


 Presidenza del Congresso
 Antonello Castagna
 Antonello Castagna
 Massimo Puoti
 Giuliano Rizzardini

 Promosso da
 SIMIT
 Società Italiana di Malattie Infettive e Tropicali

5-7 GIUGNO 2019

UNIVERSITÀ DEGLI STUDI DI MILANO


 PD2


 POSTER YOU CAR 2019

“A survey as an opportunity for education on U=U in PLWHIVA”

 Authors: G.Orofino¹, S.Patrucco², G.L.Cipero², A.Perziano², C.Owen², P.Altini³, M.Gay⁴, R.Angilletta⁵

Introduction/Summary

Launched in 2016, the Undetectable=Untersmittable (U=U) campaign declares that a PLWHIVA who has undetectable viral load cannot transmit HIV.

Up to the end of December 2018, in the scientific literature, there was no Italian research into U=U and its impact on a national basis.

The aim of this research is to examine the knowledge of the U=U slogan, its meaning and its possible effects on ordinary life in a group of PLWHIVA treated by outpatients' clinics; the survey administration itself has been a chance to inform and educate patients about U=U, so all the responders are now informed about this issue.

Study Design

The questionnaire comprises 9 questions, both yes/no and open answers.

It starts with general data such as age, education, gender and sexual orientation, time on ART.

The first part consists of 4 items regarding general U=U knowledge.

The second part is about HIV transmission knowledge/perception: do you think that PLWHIVA, on ART and with constantly undetectable viral load, may infect another person through the three principal ways (sexual, parenteral, vertical)?

The third part includes items aimed at examining the person's effective knowledge of U=U and consequent effects on their behaviours.

The fourth and last part consists of items aimed at exploring generalised opinions about other people, both HIV positive and negative.

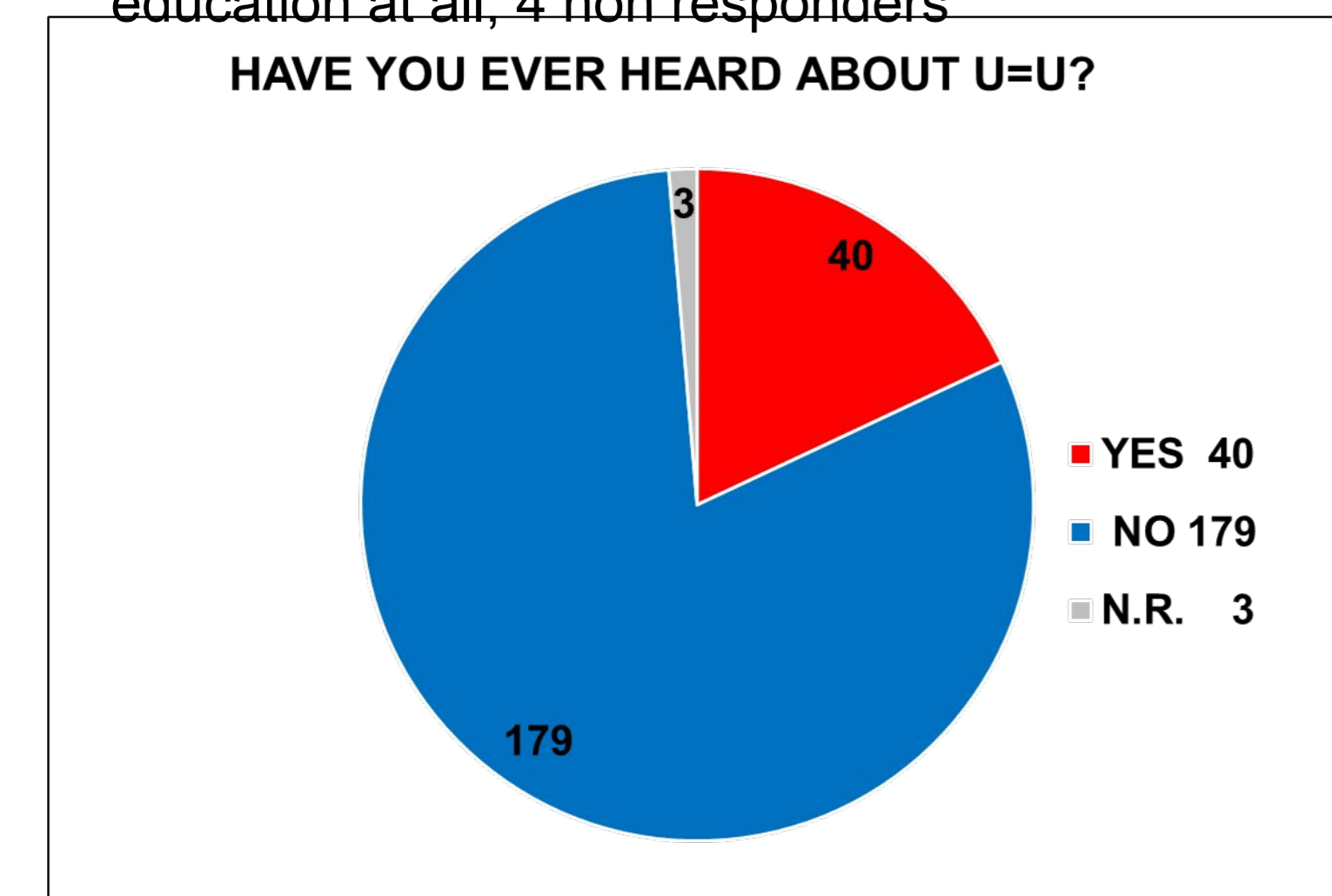
Methods

An anonymous questionnaire was administered to outpatients treated in 2 regional clinics and 2 community centres in the Piedmont region, from 15 January to 15 May 2019.

All the respondents are Italians or Italian speakers.

Results

- 222 questionnaires
- Mean age: 47 years (20-72 years)
- 167 males, 51 females, 1 transgender, 3 non responders
- 111 heterosexuals, 91 homosexuals, 17 bisexual, 3 non responders
- On ART for an average of: 11 years (6 months – 32 years), 1 person from birth
- Education: secondary and upper: 148; 1 no education at all; 4 non responders



Results of 2

Have you ever heard about U=U?

40 yes, 179 no; 3 non responders

Do you think that PLWHIVA on ART, with constantly undetectable viral load (<20 copies), may infect another person through sexual intercourse without condom?

122 yes, 103 no, 7 non responders

Do you think that PLWHIVA on ART, with constantly undetectable viral load, may infect another person through syringe sharing?

153 yes, 59 no, 10 non responders

Do you think that a pregnant PLWHIVA on ART, with constantly undetectable viral load, may infect the baby?

94 yes, 106 no, 22 non responders

Have you ever talked with your physician about the fact that PLWHIVA on ART, with constantly undetectable viral load, does not infect another person even through sexual intercourse without condom?

94 yes, 123 no, 5 non responders

Could what you have been told affect your preventive behaviours?

82 yes, 76 no, 64 non responders

If not, do you think you will talk about this with your physician?

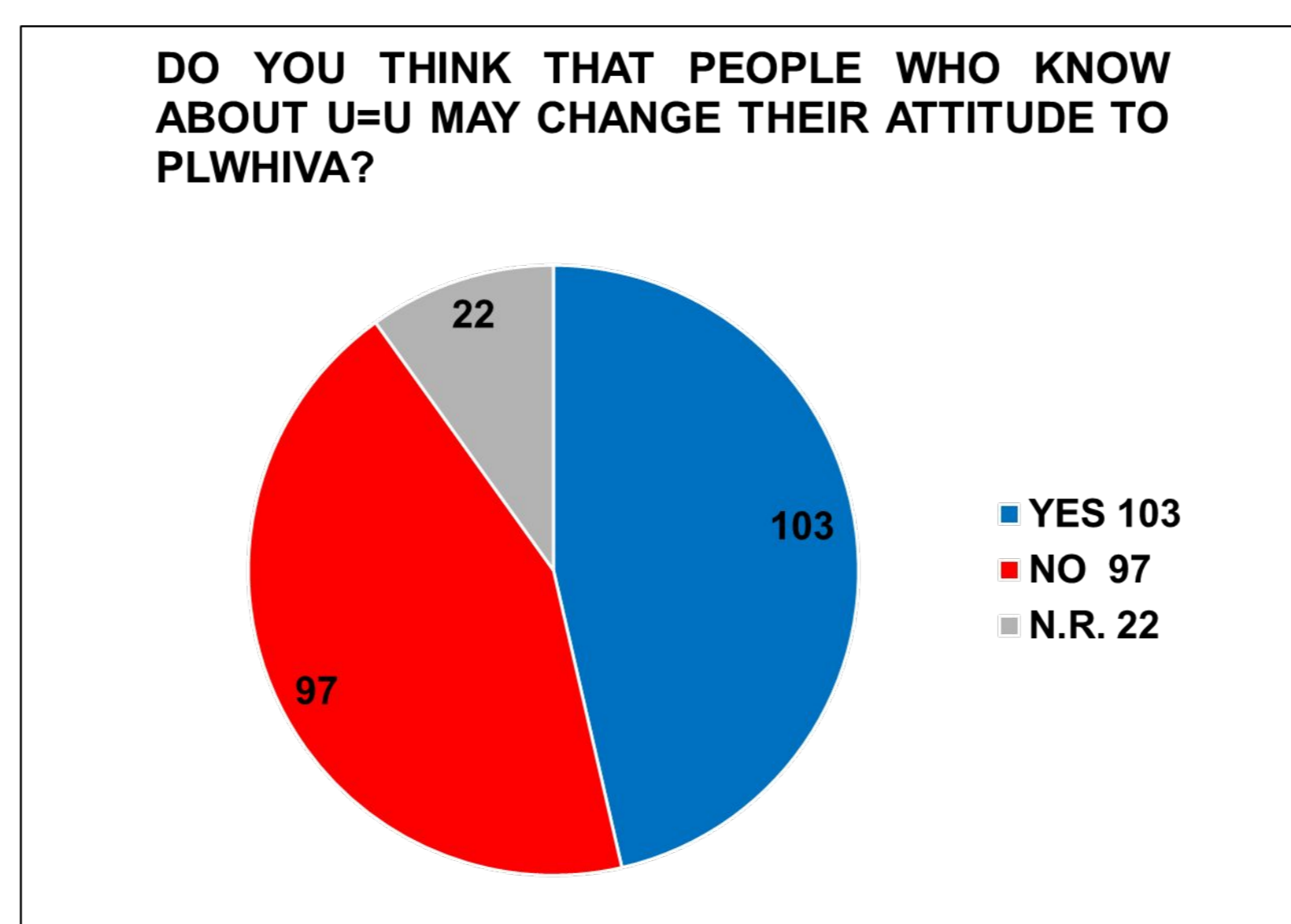
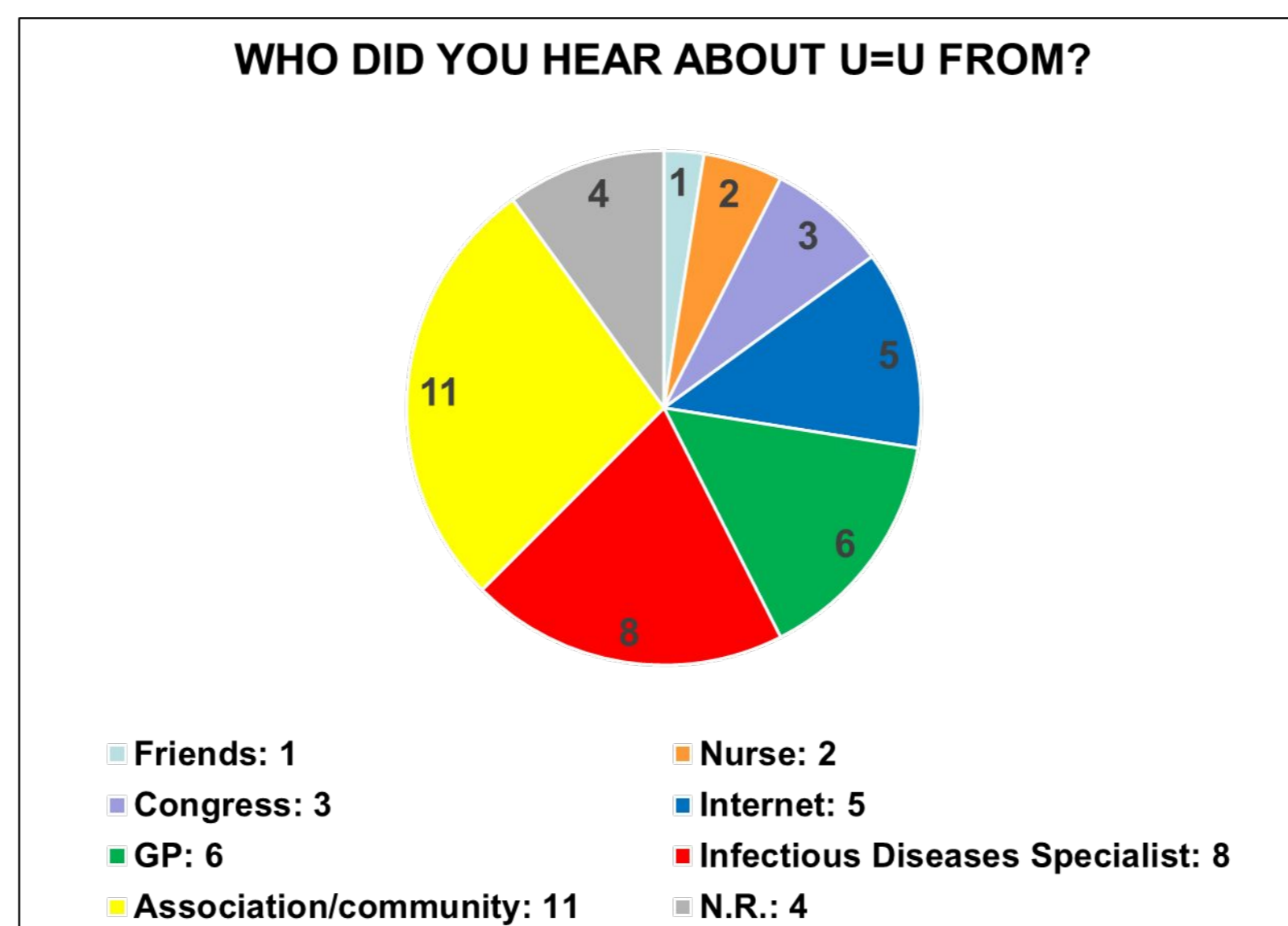
83 yes, 49 no, 90 non responders

Do you think that people who know that a PLWHIVA on ART, with constantly undetectable viral load, does not infect another person, may change their preventive behaviours?

100 yes, 103 no, 19 non responders

Do you think that people who know that a PLWHIVA on ART, with constantly undetectable viral load, does not infect another person, may change their attitude to a PLWHIVA?

103 yes, 97 no, 22 non responders



Results of 3

Who did you hear about U=U from?

- Association/community: 11
- Infectious Diseases Specialist: 8
- GP: 6
- Internet: 5
- Congress: 3
- Nurse: 2
- Friends: 1

How has U=U affected your preventive behaviours?

- No change: 36
- No sexual intercourse: 4
- No condom: 2

How has U=U effected the quality of your life?

- Changed: 30
- For better: 25
- Free from fear of transmission: 14
- No change: 8
- Feeling easier: 6
- Sharing: 2
- More time needed: 2
- Awareness/responsibility: 2

How do you think that PLWHIVA who know that a PLWHIVA on ART, with constantly undetectable viral load, does not infect another person, may change their preventive behaviours?

- No: 33
- No condom: 27
- Yes: 18
- Don't know: 15
- Less attention: 14
- Feeling easier: 13
- Condom: 11

Do you think that people knowing the fact that a PLWHIVA on ART, with constantly undetectable viral load, does not infect another person, may change their preventive behaviours?

- Less attention/no condom: 25
- Less fear/discrimination: 15
- More info needed: 9
- Fear/distrust: 8
- Condom: 6

Do you think that people who know that a PLWHIVA on ART, with constantly undetectable viral load, does not infect another person, may change their attitude to PLWHIVA?

- More info needed: 21
- No change: 16
- Less fear: 16
- Less prejudice/stigma: 14
- Less discrimination: 10
- More discrimination/worries: 9

Conclusion

Results show that U=U, both the slogan and its meaning, is mostly unknown by PLWHIVA in Italy. Should it be adapted in a more effective way?

This survey confirms that informational/ educational/ awareness campaigns are needed by PLWHIVA, who behave quite prudently (condom is widely used), but their awareness must be raised to let them choose their sexual behaviours more consciously.

Reference

1. Infettivologo Malattie Infettive e Tropicali Ospedale Amedeo di Savoia di Torino, Associazione Arcobaleno AIDS Torino
2. Associazione Arcobaleno AIDS Torino
3. Coordinatore Corso di Laurea in Infermieristica Torino, Associazione Arcobaleno AIDS Torino
4. CTSI Ospedale Sant'Antonio e Biagio di Alessandria
5. Malattie Infettive, Clinica Universitaria di Torino