

Can't Pass It On Training Resource for Healthcare Professionals

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September 2022



A close-up photograph of a middle-aged man and a woman of African descent embracing. The man is on the left, with his eyes closed and a slight smile. The woman is on the right, also with her eyes closed, resting her head against his. The background is dark and out of focus.

**CAN'T
PASS
IT ON**

Terrence
HIGGINS
TRUST

The logo for Terrence Higgins Trust, featuring a white heart shape with a white outline of a person's head and shoulders inside it, set against a dark blue background.

People on effective
HIV treatment **CANNOT**
pass on the virus

FACT

Declaration

- Terrence Higgins Trust Can't Pass it on public campaign and training for professionals was made possible through an educational grant via the Gilead UK and Ireland Fellowship Programme.
- No other financial contributions to declare.



Can't Pass It On: For the public

- Terrence Higgins Trust launched the *Can't Pass It On* Campaign in summer 2017.
- It had extensive community reach with out of home advertising, social media promotion and promotion at various Pride celebrations around the country.
- General public knowledge surveys: **one in ten** people knew or believed the *Can't Pass It On* fact (2017). Latest survey showed a rise to nearly **one in three** (2021).
- *Can't Pass It On* has continued to be a highly recognised brand and public-friendly iteration of the U=U message.



- With people living with HIV reporting they are most likely to experience HIV-related stigma from healthcare professionals, something more focused was needed.



Can't Pass It On: Research

Positive perspectives 2 study(2020)

- 34% (n=801) PLWHIV had not been told about the U=U message by their healthcare professionals
- The 66% (n=1,588) who had been told, were more likely to believe that effective treatment prevents transmission, report treatment satisfaction, have an undetectable viral load and report better general, mental and sexual health.

British HIV Association member survey (2018)

- Only 37% healthcare professionals told PLWHIV that transmission risk was zero.

Terrence Higgins Trust survey (2019)

- Just 39% PLWHIV stated their healthcare professional told them the U=U message.



“I think it should have been explained to me when I was diagnosed i.e. that with treatment I would become undetectable and what that means. Not knowing probably contributed to my own self stigma and my confidence about sharing my status with others. I think this also probably contributed to feelings of isolation.”

White British, recently diagnosed heterosexual woman aged 62

“I wish I had known sooner. I’d have liked to have known that I wasn’t a risk to my husband, and haven’t been for ten years. Reading about it in my clinic waiting room was quite a public way to find that out!”

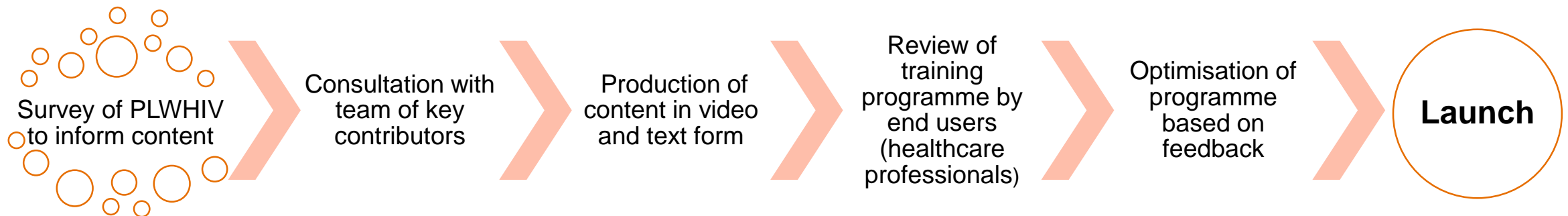
White British, long term diagnosed heterosexual woman aged 48

The learnings from this research was the rationale for the development of an online training resource for healthcare professionals, by healthcare professionals.



Can't Pass it On Training for healthcare professionals

- Comprehensive, first of its kind e-learning training programme for healthcare professionals.
- Seeks to increase their knowledge of and confidence in sharing the "Can't Pass It On/ U=U" message.
- Developed by leading experts including HIV and Sexual Health clinicians, primary care doctors, researchers, activists and people living with HIV who coproduced the training programme.



From WAD 2021 to now, the resource has had **4,603** unique page views and **225** quizzes have been completed



Contents

The training resource includes pages on the following subjects:

- Why U=U is important.
- The evidence supporting the U=U message.
- Talking to patients about U=U.
- Dealing with difficult questions.
- Discussing U=U in primary care.
- The patient's perspective.
- The global perspective.

Case studies of people who found U=U hard to accept at first

Dean shares his experience of not believing a previous partner who told him they were undetectable before he became HIV positive. He reveals the effects on his mental health when he became HIV positive, the impact U=U has had on him and how it has helped with his self-stigma.

Daniel shares his story of needing constant reinforcement and reassurance about the U=U message.



U=U in the context of primary care

Dr Gardiner is a GP and Director of the social enterprise Sexual Health in Practice (SHIP) that teaches GPs and practice nurses about sexual health in primary care.

In this video she explains how and when to bring the subject of Carr Pass It On/Undetectable = Untransmittable up with your patients.



Key messages from videos

In a survey we conducted in November/December 2019, only 1% had heard about U=U or Carr Pass It On from their GP, which is something that must be improved.

Knowing about U=U can have a profound impact on people living with HIV.

Discussing this with your patients shows you are up to date with your knowledge and concerned about their welfare.

A screenshot of the 'Can't Pass It On' training website. The page features a navigation bar with 'TOGETHER WE CAN' logo and links for 'HIV and sexual health', 'Our services', 'Take action', and 'Our work'. The main heading is 'Can't Pass It On training'. Below this is an 'Introduction by Dr Michael Brady' video player. To the right is a 'Training' sidebar with a list of modules: 'Can't Pass It On online', 'Why U=U is important', 'The evidence supporting U=U', 'Talking to patients about U=U', 'Dealing with difficult questions', 'Discussing U=U in primary care', 'The patient's perspective', 'The global perspective', 'Further resources', 'Feedback resources', 'Helpful links', and 'U=U practice for clinicians'. The main content area includes text about the self-directed learning resource, a list of key messages, and a list of topics covered in the training.



Contents

It also includes:

- Quizzes to test people's knowledge at the end of key sections on the resource.
- Training resources - including downloadable PowerPoint presentations, case studies and frequently asked questions
- Patient resources – including downloadable posters and leaflets as well as PowerPoint slides (for reception area screens),
- More on the background research behind U=U.
- Downloadable continuous professional development (CPD) log for healthcare professionals to use as evidence of informal CPD hours

Test your knowledge: Evidence supporting U=U

What does viral load suppression mean? *

- A) A person living with HIV and on treatment and has a measured viral load of less than 300 copies per ml of blood
- B) A person living with HIV and on treatment and has a measured viral load of less than 200 copies per ml of blood
- C) A person living with HIV and on treatment and has a measured viral load of less than 500 copies per ml of blood
- D) A person living with HIV and on treatment and has a measured viral load of less than 100 copies per ml of blood.
- E) A person living with HIV and on treatment and has a measured viral load of less than 20 copies per ml of blood

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Launch

- A stand at the Primary Care and Public Health conference
- Two webinars one with HIV Prevention England and the other with Royal College of General Practitioners that promoted it to their 54,000 members
- Currently applying for accreditation by Royal College of General practitioners
- Promotion through multiple channels, including a Gilead email campaign which resulted in 369 click-throughs from healthcare professionals.
- To date the resource has had over **4,603** unique page views and more than **225** quizzes completed



Try It

<https://www.tht.org.uk/our-work/training/cant-pass-it-training>

- Developed by global leaders and experts in HIV and the U=U message
- Evidence based, collaborative and co-produced
- Comprehensive, accessible and convenient
 - Fully digital
 - Free
 - Modular –‘pick and choose’; bite-size content
 - Can be completed at any time
- Suitable for both HIV Clinicians with high levels of knowledge to train others and also for those other healthcare professionals in other fields who may not have much HIV experience
- Considers the international perspective
- Contributes towards CPD
- Powerful tool for advocating for treatment access
- Encourages better patient communication of CPIO message



Insights

- The project faced many challenges as a result of Covid and the availability of contributors – resulting on it being delayed a number of times. However that gave the opportunity to incorporate the latest evidence and ensure it is up to date.
- It was essential to partner with leading healthcare institutions such as the Royal College of General Practitioners (RCGP) to promote it and build engagement with healthcare professionals.

Feedback from GPs who tested the resource

“Overall this training is in my opinion, outstanding. It covers all the main learning objectives in a clear and concise way. I went away feeling very informed and confident in my knowledge, knowing the scientific research backing up the information” Dr Jayran Mistry, GP

Feedback from GPs attending RCGP webinar

“Great learning! Before attending this webinar, I have not heard of U=U. Counselling patients with suspected/confirmed HIV will definitely be more informative on my part from now on. Very useful. Thank you so much. Looking forward for more on the same topic.”



Acknowledgments

- Many thanks to Dr Michael Brady and George Halfin, for leading this project and providing the presentation content.
- Thank you to Professor Alison Rodger, Professor Chloe Orkin, Dr Melissa Gardener, Bruce Richman, Matthew Hodson and the many other colleagues without whom the *Terrence Higgins Trust Can't Pass It On Training Programme for Healthcare Professionals* would not have been made.
- Thank you to the many people living with HIV who's involvement in the development of the training was instrumental and without whom the programme would not have been made.

