

# U=Us: Collective Action and the HIV Response

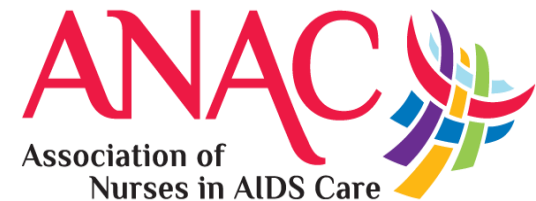
## **Faculty:**

Murray Penner, BSW

## **Moderator:**

Sheila Tumilty, BSN, RN, ACRN

April 19<sup>th</sup>, 2023



# The Association of Nurses in AIDS Care (ANAC)

**Mission:** ANAC fosters the professional development of nurses and others involved in the delivery of health care for persons at risk for, living with and/or affected by the human immunodeficiency virus (HIV) and its comorbidities. ANAC promotes the health, welfare and rights of people living with HIV around the world.

# Nursing Continuing Professional Development (NCPD)

ANAC will provide one contact hour of NCPD on completion of this activity.

To receive a certificate of completion, attendees must:

- Be registered to attend
- View today's webinar presentation in its entirety
- Complete the online, post-activity evaluation. You will receive a link to the evaluation by email.

**The deadline to claim contact hours is December 31, 2023.**



ANAC is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

NCPD questions? Email [Sheila@anacnet.org](mailto:Sheila@anacnet.org)



# Learning Outcomes

At the conclusion of today's activity, participants will be able to:

- Describe the importance of U=U as a messaging tool to assist in the U.S. HIV response to ending the epidemic.
- Review effective communication strategies when discussing U=U with patients, clients and the general public

# Disclosures

The planners and presenters of this educational activity have no relevant financial relationships to disclose.

# Housekeeping

- This webinar is being recorded
- Your lines will be muted during the webinar
- Type questions in the “Question” pane of your dashboard
- There will be a Q & A session at the end of the webinar





# Faculty



Murray Penner, BSW  
Executive Director  
U=U plus



**Association of Nurses  
in AIDS Care  
April 19, 2023**

**U = Us  
COLLECTIVE ACTION  
AND THE HIV RESPONSE**

**Murray Penner,  
Executive Director  
U=U plus**



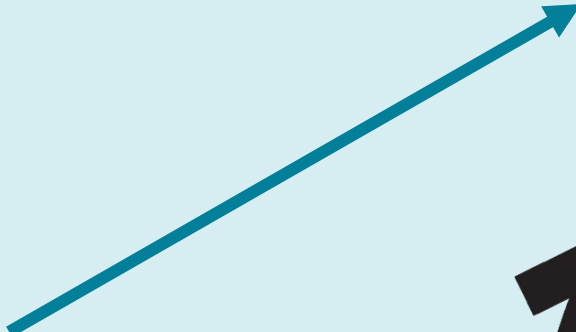
# About U=U plus

Launched in 2022, U=U plus is the official U=U organization in the United States. Our team of U=U champions have been on the front lines of U=U since it launched. Our collective expertise includes experience from the front lines all the way to the federal HIV response, and everything in between.

We empower, engage, and educate people who are living with or vulnerable to HIV and the individuals, organizations, and systems that serve them.



# U.S. SPECIFIC ORGANIZATION



**New organization to focus on U=U & more in the U.S.**



u n d e t e c t a b l e

PrEP

e - q u a b - i - t w s u e r t u n

U=U  PrEP

working together to end the HIV epidemic

**THANK YOU**

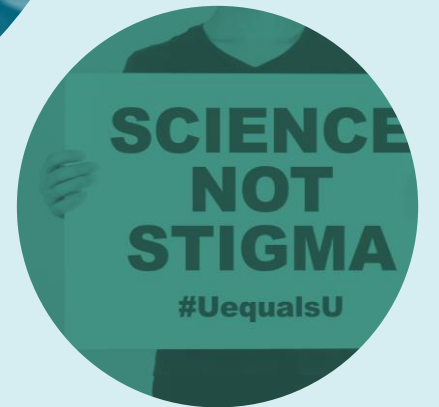
**TO OUR**

**U=U CHAMPIONS**

# WHAT IS U=U?

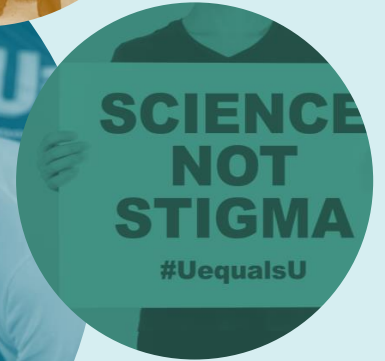
**Undetectable =  
Untransmittable**

People living with HIV who are on treatment and have an undetectable viral load (<200 copies/mL) **CANNOT** transmit HIV through sex



# WHY IS U=U A GAME CHANGER?

- Improves quality of life of people living with HIV
- Reduces HIV stigma
- Accelerates progress toward Ending the HIV Epidemic targets
  - *Diagnosis*: Reduces anxiety associated with HIV testing
  - *Prevent*: prevents new transmissions of HIV to partners of people living with HIV (alongside PrEP)
  - *Treat*: Incentive to start treatment and engage in care
  - *Viral suppression*: Motivation to stay on treatment and in care
- Modernizes discriminatory laws, policies, and practices
- Calls for universal access to treatment, care, and diagnostics





# WHAT'S NEW WITH U=U



# FEDERAL GOVERNMENT U=U LANGUAGE



National Institutes  
of Health



CDC – Incremental updates

“Will not transmit HIV to sex partners”

“Undetectable = Untransmittable”

“100% effective with optimal use”

“Studies show zero risk”

“#UequalsU”

# Federal Government Endorses U=U



# **QOL IN NATIONAL HIV/AIDS STRATEGY**

NEW QUALITY OF LIFE  
INDICATORS

# Quality of Life Indicator Development

- NHAS committed to developing new indicator on quality of life among people with HIV

*“Quality of life for people with HIV was designated as the subject for a developmental indicator, meaning that data sources, measures, and targets will be identified and progress monitored thereafter.”*
- ONAP tasked workgroup of federal subject matter experts to listen to community input and identify options for possible measures, data sources, and targets
- Ultimately adopted 5 new indicators, rather than just a single one, to better assess the multiple dimensions of quality of life



**IMPROVED  
OUTCOMES WITH U=U**



# EVIDENCE PROVING U=U

OVER  
4,200  
COUPLES

SEX  
WITHOUT  
CONDOMS  
> 125,000  
TIMES

Summary of Recent Evidence for Undetectable=Untransmittable (U=U)

Study	Enrolled Sample	Study Design	Number of Condomless Sex Acts	Number of New HIV Infections		
				Total	Phylogenetically Linked	Phylogenetically Linked When HIV+ Partner Stably Virally Suppressed
HPTN 052 Cohen et al., 2016	1,763 serodifferent couples • 98% male-female couples	2-arm trial with HIV+ partner randomized to early or delayed ART	-	78 • 19 in early-ART group • 59 in delayed-ART group	46 • 3 in early-ART group • 43 in delayed-ART group	0
PARTNER1 Rodger et al., 2016	1,166 serodifferent couples • 888 in analytic subset • 62% male-female couples	Observational study	55,193 • 34,214 among male-female couples • 20,979 among male-male couples	11	0	0
Opposites Attract Bavinton et al., 2018	358 serodifferent male-male couples	Observational study	12,447 • counted when HIV+ partner virally suppressed and HIV-partner not on PrEP	3	0	0
PARTNER2 Rodger et al., 2019	972 serodifferent male-male couples • 783 in analytic subset	Observational study	76,991	15	0	0

# Care

- Quality of life
- Improved health outcomes, incl. viral suppression
- Comfort sharing status
- Self image

&

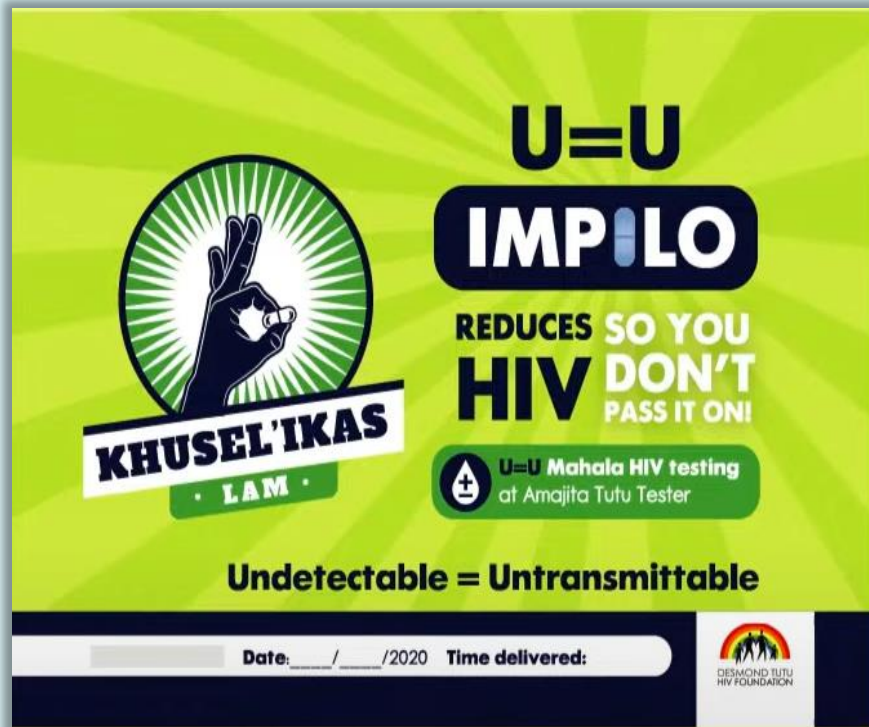
# Prevention

- Increases HIV testing uptake
- Prevents new transmissions

- Stigma reduction
- Status neutral systems of care



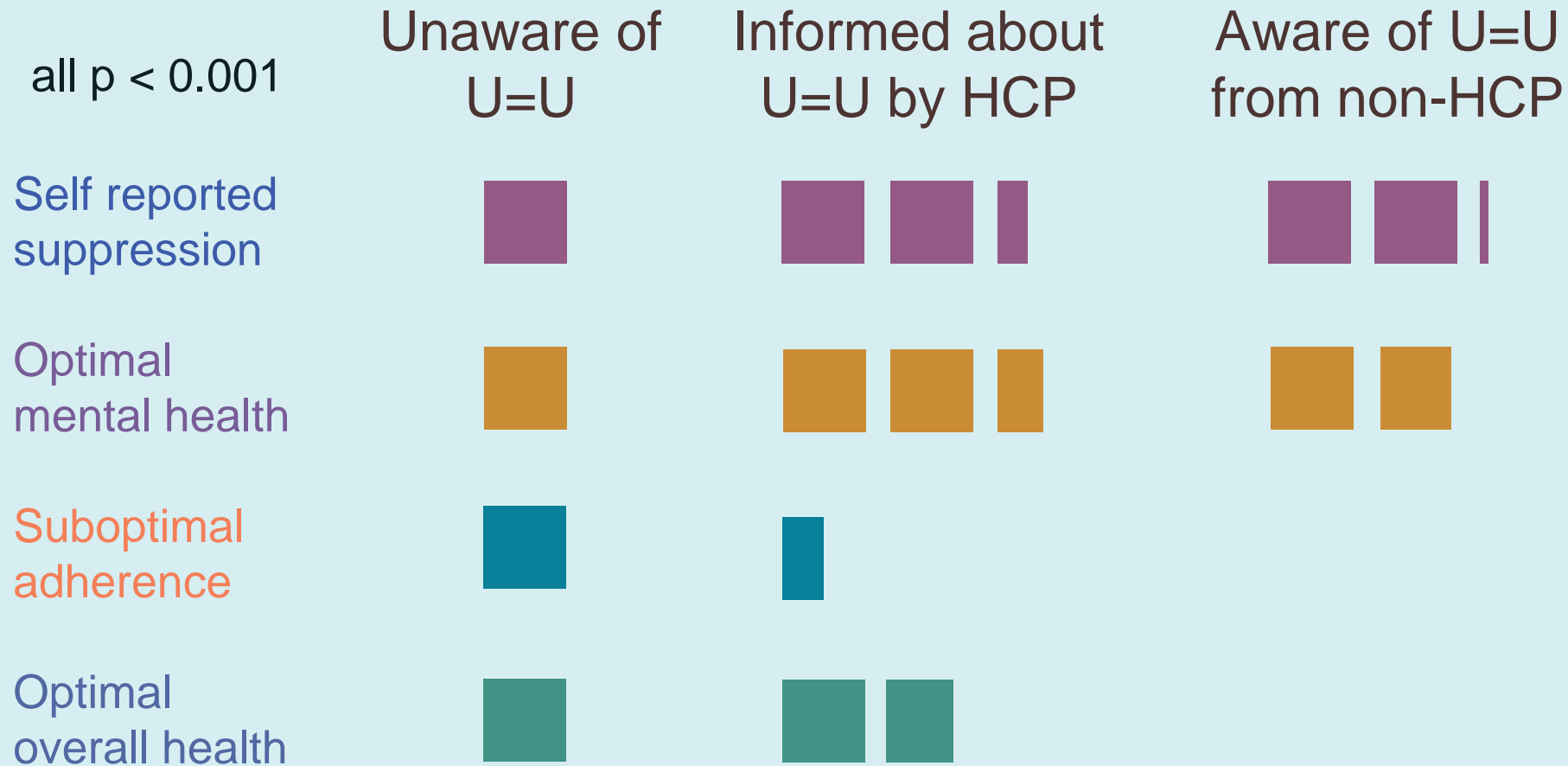
# U=U INCREASES HIV TESTING UPTAKE



89%  
more likely  
with U=U  
 $p < 0.01$

Smith, P., et al (2021). Undetectable = untransmittable (U = U) messaging increases uptake of HIV testing among men: Results from a pilot cluster randomized trial. <https://doi.org/10.1007/s10461-021-03284-y>

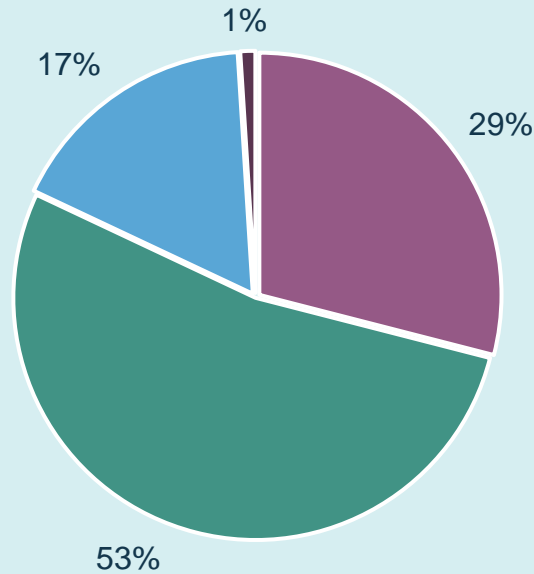
# U=U IMPROVES HEALTH OUTCOMES & QUALITY OF LIFE



Okoli, C., et al (2020). Undetectable equals untransmittable (U = U): Awareness and associations with health outcomes among people living with HIV in 25 countries. <https://doi.org/10.1136/sextrans-2020-054551>

# U=U CAN **REDUCE** NEW TRANSMISSIONS

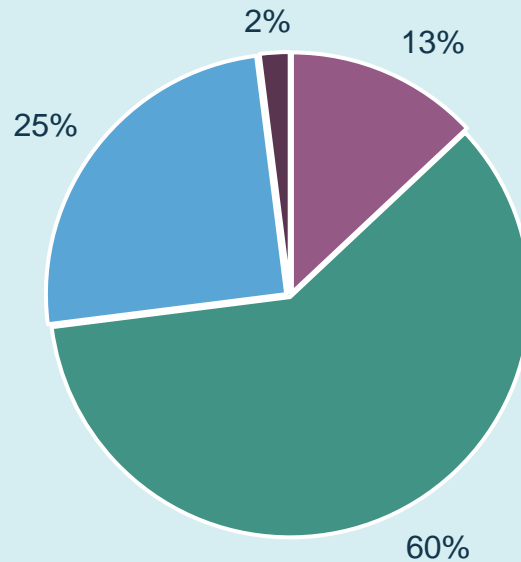
## Current (2020) Allocation



■ HIV screening ■ PrEP ■ HIV Care ■ SSP

333,100 new HIV transmissions  
2018 to 2027

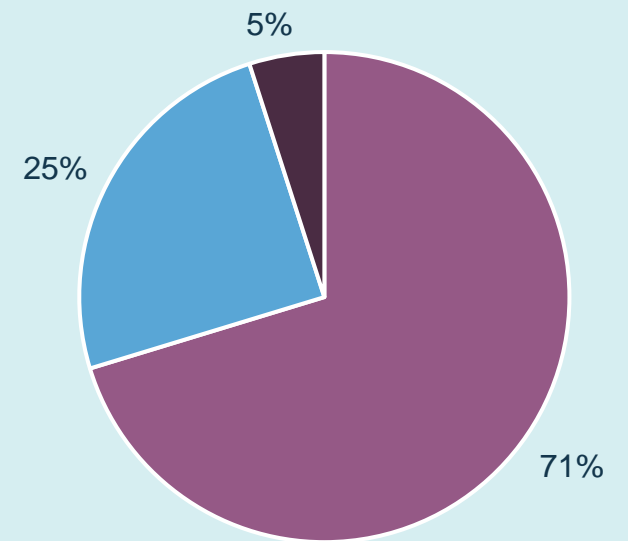
## Limited Reach Scenario



■ HIV screening ■ PrEP ■ HIV Care ■ SSP

**69% reduction**  
compared to current allocation

## Ideal Reach Scenario



■ HIV screening ■ HIV Care ■ SSP

**94% reduction**  
compared to current allocation



Personal Health

**WIN**  
**WIN**

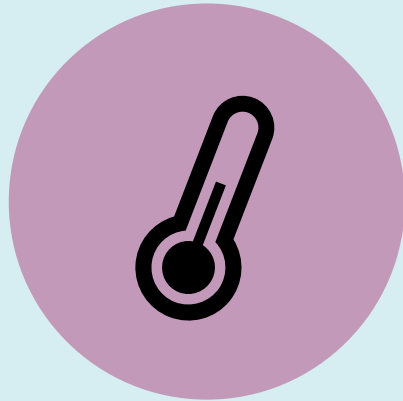


Public Health

**More About**

**U = U**

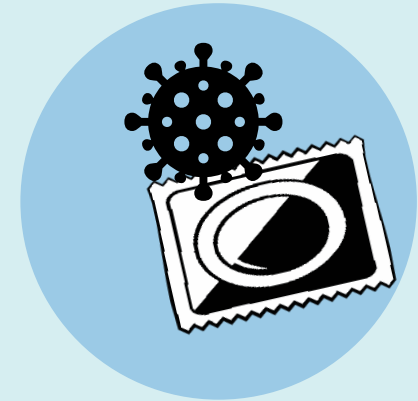
**U=U IS  
ABOUT**



<200



→SEX



→HIV

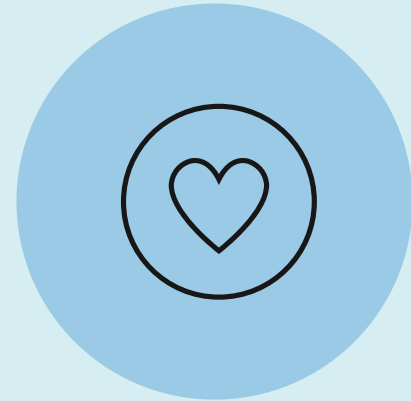
# ADHERENCE MESSAGING



**TREATMENT**



**LABS**



**CARE**



# LANGUAGE MATTERS



**Clear**



**Consistent**



**Confident**



**Conscious**

# Communicating

U=U

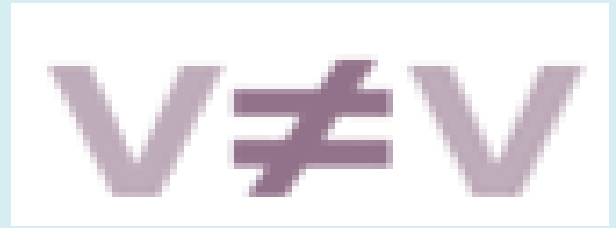
## DO Say

Can't pass it on  
Can't transmit  
Prevents HIV  
Impossible  
Zero risk  
100% effective

## DON'T Say

~~Negligible~~  
~~Extremely unlikely~~  
~~Helps prevent~~  
~~Virtually impossible~~  
~~Close to zeros~~  
~~Effectively no risk~~

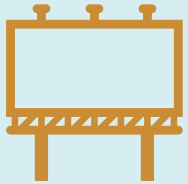
# ATTITUDES MATTER



## Viral Load does not equal Value

- All people with HIV have **options for safer sex:** condoms and PrEP (in the U.S.) are effective choices
- Use messaging that is viral load **morally neutral**
- Acknowledge that treatment is a **personal decision and not a public health responsibility**
- Recognize **structural barriers** that make it difficult or impossible for people to start and stay on treatment especially for marginalized communities
- Use the public health argument to **remove barriers to universal access**

# PUBLIC HEALTH U=U INTEGRATION



**Campaigns** about HIV prevention, care, & services



Include U=U in **funding announcements** & workplans



Update **policies** & procedures to include U=U



**Status neutral** approaches to prevention



**Train** HIV workforce & advocates



**Promote** U=U in social media & outreach materials

# U=U + You

## CALL TO ACTION



**Integrate** U=U into policies, guidelines, strategies, plans, and programs



**Educate** and encourage dialogue about U=U among HIV workforce, advocates, and the community



**Promote** U=U clearly, repeatedly, and prominently in all health communications: **#UequalsU**



**Advocate** to increase access to care to fight stigma, improve quality of life, and prevent new transmissions



**Thank you!**

**MURRAY@UEQUALSUPPLUS.ORG**

# QUESTIONS



# Nursing Continuing Professional Development

To be awarded contact hours for this webinar, complete the evaluation found here:

<https://www.classmarker.com/online-test/start/?quiz=b37643d85dd798af>

You also will receive an email with this link within two days after the webinar

**Additional Questions?**

**Email Sheila at [Sheila@anacnet.org](mailto:Sheila@anacnet.org)**

The Association of Nurses in AIDS Care (ANAC) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.







Oct. 25 - 28  
**ANAC2023**  
New Orleans

**OCTOBER 25-28, 2023**

**[WWW.NURSESINAIDSCARE.ORG/CONFERENCE](http://WWW.NURSESINAIDSCARE.ORG/CONFERENCE)**