Fast-Track Your PrEP Knowledge

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Session objectives

• Increase knowledge of the basics of PrEP and clinical procedures

• Identify financial assistance options for PrEP

• Identify how to discuss PrEP with patients

• Discussion of the current PrEP efforts in Michigan
PrEP: The Basics

- PrEP is a pill that significantly reduces HIV infection risk.
- Only taken if HIV negative.
- It is a combination of 2 medications in 1 pill.
- MUST be taken daily.
- It is meant as a temporary prevention tool.
PrEP: The Basics

- PrEP reduces chance of HIV infection by more than 90%
  - More than 70% for IDU's (Injection Drug Users)
  - Must be taken every day to work

- PrEP and condom combination reduces infection risk even more

- [https://www.youtube.com/watch?v=ueKrjO6rAyE](https://www.youtube.com/watch?v=ueKrjO6rAyE)
Time that PrEP takes for protection

- Approximately 7 days after starting PrEP for rectal tissue
- Approximately 20 days after starting PrEP for vaginal tissue
PrEP Timeline

- **Year 2012:** The FDA approved Truvada for PrEP
  - 1 tablet daily for PrEP use – recommended for use in individuals aged 18 years or older
  - Truvada drug regimen: Emtritabine (200mg) and tenofovir (300mg)

- **Year 2014:** The Centers for Disease Control and Prevention (CDC)
  - Released the PrEP clinical practice guidelines

- **Year 2015 – present:** More marketing campaigns, greater awareness and implementation
Who is PrEP indicated for

- MSM, MSMW, Transgender women
  - Any STD in the past 6 months by way of either insertive or receptive sex
  - Condomless anal sex within the past 6 months (insertive or receptive)
- Heterosexual man or woman
  - Does not regularly use condoms during sex with partners of unknown HIV status who are at substantial risk for HIV infection (injection drug users or women who have bisexual male partners)
- Commercial sex workers
- Injection Drug Users who share needles or other material used to inject drugs
- Anyone who is in an ongoing relationship with an HIV-positive partner (serodiscordant couples)
Who is Not Recommended for PrEP

- Individuals who do not know their HIV status
- Are HIV positive
- Recently engaged in high risk behaviors and have symptoms of acute HIV infection
- Don’t know whether they have hepatitis B
- Can’t or won’t take PrEP every single day as prescribed
Currently, the data on the efficacy and safety of PrEP for adolescents are insufficient. Therefore, the risks and benefits of PrEP for adolescents should be weighed carefully in the context of local laws and regulations about autonomy in health care decision-making by minors.

Source:
PrEP for Minors Without Parental Consent

- PrEP prescriptions for a minor in the absence of a recent STI and not prescribed in a Title X clinic requires parental consent.

- PrEP prescriptions with or without a recent STI at a Title X clinic does not require parental consent.

- PrEP prescriptions with a recent STI in any type of provider setting does not require parental consent.
Maintaining Confidentiality

- Maintain confidentiality of adolescents health information

- Challenge: Keeping medical services accessed by young people using their parents insurance plans confidential from the policy holder (the parent)
Why is it important to test for hepatitis B before starting PrEP?

- Both drugs in Truvada are active against hep B and HIV
- People who have Hep B and who take Truvada could develop hep B drug resistance
- Hep B vaccination is strongly encouraged before starting Truvada
- Patients who already have been diagnosed with hep B can take PrEP, but must work with their medical provider on the safest way to start and stop the regimen
Clinical Guidelines

Initial Visit

30-day follow up visit

3-month visits
Guidelines

Initial visit

- Risks and benefits discussion
- Tests initiated: HIV, Creatinine clearance, Hep B and C, STD, pregnancy test
- Assess the need for financial assistance
30 day visit

- Consider repeat HIV test
- Continued risk reduction counseling
- Side-effect check (stomach-area pain, headache, decreased weight)
- Symptoms of acute HIV infection
- Give 60 day (or 30 days with 1 refill) prescription
- Schedule follow-up appointment prior to end of 60 day prescription
3 month visit

- HIV test
- STD symptom check
- Medication adherence review
- Assess current HIV infection risk
- Symptoms of acute HIV infection

- STD testing
- Pregnancy test (for women)
- Creatinine clearance (checked at initial visit, 3 month, and then every 6 months)
- 90-day prescription given
- Follow-up appointment scheduled for every 3 months
How long is PrEP used for?

- Depends on the individual

- Individuals should only use PrEP when they are at high risk of contracting HIV

- Some reasons a client may want to stop taking PrEP
  - New relationship
  - Side effects
  - Don’t think that they are at risk of contracting HIV anymore
Paying for PrEP

- **Without insurance:** ~$1,200/month for Truvada plus office visit and lab costs
- **Medicaid (Michigan):** $3/month for Truvada, labs and office visits covered
- **Other insurance:** Variable

**Assistance Programs:**
- Gilead Medication Assistance Program
- Gilead Advancing Access Co-Pay Coupon Card
- Patient Advocate Foundation
- Patient Access Network Foundation
Michigan PrEP Payment Guide

- PrEP payment options
- Organized by insured or uninsured
- Contains other PrEP resources as well
What do we Know?
What do you know about PrEP?

PrEP Awareness

- Heard of PrEP: 76%
- Know Where to get PrEP: 67%
- Know Someone on PrEP: 52%
- Trust a pill like PrEP: 61%

Does PrEP protect against STDs?

- Only 48% of respondents knew PrEP does NOT protect against STD's
- 7% of responders were taking PrEP or had at some point
Provider awareness of PrEP

Who:
- Providers who diagnosed at least 1 case of Gonorrhea or Syphilis in the past year

What:
- Paper survey

When:
- May - July 2017

Were:
- Wayne County

Why:
- Assess knowledge, and utilization of PrEP in clinical settings

Have you heard of PrEP?

60% YES!
Barriers to Access & Utilization of PrEP

My Patient's Greatest Barriers are..

- Lack of Awareness: 85%
- Health Insurance: 70%
- Mistrust of Health Care system: 13%

My Clinic's Greatest Barriers are...

- Insurance Coverage: 64%
- Lack of Adequate Training: 59%
- Prior Authorization Issues: 51%
- Lack of Staff Time: 28%
PrEP Efforts in Michigan
Project PrIDE activities

- Capacity Building
- Increase Awareness and Knowledge
- Increase PrEP Uptake
- Evaluation
Media Campaign

- Impressions – November 2016 - February 2017
- Community Advisory Board input
- Creatives

- Radio: 4,187,295 impressions, 5,505 clicks
- TV: 4,419,645 impressions, 20,844 clicks
- Mobile: 7,869,488 impressions, 65,019 clicks
Build Workforce capacity

- Increase provider network
- Primary Care Providers
- Training medical students
- Community knowledge and awareness
Community Advisory Board
Risk Screening

Do you ask your male patients about the gender of their sex partners?

NO

50%

When asked, to what extent do you agree with this statement:

“Expansion of PrEP is urgently needed in our community as a means to prevent HIV.”

75% Agreed
Comprehensive Risk Assessment

Is PrEP Right For You?

PrEP may benefit you if you are HIV-negative and **ANY** of the following apply to you.

**You are a gay/bisexual man and**
- have an HIV-positive partner.
- have multiple partners, a partner with multiple partners, or a partner whose HIV status is unknown — and — you also
  - have anal sex without a condom, or
  - recently had a sexually transmitted disease (STD).

**You are a heterosexual and**
- have an HIV-positive partner.
- have multiple partners, a partner with multiple partners, or a partner whose HIV status is unknown — and — you also
  - don’t always use a condom for sex with people who inject drugs, or
  - don’t always use a condom for sex with bisexual men.

**You inject drugs and**
- share needles or equipment to inject drugs.
- recently went to a drug treatment program.
- are at risk for getting HIV from sex.
Sexual History Questions

5 P’s

- Partners
- Practices
- Protection from STDs
- Past history of STDs
- Prevention of pregnancy
Readiness Assessment

Economic Stability
Education
Social and Community Context
Health and Health Care
Neighborhood and Built Environment
LGBT messaging

- SOGI
- Pronoun usage
- Inclusivity and Respect
- Messaging
SOGI

Sexual Orientation and Gender Identity

The Genderbread Person

Gender is one of those things everyone thinks they understand, but most people don’t. Like love. Gender isn’t binary. It’s not either/or. In many cases it’s both/and. A bit of this, a dash of that. This tiny little guide is meant to be an appetizer for gender understanding. It’s okay if you’re hungry for more. In fact, that’s the idea.

For a bigger bite, read more at: http://tayu/genderbread
STI Testing and Treatment

- Gonorrhea and Chlamydia testing
  - Urethral
  - Rectal
  - Pharyngeal

- Syphilis screening

Do you test for rectal or pharyngeal gonorrhea

- NO 43%
- 17%
In-depth toolkit review

- Developed by Dr. Heumann, director of the Detroit STD Clinic
- Includes:
  - Evidence for PrEP
  - Is your clinic ready
  - Indications, contradictions and considerations for PrEP
  - Paying for PrEP
  - Initial and follow-up visits
  - Resources
Clinical Checklist

- Is your clinic ready to prescribe PrEP?

- Clinic staff ready to assist clients and paperwork?
Toolkit review

Cultural Competency in LGBTQ Healthcare

2.2 Resources: Cultural Competency in LGBT Healthcare

- National LGBT Health Education Center¹
  - Glossary of LGBT Terms for Healthcare Teams
  - Understanding the Health Needs of LGBT people
  - Providing Inclusive Services and Care for LGBTpeople

- Center of Excellence for Transgender Health²
  - Online Learning: Acknowledging Sex and Gender
    - [http://transhealth.ucsf.edu/video/story_html5.html?m=1](http://transhealth.ucsf.edu/video/story_html5.html?m=1)

References

² Center of Excellence for Transgender Health.
Evidence for PrEP: Key studies
Toolkit review

- Paying for PrEP
  - Billing codes
  - Payment options
  - Resources for insured and uninsured
Toolkit review

- PrEP/nPEP billing codes

ICD-10

INTERNATIONAL CLASSIFICATION OF DISEASES

ICD-10 is a new code set for reporting medical diagnoses & inpatient procedures.
Michigan HIV Consultation Line

- Developed in partnership with MDHHS and HFHS
- Addresses questions from health care providers about HIV-related issues
- 24-hour consultation line
- Non-urgent question submission

www.henryford.org/hivconsult

313-575-0332
Outcomes

EVALUATION/PERFORMANCE MEASURES
PrEP Cascade

Screened

Eligible

Referred

Attended Appointment

Prescribed
Making Progress

PrEP Prescriptions

Baseline - average 5 prescriptions a month
Implementation - average 15 prescriptions a month
Support Services

People were referred to...

- 472 to Risk Reduction Interventions
- 22 to Health Insurance Navigation
- 22 to Substance Abuse Treatment
- 19 to Mental Health Provider
- 13 to Medication Adherence Services
- 3 to Housing Services
- 2 to Transportation
Barriers to Accessing & Adhering to PrEP

- Regularly going to doctor
  - White MSM: 29%
  - MSM of Color: 26%

- Cost of PrEP
  - White MSM: 21%
  - MSM of Color: 19%

- Side Effects
  - White MSM: 18%
  - MSM of Color: 12%

- Transportation
  - White MSM: 0%
  - MSM of Color: 6%

- No insurance
  - White MSM: 12%
  - MSM of Color: 11%

- Insurance doesn't cover cost
  - White MSM: 4%
  - MSM of Color: 12%

- Stigma around PrEP
  - White MSM: 4%
  - MSM of Color: 8%
Engagement and Resources
Henry Ford HIV Consultation Line
www.henryford.org/HIVconsult or 313-575-0332

Michigan PrEP Provider Toolkit

MATEC Trainings
  ▶ Clinical Preceptorships
  ▶ PrEP Workgroup for Providers
Trainings

- MATEC (Midwest AIDS Training and Education Center)
- Case Management
- HIV Test Counselor Training
PrEP Directory

Wayne County PrEP Directory


www.PrEPlocator.org

- PrEP provider in county
- No PrEP Provider in County
Client Tools/Resources

- Michigan PrEP Payment Guide
- PrEP Directories
- MDHHS Statewide HIV/STD Hotline
  800-872-2437
- Unified Early Intervention Services
next steps

- PrEP Navigation
- Public Health Detailing
- Statewide Implementation/Expansion
- PrEP Champions
- Partnering with GILEAD
Recap for Prescribers

- Checklist
- PrEP Provider Toolkit
Thank you

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Michigan.gov/HIVSTD
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