# HIV and self-testing in Great Britain

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NAT



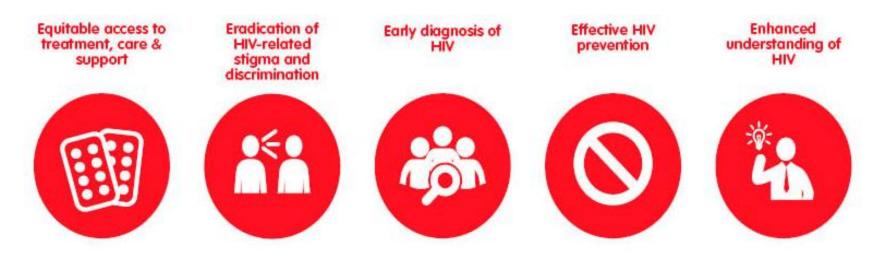


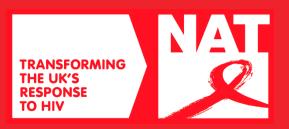


## Who are NAT?

The UK's leading charity dedicated to transforming society's response to HIV (since 1987)

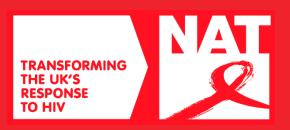
Our goals:





#### The UK context:

1 in 4 people living with HIV are undiagnosed Estimated that 62% of the MSM who are infectious are undiagnosed More than 40% of people living with HIV are diagnosed late Testing guidelines are not universally being followed



#### The demand for self-testing:

In 2011 THT did a study of over 650 people 35% of respondents living with HIV thought they would have been diagnosed earlier if self-tests existed

65% of all respondents (both HIV positive and negative) supported legalised and regulated self-testing

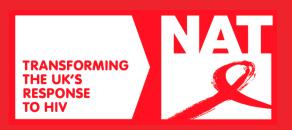


The benefits: overcoming barriers to testing e.g -Reluctance to test in a clinical setting due to inconvenience, clinic hours etc

Stigma related to being seen at a sexual health clinic

Embarrassment talking about sexual history with medical practitioner

Some people – sex workers and people with a positive partner – want to test more regularly



#### Concerns voiced:

- Individuals may not perform tests properly
- Accuracy of results
- Lack of post test counselling
- Issue of consent people forcing a partner to test
- Concern people may not engage with care
- Impact on data collection
- However, illegal tests were already available...



Availability pre legislation change:

Before the change of legislation kits could be bought easily from overseas from illegal suppliers

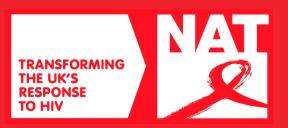
These often gave only basic information about HIV and no advice on safer sex

There was no information other than 'consult your doctor' on what to do with a reactive result



#### A change to the regulations:

In 2013 the Department of Health HIV Testing Kits and Services Regulations 1992 were amended to permit and regulate self-testing kits The law came into effect in April 2014 The first test became available in April 2015



#### Impact of legislation:

Self-tests are now regulated by the Medicines and Healthcare Products Regulatory Agency (MHRA)

This ensures that all tests give accurate results and come with correct information and support

If a test is reactive, people are directed to confirm their result in a healthcare setting



#### Current test availability:

Biosure are the only company to have a self-test on the market in Great Britain - £29.95

You can see a supporting video about the Biosure test at: <u>http://hivselftest.co.uk/</u>

Test is 99% accurate with a three month window period

Biosure are currently discussing providing tests to NHS providers and local authorities

We expect others to follow shortly



#### Reactions to date

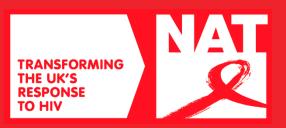
HIV Scotland and NAT have released supporting material for people interested in self-testing – see <u>www.nat.org/uk</u>

Some media interest – generally positive

PHE looking to ensure data systems pick up those that test at home

Biosure report positive sales and more tests to follow





And finally a word on self sampling...

### Thank you