

A list of resources to help patients, providers and organizations support adherence to daily PrEP medication. PrEP is pre-exposure prophylaxis for the prevention of HIV.

Patient Resources



Patient Brochures

[Taking PrEP - A Daily Pill to Reduce Your Risk of Getting HIV](#)

Centers for Disease Control (CDC)

Mobile Adherence Support

[MediSafe Mobile App](#)

Yahoo Finance

[Top Medication Reminder Apps for Patients](#)

Pharmacy Times

[Top Five Medication Management Apps](#)

Caring Village

[Top 10 Mobile Apps in Medication Management](#)

Hempel Digital Health Network

Adherence Tools

[8 Creative Ways to Remember to Take Your Medicine Every Day](#)

Drug.com

[20 Creative Ways People Keep Track of Their Medication](#)

The Mighty.com

Other Resources

VIDEO: [PrEP: Figuring out How PrEP Fits into Your Life](#)

Project Inform

VIDEO: [Are you ready for PrEP?](#)

CDC

PrEP Facts*: <https://prepfacts.org/>

San Francisco AIDS Foundation

CDC PrEP Resource Page*:

<https://www.cdc.gov/hiv/risk/prep>

Provider Resources



Every Dose Every Day toolkit (E2D2) –

A series of four medication adherence interventions designed for people who are HIV positive, but many tools and strategies are applicable to PrEP.

[Click here.](#)

HEART - Implementation Manual

Strategies: Semi-structured Interview for Developing a Medication Adherence Plan (SIDMAP), involving support partners and identifying barriers to adherence.

CDC Effective Interventions

[Click here.](#)

SMART Couples Implementation Manual

Strategies: Medication adherence counseling for sero-discordance couples. Includes medication tracking and problem solving worksheets.

CDC Effective Interventions

[Click here.](#)

Peer Support Implementation Manual

Strategies: Outline of support group session topics and curriculum to support adherence. Focus is on ART but sessions can relate to PrEP, particularly related to promoting adherence and barriers related to depression and substance use.

CDC Effective Interventions

[Click here.](#)

Partnership for Health Provider Guide

Strategies: Brief, clinic-based individual-level, provider-administered intervention strategy. Includes tips for active listening and a medication list template. Counseling strategies are easily translatable to PrEP.

CDC Effective Interventions

[Click here.](#)

Implementation Tool for Pre-exposure Prophylaxis of HIV Infection. - Modules 1, 3 and 6 include information on supporting patient adherence.

[Click here.](#)

World Health Organization

Medication Adherence Action Kit Relevant for any medication (not just PrEP) - [Click here.](#)

New York City Department of Health and Hygiene

"Limitations to Treatment Safety and Efficacy; Adherence to the Continuum of Care" [Click here.](#)

See Table 14: Strategies to Improve Linkage to Care, Retention in Care, Adherence to Appointments, and Adherence to Antiretroviral Therapy

National Institutes of Health

Screening Tools

Culig, Josip & Leppée, Marcel. (2014). From Morisky to Hill-Bone; **Self-reports Scales for Measuring Adherence to Medication.** Collegium Antropologicum. 38. 55-62. Reviews adherence screening tools and scales. Recommend: Medication Adherence Questionnaire (MAQ) [Click here.](#)

Svarstad, Bonnie & A Chewning, Betty & L Sleath, Betsy & Claesson, Cecilia. (1999). **The Brief Medication Questionnaire: A tool for screening patient adherence and barriers to adherence.** Patient education and counseling. 37. 113-24. Study that includes the Brief Medication Questionnaire tool. [Click here.](#)

J Kane, W Kissling, T Lambert and E Parellada for the Centers of Excellence for Relapse Prevention. **Adherence Rating Scales.** Reviews adherence screening tools and scales. [Click here.](#)

*Includes Spanish language resources

The Virginia Department of Health compiled this resource list. The views do not necessarily reflect the views of VDH. Please review resources carefully and use professional judgement when providing resources to patients as part of health education and promotion activities. vMay2020

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Training and Professional Development

American Medical Association. *Online training: Medication Adherence: Improve the health of your patients and reduce overall health care costs.* [Click here.](#)

Northwest AIDS Education & Training Center. "Using Motivational Interviewing to Support Adherence." [Click here.](#)

Peer-Reviewed Resources

Haberer, Jessica E. "Current Concepts for PrEP Adherence: In the PrEP revolution; from clinical trials to routine practice." *Current opinion in HIV and AIDS* 11.1 (2016): 10. *Includes a review of adherence rates and strategies* [Click here.](#)

Taylor SW, Psaros C, Pantalone DW, et al. "Life-Steps" for PrEP Adherence: Demonstration of a CBT-Based Intervention to Increase Adherence to Preexposure Prophylaxis (PrEP) Medication Among Sexual-Minority Men at High Risk for HIV Acquisition. *Cogn Behav Pract.* 2017;24(1):38–49. *Describes the Life-Steps PrEP Counseling Intervention.* [Click here.](#)

Morton JF, Celum C, Njoroge J, et al. Counseling Framework for HIV-Serodiscordant Couples on the Integrated Use of Antiretroviral Therapy and Pre-exposure Prophylaxis for HIV Prevention. *J Acquir Immune Defic Syndr.* 2017;74 Suppl 1(Suppl 1):S15–S22. *Describes a counseling framework for HIV-serodiscordant couples.* [Click here.](#)

Sidebottom D, Ekström AM, Strömdahl S. A systematic review of adherence to oral pre-exposure prophylaxis for HIV - how can we improve uptake and adherence? *BMC Infect Dis.* 2018;18(1):581. Published 2018 Nov 16. *Describes the drivers behind poor uptake.* [Click here.](#)

Shubber Z, Mills EJ, Nachega JB, Vreeman R, Freitas M, Bock P, et al. (2016). Patient-Reported Barriers to Adherence to Antiretroviral Therapy: A Systematic Review and Meta-Analysis. *PLoS Med* 13(11): e1002183. Metaanalysis that explores leading causes of ART nonadherence. doi:10.1371/journal.pmed.1002183 [Click here.](#)

Corneli A, Perry B, Agot K, Ahmed K, Malamatscho F, Van Damme L (2015) Facilitators of Adherence to the Study Pill in the FEM-PrEP Clinical Trial. *PLoS ONE* 10(4): e0125458. *Describes facilitators to PrEP adherence in a clinical trial.* [Click here.](#)

Organization Resources



Help Patients Get Transportation

Getting to the clinic can be a significant barrier for patients. PrEP navigators should assess patients' need for transportation, help identify resources, refer patients and help them make transportation plans or partner with a local community based organization. Transportation resources include:

- Medicaid transportation
- 2-1-1
- GoToWorkVA.com

PrEP Home Delivery Options

- VDH offers a PrEP medication home delivery option. Please refer to the [VDH PrEP Clinic Resource Manual](#) for more information.
- Gilead offers medication home delivery through its Advancing Access Program. [Click here.](#)
- *Ready, Set, PrEP!* also offers mail delivery. [Click here](#) or visit <http://www.getyourprep.com/> to learn more.

Express PrEP Clinic

Can you offer an Express PrEP Clinic, with dedicated walk-in times and evening/weekend hours? This could help reduce barriers such as inconvenience and long wait times.

Smooth Transfer of Care

Moving or changing providers can affect PrEP adherence. PrEP sites can help facilitate a smooth transition through planning and communication. The VDH PrEP team can be a resource regarding care transitions. Contact the VDH PrEP Team at 804-864-7335.

For more information on PrEP services and programming in Virginia, please contact **Eric Mayes**, PrEP Coordinator, at eric.mayes@vdh.virginia.gov or (804) 864-7335.

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

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