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# PrEP: Establishing a Rural Clinic

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# Establishing a Rural PrEP Clinic

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## Disclosure Information

I **do not** have any conflicts of interest to disclose  
and I **do not** intend to discuss off label use of any  
drug or treatment during this discussion.

## **Goal of PrEP Clinic**

**Provide Truvada as HIV prophylaxis for high risk patients at minimal to no cost**

## **Clients Sought**

- Serodiscordant partners of HIV + patients**
- Patients identified as high risk through our STD clinic**
- “Word of mouth” patients in our region**



**Who needs PrEP?**

# **CDC updated guidelines 2017 and FDA revision May 2018**

**[www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf](http://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf)**

# MSM

- Adult or adolescent man**
- HIV negative**
- Any male sex partner(s) in past 6 months**
- Not in monogamous partnership with a recently tested HIV negative man**

**AND at least one –**

- Any anal sex without condoms in past 6 months**
- A bacterial STI diagnosed or reported in past 6 months**



# **HETEROSEXUAL MEN AND WOMEN**

- ADULT/ADOLESCENT PERSON**
- HIV NEGATIVE**
- ANY SEX WITH OPPOSITE SEX PARTNER(S) IN PAST 6 MONTHS**
- NOT ON MONOGAMOUS PARTNERSHIP WITH A RECENTLY TESTED HIV NEGATIVE PARTNER**

**AND AT LEAST ONE OF FOLLOWING-**

- MAN WHO HAS SEX WITH BOTH WOMEN AND MEN**
- INFREQUENTLY USES CONDOMS DURING SEX WITH 1 OR MORE PARTNERS OF UNKNOWN HIV STATUS WHO ARE HIGH RISK**
- IN AN ONGOING SEXUAL RELATIONSHIP WITH AN HIV POSITIVE PARTNER**
- A BACTERIAL STI DIAGNOSED OR REPORTED IN THE PAST 6 MONTHS**

# **FOR IDU**

- ADULT/ADOLESCENT PERSON**
- HIV NEGATIVE**
- ANY INJECTION OF DRUGS NOT PRESCRIBED BY A CLINICIAN IN THE PAST 6 MONTHS**

**AND AT LEAST ONE OF THE FOLLOWING –**

- ANY SHARING OF INJECTION OR DRUG PREPARATION EQUIPMENT IN PAST 6 MONTHS**
- RISK OF SEXUAL ACQUISITION (SEE MSM/HETEROSEXUAL CRITERIA)**

# **PrEP Clinic Navigation**


- 1. Client meets with nurse, HIV risk factors are assessed as outlined above. Guidelines followed for patient appropriateness for treatment.**

## **Navigation (cont)**

- 2. Patient education provided on: PrEP program and participant requirements, condom use, s/s of acute HIV infection and STDs, NSAID use while on Truvada, pregnancy, breastfeeding and pregnancy intentions.**

# Navigation (cont)

- 3. Baseline lab testing: BMP with eGFR, Rapid HIV, RPR, Hepatitis panel, urine GC/Chlamydia (3 point testing if MSM), UPT if applicable. Cost less than \$20**



**4. Client then meets with benefit counselor to assess insurance status and possible need for copay assistance or prescription assistance programs.**

# **Initiation**

**Once labs return, MD reviews patient health history, medications and lab results.**

**RX written for Truvada if appropriate.**

## **Initiation (continued)**

**Nurse meets with patient, Truvada education provided and counseled on medication adherence. Truvada Rx sent to pharmacy.**



## **Follow-up Visits**

**Patient scheduled for quarterly visits, and instructed to call for any questions, medication side effects or STD symptoms.**

**Monthly or more frequent calls from pharmacist.**

## **Follow Up Visits (continued)**

**With each quarterly visit, patient meets with nurse, education provided on condom use, risk behaviors, s/s of STD or acute HIV infection, and condoms are provided.**

# **FOLLOW UP LABS**

## **3 month visit**

**Rapid HIV test  
(STI screening if appropriate)**

## **6 month visit**

**Full STD screening, BMP and eGFR,  
and Rapid HIV.**

## **9 month visit**

**Rapid HIV test  
(STI screening if appropriate)**

# **12 month visit**

**Full STD screening, BMP and eGFR,  
and Rapid HIV**

# Refills

**New Rx written by MD every three months after patient visit**



# **Costs to patient**

**Semiannual STD labs  
BMP with eGFR**

**Total less than \$60/year, including  
baseline testing**



# Results

# **Timeframe**

**3/15/16 to present**

**13 patients sought PrEP services**

**7 patients started Truvada  
(4 had insurance)**

**6 patients did not meet PrEP criteria**

**1 patient stopped Truvada due to side effect (fatigue)**

**2 patients lost to follow up or were noncompliant**

# **PrEP continues**

**4 patients**

**Only one of PrEP patients on Truvada  
was a partner of a HIV + patient**

**No longer on PrEP**



# **HANDOUTS**

# Questions / Answers



**Thank You**