HIV clinics in the San Francisco Bay Area from June to December 2024.

- **Ward 86 at San Francisco General Hospital**
- **UCSF Women's HIV Program**
- **UCSF 360 Wellness Center**
- **Adult Immunology Clinic at Highland Hospital**

Why are clinicians interested in home-based injections?

Clinicians saw real promise in home-based LAI HIV treatment, & that home injections could:

Fit better into daily life
Work schedules, caregiving, school, & travel.

Support independence & choice
Letting people take a more active role in their care.

Offer more privacy & comfort
Especially for people who find clinic visits stressful or stigmatizing.

Reduce transportation & scheduling challenges
No need to come into the clinic as often.

Help clinics focus on in-person care where it's most needed
Freeing up space & staff time for patients who benefit most from face-to-face visits & hands-on support.

> *"The more patient-centered we can be - the more in line it is with people's lives - the more likely people are to succeed."*
> **- Physician**

What concerns did clinicians raise?

Clinicians were also clear that home-based LAIs would need strong support systems. Key concerns included:

Insurance & delivery issues
Home delivery & billing systems are complicated; insurance changes can interrupt access.

> *"If they're at home, they're going to have to make sure they have all the supplies & keep their insurance active."*
> **- Registered Nurse**

Safety & training
Making sure the treatment buddy is trained, knowing what to do if there's a problem or accidental needle injury.

Medication storage
LAI HIV medications must be stored correctly; housing stability & access to refrigeration matter.

Staying on schedule
Injections must happen on time; clinics would still need ways to track doses & follow up if one is missed.

Communication with clinics
Clear ways for patients & treatment buddies to ask questions, report problems, & document that injections were given.

Why the treatment buddy matters

Clinicians agreed that choosing the right treatment buddy is critical to making home-based LAIs work safely & well. They described an ideal treatment buddy as someone who:

Trusted support

- **Is trusted & reliable**
- **Respects privacy & confidentiality**
- **Is willing to give injections**
- **Can communicate clearly with the clinic**
- **Is willing to commit consistently over time, not just once**

Who might home-based injections work best for?

Clinicians shared that home-based injections might work best for people who:

- **Are already doing well on LAI-ART**
- **Have stable housing**
- **Have safe medication storage/refrigeration**
- **Feel comfortable managing medications at home**
- **Have a trusted, reliable treatment buddy**
- **Want fewer clinic visits & more flexibility**

Equity & choice matter
This should be one option among many, not a replacement for in-clinic care.

What does this mean? Why does it matter?

These conversations helped shape the next steps of INVITE-Home.
More options. Fewer barriers. More control over where care happens.

- **Clear, accessible training**
- **Support tools & reminders**
- **Strong clinic communication**
- **Safety, choice, & equity**

Source: Bolton et al. 2026, AIDS & Behavior. Facilitators & Barriers to Home-Based Long-Acting Injectable Antiretroviral Therapy: Clinician Perspectives from the INVITE-Home Study.

Learn more