

# Talking to patients about U=U

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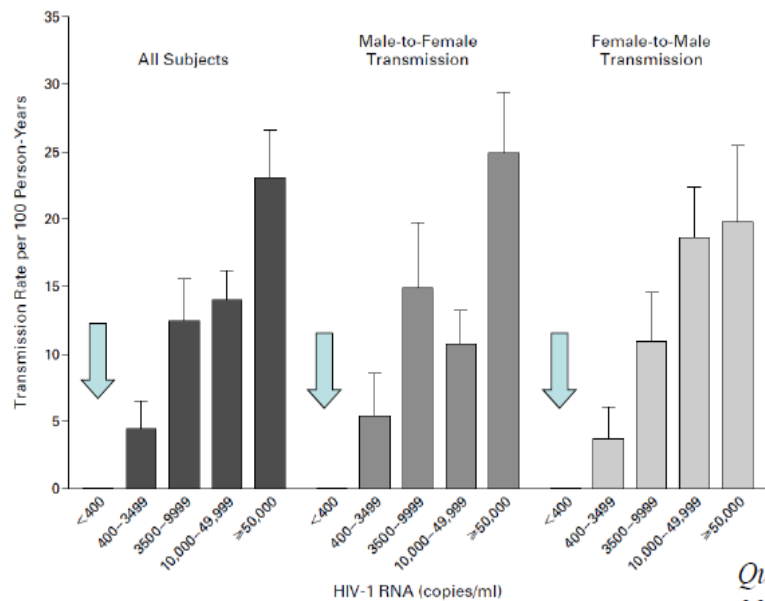
# Talking TaSP and U=U

## ▶ AIMS

- ⦿ Have a shared understanding of the evidence behind U=U
- ⦿ Look the social and psychological impact of U=U
- ⦿ Address the barriers to talking about U=U
- ⦿ Consider the language we use when talking about U=U
- ⦿ Increase confidence in having discussions about U=U
- ⦿ Be motivated and have the confidence to raise awareness about U=U



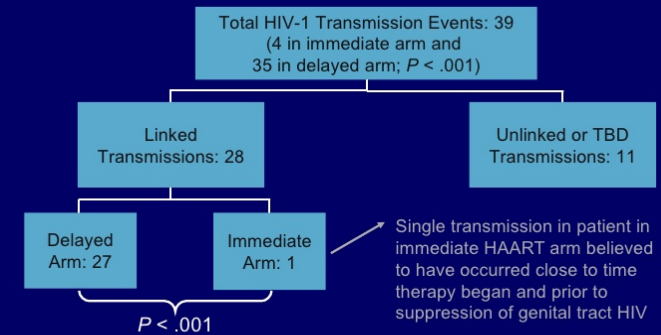
# The Studies



Rakai study

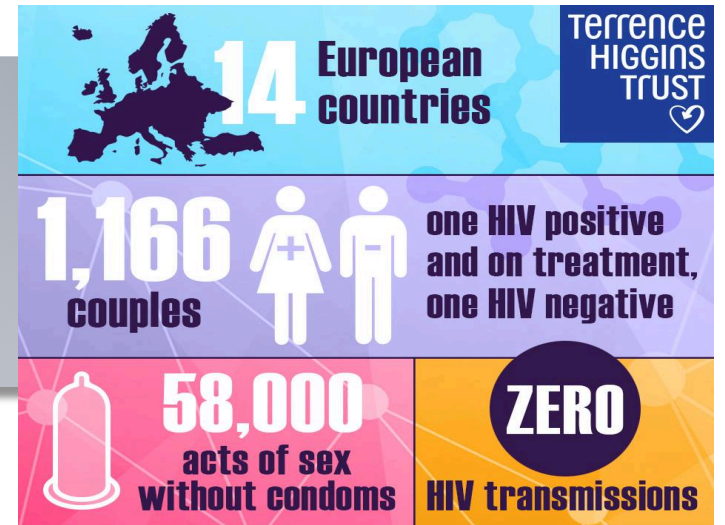
Quinn et al NEJM 2000

## HPTN 052: HIV Transmission Reduced by 96% in Serodiscordant Couples



Cohen MS, et al. N Engl J Med. 2011;365:493-505.

HPTN 052



Partner Study

# The Studies

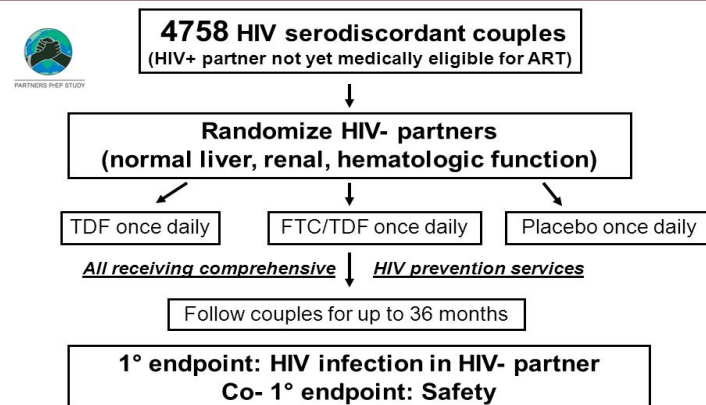
## Opposites Attract

- 343 serodifferent gay couples
- HIV+ partner undetectable on ART
- 16,889 condomless anal sex acts
- **ZERO** HIV transmissions:



Bavinton B et al. (presenter Grulich A). 9th International AIDS Society Conference on HIV Science, Paris, abstract no TUAC0506LB, July 2017.

## Partners PrEP Study



# Why this is important....

- Removes the shame and fear of sexual transmission
- Simplifies the possibility for conception.
- Tackles HIV stigma
- Encourages people to test, engage in care and to start and stay on treatment
- Provides a strong public health argument for universal access to testing, treatment, and care.



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**PEOPLE ON EFFECTIVE  
HIV TREATMENT  
CANNOT PASS  
ON THE VIRUS.**

**FACT.**

**CAN'T  
PASS  
IT ON**



KWP

Knowledge

Will

Power



# U=U Consensus Statement

- 640+ organisations
- 75 Countries
- 15 languages
- Clinicians, medical experts and activists
- <https://www.preventionaccess.org/community>

**nam** **aidsmap**

*HIV & AIDS – sharing knowledge, changing lives*

**U=U** Undetectable  
Equals Untransmittable

NAM supports the Consensus Statement on the risk of sexual transmission of HIV from a person living with HIV who has an undetectable viral load.

[www.preventionaccess.org/consensus](http://www.preventionaccess.org/consensus)

Confidence to know I'm not putting others at risk  
Freedom from disclosure  
Being generally healthy  
Knowing others have nothing to fear  
Freedom of choice around sex  
Makes me feel better  
U=uplifting Lots of sex  
Guilt free sex and relief Choice  
Power Removing guilt feeling  
Bareback U=U? Hope  
I am only responsible to me You can have sex  
Peace of mind of not infecting others  
Education Education Education  
I am safe and cannot pass on my HIV  
Freedom A gamechanger  
Safe sex Peace of mind  
Normalisation Knowledge Be confident  
Courage to tell another person  
Absence of evidence = evidence of absence  
Unlikely to get seriously ill

# U=U Feels Good

I feel much  
more in  
control of  
my HIV

U=U has made  
it easier to  
disclose my  
status.

Knowing I won't  
pass HIV on to  
my partner  
allows us to be  
intimate in ways  
we haven't in  
years



# Your Approach

What best describes your approach to discussing U=U?

- A. I proactively discuss U = U with all PLWHIV I work with
- B. I wait for someone to raise the issue of U = U before I discuss it
- C. I only discuss U=U in specific situations e.g. at diagnosis, around conception
- D. I don't discuss U=U
- E. Other

# Your Approach

- ⦿ Proactive

- ⦿ Reactive

- ⦿ Depends.....

# Your Approach

How do you define U=U?

A. A person would be considered non-infectious when ***they are on treatment and have had an undetectable viral load for 6 months***

***or***

A. A person would be considered non-infectious when ***they have been on treatment for 6 months and have an undetectable viral load***



# If you believe it, so will they!

- Understanding the message has significant impact for individuals living with HIV
- Healthcare professionals need to adapt a consistency of message around U=U
- The language we use makes a difference:
  - *"Could"* *"Might"* *"Low risk"*?
  - *"Can't"* *"Won't"* *"No risk"*?

**Can't pass it on  
Cannot transmit  
Zero risk  
Prevents HIV**

**Extremely unlikely  
Nearly impossible  
Close to zero  
Helps prevent HIV**

# If you believe it, so will they!

- ▶ HIV Transmission
- ▶ Might not pass on HIV ....
- ▶ Low risk.....
- ▶ Negligible risk....

- ▶ Pass on HIV...
- ▶ Cant pass on HIV ....
- ▶ No risk...
- ▶ Zero risk....



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