

CONVERSATIONS **START WITH**
ME, MYSELF, & HIV



Scan here to find more resources that can empower your patients, by helping them own what's next.

*An interim analysis of the Positive Perspectives 3 study, a cross-sectional survey of people living with HIV on ART (n=698) across 16 countries, showed a higher proportion of people living with HIV who felt involved in their treatment decision (n=524) reported optimal overall health (58% vs 43%) than those who did not feel involved (n=174). Similarly, people who jointly decided their current regimen (n=414) more often reported optimal overall health (57% vs 50%) than those who did not jointly decide their regimen (n=272).¹

¹In the Positive Perspectives 3 study (n=698), the proportion of people living with HIV reporting sub-optimal patient-provider engagement indicators across female (n=279), male (n=386), and other gender identities (n=33) were 51%, 45%, and 45% (respectively) for feels unheard; 83%, 81%, and 85% for perceived room for improvement of coordination between HIV and general care, and 64%, 56% and 68% for difficulty initiating conversations.¹

ART=antiretroviral therapy; HCP=healthcare professional; HIV=human immunodeficiency virus.

1. Patel R, Allan B, Brough G, et al. Joint Patient-Provider Decision Making was Associated with Improvements in Quality of Life and Treatment Satisfaction in the Positive Perspectives 3 Study. Presented at: The 13th International AIDS Society (IAS) Conference; July 13-17, 2025; Kigali, Rwanda. Poster EP0608.

NP-GBL-HVX-BROC-260001 Date of preparation: March 2026.

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Use this guide to help start a conversation with your patients, to support them in understanding all the HIV treatment options available to them and to share decisions in helping them own what's next in their HIV treatment journey.

It's time to prioritise patient empowerment

Xiana
Living with HIV
for 14 years

Conversations that matter.

Many people living with HIV struggle to share their treatment concerns with their healthcare team.¹ Open and honest conversations with patients can help you ensure their treatment is best suited to their needs.

For example, have some life changes affected their adherence? Are they concerned about their long-term health? What treatment options could help address their individual needs?

ASKING SIMPLE QUESTIONS CAN MAKE A REAL DIFFERENCE

People living with HIV who feel involved in their care and jointly decide treatment regimens are more likely to report good overall health.¹

HOW YOU CAN START THE CONVERSATION:

“How do you feel about your **current** HIV treatment?”

“Do you feel confident in your knowledge of all the available treatment **options** to you?”

“How well does your **current** HIV treatment fit into your life?”

Despite reporting high trust in HCPs and encouragement to engage in care from them, many patients still reported gaps and concerns in their care (across all gender identities):¹

- ✓ Almost half of patients said they felt unheard
- ✓ Over a third reported difficulty initiating conversations about issues that worry them

4 OUT OF 5



Patients felt there was room to improve coordination between HIV and General Care¹

EMPOWERING PEOPLE LIVING WITH HIV IS JUST A CONVERSATION AWAY