



The Confident Patient:

A Discussion Guide About HIV Care

Walk through lab results

- What is my viral load right now?
- What has changed? What seems to be working?
- What does this mean for my immune system?

Plan to stay healthy

- What should I keep in mind when aging with HIV?
- How can I prevent opportunistic infections?
- How do I talk to my partner about PrEP?
- If I plan to become pregnant, what are my treatment options?
- If cost or insurance issues arise, what programs can help me stay consistent?
- Are there stigma-free resources or pharmacies you recommend if I'm worried about privacy?

Navigate the practice

- How often will we need to do blood work and physical exams?
- How can I reach you between appointments if I have a question?
- If we speak different languages, how do I request a translator?
- If I have an issue and you aren't available, who should I ask for?

Explore treatment options

- If I am restarting or initiating treatment, how long before I can expect to see a change in my viral load?
- What are the risks and benefits of making a change?
- What are the advantages of each of my treatment options?
- If I miss a dose, which types of regimens provide the most 'forgiveness' to keep me undetectable?

Symptom check-in

- Fatigue or lack of energy
- Numbness, tingling, or pain in hands and feet
- Night sweats or fever
- Unexplained weight loss
- Persistent cough or shortness of breath
- Bone or joint discomfort
- Skin rashes or new sores
- Changes in digestion or diarrhea
- Treatment fatigue, depression, or anxiety
- Swollen lymph nodes
- Sleep issues

Notes: