NATIONAL **S**RYAN WHITE CONFERENCE ON HIV CARE & TREATMENT



Realizing the Dream: Facilitating the Adoption of "Undetectable = Untransmittable" in Philosophy and Practice

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Learning Objectives:

Participants will be able to:

- Describe the studies underpinning, and the importance of communicating, U=U to patients/clients
- Learn language and scripts to discuss U=U with patients/clients
- Describe lessons learned by the MDHHS and the AETCs implementing U=U



PARTNER2: HIV Risk in Serodiscordant MSM Partners

Multicenter, observational, prospective study of HIV serodiscordant couples in which the HIV-positive partners received suppressive ART

- PARTNER1: 2010-2014 (MSM and heterosexuals)
- PARTNER2: 2014-2018 (MSM only)

Primary aim: estimate within-couple HIV transmission risk for serodiscordant MSM having condomless sex while HIV-positive partner had HIV-1 RNA < 200 copies/mL

- No PEP or PrEP use reported by HIV-negative partner
- Linked infections established by phylogenetic analysis of HIV-1 pol and env sequences isolated from plasma or PBMCs





PARTNER2: HIV Transmission

No linked transmissions documented in ~ 77,000 condomless sex acts when HIV positive MSM partner suppressed to HIV-1 RNA < 200 copies/mL

Sexual Behavior Reported by HIV-Negative Partner	Linked Transmissions, n	Upper 95% Cl*	Condomless Sex Acts, n	CYFU
Any sex	0	0.23 ⁺	76991	1596
Anal sex	0	0.24	70743	1546
Insertive anal sex	0	0.27	52572	1345
Receptive anal sex without ejaculation	0	0.43	23153	867
Receptive anal sex with ejaculation	0	0.57	20770	652
Any sex with an STI	0	2.74	6301	135
Unlinked transmissions occurred in 15 initially HIV-negative MSM partners				

For rate of within-couple HIV transmission per 100 CYFU. ⁺Compared with 0.84 for MSM and 0.46 for heterosexuals in PARTNER1

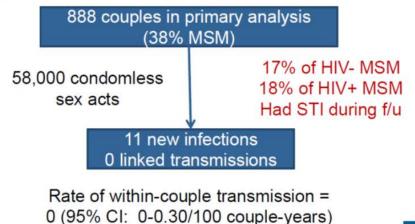
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Data builds on prior studies

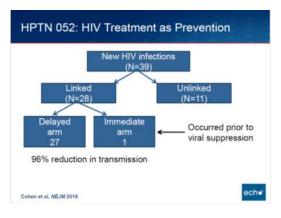


 Observational study of serodiscordant couples with HIV+ partner on ART to evaluate the risk of transmission



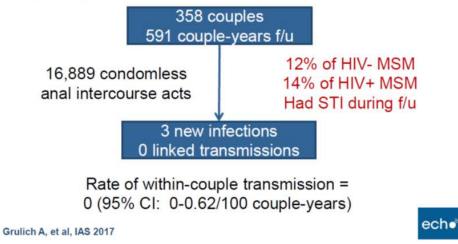
echo

Rodger et al, JAMA 2016



Opposites Attract

 Observational study of MSM sero-discordant couples in Australia, Thailand, Brazil





In over 150,000 condomless, PrEPless sex acts, ZERO transmissions when virally suppressed.

You would have to have sex for 416 years to find one transmission.



Realizing the Dream in Michigan

Dawn Lukomski, HIV Section Manager Michigan Department of Health and Human Services





STATE OF MICHIGAN DEPARTMENT OF HEALTH AND HUMAN SERVICES LANSING

DIRECTOR

FOR IMMEDIATE RELEASE: October 11, 2017 contact: Erica Quealy <u>quealye@michigan.gov</u> 517-241-2112

MDHHS supports HIV Prevention Campaign – Undetectable = Untransmittable

Based on the emerging research, the scientific consensus is that a person living with HIV taking antiretroviral therapy (ART) as prescribed with an undetectable viral load in their blood sample for at least six months has a negligible risk of transmitting HIV sexually.

While viral suppression prevents the sexual transmission of HIV, condoms and/or pre-exposure prophylaxis (PrEP) use are also important HIV prevention strategies...Using condoms correctly and during every sex act helps to protect against pregnancy and other sexually transmitted infections, such as syphilis, gonorrhea or chlamydia.



RICK SNYDER

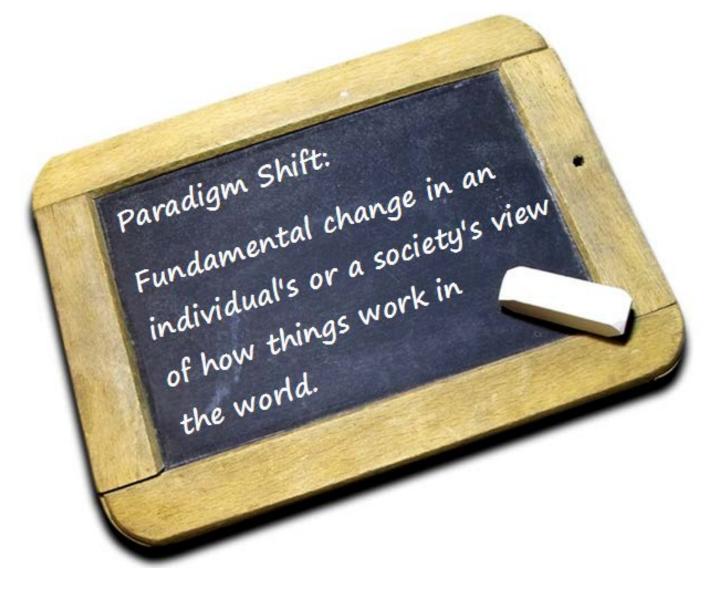
GOVERNOR

INITIAL STRATEGY

Staff from HIV and STD Sections were asked to take the lead on U = U "roll-out" in Michigan

- One from HIV and one from STD
- Both trainers and prevention counselors
- Background influenced their approach
- Team was excited...honored...and overwhelmed by the scope and responsibility of the task

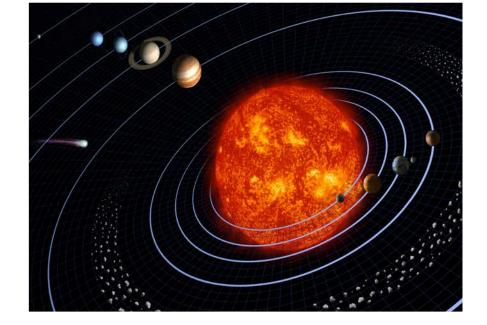
















OUR OWN HOUSE FIRST...

- Conducted four day-long trainings with MDHHS Staff
- HIV Care and Prevention
- STD Prevention
- HIV and STD Epidemiology



GOALS FOR TRAINING OF DIVISION STAFF

To ensure that all MDHHS staff have accurate information about U = U

To provide a space and time for Division staff to consider how this information fits into our personal understanding of HIV risk and transmission

To explore how the concept of U = U applies to our work at MDHHS, and individual Units and Divisions.



TRAINING STRATEGIES

- Lecture of factual information
- Personal reflection exercise to explore feelings and beliefs about U = U and client's use of the prevention strategy
- Team development of Accountability Workplan on how to incorporate U=U into daily work going forward
- Personal stories and quotes highlighting the impact of HIV stigma and the hope underlying U = U



"There was something in me that said I'm damaged and I made a mistake, and people see it and I'm a danger. When I finally internalized this message...something suddenly lifted off of me that is hard to describe. It was almost as if someone wiped me clean. I no longer feel like this diseased pariah."

- Mark King



"It was like the sky opened. Are you kidding? There's like, zero risk? I don't feel like I'm a threat anymore. I don't feel like I'm dirty. I don't feel like I'm a dangerous person."

- Jennifer Vaughan



RESULTS – Division Training Sessions

 85% of workshop participants agreed they were able to comfortably discuss U=U following training

 87% agreed they felt able to integrate U=U into their work



Incorporation of U = U into Ryan White Services...to date

- 1. Science and study information incorporated into Case Management Trainings as lecture and role-play variable
- 2. Provision of Frequently Asked Questions (FAQ) document to providers to answer patient and partner questions
- 3. Increased emphasis on protection of sexual partners and peace of mind as a motivator to treatment initiation and adherence in LTC and D2C engagement scripts and client scenarios



ON-GOING WORK - EXTERNAL PARTNERS

- Audiences
- Local and Statewide HIV Planning Councils
- Local Health Department clinic staff
- HIV service organizations
- Infectious disease clinic staff
- People living with HIV
- Local Public Health Medical Directors and Health Officers
- "The Grandma's" general population











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KEEP CALM AND SPREAD THE WORD



Psychological Benefits of U=U

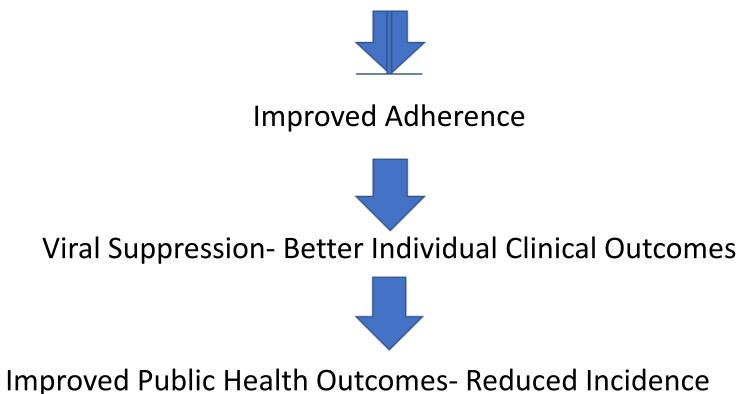
Frank, 2018

- Replaces fear of contagion with a focus on relationships and engagement with other partners
- > Replaces danger as part of sexual encounters with a personal connection
- Replaces self-doubt in sexual encounters with self efficacy
- > Replaces worry about risk of transmission with more peace of mind
- > Replaces risk with minimizing risk to others
- > Replaces choosing only HIV + partners with both HIV+ and HIV- partners
- > Replaces self perception of a vector of disease with positive self image



Additional Benefits of U=U

Improves Adherence Motivation





Examples of U=U Risk Messaging

Term Used	Source
"Cannot transmit"	US Dept. of Veterans Affairs website
"Effectively no risk"	CDC, NIH
"From a practical standpoint, the risk is zero"	Anthony Fauci, NIAID director in interview
"No longer infectious" "No risk for HIV transmission" "Cannot be passed on"	Dr. Julio Montaner
"Cannot transmit" "Zero chance"	Lancet editorial
"Do not transmit"	IAS, NY State DOH, NASTAD etc
"Can't pass it on"	Several public health campaigns

Document available on Prevention Access Campaign website





UNDETECTABLE = UNTRANSMITTABLE



"People who take ART daily as prescribed and achieve and maintain an undetectable viral load have effectively no risk of sexually transmitting the virus to an HIV-negative partner." The U.S. Centers for Disease Control and Prevention (CDC) (September, 2017)



U=U Activity Directions

Create your message

- 1. Locate your numbered scenario
- 2. Take 2-3 minutes to read your scenario and formulate your response
 - How will you explain U=U to this patient(s)?

Role Play

- 1. Find a partner with a different number than you
- 2. Exchange scenarios
- 3. Play the person described in the scenario
- 4. Receive the U=U message
- 5. Repeat 3, 4 with the other partners scenario





Thank you!