

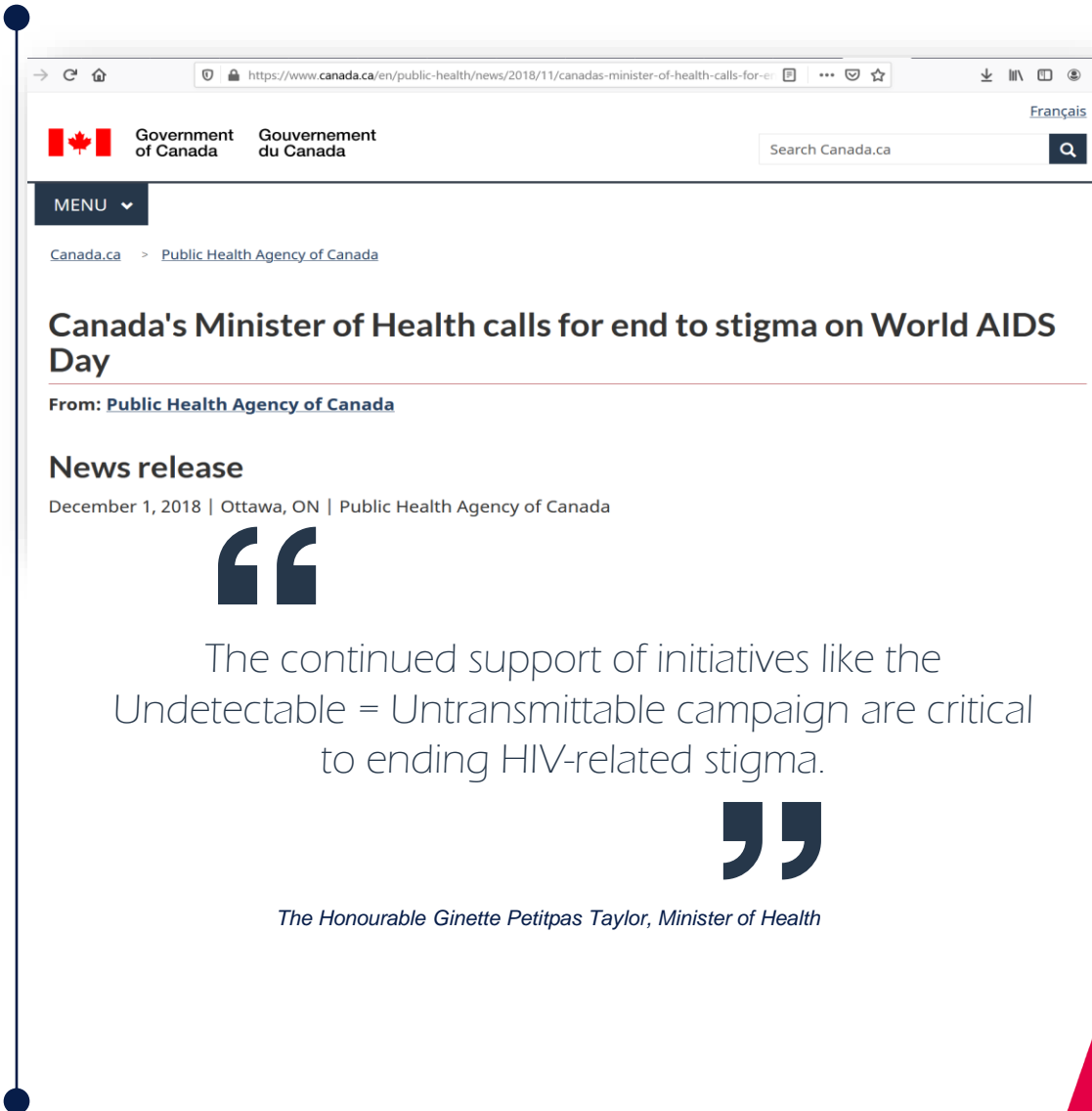
Prevalence, Correlates and Health Impact of Healthcare Provider Counseling About Undetectable Equals Untransmittable (U = U) in Canada

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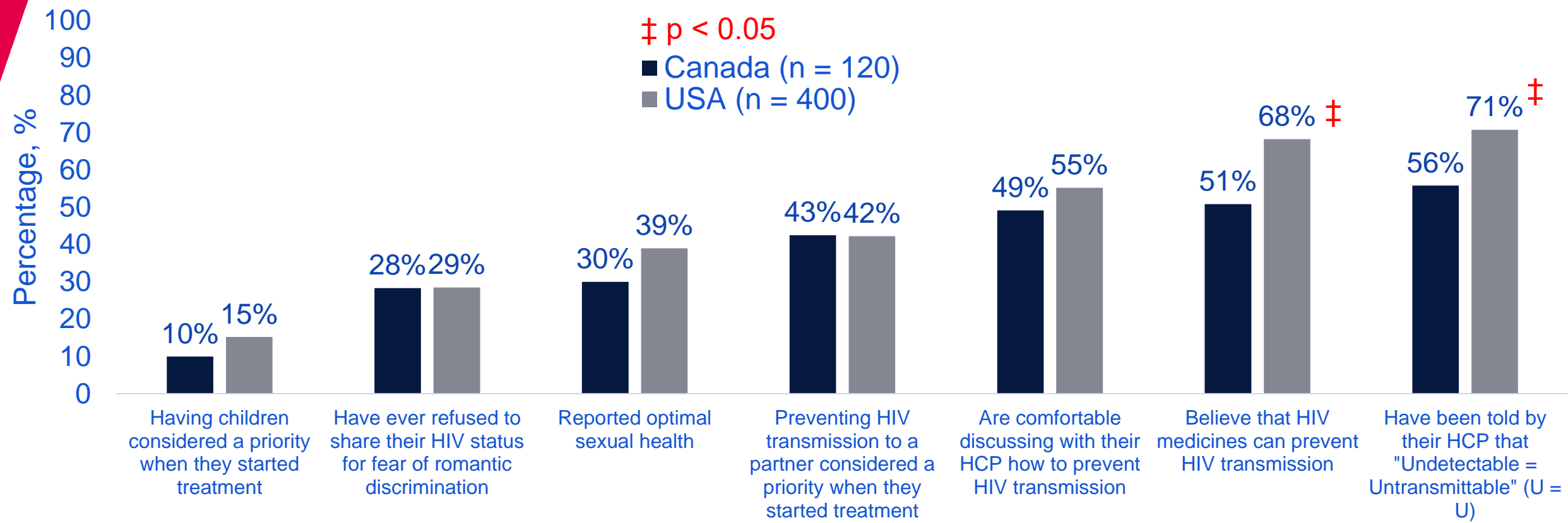
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Undetectable = Untransmittable (U = U): past and present landscape

- On December 1, 2018, Canada officially endorsed the Undetectable = Untransmittable (U = U) campaign, becoming the first country in the Americas to do so.
- The uptake of the U = U message within clinical settings since then is however unknown.
- We analyzed the 2019 Positive Perspectives survey, a web-based, convenience sample of people living with HIV (PLHIV) on treatment, to:
 - Assess the percentage told of U = U by their provider in Canada (n = 120) when compared with the U.S. (n = 400)
 - Examine how Canadian healthcare providers' engagement in U = U discussions fitted into their broader community patterns with PLHIV
 - Explore associations between U = U discussions and health-related outcomes.
- Statistical comparisons were done with chi-squared tests and associations measured using prevalence ratios.

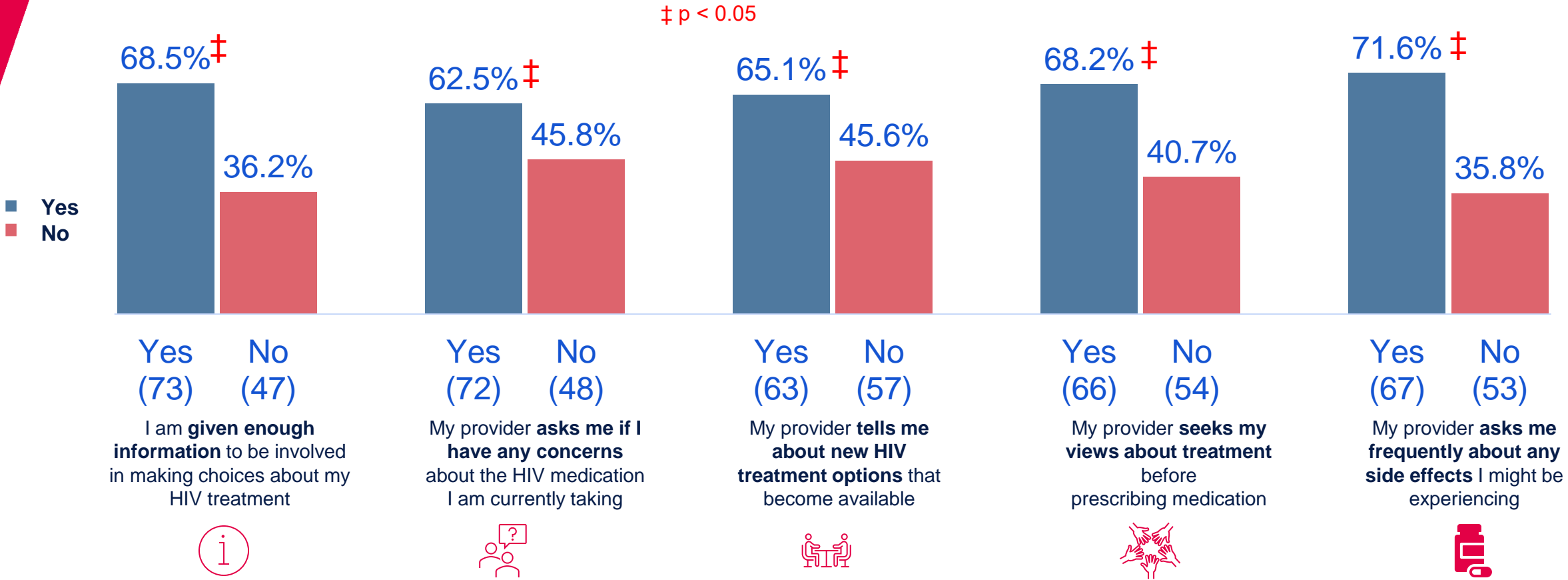


Perceptions related to HIV transmission and sexual health, Canada vs U.S.



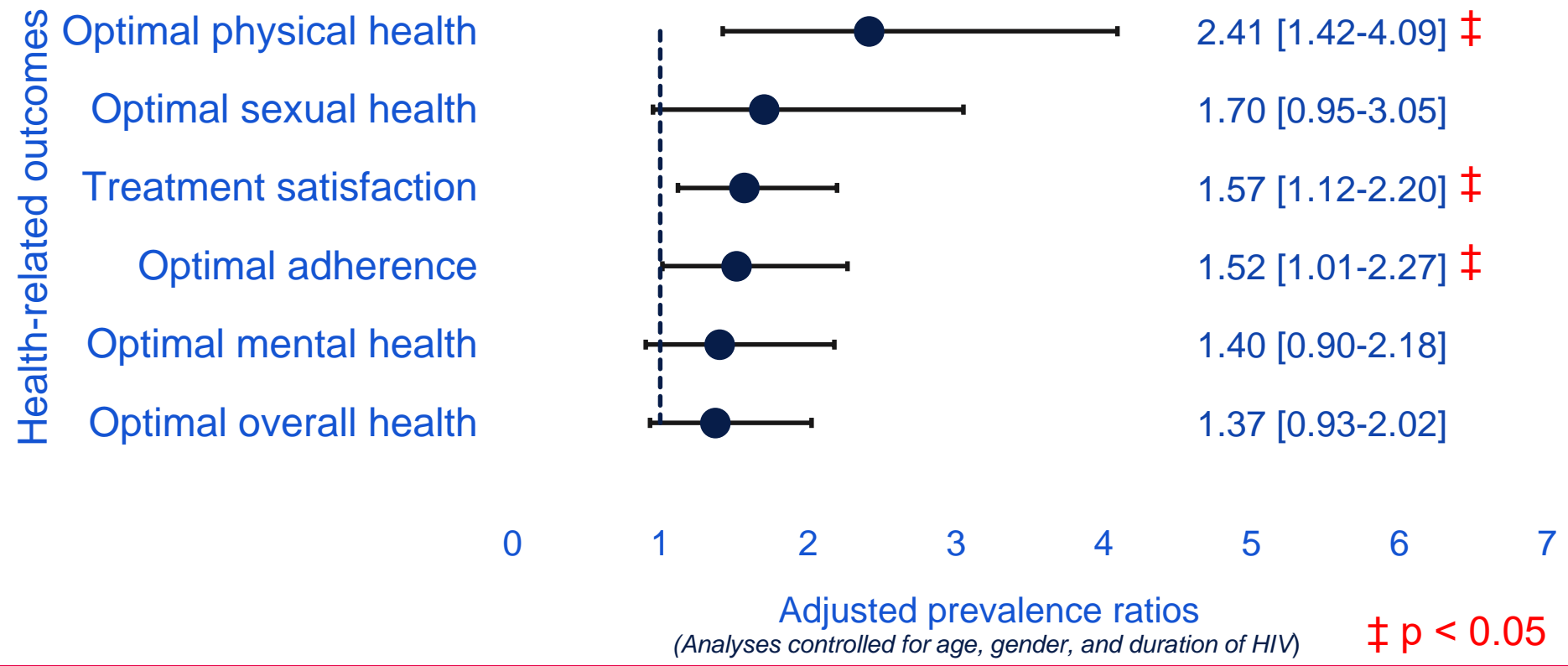
- ✂ Perceived comfort discussing with providers how to prevent HIV transmission as well as several other perceptions regarding HIV transmission did not differ between in Canada and U.S.
- ✂ However, participants in Canada reported significantly lower prevalence for having discussed U=U with their provider, and the belief antiretrovirals prevent transmission

U = U exposure, by treatment experiences, Canada (n = 120)



- ✂ Greater U=U exposure was observed among participants reporting vs not reporting that their providers: asked if they had treatment concerns, discussed new available treatments and sought their view before prescribing.
- ✂ No significant differences in U=U discussion within Canada were observed by age, gender, sexual orientation, or HIV duration.

Associations between U = U message and health-related outcomes, Canada (n = 120)



In summary...



U=U is an important and empowering message for PLHIV, and discussions about U=U initiated by health care providers are beneficial for effective HIV prevention and care.



U=U discussions were significantly associated with positive health outcomes. U=U discussions were more common among those reporting other indicators of healthy communication with providers.



Given its association with multiple facets of health and well-being, U=U should be prioritized in patient-provider communication.