



HIV CLINICAL TOPICS

Update on Antiretroviral Therapy Workshop

PROPOSAL FOR COLLABORATION

Activity	HIV CLINICAL TOPICS - Update on Antiretroviral Therapy Workshop (9 th edition)
Format	Face-to-face
Dates	September 17th and 18th, 2026
Expected participants	100
Location	Ateneu Barcelonès, Barcelona
Contact	info@scienhub.org +34 93 465 78 97

ORGANIZED BY





HIV CLINICAL TOPICS

Update on Antiretroviral Therapy Workshop

EXECUTIVE SUMMARY

The *Update on Clinical Topics in Antiretroviral Therapy* workshop returns in 2026 for its ninth edition, consolidating its role as one of the leading European meetings for clinicians and researchers dedicated to HIV care. This annual workshop provides a comprehensive and up-to-date review of clinical advances in antiretroviral therapy and HIV management, combining expert-led lectures, practical clinical insights, and interactive discussions.

Over the years, the program has built a strong reputation for translating cutting-edge scientific evidence into real-world clinical practice. The 2026 edition maintains this commitment by addressing key emerging trends in the HIV landscape, including new antiretroviral combinations, resistance patterns, ageing in people with HIV, liver-related comorbidities, PrEP innovations, and the evolving epidemiology within Europe. The workshop's interactive breakout sessions, focused on clinical cases, further enrich the learning experience by fostering peer-to-peer dialogue and multidisciplinary reflection.

NEEDS ASSESSMENT

More than three decades of progress in antiretroviral therapy have transformed HIV into a manageable chronic condition. This success is largely attributed to continuous improvements in the efficacy, safety, and convenience of antiretroviral drugs. However, with the field evolving rapidly, maintaining updated knowledge of clinical developments remains essential to ensure optimal patient care.

Excellence in antiretroviral treatment directly impacts virological outcomes, treatment tolerability, long-term toxicities, and the overall quality of life of people living with HIV. It also contributes to the efficient use of healthcare resources. Given the fast pace of scientific innovation, annual updates are critical to inform clinical decision-making regarding treatment initiation, regimen optimization, resistance management, comorbidity prevention, and transitions to new therapeutic modalities, such as long-acting regimens.

As the life expectancy of people with HIV continues to increase, new clinical challenges arise, notably ageing-related comorbidities, metabolic complications, liver disease, and drug-drug interactions. At the same time, prevention strategies—including PrEP, post-exposure prophylaxis, and long-acting agents—are reshaping the landscape of HIV transmission, bringing us closer to the goal of achieving HIV elimination. Understanding the clinical implications of these developments is essential for providing comprehensive, evidence-based care.

This workshop addresses these evolving needs by offering an integrated review of advances in ART, epidemiological trends, comorbidity management, prevention strategies, and complex clinical scenarios.



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SOURCES TO DETERMINE THE NEED

The Fight Infections Foundation is a leading HIV referral and research centre, with active participation in pivotal phase III clinical trials on antiretroviral drugs and treatment strategies across initiation, switch/simplification, and salvage settings. The Foundation also leads innovative approaches aimed at simplifying lifelong HIV treatment and contributes directly to the development of international clinical guidelines and HIV care policies.

Its close involvement in cutting-edge research and guideline refinement provides continuous insight into emerging clinical needs and evolving treatment paradigms. This privileged position highlights the importance of keeping healthcare professionals and researchers informed about new evidence, updated therapeutic strategies, and changes in clinical practice, all essential for optimising patient outcomes and reducing risks related to resistance, toxicity, and long-term complications.

Since its launch in 2018, the workshop has been consistently well received, progressively integrating new topics and formats to address emerging trends in the HIV field and feedback from previous editions. Participants particularly value the interactive components—clinical case discussions, expert dialogues, and structured debates—which foster practical learning, multidisciplinary reflection, and meaningful professional exchange.

ISSUES THAT THE PROGRAM WILL ADDRESS

The program will address key issues in HIV clinical and epidemiological science, with a focus on the most recent advances in antiretroviral therapy and their implications for clinical practice. Sessions will review major developments in HIV treatment, emerging therapeutic combinations, and current challenges in the European epidemiological landscape. Presentations will also explore how new evidence is shaping treatment optimization, long-term management, and efforts toward achieving global HIV control targets.

The workshop will further incorporate a series of interactive components designed to translate scientific advances into daily clinical decision-making. These include clinical case discussions, expert-led dialogues, and structured debates on highly relevant topics such as liver disease in people with HIV, the evolving role of PrEP, sexually transmitted infections, ageing and comorbidities, and the future positioning of new antiretroviral strategies. These interactive sessions facilitate multidisciplinary exchange and provide practical insights into complex clinical scenarios.



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OBJECTIVES

The objectives of the *Update on Clinical Topics in Antiretroviral Therapy* workshop are:

- **Provide an updated overview of antiretroviral therapy (ART)** by reviewing the latest advances in treatment strategies, new antiretroviral combinations, their clinical impact, and current approaches to optimizing therapeutic regimens for efficacy, durability, and tolerability.
- **Analyze key developments in HIV clinical and epidemiological science**, addressing emerging trends, major breakthroughs, and evolving challenges that influence treatment decision-making and long-term patient management.
- **Explore critical health issues affecting people with HIV**, including liver disease, metabolic complications, ageing, and comorbidities, incorporating multidisciplinary perspectives to improve comprehensive care.
- **Review and debate prevention and diagnostic strategies**, with a focus on advances in PrEP, sexually transmitted infections, and current evidence guiding screening and prevention practices.
- **Promote active participation and knowledge exchange** through interactive sessions, clinical case discussions, and structured debates designed to facilitate peer-to-peer engagement and practical interpretation of complex clinical scenarios.
- **Strengthen understanding of current and future directions in HIV management**, supporting evidence-based practice and encouraging continuous professional development among healthcare providers and researchers.

The workshop aims to offer a comprehensive and practical perspective on the main clinical challenges in HIV treatment and care, fostering informed, evidence-based decision-making in day-to-day practice.

INTENDED AUDIENCE

The workshop is designed for a multidisciplinary group of healthcare professionals, including those involved in the care of HIV-infected patients and specialists in infectious disease or internal medicine dedicated to HIV care. While its primary audience comprises healthcare professionals such as physicians, and pharmacists, it is also relevant for researchers, clinical study coordinators, representatives from educational institutions and academia, as well as professionals from the pharmaceutical industry. With international focus, the workshop typically attracts 80-100 European attendees.



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EXPECTED LEARNING OUTCOMES

By the end of the workshop, participants will:

- **Strengthen their knowledge of the latest ART advancements**, gaining an updated understanding of new antiretroviral drugs, therapeutic combinations, and evolving treatment strategies that influence clinical outcomes.
- **Improve evidence-based clinical decision-making**, refining their ability to manage both routine and complex HIV cases through interactive discussions, expert sessions, and case-based learning.
- **Increase awareness of emerging HIV-related health issues**, including liver disease, metabolic complications, ageing, and other comorbidities, and learn how these factors affect long-term care.
- **Develop critical thinking around prevention and diagnostic strategies**, particularly in relation to PrEP innovations, sexually transmitted infections, and current screening approaches.
- **Enhance multidisciplinary collaboration skills**, integrating perspectives from infectious diseases, hepatology, epidemiology, metabolism, and ageing to improve comprehensive patient management.
- **Engage in practical, case-based learning**, through the discussion of four clinical cases focusing on opportunistic infections, ageing-related issues, HIV resistance, and metabolic complications.

By the conclusion of the workshop, participants will be better equipped to stay at the forefront of HIV care, apply updated evidence in daily practice, and contribute to ongoing efforts to improve outcomes for people living with HIV.

DISSEMINATION PLAN

To ensure wide dissemination and advertisement of the workshop, web-based applications will be used to create a campaign and ensure personalized information reaches the organizing Hospitals database contacts, including those that had previously attended events or expressed interest in being informed about the activities organized around infectious diseases. Thanks to the previous edition and to the mailing list subscription available on workshop website, we are counting on a mailing data base of professionals interested in attending the workshop. Additionally, information about the workshop will be posted in infectious diseases related networks and newsletters as well as through the Hospitals networks or professional networks. All of this will be complemented with dissemination actions through our social networks: X: ([@Scienhub_org](#)) ([@Fundacio_Iluita](#)) and LinkedIn ([@Scienhub](#)).



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ACCREDITATION

The following CME activity for medical specialists has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 7.5 European CME credits (ECMEC®s).

SCIENTIFIC COMMITTEE

The members of the Scientific Committee will outline the final contents of the workshop, its speakers, and activities and define the audience profile. The following well-known personalities take part of the Committee:

Dr. Josep Maria Llibre

Specialist Physician. CIBER Epidemiología y Salud Pública (CIBERESP), Barcelona, Spain
(Head of Scientific Committee)

Dr. Raquel Martin-Iguacel

Specialist Physician. Odense University Hospital, Denmark

Dr. Cristina Mussini

Full Professor of Infectious Diseases. University of Modena and Reggio Emilia, Italy

Dr. Jürgen Rockstroh

Professor of Medicine and Head of the HIV Outpatient Clinic. University of Bonn, Germany



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DAY 1 – THURSDAY 17TH SEPTEMBER

Ateneu Barcelonès

13:45 h

Registration and lunch

14:45 h

Welcome

Josep M Llibre, CIBERESP, Barcelona, Spain

BLOCK I: HIV clinical and epidemiological science: ART update

Josep M Llibre, CIBERESP, Barcelona, Spain

15:00 h

Top 10 game changers in HIV clinical science in 2026

Diva Trigo, Hospital Professor Doutor Fernando Fonseca, Lisbon, Portugal

15:20 h

An update in ART and role of new ARV combinations

Rajesh Gandhi, Massachusetts General Hospital, Boston, USA

15:40 h

Current challenges in HIV epidemiology in EU: a view from the eCDC

Juliana Reyes-Urueña, CEEISCAT, Barcelona, Spain

16:00 h

Overall discussion

16:30 h

Coffee break

BLOCK II: Liver issues in people with HIV

Jürgen Rockstroh, Infectious Diseases, University of Bonn, Germany

17:00 h

Risk of HBV reactivation in tenofovir-free regimens

Sanjay Bhagani, Royal Free Hospital London, UK

17:20 h

MASL landed in people with HIV: how to diagnose & treat

Felice Cinque, Università degli Studi di Milano, Italy

17:40 h

Overall discussion

BREAKOUT SESSION 1

Clinical cases discussion

18:00 h

Group 1:

Cristina Mussini, University of Modena and Reggio Emilia, Italy

HIV, mpox and other STIs

Cristiana Oprea, Victor Babes Clinical Hospital for Infectious and Tropical Diseases, Carol Davila University of Medicine and Pharmacy, Bucharest, Romania

Opportunistic infection

Sofía Sábato, Fundació Lluita contra les Infeccions, HUGTiP, Badalona, Spain

Group 2:

Jürgen Rockstroh, University of Bonn, Germany

Opportunistic infection

Sofía Sábato, Fundació Lluita contra les Infeccions, HUGTiP, Badalona, Spain

HIV, mpox and other STIs

Cristiana Oprea, Victor Babes Clinical Hospital for Infectious and Tropical Diseases, Carol Davila University of Medicine and Pharmacy, Bucharest, Romania

19.00 h

Welcome reception



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DAY 2 – FRIDAY 18TH SEPTEMBER

Ateneu Barcelonès

BLOCK III: PrEP and STDs tips and tricks

Cristina Mussini, University of Modena and Reggio Emilia Modena, Italy

09:00 h	PrEP: news in 2026 Valentina Mazotta , Istituto Nazionale Malattie Infettive "Lazzaro Spallanzani" IRCCS, Rome, Italy
09:20 h	Sexually-transmitted infections: news in 2026 Gary Whitlock , Chelsea and Westminster Hospital, London, UK
09:40 h	Overall discussion
10:10 h	<i>Coffee break</i>

BLOCK IV: Aging in people with HIV TBC

10:40 h	Do we need ageing clinics in our HIV units? Thomas Levett , Brighton and Sussex Medical School (BSMS), UK
11:00 h	Q&A

DEBATE SESSION: The elephant in the room: will gen-DTG change all the ART landscape?

Raquel Martin-Iguacel, Odense University Hospital, Denmark

11:20 h	Probably yes Berta Torres , Hospital Clínic Barcelona, Spain
11:40 h	Not so much Georg Behrens , Hannover Medical School, Germany
12:00 h	Overall discussion

BREAKOUT SESSION 2 Clinical cases discussion

	Group 1: Josep M Llibre , CIBERESP, Barcelona, Spain	Group 2: Raquel Martin-Iguacel , Odense University Hospital, Denmark
12:30 h	HIV resistance Stefano Rusconi , Università degli Studi di Milano, Italy	Metabolic issues (CVR) Susanne Dam Poulsen , Rigshospitalet, Copenhagen University Hospital, Denmark
	Metabolic issues (CVR) Susanne Dam Poulsen , Rigshospitalet, Copenhagen University Hospital, Denmark	HIV resistance Stefano Rusconi , Università degli Studi di Milano, Italy
13:30 h	Closing remarks Josep M Llibre , CIBERESP, Barcelona, Spain	



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