**CPD Reflective Log**

**Can’t Pass It On training by Terrence Higgins Trust**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Title** | **Time** | **Topics Covered** | **Reflections**  Including: What did I want to learn? What have I learnt? How will I use this in practice? | **Further Actions**  Including:  What further learning I will do? What training will I give others? |
|  | **The evidence supporting U=U – Professor Alison Rodger**  (35 minutes) |  | * The context for the research. * The evidence base and how it was built. * Why it took so long to scientifically and categorically prove U=U. * How strong the research evidence to support U=U is. * Yes buts. * What the definition of U=U is. |  |  |
|  | **Talking to patients about U=U – Professor Chloe Orkin**  (30 minutes) |  | * When to discuss U=U. * Who to discuss U=U with and how. * The language to use and the language to avoid. * How to talk to patients about talking to their sexual partners,   risks of other STIs and  having children. |  |  |
|  | **Difficult questions – Dr Michael Brady**  (25 minutes) |  | * Blips in viral load. * Low-level viremia. * STIs. * How does PEP and PrEP fit with U=U? * The impact of U=U on criminalisation of HIV. * Implications of U=U for breastfeeding and other HIV transmission risks. |  |  |
|  | **U=U in the context of primary care –  Dr Mel Gardner**  (30 minutes) |  | * Why it’s important for you to know about U=U. * How it’s helpful to your relationship with your patients. * Why it’s important to talk about U=U in primary care settings. * How to raise it with your patients when they haven’t come to talk to you to about it. * The importance of signposting to resources and further information, as well as having posters in your waiting room. * Relevance of talking about U=U to patients coming in for an HIV test. * What not to say and how not to act with people living with HIV. |  |  |
|  | **The patient’s perspective**  (30 minutes) |  | * People living with HIV talking about Can’t Pass It On/U=U and what it means for them. * The impact of the U=U message on self-stigma and adherence and people living with HIV’s sex lives. |  |  |
|  | **The global perspective – Bruce Richman**  (35 minutes) |  | * Why U=U is a game changer. * Why there is a U=U campaign. * The effects of not telling people about U=U. * Why a global/movement message is important to end the epidemic. * The importance of the third ‘U’ ‘universal access’*–* and how U=U helps strengthens calls for universal access. * Recognising that it’s not possible for everyone to achieve a undetectable viral load. * Why U=U is the foundation of being able to end the HIV epidemic. * How far we have come in changing the dialogue. * How to be clear about language – what to say and not say. * The importance of clearly communicating U=U and educating staff. * What is the role of healthcare professionals in the worldwide movement? * Global campaign. * Medical coverage. |  |  |
|  | **Total time**  (185 minutes) |  |  |  |  |