

PREP IMPLEMENTATION



CHECK LISTS

- **BASIC INFO**
- **COUNSELING**
- **ADHERENCE COUNSELING**

Sarit A. Golub, PhD, MPH

BASIC PrEP Information Checklist

What is PrEP?

- ☐ PrEP is for people who are HIV-negative and concerned about HIV infection
- ☐ PrEP is a daily pill that can protect you against HIV as long as you take it every day.
- ☐ PrEP does not provide protection against other sexually transmitted infections or pregnancy.

If you decide to take PrEP you have to:

- ☐ Get tested for HIV every 3 months.
- ☐ Get tested for other STIs every 3 months.
- ☐ Come to the clinic for medical screening and refills every 3 months.
- ☐ Pick up your medication every month.
- ☐ **Remember to take the pill every day.**

Pros and Cons of PrEP

- ☐ Pros:
 - Strong protection from HIV
 - Decrease in anxiety
 - Protection from HIV during condomless sex
 - Protection from HIV during sex with an HIV+ partner
 - Strategy controlled by the receptive partner
- ☐ Cons
 - Daily pill – adherence is very important
 - Cost (of medication, visits, and screening)
 - No protection against STIs
 - Need to come in for visit every 3-months
 - Need to pick up medication every month

PrEP Counseling Checklist

1. How PrEP works

- ☐ HIV infects a person's body by making copies of itself inside the person's bloodstream.
- ☐ PrEP medication stops the virus from being able to make those copies.
- ☐ If HIV can't multiply, then HIV infection doesn't occur.
- ☐ PrEP works by keeping a high concentration of anti-HIV medication in your body at all times, so that you are always protected. That's why it's so important for people who chose to take PrEP to remember to take the medication every day.

2. What PrEP doesn't do

- ☐ PrEP does not protect against other sexually transmitted infections (STIs) like chlamydia, gonorrhea, syphilis, or herpes.
- ☐ PrEP is not a cure for HIV and doesn't work on its own as treatment for someone already living with HIV.
- ☐ PrEP doesn't work if you only take it after you've been exposed to HIV. PrEP doesn't work if it isn't taken consistently and correctly.

3. How do you take PrEP?

- ☐ If you decide to take PrEP, you need to take the medication (one pill) every day.
- ☐ The medication only works if it is in high enough concentrations in your body. If you skip a lot of doses or only take PrEP when you have sex, it will not protect you against HIV.
- ☐ If you are considering PrEP, one of the most important things to think about is whether you can commit to taking a pill once-a-day, every day.
- ☐ You will also need to visit your medical provider every 3 months to be tested for HIV, screened for other STIs and checked for potential side effects. At each visit, you'll get another 3-month supply of the medication.

4. What are the side effects?

- ☐ Most people on PrEP don't report any side effects, but the most common side effects are nausea, gas, bloating, stomach cramps, and headaches.
- ☐ These symptoms often get better or go away completely within the first two months of taking PrEP (called "start-up syndrome"). There are some over-the-counter and home remedies that can help with these symptoms.
- ☐ There are other side effects of the medication that are rare, but are sometimes serious.
 - The medication used in PrEP can affect the way your kidneys work, so your provider will check your kidney function at every visit and will stop PrEP if necessary.
 - The medication has also been found to lower bone density (thickness), which can make someone more vulnerable to fractures.

Adherence Counseling Checklist

Part I: Rationale for Daily Dosing

- ☐ Review information about PrEP mechanisms of action and dose dependence
- ☐ Explain why the medicine only works if there is enough active drug in the blood stream
- ☐ Discuss the dangers of “disco-dosing”
- ☐ Check for comprehension and motivation for daily dosing

Part II: Plans for Integrating Pill-taking into a Daily Routine

- ☐ Ask patient about environmental and social factors that might make pill-taking easier or more difficult.
- ☐ Discuss specific plans for where, when, and how patient will take the medication.
- ☐ Discuss plans for medication storage
- ☐ Discuss strategies for situations in which a daily routine might be disrupted
- ☐ Develop reminder strategies that are cognizant of and responsive to contextual factors
- ☐ Document this discussion on the SPARK Adherence worksheet

Part III: Discussion of Side Effects and their Management

- ☐ Review and explain the most common PrEP side effects
- ☐ Discuss strategies for side effect management
- ☐ Explore whether patient has a “intolerable” side effect
- ☐ Strategize for action plans in the event that side effects are experienced

Part IV: Disclosure and Concealment

- ☐ Discuss patient’s living and work situation, and potential requirements for disclosure
- ☐ Identify strategies for disclosure or concealment
- ☐ Discuss specific language that might facilitate these processes
- ☐ Explore contingency plans in the even that PrEP medications are inadvertently discovered
- ☐ Discuss the potential for changes to patient’s need or desire to disclose, and develop strategies for these alternatives
- ☐ Discuss disclosure of PrEP use to sexual partners, and the implications for sexual risk

Part V: Planning for Changes

- ☐ Discuss the extent to which current PrEP use is motivated by current relationship status or other personal circumstances
- ☐ Identify and discuss changes in circumstances that might precipitate a change in PrEP use
- ☐ Develop plans to discuss such changes with a counselor or provider