**CPD Reflective Log**

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

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| **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.
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|  | **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.
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|  | **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.
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|  | **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.
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|  | **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.
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|  | **Total time** (185 minutes) |  |  |  |  |