

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:

Equitable access to
treatment, care &
support



Eradication of
HIV-related
stigma and
discrimination



Early diagnosis of
HIV



Effective HIV
prevention



Enhanced
understanding of
HIV



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: <http://hivselftest.co.uk/>

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 www.nat.org.uk

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

HIV and self-
testing

TRANSFORMING
THE UK'S
RESPONSE
TO HIV



And finally a word on self sampling...

Thank you