		A	B	C	D	E	F	G	H	I	J	K
	1	ARV Medications	3TC	d4T	TDF	KAL			Enter total # of meds in column I →	4	X 0.5	2
SCHEDULE	2	Doses per day	2	2	1	2			Enter the **highest** number of doses per day in column K →	→	→	2
	3	Dosing Consistency							If ≥1 medications are given 2X/day **and** ≥1 are given ≥3X/day, enter '2' in column K →	→	→	
	4	Pills per DOSE	1	1	1							
	5	Pills per DAY (row 2 X row 4)	2 +	2 +	1 +	+	+		Add columns B – G and enter the **total** number of pills per day in column I →	5	X 0.25	1.25
ADMINISTRATION	6	Liquid				√			If **any** boxes are checked in this row, enter '1' in column K →	→	→	1
	7	Injection							If **any** boxes are checked in this row, enter '2' in column K →	→	→	
	8	G-tube							If **all** medications (except injections) are given via g-tube, enter '–1' in column K →	→	→	
INSTRUCTIONS	9	With Food				√			If **any** boxes are checked in this row, enter '1' in column K →	→	→	1
	10	Empty Stomach							If **any** boxes are checked in this row, enter '1.5' in column K →	→	→	
	11	Dietary Content							Enter the total number of **different** diet content rules in column I →		X 2	
	12	If 2 different instructions are checked in rows 9 - 11, enter '2' in column K → If 3 different instructions are checked in rows 9 - 11, enter '3' in column K →								→	→	
PREPARATIONS	13	Refrigeration				√			If **any** boxes are checked in this row, enter '1' in column K →	→	→	1
	14	Reconstitution (daily)							Enter the **total** number of boxes checked in this row in column I →		X 2	
	15	Reconstitution (monthly)							Enter the **total** number of boxes checked in this row in column I →		X 0.5	
ARC Index	16									**ARC INDEX=** (add rows 1-15)		8.25

Explanation of Scoring

This regimen includes lamivudine (3TC) 150 mg (1 pill twice a day), stavudine (d4T) 30 mg (1 pill twice a day), tenofovir (TDF) 300 mg (1 pill once a day), and lopinavir/ritonavir (Kaletra; KAL) liquid (5 cc's twice a day).

Row 1. The names (abbreviations) of the patients' ARV medications are entered in row 1, columns B through E (see Figure 1). A '4' representing the number of ARV medications is placed in row 1, column I. This number is multiplied by 0.5 and the product (2.0) is placed in row 1, column K.

Rows 2 – 5. 3TC, d4T, and KAL are administered twice a day, so a '2' is placed in row 2, columns B, C, and E. TDF is administered once a day, so a '1' is entered in row 2, column D. Since '2' is the highest number of doses per day, a '2' is entered in row 2, column K. One or more medications is given two times a day, but none of the medications are administered three or more times a day, so row 3, column K is left blank.

A '1' is entered in row 4, columns B, C, and D to indicate that 1 pill of each of those medications is administered per dose. For each column (B – D) in row 5, the number in row 2 is multiplied by the number in row 4. The resulting products are entered in row 5 as a '2' in column B, a '2' in column C, and a '1' in column D. Note that rows 4 and 5, column E are left blank because KAL is taken in liquid (versus pill) form. The numbers in row 5, columns B-D are added together and the sum is entered in row 5, column I to represent the total number of pills taken per day. In this case, 2 + 2 + 1 = 5. Then, the '5' is multiplied by 0.25 as specified in row 5, column J, and the result is entered in row 5, column K (5 X 0.25 = 1.25).

Rows 6 – 8. Since KAL is administered as a liquid, a check is entered in row 6, column E. None of the other medications are administered as a liquid and none are taken by injection or through a g-tube; therefore, the corresponding boxes (row 6, columns B-D, row 7,

columns B-E, and row 8, columns B-E) are left blank. In accordance with the instruction in row 6, column H, a '1' is entered in row 6, column K.

Rows 9 – 12. KAL (in its previous formulation) should be taken with food, so a check is entered in row 9, column E. No other instructions are associated with KAL and none are associated with 3TC, d4T, or TDF, so row 9 column B-D, row 10, column B-E, and row 11, column B-E are left blank. In accordance with the specification in row 9, column H, a '1' is entered in row 9, column K. Since there is only one instruction checked in rows 9 – 11, row 12, column K is left blank.

Rows 13 – 15. The previous formulation of KAL requires refrigeration, so a check is placed in row 13, column E and a '1' is entered in row 13, column K. None of the medications need to be reconstituted, so rows 14 and 15 are left blank.

Row 16. The numbers in rows 1-15, column K are added together and the obtained sum represents the total ARC Index: 2 + 2 + 1.25 + 1 + 1 + 1 = **8.25**.