U=U

The Healthcare professional perspective

Joe Phillips
Nurse Practitioner
56 Dean Street

Chelsea and Westminster Hospital NHS
NHS Foundation Trust

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Declaration of Interests

- None

History

- Swiss statement 2008
- HPTN-052 2011
- PARTNER 2014 (prelim) & 2016 (final)
- U = U Prevention Access Campaign 2016

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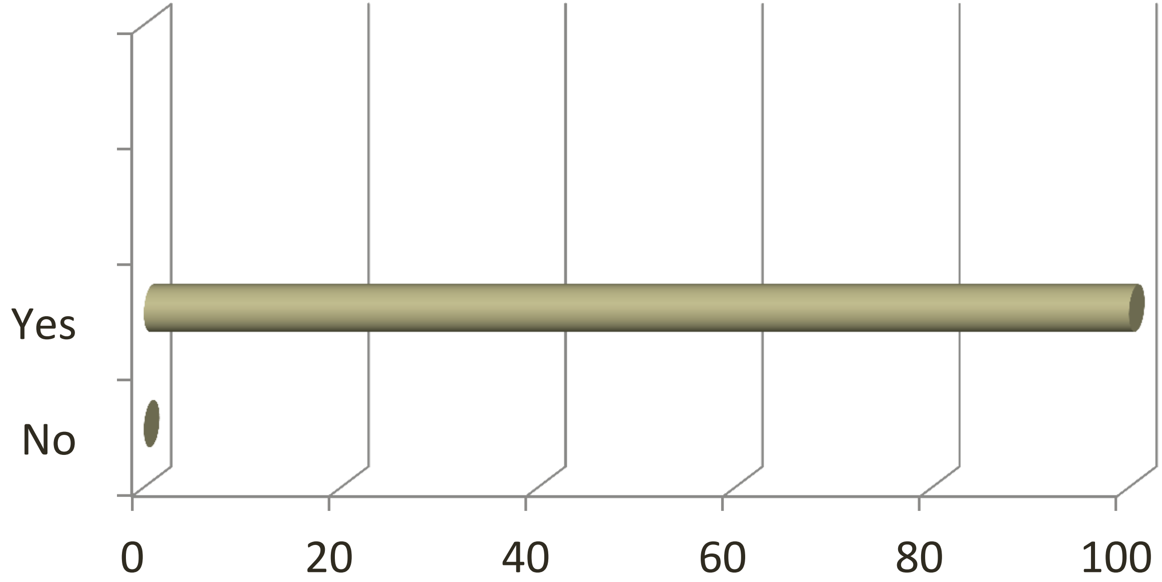
Have you heard of U = U before?



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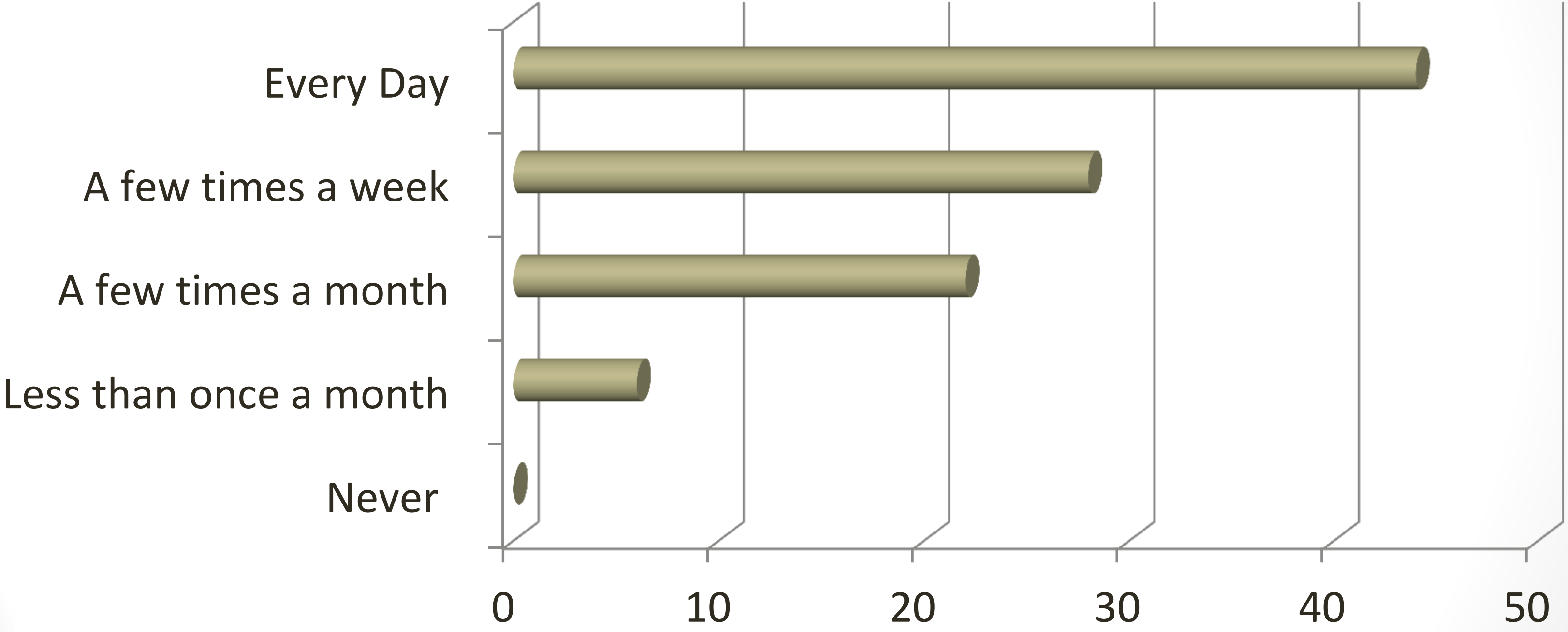
How often do you have conversations about U=U with patients?



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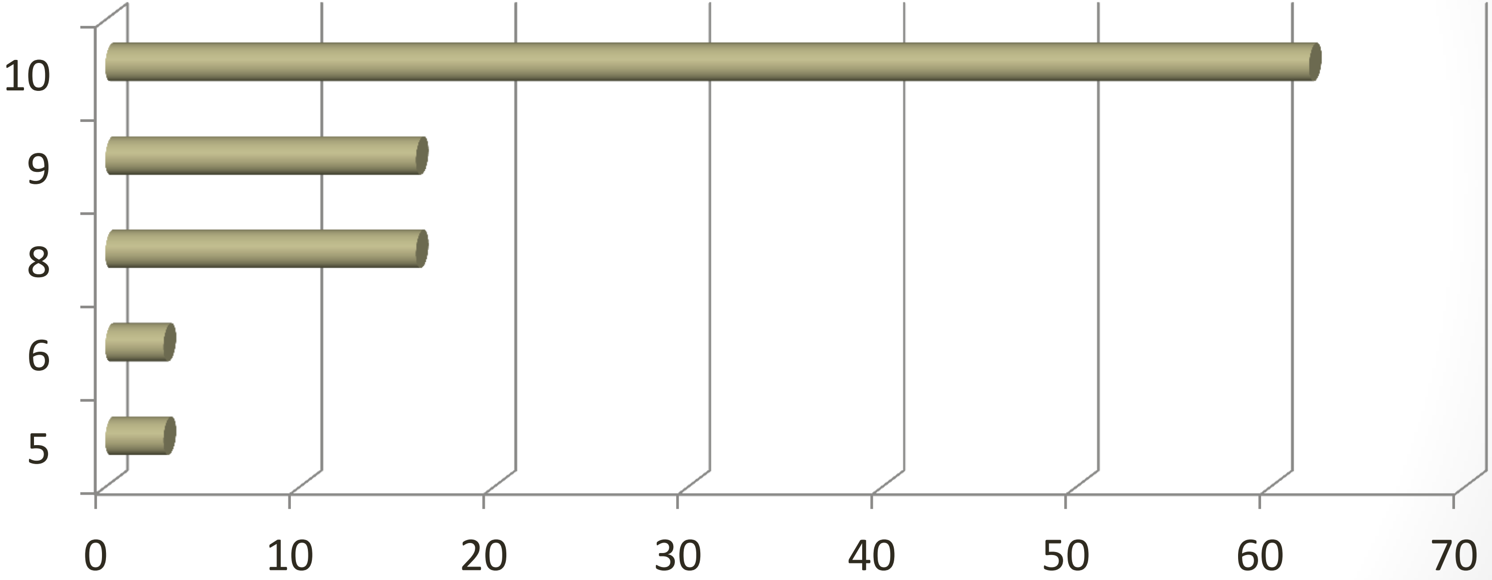
On a scale of 0 to 10, where 0 is not at all and 10 is completely, how confident are you in explaining/discussing U=U with patients?



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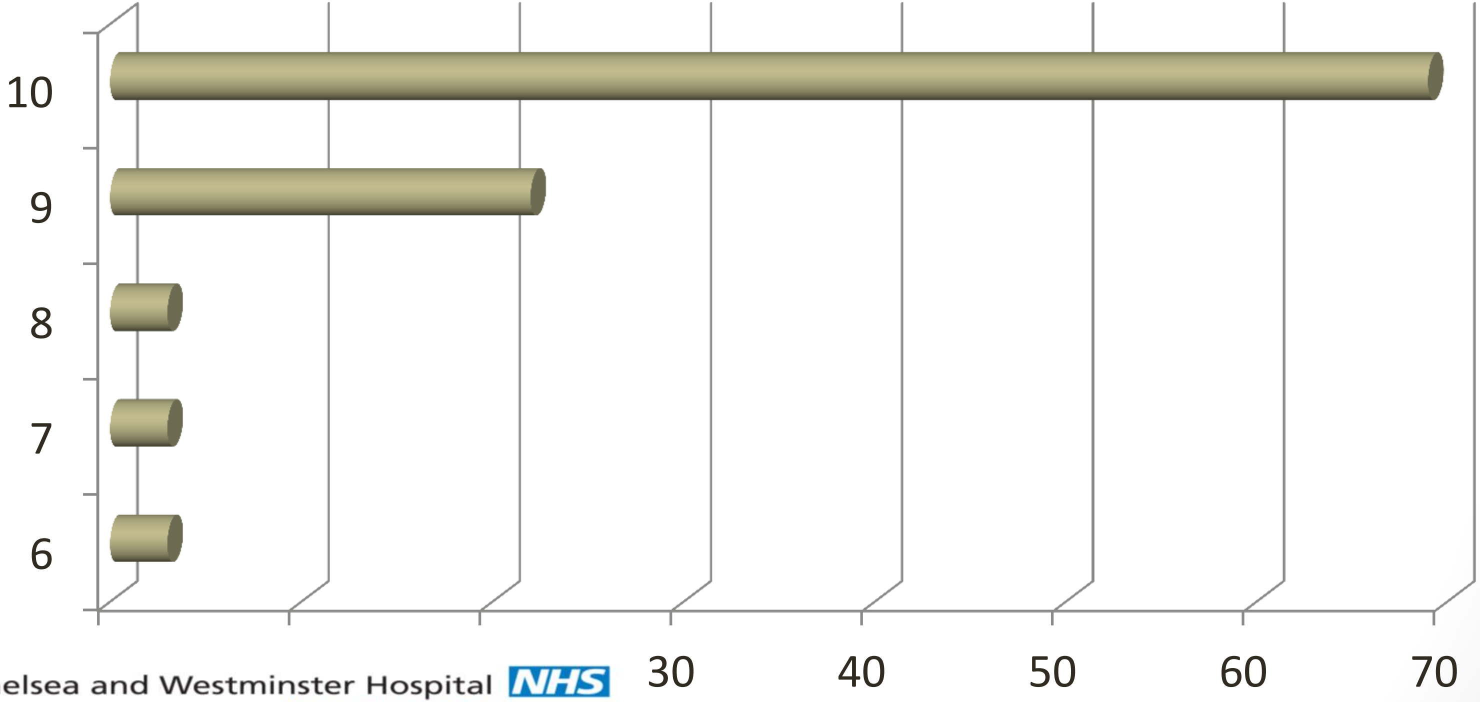
On a scale of 0 to 10, where 0 is not at all and 10 is completely, how confident are you that U=U?



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Are there any challenges that U=U has raised in your clinical practice?

I think its hard to overstate how deeply ingrained HIV anxiety and HIV stigma have become over the years. U=U is unlikely to be a one-off conversation with patients, but instead a consistent message that requires frequent re-stating.

Mainly around pregnancy and parenthood surrogacy etc

Patients are not always convinced that it's true

As someone who has been in sexual health approx. 10 years it's been a change for me to feel comfortable with saying that undetectable means no risk whatsoever. I just spent most of my early career saying "well it's very low risk and there are no documented cases, but low risk isn't no risk".

Confronting distrust patients' have in this fact, and the mistrust they have in sexual partners who state they have UDVL

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Has U=U changed your clinical practice?

U=U is major public health breakthrough, and messages about U=U are an incredible tool for reducing HIV stigma - a stigma that is seen within the communities, and often internalised by those living with HIV.

Very much so, as I become more confident with advising this it's nice to be able to reassure patients.

I discuss it more readily with every patient since international endorsement and growing evidence base

Discussions around PEP (and the need for it)

It has given an additional tool in empowering PLWHIV against the negative psychological effects of a HIV diagnosis (self-stigma, external stigma, shame etc.) and has enabled conversations about feeling more secure in sexual relations, as they know they will not pass the virus on, and discussions about even more diverse range of experiences, such as parenthood

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Limitations and what next…?

U=U

UNDETECTABLE = UNTRANSMITTABLE