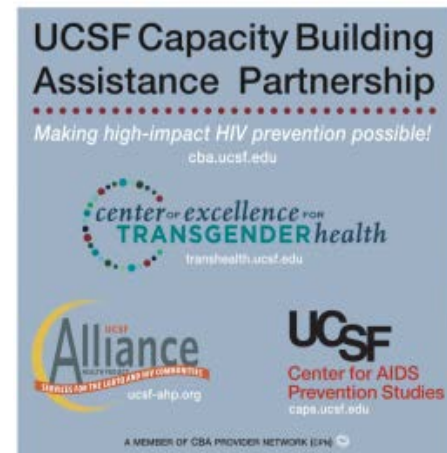


Understanding PrEP

A Webinar for Community-Based
Providers

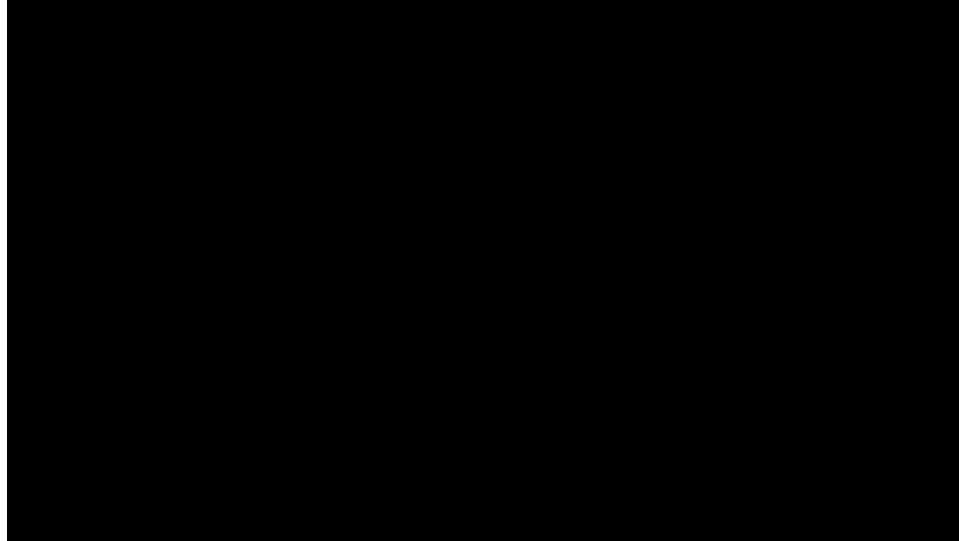
Greg Rebchook, PhD
Perry Rhodes, III



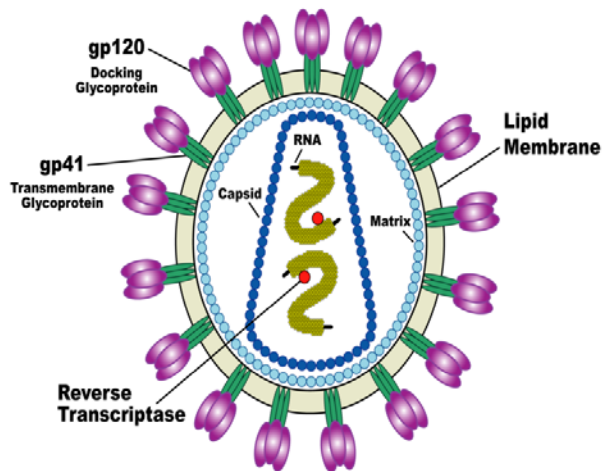
Why Do Community-Based Providers Need to Know About PrEP?

- CBO providers are on the front lines of HIV prevention
- CBO providers help clients understand their options, including: PrEP, PEP, and condoms
- These options help clients make decisions about how they want to protect themselves and their partners
- Key services to link HIV-negative people to PrEP services, include:
 - HIV testing
 - Outreach
 - Others?

What is PrEP?

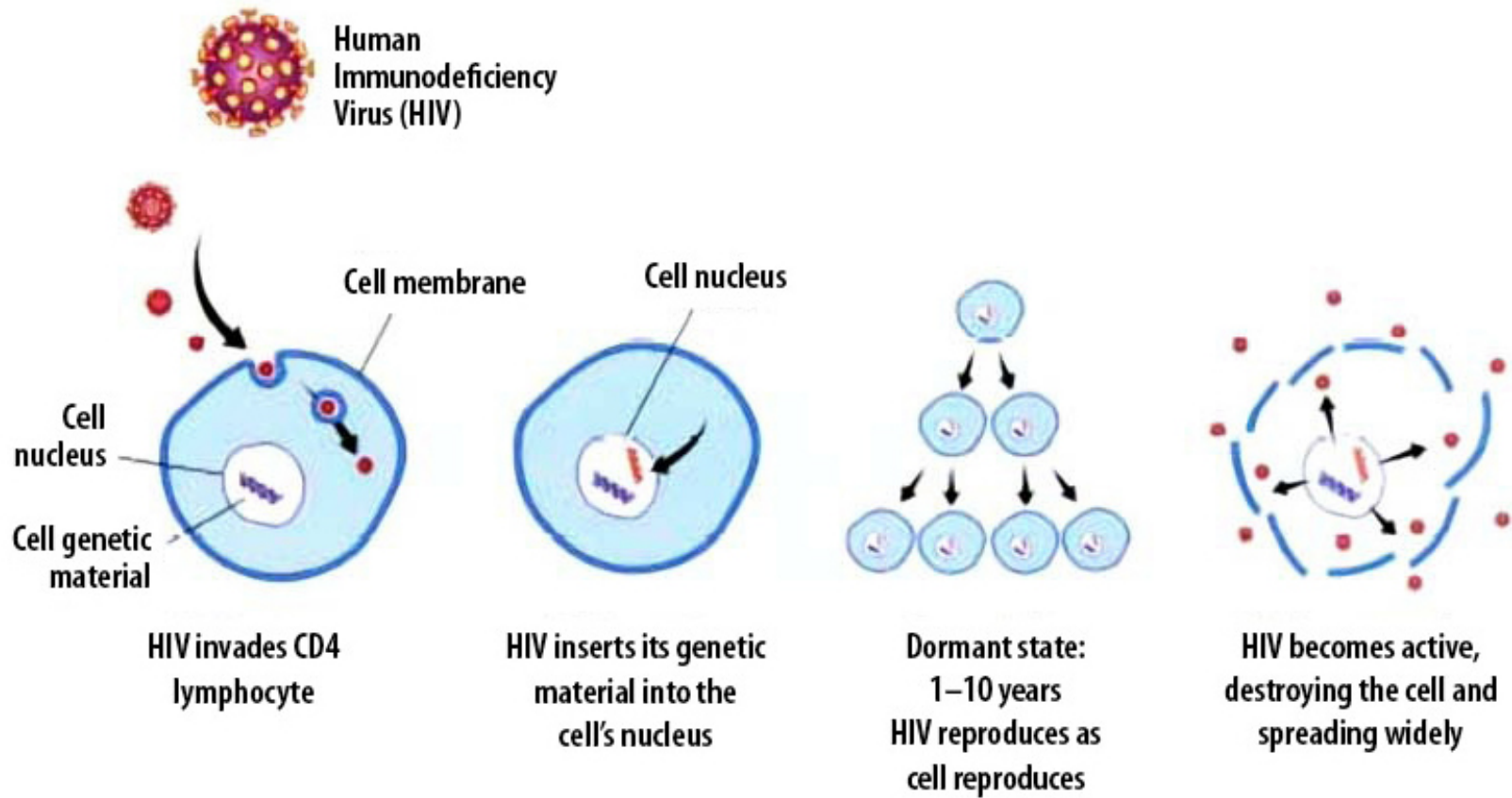


Reviewing How HIV Infection Happens

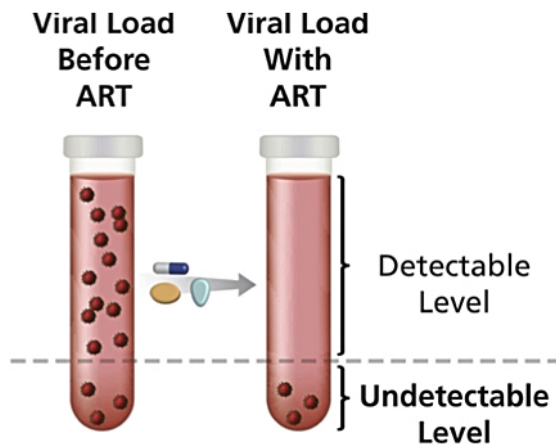


- HIV is a virus
- It invades CD4+ cells, which are a key part of our immune system
- Once HIV gets inside a CD4+ cell, it uses the cell to create more virus
- HIV destroys the original cell

Reviewing How HIV Infection Happens



Viral Suppression as Prevention



- Maternal to Child Transmission
- Rakai Study (2000) 96% reduction of transmission between heterosexual couples
- PARTNER Study with MSM confirms this finding
- 2017 CDC declares that people living with HIV with undetectable viral load are extremely unlikely to transmit HIV sexually

What About PEP?

PEP involves taking anti-HIV drugs
as soon as possible after a potential exposure



to prevent HIV infection

- **Post** = After
- **Exposure** = An **HIV-negative** person has gotten one of the fluids that can transmit HIV into their body from someone who is living with (or might be living with) HIV
- **Prophylaxis** = Prevention

PEP Facts

Exposed to HIV? The clock is ticking!



To be effective, **PEP** must begin **within 72 hours** of exposure

- PEP is a combination of HIV medications
- Works to prevent HIV from “taking hold” in the body and making more copies of itself
- Emergency medication—not for ongoing use
- Often available in Emergency Departments, person’s doctor, Urgent Care, or HIV Clinics

And Now We Have PrEP



PrEP is a new prevention method in which **people who do not have HIV** infection **take a pill daily to reduce their risk** of becoming infected.

What is PrEP?

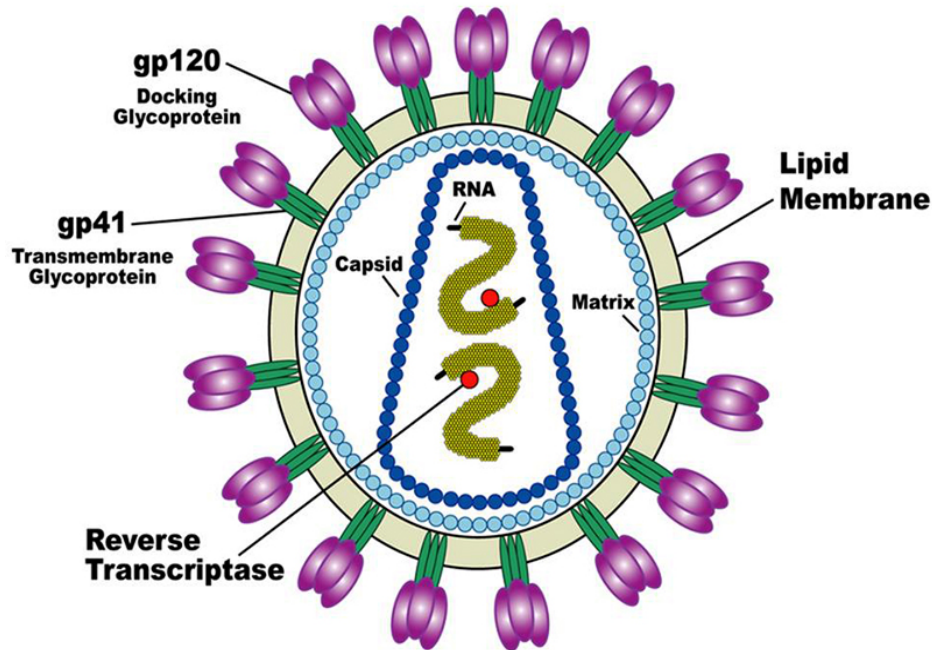
- stands for “pre-exposure prophylaxis.”
- **Pre = before**
- **Exposure = a person gets one or more of the fluids that can transmit HIV into their body**
- **Prophylaxis = prevention**
- Unlike PEP (*post*-exposure prophylaxis), a person takes PrEP *before* they expect to be exposed to HIV

What's In PrEP?



- Made up of antiretroviral medications (ART)
- Only one drug, Truvada, FDA-approved currently
- Truvada=combination of two drugs, tenofovir (Viread) and emtricitabine (Emtriva)
- Eventually, more drugs will be developed for use as PrEP

How Does PrEP Work?



- Blocks an enzyme (called reverse transcriptase)
- HIV can't make more copies of itself inside a person's body
- When HIV can't reproduce itself, it can't take hold in a person's body
- Person stays HIV-negative, and the virus is cleared from the body

Why Does PrEP Matter?

- **Highly effective (esp. for sexual transmission) for both insertive and receptive partners**
- **Taken in advance of HIV exposure**
- **If unable or unwilling to use other methods during exposure, already have significant protection**
- **Method of protection that receptive partners in anal and vaginal sex can control (empowering)**
- **Provides another option for conception in mixed-status couples**



More on Why PrEP Matters



- Many people do not use condoms or fresh needles every time
- Can be used together with condoms and clean needles, for even more protection
- Reduces anxiety about sex between partners of different HIV status

PrEP Takes Some Planning

People who want to use PrEP to prevent HIV take one pill each day. It takes a while for the protection to build up in the person's system. It takes about:

7 DAYS

for PrEP to provide maximum protection in rectal tissue (which would protect the receptive partner during anal sex)

20 DAYS

for PrEP to provide maximum protection in vaginal tissue and penile tissue (which would protect the receptive and insertive partners in vaginal sex, and the insertive partner in anal sex)

20 DAYS

for PrEP to provide maximum protection to people who share injection equipment.

Everyone who uses PrEP for prevention should also take it for 28 days after an exposure occurs.

PrEP Won't Work Well If...

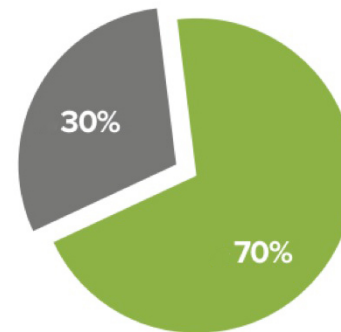
- it is something that a person takes casually
- or at the last minute
- or only after a potential exposure.
- Missing doses decreases effectiveness.

And

- PrEP does NOT protect against pregnancy, or STDs other than HIV

How Effective Is PrEP?

- **PrEP is highly effective at preventing HIV when it is used correctly and consistently.**
- **The CDC estimates that PrEP is more than 90% effective (92%) when used to protect against sexual HIV transmission, and...**
- **more than 70% effective when used to protect against transmission through shared injection needles.**



How Effective Is PrEP?

- Some studies suggest that when PrEP is taken daily, as prescribed, it has very close to 100% effectiveness for sexual HIV prevention
- Even when PrEP is only taken 4 days a week, some studies suggest that it can provide up to 96% protection against sexual transmission of HIV
- It has been extremely rare for people who were taking PrEP as directed to become infected with HIV

How Do We Know PrEP Is Effective?

Grant RM, Lama JR, Anderson PL, et al; iPrEx Study Team. [Preexposure chemoprophylaxis for HIV prevention in men who have sex with men](http://www.nejm.org/doi/full/10.1056/NEJMoa1011205). <http://www.nejm.org/doi/full/10.1056/NEJMoa1011205> - t=article N Engl J Med 2010;363(27):2587–99.

Thigpen MC, Kebaabetswe PM, Paxton LA, et al; TDF2 Study Group. [Antiretroviral preexposure prophylaxis for heterosexual HIV transmission in Botswana](#). N Engl J Med 2012;367(5):423–34.

Anderson P, Glidden D, Liu A, Buchbinder S, et al. Emtricitabine-tenofovir concentrations and pre-exposure prophylaxis efficacy in men who have sex with men. *Science Translational Medicine*. 2012; 4(151)151ra125. [DOI: 10.1126/scitranslmed.3004006](https://doi.org/10.1126/scitranslmed.3004006). ↵

Baeten JM, Donnell D, Ndase P, et al; Partners PrEP Study Team. [Antiretroviral prophylaxis for HIV prevention in heterosexual men and women](#). N Engl J Med 2012;367(5):399–410.

Choopanya K, Martin M, Suntharasamai P, et al; Bangkok Tenofovir Study Group. [Antiretroviral prophylaxis for HIV infection in injecting drug users in Bangkok, Thailand \(the Bangkok Tenofovir Study\): a randomised, double-blind, placebo-controlled phase 3 trial](#). Lancet 2013;381(9883):2083–90.

Comparing PrEP and PEP

- Both use anti-HIV medications to help HIV-negative people stay HIV negative
- Medications in PEP tend to be stronger and have more side effects than those in PrEP
- PrEP is likely more effective than PEP at preventing HIV
- PrEP is for everyday prevention
- PEP is emergency medication

Transitioning from PEP to PrEP

- Steve comes in for HIV testing, with a sexual HIV exposure from yesterday
- You explain PEP to Steve, deliver his negative result, and link him to George, your agency's nurse practitioner
- George gives Steve a PEP "starter pack" immediately, and helps him make a follow-up appointment with Elizabeth, a doctor who can supervise his course of PEP over the next 28 days



- If Steve is willing, link him to Julius, your agency's PrEP Navigator
- While Steve is on PEP, either Elizabeth, Julius, or someone else can help him transition onto PrEP if he is at ongoing risk of contracting HIV

Barriers to PrEP

- Getting enough information about PrEP
- Knowing where to access PrEP
- Finding a way to pay for PrEP
- Talking to their medical providers who are not knowledgeable about PrEP
- Overcoming stigma and feeling supported on PrEP



What about side effects?

- **Clinically important side effects (2-5%)**
 - **Elevated Creatinine**
 - Marker of kidney function
 - Measured every 3-6 months
 - Returns to normal if Truvada is stopped
 - **Bone Mineral Density (~1% reduction)**
 - Most relevant for older and younger patients
 - No increase in fractures have been observed

What about side effects?

- **Bothersome side effects (~10%)**
 - Nausea
 - Headache
 - Diarrhea
 - Unintentional weight loss

“Start-up Syndrome”

Learning More and Spreading the Word

- You and your agency are part of the key to letting people know that PrEP may be an option for them!
- These sites can help you learn more general information so that you can more comfortably talk with your clients about PrEP
- If PrEP Navigation Services are available in your area, Navigators can offer the resources to overcome many of these barriers
- **prepfacts.org:** <http://prepfacts.org>.
- **Project Inform:** <http://www.projectinform.org/prep/>.
- **PrEP Watch:** <http://www.prepwatch.org>.
- **Center for Disease Control and Prevention PrEP Page:** <http://www.cdc.gov/hiv/prevention/research/prep/>.
- **Información básica sobre la profilaxis de preexposición (PrEP).** <https://www.cdc.gov/hiv/spanish/basics/prep.html>

Knowing Where To Access PrEP

The screenshot displays the 'please PrEP me' website interface. At the top, there is a navigation bar with links for HOME, FIND A PROVIDER, ADD LOCATION, RESOURCES, and ABOUT, along with a language selector for Español. Below the navigation bar is a search bar with the placeholder text 'Enter your city or ZIP code' and a 'SEARCH' button. To the left of the search bar are filters for 'Filters' and a distance dropdown set to '5 miles'. Below the search bar is a sorting option set to 'Distance: nearest first'. The main content area on the left lists four PrEP providers with their addresses, phone numbers, and distances from the search location. The right side of the page features a map of Columbia, SC, with a red location pin and a blue circular icon indicating the search area. The map shows various neighborhoods and landmarks, including Lake Murray and Congaree National Park.

please PrEP me HOME FIND A PROVIDER ADD LOCATION RESOURCES ABOUT Español

Enter your city or ZIP code

Filters

Sort:

Joseph H. Neal Wellness Center (SC HIV Council)
1813 Laurel Street, Columbia, SC 29201 1.0 mi
803-254-6644 [(237)]

University of South Carolina, School of Medicine, Immunology Center
1 Medical Park, Suite 420, Columbia, SC 29203 1.8 mi
803-545-5350

AIDS Healthcare Foundation (AHF) Columbia Grace Medical Group
3025 Farrow Road, Columbia, SC 29203 2.0 mi
803-933-0288, 803-251-2613

Grace Medical Group
3025 Farrow Road, Columbia, SC 29203 2.0 mi
803-933-0288

Map Satellite

White Rock, Lake Murray of Richland, Yacht Cove, Immo, Seven Oaks, St Andrews, Denny Terrace, Crane Forest, Arlington Estates, Blythewood, Killian, Pontiac, Elgin, Forest Acres, Arcadia Lakes, Dentsville, Woodhill Estates, Hazelwood Acres, Horrel Hill, Hopkins, Congaree, Weston, Gadsden, Sandy Run, Pine Ridge, Springdale, Cayce, Oak Grove, Lexington, Red Bank, Edmund, Gaston, Woodhill Estates, Hazelwood Acres, Horrel Hill, Hopkins, Congaree, Weston, Gadsden, Sandy Run, Pine Ridge, Springdale, Cayce, Oak Grove, Lexington, Red Bank, Edmund, Gaston.

Congaree National Park

Google

Helping Clients Pay for PrEP

- Medicaid
- Medicare Part D
- Private Medical Insurance
- Manufacturer Assistance
(Gilead Programs for Co-Pay Assistance and Medication Assistance)
- Patient Advocate Foundation
- Patient Access Network Foundation



Learn more at Project Inform
Projectinform.org

Spreading the Word in the Medical Community

- **“I’m not an HIV doctor—I’m not comfortable prescribing this.”**
- **A variety of providers must now “get comfortable” with prescribing PrEP—anti-HIV medications for HIV-negative people**
- **Often, HIV docs and service providers are the link that makes the difference**
- **The upcoming PrEP Institute in Columbia is part of the plan to build a local network of PrEP providers**

Overcoming PrEP Stigma

From medical providers:

“PrEP is only for homosexuals.”

“Why do you want PrEP? You’re not that promiscuous.”

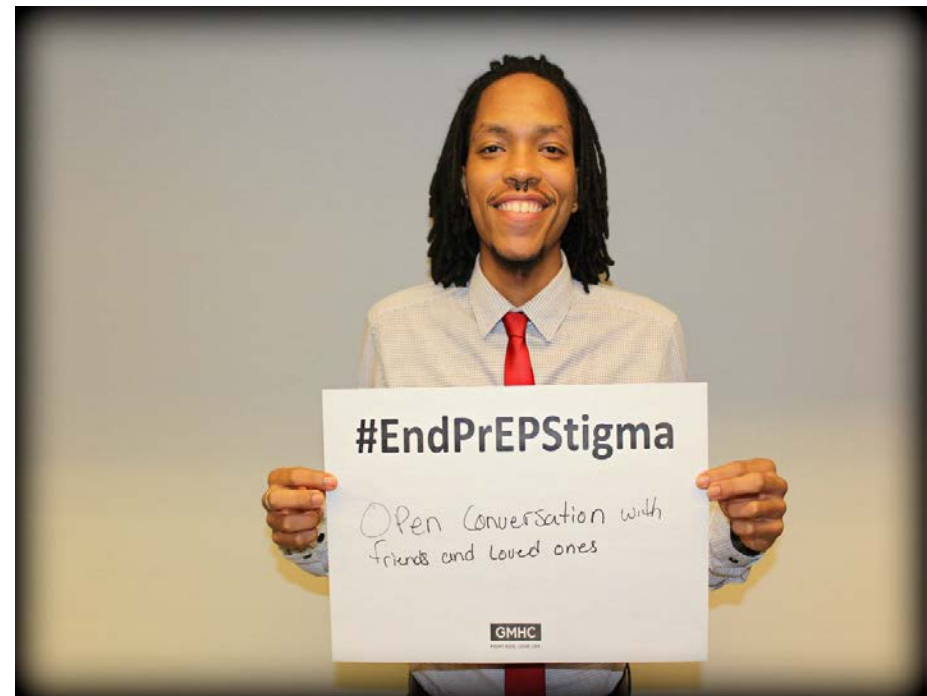
From other service providers:

“PrEP is just an excuse for people to stop using condoms.”

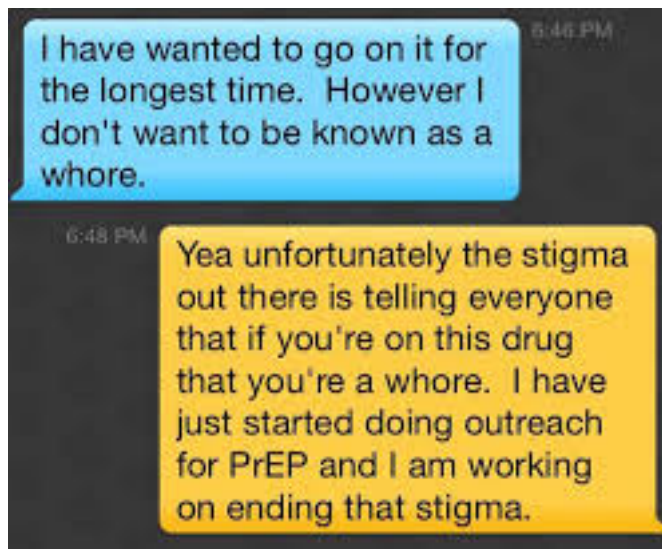
In LGBT communities:

“You must really be slutty if you are taking a pill every day to prevent HIV”

What Do You Want Your Message to Be to Clients Around PrEP?



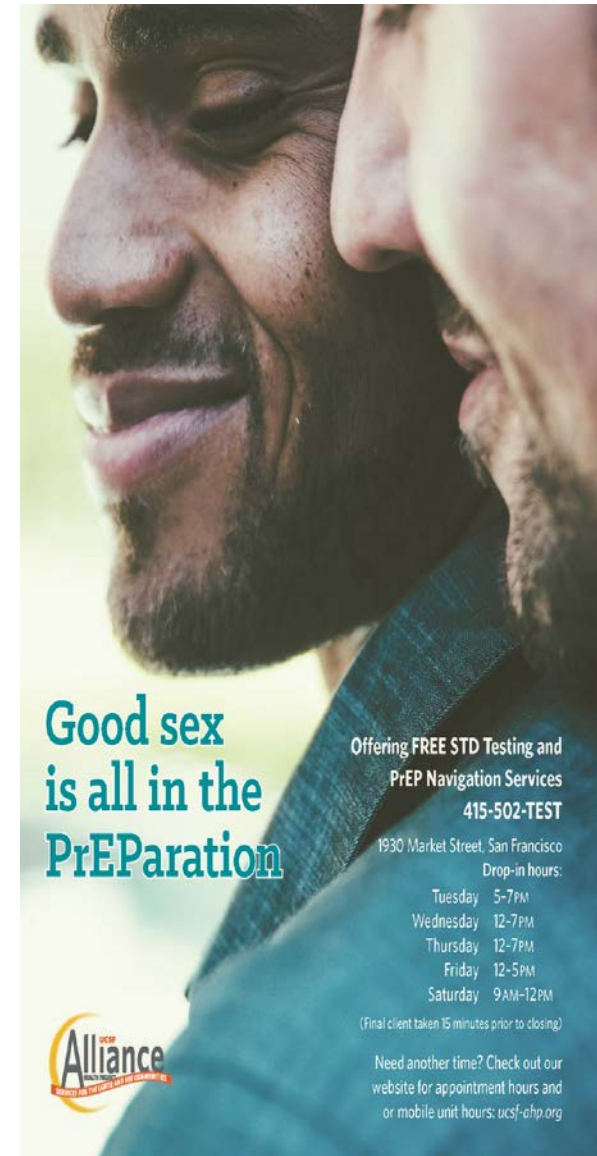
Overcoming Stigma & Supporting Clients on PrEP



- **My PrEP Experience:** <http://myprepexperience.blogspot.com>.
- **How can you and your organization help reduce PrEP-related stigma?**

PrEP Program Evaluation

1. PrEP initiation- track time from the date of prescription to taking their first dose, some clients wait a significant amount of time.
2. Adherence at 3 months, 6 months
3. Doses missed
4. Any clients lost to follow up
5. HIV testing every 3 to 6 months
6. Clients with health insurance at intake vs. Insurance assistance by the PrEP navigator
7. Track time spent with each client.



**Good sex
is all in the
PrEPparation**

Offering **FREE** STD Testing and
PrEP Navigation Services
415-502-TEST
1930 Market Street, San Francisco
Drop-in hours:
Tuesday 5-7PM
Wednesday 12-7PM
Thursday 12-7PM
Friday 12-5PM
Saturday 9AM-12PM
(Final client taken 15 minutes prior to closing)

Need another time? Check out our
website for appointment hours and
or mobile unit hours: ucsf-ehp.org

Alliance
FOR THE COMMUNITY AND THE COMMUNITY

Client Satisfaction Survey

Examples of service categories for evaluation:

- Session time
- Referrals
- Cultural competence
- Attitudes towards adherence
- Service Satisfaction overall

Tailor agency survey to fit program individual needs in evaluation



PrEP CLIENT SATISFACTION QUESTIONNAIRE

This survey asks about your experience with our **PrEP Navigation Services**. This survey is confidential not used for marketing purposes. your opinion is important to us. If you have any questions about this survey, please contact the Program Manager at (415) 502-7235

For Office Use Only	
Date:	___/___/___
Client ID:	

Thank you!

Thinking about the services you received today, how would you rate your satisfaction with:				
	Very Satisfied	Somewhat Satisfied	Somewhat Dissatisfied	Very Dissatisfied
1. How satisfied were you with the length of you PrEP session?				
2. How satisfied were you with the PrEP referrals received?				
3. How satisfied were you with the quality of PrEP services you received?				
4. How satisfied were you with PrEP navigator's knowledge and competence?				
5. How satisfied were you with the PrEP navigator addressing your needs and concerns?				
6. How satisfied were you with the PrEP navigator's sensitivity around your cultural needs?				
7. How satisfied were you with the assistance you received on insurance coverage for PrEP. ?				
8. How satisfied were you that the information you received about PrEP will benefit you in making an informed decision?				
9. How satisfied are you with a daily pill regimen as part of your HIV prevention practices?				
10. Overall, how satisfied are you with the PrEP services you received TODAY?				
11. How likely would you be to recommend AHP PrEP navigation services to others?				
<input type="checkbox"/> Very likely <input type="checkbox"/> Somewhat likely <input type="checkbox"/> Somewhat unlikely <input type="checkbox"/> Very unlikely				
12. How much have the services you've received TODAY helped you to protect yourself from HIV infection?				
<input type="checkbox"/> Helped very much <input type="checkbox"/> Helped somewhat <input type="checkbox"/> Haven't helped at all <input type="checkbox"/> The services have made it ha				



Thank You!

greg.rebchook@ucsf.edu

Perry.RhodesIII@ucsf.edu

To access our PrEP booklet for CBOs email us at:
ahptraining@ucsf.edu

