

Module 1: Principles of Viral Load Monitoring



Time: 60 minutes

Session Objectives

By the end of this session, participants will be able to:



- Understand the dynamics of viral load during the course of HIV infection
- Understand how viral load affects risk for transmission and progression of HIV
- Explain how viral load responds to antiretroviral therapy
- Identify treatment failure using viral load
- Describe schedule of viral load testing

Session Overview

- Understanding Viral Load
- Viral Load and HIV Infection
 - Disease Progression
 - Disease Transmission
- Viral Load Measurement and Reporting
- Viral Load Response to ART
- Treatment Failure
 - Criteria
 - Routine and Targeted Viral Load Monitoring
- Schedule of Viral Load Monitoring

Materials Needed




- Slides
- Adult Counseling Flipchart

45 minute
Lecture

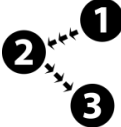


Trainer will:

- Explain the concept of viral load
- Describe how viral load relates to HIV infection, including:
 - How viral load changes according to disease progression
 - How viral load affects disease transmission
- Discuss how to measure viral load and interpret results
- Describe how viral load responds to ART
- Explain the definition of treatment failure, including:

	<ul style="list-style-type: none"> ○ Describe the criteria used for treatment failure ○ Explain the difference between routine and targeted viral load monitoring ● Introduce data that supports adherence counseling improving suppression of viral load and importance of enhanced adherence counseling. ● Discuss the schedule of viral load monitoring for children and adolescents, pregnant or breastfeeding women, and adults. ● Discuss the role of CD4 count testing.
10 minute Activity 	Activity: Knowledge Assessment Facilitator will conduct a 3-question knowledge assessment with the participants.
5 minute Wrap-up	Key points to emphasize in summary: <ul style="list-style-type: none"> ● Viral load predicts progression of disease in an individual, and onward transmission of HIV to sex partners or from mother to baby ● In most individuals, viral load will drop to below levels detectable by viral load blood tests after 6 months of ART ● Viral load testing is the preferred method for detecting treatment failure for ART patients and should be checked after 6 months on ART ● Viral load <1000 copies/ml indicates acceptable response to ART ● Virologic treatment failure: <u>persistent (2 or more VL test results >1,000 with the initial test being performed >6 months on ART and the 2nd test performed after adherence counseling and a minimum of 3 months of good adherence)</u>

Methodologies

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- Lecture
 - Activity: Knowledge Assessment

Advance Preparation for Trainers



- Trainer must update slides 26, 27, and 28 with the schedule for routine viral load monitoring according to their country’s national guidelines.

