

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 ≥ 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