Pre-Exposure Prophylaxis (PrEP)

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Disclosures

- I have no financial disclosures to report
Objectives

- Identify the need for HIV prevention
- Discuss the initiation of PrEP
- Discuss the management of PrEP
- Discuss the Education of PrEP
Epidemiology:
Over 1.2 million people living with HIV in the United States\textsuperscript{1}
Rates of HIV Diagnoses Among Adults and Adolescents in the US
Lifetime Risk of HIV Diagnosis by State

If current rates continue, 1 in "x" persons in each state will be diagnosed with HIV sometime during their lifetime (e.g., 1 in 115 persons in NY).
Epidemiology

- There are 40,000 new cases of HIV diagnosed each year.
- Approximately 25-27% of new HIV infections occurred from heterosexual sex.
- 1:8 people in the United States who are infected with HIV are unaware of their HIV positive status
- MSM 1:6
  - African American 1:2
  - Hispanic/Latino 1:4
  - Caucasian 1:11
Epidemiology

- **Heterosexual**
  - African American Men - 1:64
  - African American Women - 1:48
  - Hispanic/Latino Men - 1:48
  - Hispanic/Latino Women - 1:227
  - Caucasian Men - 1:132
  - Caucasian Women - 1:880
  - IVDU Men - 1:36
  - IVDU Women - 1:23

- 22% of transgender women are HIV positive and HIV prevalence 50% times higher than in all adults in reproductive age.
Epidemiology

- Two key populations that could benefit from prevention measures:
  - Men who have sex with men (MSM)
    - US: Approximately 60-70% of new infections in men and ~ half of the 1 million people living with HIV
    - New infections in young black MSM (13-29 yrs) in the U.S. are about twice that of white or Hispanic counterparts
    - Globally: Prevalence is as high as 20-40% in several countries
  - Women
    - US: 25-27% of new infections, and 25% of those living with HIV
    - Globally: 48% of new infections, ~ half of the adults living with HIV today
Individuals at High Risk

- Has a partner that is HIV +
- Engages in sexual activity with high prevalence:
  - Inconsistent or no condom use
  - Diagnoses of STI’s
  - Exchange of sex for commodities (such as money, food, shelter, or drugs)
  - Use of illicit drugs or alcohol dependence
  - Incarceration
- Partner(s) of unknown HIV-1 status with any of the factors listed above
Truvada (emtricitabine 200 mg/tenofovir 300 mg) is indicated in combination with safer sex practices for pre-exposure prophylaxis to reduce the risk of sexually acquired HIV-1 infection in adults at high risk.
Lab and Diagnostic Testing

- CMP
- CBC
- Rapid HIV AB
- HIV p 24 Antigen
- HIV RNA-for indeterminate HIV test and acute presenting symptoms
- STI’s
- Pregnancy test for women
- Hepatitis B surface antigen (HBsAg), Hepatitis B core antibody (anti-HBc), and Hepatitis B surface antibody (anti-HBs).
- Bone density screening if patient has history of osteoporosis, high risk of osteoporosis
Truvada

- Oral: One tablet Truvada (emtricitabine 200 mg/tenofovir 300 mg) once daily
- For pregnancy the benefits outweigh risks. No known fetal harm based on limited human data.
- Category B
Education

- Take Truvada daily to avoid resistance

- Common Side Effects: N/V/D, fatigue, headache, abnormal dreams, reduction in bone density (greatest during the first six months, and then stabilizes after that).

- Based upon pharmacokinetic data suggested to use condoms for:
  - 7 days after starting PrEP for patients engaging in receptive (on the bottom) anal sex
  - 21 days after starting PrEP for patients engaging in receptive vaginal sex

- There are no clear data on the concentration of tenofovir in penile tissues.
Sexual Health Education

- **Start** the sexual history conversation by stating that this is routine practice.
- **Assess** your patients’ risk for acquiring STIs, including HIV.
- **Find** out about your patients’ sexual history in the past six months and current practices through a series of questions.
- **Educate** your patients on the importance of condoms.
One Month Follow Up

- After initiation follow up in one month
  - Follow-up visit
  - Assess side effects and the patient’s interest in continuing
  - Adherence counseling: reinforce importance of daily use and address any challenges patient has faced.
Three Month Follow up

- Three Month Follow-Up:
- HIV test: 4th generation preferred
- If the patient has been off PrEP for more than a week, consider screening for acute HIV at time of PrEP re-initiation
- Creatinine: stop CrCl<60
- STI screening
- Pregnancy test for women; If pregnant, ensure that the patient has been informed about use during pregnancy and that she discusses PrEP use with her prenatal provider.
- Renew prescription for 90 days only if HIV test negative
- At visit: adherence and risk reduction counseling
What If The Patient Becomes HIV +:

- Discontinue Truvada to avoid development of HIV resistance
- Order and document results of an HIV genotype (resistance test)
- Report the test to your local health department
- Ensure that the patient is linked to an HIV-primary care provider for care and possible immediate initiation of antiretroviral therapy
ICD-10 Diagnosis Codes

- Z72.5 High Risk Sexual Behavior
  - Z72.51 High Risk Heterosexual Behavior
  - Z72.52 High Risk Homosexual Behavior
  - Z72.53 High Risk Bisexual Behavior
- Z71.7 HIV Counseling
- Z20.82 Contact with and suspected exposure to viral communicable diseases
The National HIV/AIDS Strategy (NHAS)

- Federal Effort to reduce new HIV infections
- Strategies of this initiative are to reduce new infections:
  - Intensifying HIV prevention efforts in high-prevalence populations and geographic areas
  - Expanding efforts with evidence-based prevention approaches
    - Access to care
    - Access to behavioral health
    - Access to PrEP
- Educating people about HIV risks, prevention, and transmission
Achieving NHAS prevention goals for testing, HIV treatment, and expanding the use of PrEP would help prevent:

185,000 new HIV infections by 2020
Gilead Medication Assistance Program

- The Truvada® for PrEP medication assistance program assists eligible HIV-negative adults in the United States who require assistance paying for Truvada (emtricitabine and tenofovir disoproxil fumarate) for PrEP (pre-exposure prophylaxis).

To find out eligibility for this medication assistance program, call 1-855-330-5479, Monday through Friday between 9:00 a.m. and 8:00 p.m. (Eastern).

Resources for Healthcare Providers

- https://www.truvadapreprems.com/truvadaprep-resources
- https://www.preventhiv.com/
There are 40,000 new cases of HIV diagnosed each year.

Pre-exposure prophylaxis (PrEP) with antiretroviral medications is an evidence-based strategy that can be used to prevent new infections among those at risk.

PrEP using tenofovir disoproxil fumarate-emtricitabine (TDF-FTC) Truvada can reduce the risk of HIV transmission by greater than 90 percent in patients who are at high risk for acquiring HIV, depending upon the level of adherence.
To determine if a patient is at high risk of acquiring HIV, clinicians should assess sexual risk and drug-using behaviors over the last six months.

To assess the potential risks of treatment with TDF-FTC, patients should be evaluated for evidence of HIV infection, renal disease, osteoporosis, hepatitis B virus (HBV) infection, and pregnancy.
All patients should have HIV testing (e.g., a fourth generation antigen-antibody test) to be certain they do not have undetected HIV infection. If a patient has had symptoms of acute HIV infection, and/or a recent high-risk exposure in the last four weeks, additional testing for HIV RNA should be performed.

For patients with evidence of reduced kidney function (CrCl <60), pre-exposure prophylaxis should not be prescribed.
I am many things to many people.

Why can you only see me as that HIV woman?
Stop HIV/AIDS stigma & discrimination.
KEEP IT REAL with PrEP

LEARN MORE AT PrepFacts.org

PrEP: Prevents HIV infection
Adherence Matters
Safe and well tolerated
Coverage

PrEP is a newly available HIV prevention strategy, not a cure for HIV

ANOTHER BLUE PILL FOR SEX

Two meds, EMTRIVA® and VIREAD®, are combined in 1 tablet to make up TRUVADA

EMTRIVA (emtricitabine) + VIREAD (tenofovir disoproxil fumarate) = TRUVADA (emtricitabine/tenofovir disoproxil fumarate)
"Medications have helped me live longer with HIV...

but they haven't helped me:
Find a new boyfriend
Not be afraid
Talk to my family
Not worry about each new cold
Get dates
Not worry about giving it to someone else."

*HIV: Still no cure*
AND
Politics, People, and the AIDS Epidemic
THE BAND
PLAYED ON
Randy Shilts

THE NORMAL HEART

AL PACINO, MERYL STREEP, EMMA THOMPSON
ANGELS IN AMERICA
DIRECTED BY MIKE NICOLS
SCREENED BY TONY KUSHNER

RUFFALO, BOMER, KITCH, PARSONS, ROBERTS
TO WIN A WAR YOU HAVE TO START ONE
Sunday, May 25 9pm HBO
References


Thank you