Key Messaging on Viral Load Result Interpretation

**Low Detectable Level (LDL)**
- Patient is well suppressed
- VL count is between 0-400 copies/ml
- This is confirmation of adequate adherence to ART

**Intervention**
- Ongoing adherence assessment and counselling
- Continue routine VL monitoring as per the population group
- Reassure the patient that they will do well if they continue to adhere
- With poor adherence it is easier for the patient to progress to LLV or HVL

**NOTE**
Follow up this category of patient with lower intensity and frequency unless concerns are identified

**Low Level Viral Load (LLV)**
- Patient is likely to progress to High VL
- VL count between 401-999 copies/ml
- Suspect poor adherence

**Intervention**
- Do enhanced adherence assessment and address barriers for low level viremia
- Follow VL algorithm after at least 3 months
- With good adherence it is possible for the patient to attain LDL, however with poor adherence the patient is likely to progress to HVL

**NOTE**
This category of patients require short time to come again for enhanced adherence counseling

**High Viral Load (HVL)**
- Patient suspected to be failing on current regimen
- VL count $\geq$1000 copies/ml at least 6 months of using ART
- Suspect poor adherence

**Intervention**
- Do enhanced adherence assessment and address barriers leading to high viremia
- Repeat VL after at least 3 months of excellent adherence
- With good adherence, a patient is likely to progress to LLV and LDL respectively

**NOTE**
This category of patients require short time to come again for enhanced adherence counseling, if still high VL discuss the patient for further interventions

NATIONAL AIDS & STI CONTROL PROGRAMME

Republic of Kenya Ministry of Health