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

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

- Total HIV-1 Transmission Events: 39
  - 4 in immediate arm and
  - 35 in delayed arm; $P < .001$

- Linked Transmissions: 28
- Unlinked or TBD Transmissions: 11

- Single transmission in patient in immediate HAART arm believed to have occurred close to time therapy began and prior to suppression of genital tract HIV

Rakai study
Quinn et al NEJM 2000
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:

Barzilai B et al. (presentor: Dr. Shafi Al, 9th International AIDS Society Conference on HIV Science, Paris, abstract no. TUAC0120LS, July 2017)

Partners PrEP Study

4758 HIV serodiscordant couples
(HIV+ partner not yet medically eligible for ART)

Randomize HIV- partners
(normal liver, renal, hematologic function)

TDF once daily  FTC/TDF once daily  Placebo once daily

All receiving comprehensive HIV prevention services
Follow couples for up to 36 months

1st endpoint: HIV infection in HIV- partner
Co-1st endpoint: Safety
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.
Talking TaSP and U=U

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PEOPLE ON EFFECTIVE HIV TREATMENT CANNOT PASS ON THE VIRUS.

FACT.
KWP

Knowledge

Will

Power
U=U Consensus Statement

- 640+ organisations
- 75 Countries
- 15 languages
- Clinicians, medical experts and activists
- https://www.preventionaccess.org/community
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
Removing guilt feeling
Power
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
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
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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