

# The Principles of Test and Treat (TNT)



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# What is Test and Treat (TNT)

**TNT involves the combined use of HIV testing and of antiretroviral therapy (ART) as a prevention strategy.**

# Test and Treat Conceptual Framework

**Test**



Adoption of safer  
behaviors by  
HIV+ persons

+

**Treat with ART**



Maintain viral  
suppression

**Decrease in HIV Transmission**

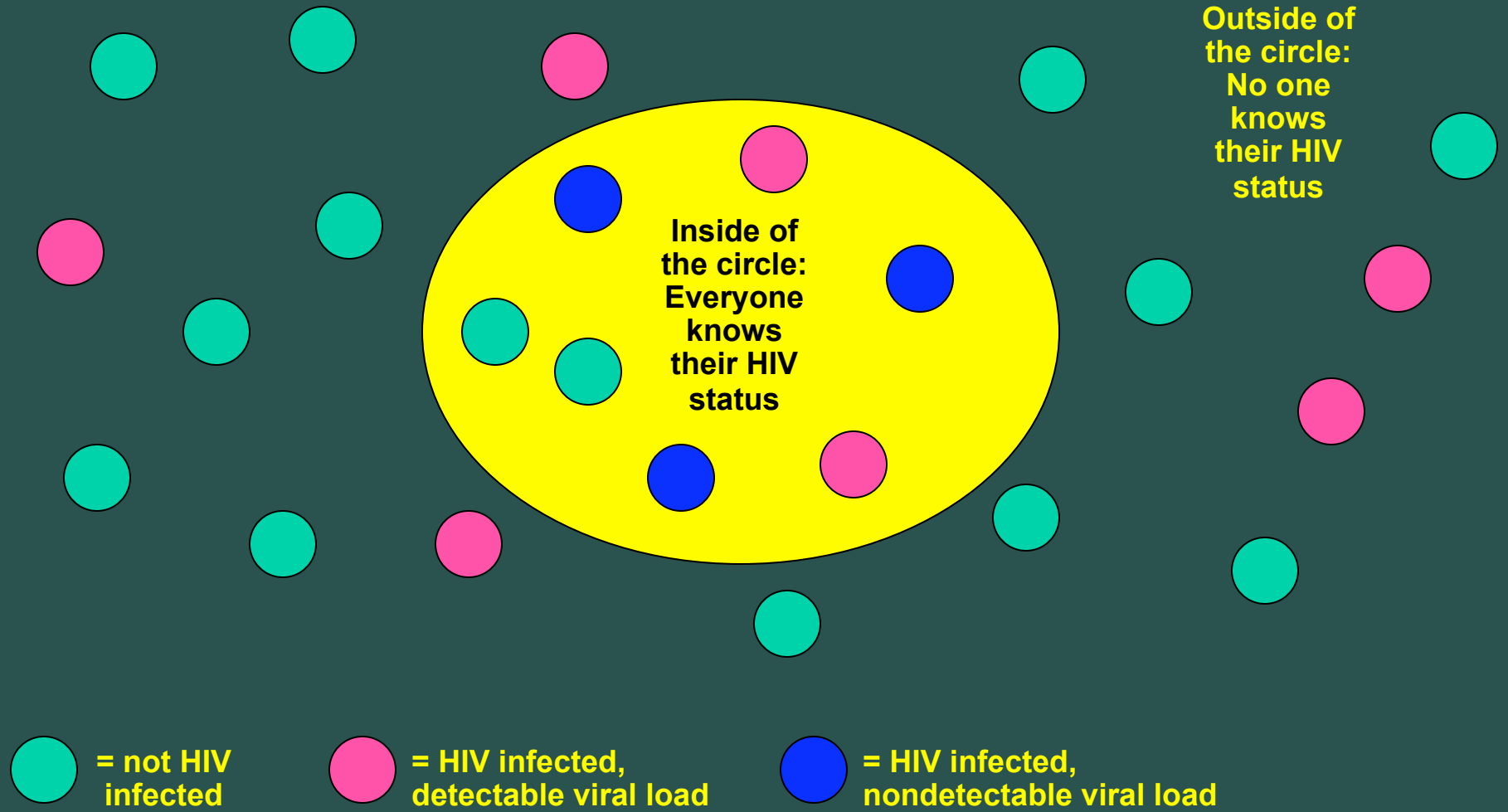


# Primary TNT Assumptions

The hypothesis of TNT rests on the following assumptions:

- 1) **Everyone with HIV in the community can be identified via testing**
- 2) **HIV+ individuals on ART with suppressed viral load will be less likely to transmit HIV to others**

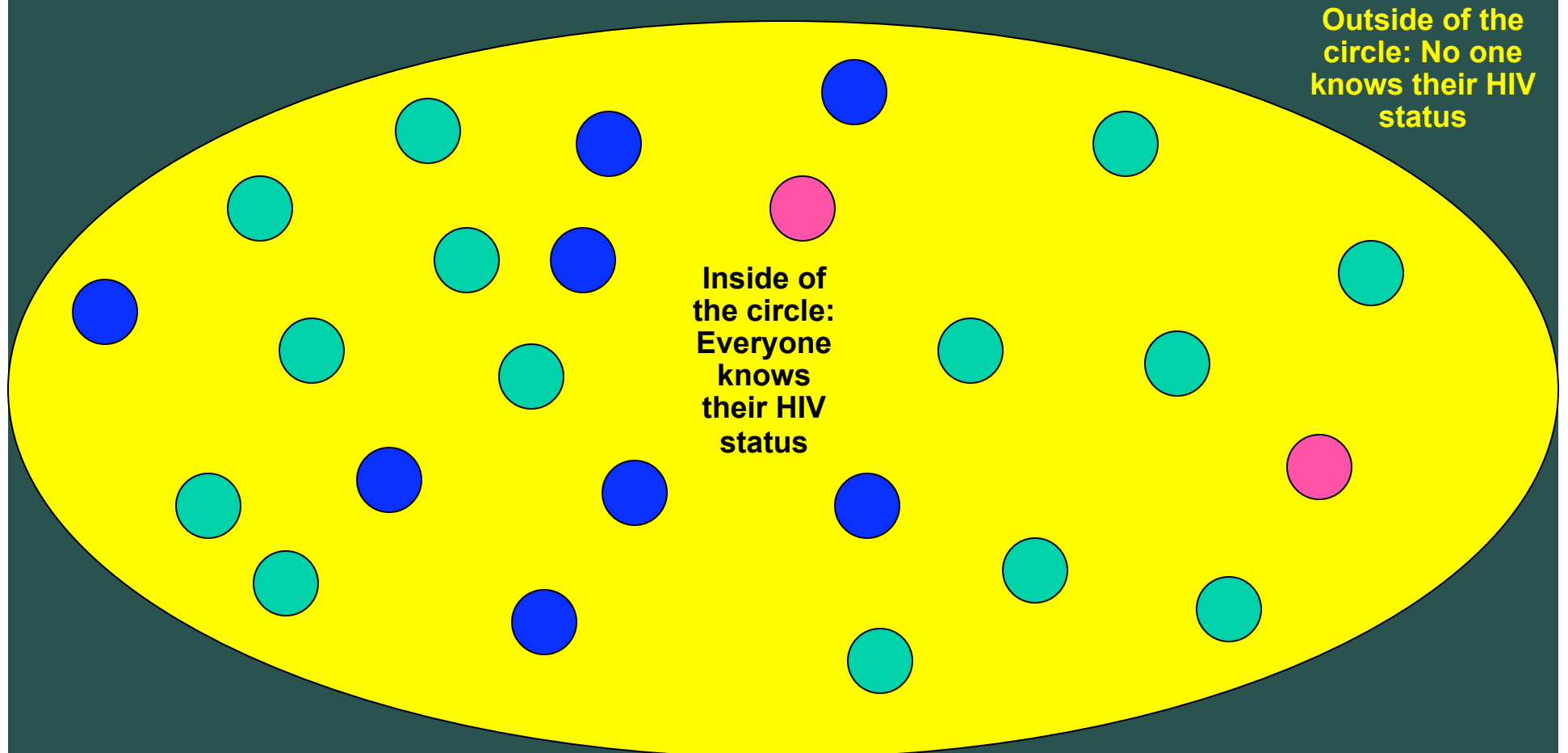
# Before TNT




# During TNT

- 1) Aim to get all in the community tested and counseled**
- 2) Aim to initiate ART and achieve viral suppression**

# During TNT



 = not HIV infected

 = HIV infected, detectable viral load

 = HIV infected, nondetectable viral load

# Issues to Consider

- ◆ **People with suppressed viral load may still be contagious**
- ◆ **It is hard to stay adherence and maintain a suppressed viral load**
- ◆ **There is a threshold at which the epidemic will slow down or even stop even if some people are still infectious**

# TNT Components

- ◆ **Increase HIV Testing**
- ◆ **Increase Linkage-to-Care**
- ◆ **Maintain all HIV+ in Care**
- ◆ **Treat HIV+ with ART**
- ◆ **Increase adherence to ART & maintain viral suppression**
- ◆ **Promote prevention for positives**

# What is Special about TNT

- ◆ **It works at both the individual and community level**
- ◆ **It involves many aspects of HIV prevention and treatment**

# Questions?