

Virginia HIV Prevention Summit

May 3-4, 2017

Charlottesville, Va.

HIV Pre-Exposure Prophylaxis (PrEP): More Than Just a VDH Program

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Prophylaxis Is An Established Concept

Prophylaxis: measures taken to prevent or control disease or a health problem, rather than to treat or cure an existing condition.

PrEP is Part of the National HIV/AIDS Strategy

NATIONAL HIV/AIDS STRATEGY: UPDATED TO 2020
5 MAJOR CHANGES SINCE 2010

Since the first National HIV/AIDS Strategy was released in 2010, major advances have transformed how we respond to HIV, provided new tools to prevent new infections, and improved access to care. With a vision for the next five years, our National HIV/AIDS Strategy has been updated to leverage these achievements and look ahead to 2020.

<p>Our prevention toolkit has expanded.</p>	<p>The Affordable Care Act has transformed health care access.</p>	<p>HIV testing and treatment are recommended.</p>	<p>Improving HIV Care Continuum outcomes is a priority.</p>	<p>Research is unlocking new knowledge and tools.</p>
<p>Pre-Exposure Prophylaxis (PrEP) <i>A daily pill to prevent HIV.</i> When taken consistently, can reduce the risk of HIV by up to 92%</p>	<p>Millions more individuals now have affordable, quality health coverage.</p>	<p>Federal Guidelines now recommend routine HIV screening for people aged 15 TO 65</p> <p>CDC updated recommendations for HIV testing to help labs detect infections earlier.</p>	<p>President Obama's HIV Care Continuum Initiative directed Federal departments to increase the number of individuals who are:</p> <ul style="list-style-type: none"> diagnosed with HIV linked to HIV care retained in HIV care prescribed HIV treatment virally suppressed (having very low levels of HIV in their body). 	<ul style="list-style-type: none"> Evidence that starting HIV treatment early lowers the risk of developing AIDS or other serious illnesses New HIV testing technologies, including new diagnostic tests New HIV medications with fewer side effects, less frequent dosing, and a lower risk of drug resistance Continued investigation of long-acting drugs for HIV treatment and prevention, an HIV vaccine, and, ultimately, a cure.
<p>Treatment as Prevention The risk of HIV is reduced by 96% in those who have achieved viral suppression (they have very low levels of HIV in the body)</p>	<p>There is no denial of coverage for pre-existing conditions, like HIV.</p> <p>Preventive services are covered without copays, including HIV testing.</p> <p>Protections against sex or disability discrimination in health care.</p>	<p>Federal HIV treatment guidelines now recommend antiretroviral therapy for all HIV-infected individuals.</p>		

Learn more about the National HIV/AIDS Strategy: Updated to 2020 at [AIDS.gov/2020](https://aids.gov/2020) #HIV2020

HIV Pre-Exposure Prophylaxis (PrEP) The Basics

- Truvada for PrEP is a **one pill a day** regimen.
- **Additional drug formulations and delivery methods are under development.**
- PrEP is **one component** of a person's comprehensive HIV prevention plan.

Areas of Potential Concern

A rise in STD rates

CDC recommendations suggest Truvada used in combination with condoms for the most effective HIV protection. Many people worry that it will encourage condomless sex and lead to more STDs.

No research on long-term effects

The impact of long term use is unclear.

Virginia's PrEP Initiatives

Bridges 757

PS15-1509

A federal grant that funds the navigation of high-risk communities to an array of medical and social services including PrEP.

Specific to the Virginia Beach-Norfolk-Newport News Metropolitan Statistical Area.

Funding ends in 2019.

Project PrIDE

PS15-1509

A federal grant that provides funds for referral and navigation to PrEP, clinician education and public awareness to promote PrEP uptake.

Specific to the Virginia Beach-Norfolk-Newport News Metropolitan Statistical Area.

Funding ends 2018.

Virginia's PrEP Drug Assistance Program

PrEP is available at no cost to every qualifying Virginia resident who accesses it through the Sexual Health Clinic (STD clinic) at a participating local health department (LHD).

For the initial phase of the program there are no income or insurance requirements.

Participating LHDs are: Richmond City, Petersburg, Wise County, Eastern Shore, Three Rivers, Norfolk, Hampton, Portsmouth.

Expanded PrEP Drug Assistance Program

PrEP is available at no cost to uninsured Virginia residents at specific expanded PrEP partners.

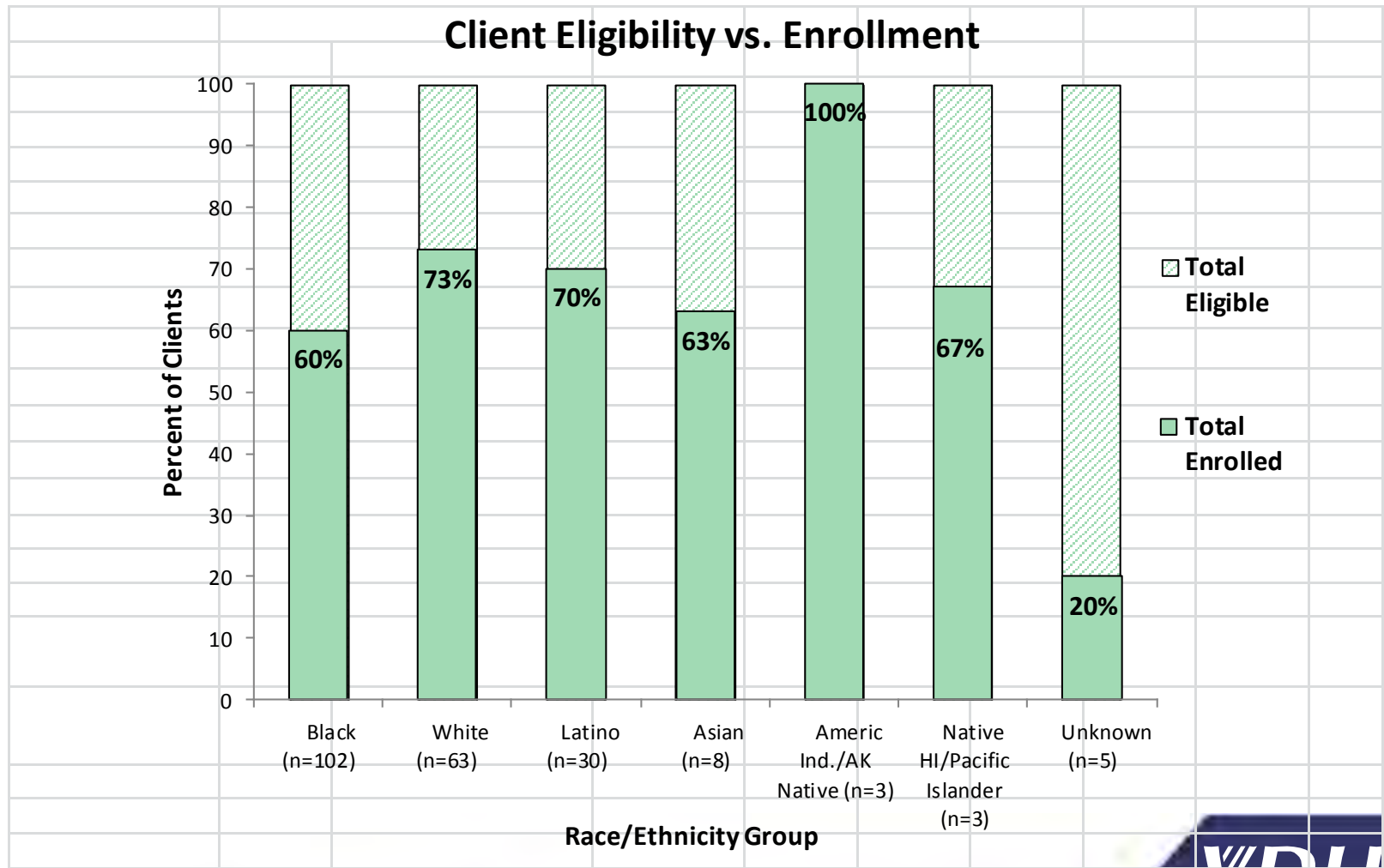
Existing expanded partner: **Inova.**

DDP is seeking to expand this network of providers and is currently engaged in conversation with Carillion Health System and a number of private practices across the state.

Data Overview

ENROLLED TOTALS									
Clinic Data	Total Enrolled		67	-	7	20	45	139	
	Enrollment Uptake [?]		9	-	-	10	28	47	
Demographics	Average Age		30	-	27	35	30	30	
	Male		63	-	6	12	36	117	
	Female		2	-	0	8	5	15	
	TG/M-F		2	-	1	0	4	7	
	TG/F-M		0	-	0	0	0	0	
	Sexual Identity	MSM		57	-	5	8	33	103
		Bisexual		8	-	1	0	4	13
		Heterosexual		1	-	1	12	8	22
		Unknown		1	-	0	0	0	1
	Black		24	-	4	2	31	61	
	White		36	-	2	1	7	46	
	Latino		3	-	0	15	3	21	
	Asian		2	-	0	2	1	5	
	Amer Indian/Alaska Native		0	-	1	0	2	3	
Native Hawaiian/ Pacific Islander		1	-	0	0	1	2		
Unknown		1	-	0	0	0	1		

Data Highlight



Successes & Barriers

DDP has identified a several barriers:

Time - A number of issues related to time have surface.
The number of clinic visits required.
Limited clinic hours,
Pharmacy requirement for pick-up at LHD.

Lack of Awareness:

Among physicians.
the general public.

Successes & Barriers

DDP has also found some success stories:

Great community partnerships, buy-in and collaboration.

PrEP is available at no cost through STD clinics

PrEP Locator Find Your Provider

Researchers from the Rollins School of Public Health at Emory University will unveil a new website that will allow users to locate a medical provider or clinic that can prescribe Pre-exposure Prophylaxis (PrEP) to prevent HIV infection (including sites that offer PrEP for uninsured)

Available at:

<https://prelocator.org/>

<http://www.vdh.virginia.gov/disease-prevention/disease-prevention/prep-and-npep/>

The Bottom Line:

“PrEP is not right for everyone,
but it can be
life changing for some.”

PrEP in the Northern Region...

And a few other Things

Inova Juniper Program:

- PrEP Clinic began 6/16/2015 for Insured Clients

As of Feb 2017:

- 82 clients in IJP's PrEP program (includes DAP)

PrEP DAP for uninsured at Inova Juniper Program:

1st enrolled patient: 11/7/16

- 24 who have been OR are being enrolled who do not have insurance:
- 14 have an HIV positive partner
- 8 women. 16 men
- 13 heterosexual. 11 MSM

Some PrEP prescribers in northern VA region:

- Inova Juniper Program
- Whitman Walker Health- Washington, DC
- Andromeda Transcultural Health-Wash, DC
(202) 743-7942
- Johns Hopkins PrEP Clinic- Baltimore-
443-326-5759
- Kaiser Permanente

Some Infectious Disease (ID) Practices in Northern Virginia who offer PrEP (Insurance or Self-Pay)

1/8/15- ID Specialists- 703-758-2664

1/8/15- ID Consultants- 703-246-9560

1/8/15- ID Physicians- 703-560-7900

2/2/15- ID Associates 540-374-3277 (Fredericksburg)

I called and it sounds like they do offer it but hasn't been requested a lot.

Typical Self-Pay Cost-

-First visit: \$165- \$450

-Follow-up visits: \$ 100-\$350

DO NOT ASSUME that all Infectious Disease Physicians are prescribing PrEP

- Primary care providers and some health departments are giving ID physicians as referrals... but not all ID physicians are prescribing
- Tell the client to call the ID office first and ask if they are prescribing PrEP
(and remember: the receptionist may not know)

Mobile App for DC Region: “bePrEPed”

By The DC Center for the LGBT
Community

bePrEPed

Lists locations as far as:

- Baltimore
- Winchester
- Norfolk
- Richmond

Talking to an HIV negative client who may be a good PrEP candidate:

What do you think a client needs to know about PrEP *before* the appointment with a provider?

What do you think a client needs to know about PrEP ...

What is it? Am I a candidate to take PrEP?

How well does PrEP work? Is it safe?

How often do I have to take it?

How much does it cost?

How often do I need to see my doctor? How come?

If I take PrEP, can I stop using condoms when I have sex?

Will I need to be on it my whole life?

Will it protect me from other STIs?

How long will it take to protect me from HIV?

*How do I speak to my doctor -or other health care provider-
about PrEP?*

For simple answers to these, and more, go to:

-www.vdh.virginia.gov/content/uploads/sites/10/2016/10/PrEP-FAQs.pdf

-www.cdc.gov/hiv/basics/prep.html

**Education is Crucial
but don't forget to
Promote Dialogue and Engage Client
in a discussion,
rather than automatically
re-educating for the 3rd time, etc.**

Promoting Dialogue

to see what they understand, where you need to educate/reinforce, to help client weigh risks/benefits and to problem solve

‘What have you heard about PrEP?’

‘So what are your thoughts about taking a pill every day?’

- *‘What will it be like taking this pill every day even though you might not be having sex?’*
- *‘What might get in the way of taking it daily? What could you do if that happened?’*

‘What will it be like going to the doctor’s every three months to get tested for HIV? For STIs?’

- *‘What might be a benefit of doing that? A problem?’*

‘How might being on PrEP effect your sexual/needle sharing behavior?’

‘What do you think about what we just talked about?’

And if they decide not to take PrEP, harness their interest in it
(and therefore, in staying HIV negative):

‘Sounds like staying negative is important to you. What might you do to...’

**The Challenge is to Balance
Engaging the client
with
Educating him/her**

Main Points Include:

- PrEP is an OPTION... it's another tool in the tool kit
- PrEP doesn't have to be forever:
 - It may be taken during '*seasons of risk*'
- Person must see provider every 3 months
- Person must test HIV negative to take PrEP
- Daily adherence to PrEP is essential to reduce person's risk of getting HIV
- It is important* to use condoms: taking PrEP does not protect from STIs, nor does it guarantee 100% protection from HIV

Info/Anecdotes from Mid Levels at IJP

Now Let's Talk about us...

How many people have
mixed feelings about
offering/educating a client
about PrEP as an option?

We all have to choose the level of risk
we are willing to take

**The expectation is not that
we'll always be comfortable
doing this difficult work, but
rather that
we can work with the
discomfort
and not let it get in the way...**

PrEP Resources: Brochures and Websites

Resources for General Audience (including PrEP Provider Locator)

- [CDC website](#) explaining PrEP
- [Frequently Asked Questions About PrEP](#)
- Information and educational materials about PrEP available through [Project Inform](#)
- [If you're considering PrEP, questions/concerns to discuss with your doctor](#) (PDF brochure from the CDC)
- [Application](#) for Truvada as PrEP pharmaceutical assistance and co-pay assistance programs

For answers to questions about how to access the Virginia PrEP Drug Assistance Program (DAP), call the **Disease Prevention Hotline: 800-533-4148**.

Available at: <http://www.vdh.virginia.gov/disease-prevention/disease-prevention/prep-and-npep/>

Brochure to Empower and Guide the Client in Conversation with a Provider

[*http://www.cdc.gov/hiv/pdf/risk_PrEP_TalkingtoDr_FINALcleared.pdf](http://www.cdc.gov/hiv/pdf/risk_PrEP_TalkingtoDr_FINALcleared.pdf)

Brochure on talking with your doctor about PrEP

What Questions Should I Ask My Doctor?

- Am I a good candidate for PrEP?
- What other options can I use to lower my risk of getting HIV infection?
- How effective would PrEP be at reducing my risk of HIV infection?
- Are there any side effects?
- Can you prescribe PrEP for me here?
- Are there ways to help me to pay for PrEP if I need assistance?
- Are you willing to prescribe and manage PrEP for me?
- How often will I have to be tested for HIV and other STDs?

Additional questions for women:

- Can PrEP help me to get pregnant safely if my partner has HIV?
- Can I take PrEP if I am pregnant or breastfeeding?

Resources for your Provider

Preexposure Prophylaxis for the Prevention of HIV Infection - 2014: A PHS Clinical Practice Guideline
<http://www.cdc.gov/hiv/pdf/guidelines/PrEPguidelines2014.pdf>

Preexposure Prophylaxis for the Prevention of HIV Infection - 2014: Clinical Providers' Supplement
<http://www.cdc.gov/hiv/pdf/guidelines/PrEPProviderSupplement2014.pdf>

Gilead Sciences PrEP Website: contains information about the drug, its use for PrEP, and information about the Medication Assistance Program. <https://start.truvada.com>

Resources for You

My PrEP Experience Blog
<http://myprepexperience.blogspot.com>

Project Inform: PrEP
<http://www.projectinform.org/prep>

Are you HIV negative but worry you might become positive?

Take Charge

TALK TO YOUR DOCTOR ABOUT PrEP

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

In Spanish:

http://www.cdc.gov/hiv/pdf/risk_PrEP_TalkingtoDr_Spanish.pdf

Hable con su médico acerca de la PrEP

¡Tome el control



Brochure to Empower and Guide the Client in Conversation with a Provider

PrEP and working through a difficult doctor visit

This pamphlet helps you prepare for a visit to your medical provider to discuss PrEP, and to correct any false or misleading information

you may hear in the process...

And gives suggested responses to provider statements



http://www.projectinform.org/pdf/prep_patient.pdf

For a version of this pamphlet suitable for handheld devices, go to

http://www.projectinform.org/pdf/prep_docvisit.pdf

www.projectinform.org/prep - booklets, info and 4 videos

Free copies available in English & Spanish
(and PDF version)

Is Taking PrEP
The Right Choice for You?

PrEP: A New Option for Women
For Safer Loving

“Transcending Barriers for
Safer Pleasure” for
transgender women

Info available on PrEP/PEP medication and
patient assistance programs and copay

programs

#AskTheHIVDoc All About PrEP!

GreaterThan AIDS

www.youtube.com/playlist?list=PLMg9scXawOhSCvsMOdi2L6B0CLdOeZKdG

15 short - about 1 minute- videos of two doctors answering questions about PrEP on topics such as:

- How do I get PrEP?
- Starting and Stopping PrEP
- Partying on PrEP
- Offered PrEP at a Party
- Alcohol/Drugs and PrEP
- Hormone Replacement and PrEP
- Antidepressants and PrEP



WE @ AIDS
greaterthan.org



<https://www.facebook.com/groups/PrEPFacts>

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The intention of this board is to support discussions, debates, questions, and concerns that promote fact-based information, understanding, respect, and compassion.

Get updated info, ask questions, and connect to others who are taking PrEP
- or thinking about it-
and sharing their experience