**Module 1: Principles of Viral Load Monitoring**

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| https://d30y9cdsu7xlg0.cloudfront.net/png/1303-200.png **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 * [https://d30y9cdsu7xlg0.cloudfront.net/png/16392-200.png](https://thenounproject.com/term/survey/16392)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  https://d30y9cdsu7xlg0.cloudfront.net/png/128330-200.png | 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:   + 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  https://d30y9cdsu7xlg0.cloudfront.net/png/33918-200.png | **Activity: Knowledge Assessment**  Facilitator will conduct a 3-question knowledge assessment with the participants. |
| 5 minute Wrap-up | Key points to emphasize in summary:   * 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: 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) |

**Methodologies**



* Lecture
* Activity: Knowledge Assessment

**Advance Preparation for Trainers**

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* Trainer must update slides 27, 28, 29, and 31 with the schedule for routine viral load monitoring and CD4 testing according to their country’s national guidelines.