What you need to know about PrEP
More resources available at the DC Center for Rational Prescribing

doh.dc.gov/dcrx
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Important Information

The video will progress at its own pace.

Do not attempt to speed up the video.

The post-test will only unlock after viewing the entire video.

The video can be paused and resumed later.
Course Objectives

1. List various prevention methods of HIV.
2. Determine which patients benefit most from PrEP therapy.
3. List common and serious adverse effects of PrEP.
4. Describe the recommended labs and follow-up appointment schedule for patients using PrEP.
HIV Prevention Strategies
HIV prevention strategies

1. REDUCE INFECTIOUSNESS OF THOSE WITH HIV
   • Lower viral load = Lower risk of transmission

2. REDUCE EXCHANGE OF BODILY FLUIDS
   • Physical barriers to reduce contact with the virus

3. REDUCE SUSCEPTIBILITY TO HIV INFECTION
   • Biological mechanisms of prevention
HIV prevention tools

- Male and female condoms
- Clean works for IV drug use (needles, syringes, spoons, etc.)
- HIV treatment for HIV positive individuals
- Abstinence
- Sober sex
- Mental health treatment
- Regular HIV testing
- Wraparound services (food, housing, healthcare)
Treatment as prevention

- Treatment is a highly effective form of prevention
- Viral suppression in HIV positive patients can prevent transmission

93% reduction in transmission in HIV Prevention Trial Network 052
Condoms

• Consistent use of condoms for all acts of penetrative vaginal intercourse reduced HIV incidence by 80% in heterosexual serodiscordant couples. (Weller 2012)

• For men who reported having anal sex with an HIV-positive male partner, “always” using condoms was 70% effective. (Smith 2015)
  • There was no significant protection with “sometimes” condom use.
HIV Transmission Varies by Type of Sex

PrEP reduce the risk for all kinds of sexual contact.

- Anal sex
- Vaginal sex
- Oral sex
  - With men
  - With women
What is PrEP?
PrEP=Pre-Exposure Prophylaxis

- Antiretroviral medication taken daily to prevent HIV
- Truvada, a combination of tenofovir (TDF) and emtricitabine (FTC), was approved as PrEP by the FDA in 2012
PrEP vs. PEP

**PrEP = PRE-EXPOSURE PROPHYLAXIS**
- Initiated before exposure to risk
- Taken daily for as long as a patient is at risk for HIV to provide ongoing protection

**PEP = POST-EXPOSURE PROPHYLAXIS**
- Taken within 72 hours after exposure or suspected exposure and daily for 28 days
TDF Alone is Effective

- TDF was just as effective as TDF/FTC in a randomized placebo-controlled trial of TDF and TDF/FTC of 4,410 serodiscordant heterosexual couples in Kenyan and Uganda. (Baeten 2014)
Generic Options for PrEP

• When generic TDF becomes available (expected in 2017), it can be combined with branded FTC. This would save money.

• The DHHS Guidelines panel considers 3TC (currently available as a generic) interchangeable with FTC.
Tenofovir Alafenamide (TAF)

• A multi-drug formulation containing TAF caused smaller creatinine increases and less loss of bone mineral density (spine and hip) than a multi-drug formulation containing TDF. (Sax 2015)
• TAF is not yet approved for PrEP.
  • TAF/FTC became available in 2016 for HIV treatment.
  • An RCT for TAF/FTC for PrEP began in 2016.
  • TAF may result in lower levels of tenofovir in muscoa and genital fluids. (Garrett 2016)
Men who have sex with men (MSM)—placebo-controlled trials of PrEP

<table>
<thead>
<tr>
<th>Study</th>
<th>Treatment</th>
<th>Efficacy estimate</th>
<th>Efficacy in Adherent Participants</th>
<th>Quality of Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>iPrEx Trial</td>
<td>TDF/FTC (n=2499)</td>
<td>44%</td>
<td>92% (40-99%)</td>
<td>High</td>
</tr>
</tbody>
</table>

Adapted from CDC 2014 Guidelines on PrEP
PROUD study

• In an open-label randomized trial of 544 HIV-negative men who had unprotected anal intercourse, patients received PrEP immediately or after 1 year.

• HIV incidence was significantly lower in the immediate group (1.2 cases per 100 person years) compared to the delayed group (9.0 per 100 person years).
  • The proportional reduction in risk was 86%.

(McCormack 2016)
On-Demand Dosing

• Using PrEP sporadically is ineffective.
• However, on-demand (intermittent) use can be very effective if a specific regimen is followed.
On-Demand PrEP in Men who have sex with men (MSM)

• Intermittent ("on-demand") TDF/FTC was tested in 400 MSM men who had unprotected anal sex with at least two partners in the previous 6 months.
• Patients were instructed to take two pills 2-24 hours before sex, then one pill daily until two days following the last act.
• The relative reduction of HIV transmission was 86%. (Molina 2015)
On-Demand PrEP in Men who have sex with men (MSM)

- Intermittent ("on-demand") TDF/FTC reduced HIV transmission by 86% in men who have unprotected anal sex. (Molina 2015)

Two pills 2-24 hours before sex, then one pill daily until two days after the last sex act.
Heterosexual men and women—placebo-controlled trials

<table>
<thead>
<tr>
<th>Study</th>
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<th>Quality of Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Partners PrEP</td>
<td>TDF, TDF/FTC</td>
<td>TDF All: 67%</td>
<td>TDF: 86% (67%-94%)</td>
<td>High</td>
</tr>
<tr>
<td>(2012) (n=4,758)</td>
<td>(n=1,219) 36 months</td>
<td>Women: 71%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men: 63%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>TDF/FTC All: 75%</td>
<td>TDF/FTC: 90% (58-98%)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women: 66%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men: 84%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>TDF2 (2012)</td>
<td>TDF/FTC</td>
<td>All: 63%</td>
<td>Women: 75%</td>
<td>Moderate</td>
</tr>
<tr>
<td>(n=1,219) 1.1 years</td>
<td></td>
<td>Women: 49% (NS)</td>
<td>Men: 82%</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men: 80%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NS=not statistically significant
Adapted from CDC 2014 Guidelines on PrEP
# Heterosexual Women—placebo-controlled trials

<table>
<thead>
<tr>
<th>Study</th>
<th>Treatment</th>
<th>Efficacy estimate</th>
<th>Quality of Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEM-PrEP (2012)</td>
<td>TDF/FTC (n=2,120)</td>
<td>6% (NS)</td>
<td>Low</td>
</tr>
<tr>
<td>West African Trial</td>
<td>TDF (n=936)</td>
<td>65% (NS)</td>
<td>Low</td>
</tr>
<tr>
<td>(2007)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VOICE (2015)</td>
<td>TDF, TDF/FTC (n=3,019)</td>
<td>TDF -50% (NS)</td>
<td>TDF/FTC -4% (NS)</td>
</tr>
</tbody>
</table>

NS=not statistically significant
Adapted from CDC 2014 Guidelines on PrEP
**Transgender women**

- A subgroup analysis of 339 transgender women in iPrEx found no difference between PrEP and placebo in the number of people who seroconverted.

  - [In patients on PrEP,] HIV incidence was zero if drug was detected, and 4.9 per 100 person-years if drug was not detected. 

  (Deutsch 2015)
## Intravenous Drug Users (IVDU)

<table>
<thead>
<tr>
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<th>Efficacy estimate</th>
<th>Efficacy in Adherent Participants</th>
<th>Quality of Evidence</th>
</tr>
</thead>
<tbody>
<tr>
<td>BTS (2013)</td>
<td>TDF (n=2,411)</td>
<td>All: 49%</td>
<td>74% (17-94%)</td>
<td>High</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Women: 78.6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Men: 37.6% (NS)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NS=not statistically significant
Adapted from CDC 2014 Guidelines on PrEP
Adverse Effects of PrEP
Common adverse effects of PrEP (usually transient)

- Nausea
- Headaches
- Abdominal pain
- Weight loss
Serious adverse effects of PrEP

- Loss of bone mass
- Renal impairment (New onset or worsening)
  - Acute kidney failure
  - Fanconi syndrome
- Lactic acidosis
- Liver function abnormalities, worsening of hepatitis

- Severe hepatomegaly with steatosis
- Acute exacerbation of Hepatitis B post-treatment
- Risk of drug resistance
Bone Density

• In a study of 221 people, subjects treated with TDF/FTC for a median of 1.1 years experienced a significant decline in bone mineral density in the forearm, hip, and lumbar spine. (Thigpen 2012)
• The long-term effect of PrEP on younger patients who have not achieved their adult bone mineral density is unknown.
• Baseline and follow up bone densitometry may be prudent.
Renal Function

- An observational Veterans Administration study of 10,841 HIV-positive patients found that each year of exposure to tenofovir treatment was associated with:
  - 33% increased risk of chronic kidney disease
  - 11% increased risk of rapid decline in kidney function
  - 34% increased risk of time to first occurrence of proteinuria
  - Median follow up ranged from 3.9 years (proteinuria) to 5.5 years (chronic kidney disease).

(Scherzer 2012)
Renal Function

• In 3,924 highly adherent individuals who took TDF-based PrEP for a median of 36 months, PrEP reduced mean estimated glomerular filtration rate (eGFR); the effect reversed weeks after discontinuation.
  • All subjects had creatinine clearance $\geq 60$ mL/min at baseline
  • 98% started with eGFRs $\geq 90$ mL/min
    • Creatinine-based eGFR estimates are less accurate in people with wasting or loss of muscle mass
  • Proteinuria was not assessed (Mugwanya 2016)
• Patients on TDF should be screened prior to treatment and followed every six months with serum phosphates and urine microalbumin.
  • Protein detected on routine urine dipstick is insufficient to pick up TDF-related nephrotoxicity.
Renal Function

- The long term potential effects of tenofovir on the kidneys is not yet known and requires further research.
- Any rise in creatinine in a patient on PrEP is reason for concern.
  - Irreversible kidney damage may have occurred by the time serum creatinine levels rise.
- Nephrologists strongly advise monitoring serum phosphates and urine microalbumin.
- When creatinine clearance is less than 60 mL/min, TAF/FTC should be considered.
Who is eligible for PrEP?
CDC Guidelines

SEX-RELATED CONSIDERATIONS:
• recent condom (non)use
• history of STI
• number of partners
• partner HIV status

DRUG-RELATED CONSIDERATIONS:
• Injection/treatment history
• Equipment sharing
• Sexual risk
## Summary of guidance

### Men who have sex with men
- Detecting substantial risk of acquiring HIV infection:
  - HIV-positive sexual partner
  - Recent bacterial STI
  - High number of sex partners
  - History of inconsistent or no condom use
  - Commercial sex work
- Clinically eligible:
  - Documented negative HIV test result before prescribing PrEP
  - No signs/symptoms of acute HIV infection
- Prescription:
  - Daily, continuing, oral doses of TDF/FTC (Truvada), ≤90-day supply
- Other services:
  - Follow-up visits at least every 3 months to provide the following: HIV test, medication adherence counseling, behavioral risk reduction support, side effect assessment, STI symptom assessment
  - At 3 months and every 6 months thereafter, assess renal function
  - Every 6 months, test for bacterial STIs
  - Do oral/rectal STI testing

### Heterosexual men and women
- Detecting substantial risk of acquiring HIV infection:
  - HIV-positive sexual partner
  - Recent bacterial STI
  - High number of sex partners
  - History of inconsistent or no condom use
  - Commercial sex work
- Clinically eligible:
  - Normal renal function; no contraindicated medications
  - Documented hepatitis B virus infection and vaccination status
- Prescription:
  - Daily, continuing, oral doses of TDF/FTC (Truvada), ≤90-day supply
- Other services:
  - Assess pregnancy intent
  - Pregnancy test every 3 months

### Injection drug users
- Detecting substantial risk of acquiring HIV infection:
  - HIV-positive sexual partner
  - Recent bacterial STI
  - High number of sex partners
  - History of inconsistent or no condom use
  - Commercial sex work
- Clinically eligible:
  - Documented negative HIV test result before prescribing PrEP
  - No signs/symptoms of acute HIV infection
- Prescription:
  - Daily, continuing, oral doses of TDF/FTC (Truvada), ≤90-day supply
- Other services:
  - Access to clean needles/syringes and drug treatment services

More information: [https://www.cdc.gov/hiv/risk/prep/](https://www.cdc.gov/hiv/risk/prep/)
Men who have sex with men

AT LEAST ONE OF THE FOLLOWING

• Any anal sex without a condom in the past 6 months
• Any STI diagnosis in the past 6 months
• In a relationship with an HIV positive partner
Men who have sex with women

AT LEAST ONE OF THE FOLLOWING

• Infrequent condom use with one or more partners of unknown HIV status who are known to be at substantial risk for HIV

• In a relationship with an HIV-positive partner

• A man who has sex with women and men
Drug injection users

AT LEAST ONE OF THE FOLLOWING

• Any sharing of injection or drug preparation equipment in past 6 months

• Participation in a methadone, buprenorphine, or suboxone treatment program in the past 6 months

• Risk of sexual acquisition
Other considerations

• Repeated PEP use
• Anticipated future behavior
• Patient opinion
• Undisclosed risk behaviors
  • Not everyone is comfortable disclosing every risk behavior
HIV Prevalence in DC

More than 13,300 people live with HIV in the District of Columbia.

(HAHSTA 2016)
Prescribing PrEP
Prescribing PrEP

Truvada
(Emtricitabine/tenofovir disoproxil fumarate)
1 pill daily

• Write first prescription for 30 days
• Refills: no more than 90 days
Time to achieving protection

- From pharmacokinetic studies of TDF in HIV-negative men and women, time to protective effects varies by tissue.

  - Blood: 20 days
  - Cervicovaginal tissue: 20 days
  - Rectal tissue: 7 days

- “There is not scientific consensus on what intracellular concentrations are protective for either drug or the protective contribution of each drug in specific body tissues.” (CDC 2014)
Baseline labs

- HIV testing: 4th generation HIV – ½ Ag/Ab
- Hepatitis B and C serologies
  - A patient with undiagnosed Hepatitis B can have a serious relapse if PrEP is started and stopped.
- STI testing
  - Syphilis
  - Gonorrhea/Chlamydia
    - Urethral
    - Oral and rectal cultures (recommended)
Baseline labs

- Estimated creatinine clearance (eCrCl) ≥ 60 ml/min
- Metabolic profile
  - Kidney function
  - Blood count
- Immunization status
  - HPV
Follow-up: 1 month after initiation

ASSESS AND ADDRESS
• Signs or symptoms of acute HIV
• Adherence
• Adverse effects
• Sexual activity, condom use, and substance use
• Other issues or questions
Follow-up: Ongoing

EVERY 3 MONTHS
- Test for
  - HIV
  - STIs
  - Pregnancy
- Assess adverse effects, adherence, and HIV acquisition behavior

EVERY 6 MONTHS
- Monitor eCrCl
  - Monitor more frequently in patients at higher risk of kidney damage (hypertension, diabetes)
Contraindications

1. Lactic acidosis/severe hepatomegaly with steatosis
2. Hepatitis B infection
3. People with creatinine clearance less than 60 mL/min
Drug interactions

• Do not use with drugs affecting renal function.
• Do not use with drugs used to treat HIV.
• For patients taking other Hepatitis B meds, specialty consultation should be sought as some Hepatitis B drugs interact with PrEP.

(FDA 2012)
Clinical Provider’s Supplement

- Initiation Checklist
- Patient Information
- Counseling on Adherence
Counseling patients about PrEP

- Complete sexual and substance use history
- Discussion of HIV prevention tools/strategies
Reasons to offer PrEP

• Prevents HIV transmission in serodiscordant couples
• Fosters peace of mind
• Empowers receptive partner
• User-controlled and concealable
• Allows for conception
• Added protection as an adjunct to condoms
• Protects against HIV transmitted through sex or needles
Bias against prescribing PrEP

- **SEXUAL ORIENTATION**: Not all patients will self-identify as gay or bisexual
- **RACE**: Black MSM are less likely to be prescribed PrEP
- **GENDER**: Women are less likely to be viewed as at risk
PrEP Myths

**MYTH**
PrEP protects against STIs (chlamydia, syphilis, gonorrhea, Hepatitis C)

**FACT**
PrEP only protects against HIV. STIs are on the rise! Only condoms protect against other STIs

**MYTH**
PrEP protects against pregnancy

**FACT**
PrEP allows pregnancy

**MYTH**
PrEP is a lifetime commitment

**FACT**
Level of risk for HIV changes. Seasonal use is ok

**MYTH**
PrEP is for everyone!

**FACT**
Patients with renal failure, bone loss, lover problems or who are taking multiple drugs should not use PREP
Common myths

- Only Infectious Disease specialists should prescribe PrEP
- Patients will disclose all of their HIV risk factors
- PrEP is only for gay men
- PrEP will lead to increased risk behavior
Perceived barriers to PrEP administration

- Time for physicians to counsel patients
- Cost and access
- Determining eligibility
Key Messages

- One pill every day
- PrEP is only effective when the pill is taken regularly
- PrEP is not 100% effective
  - Concurrent condom use maximizes protection
- Discuss common and severe side effects
- Follow-up labs are important
Services and resources

OFFER EDUCATIONAL MATERIALS AND FREE CONDOMS TO PATIENTS

- Patient information materials available through CDC
- Free condoms available through DC Department of Health
- RubberRevolutionDC.com

Check your local health department website for services in your area
# Services and resources in the District of Columbia

| + | Helping Individual Prostitutes to Survive (HIPS) |
| + | The Women’s Collective |
| + | Unity Health Care |
| + | Sasha Bruce |
| + | Us Helping Us |
| + | Whitman-Walker Health |
| + | Metro Teen AIDS |
| + | HOYA Clinic |
| + | Blair Underwood Healthcare Clinic (AHF) |
| + | Andromeda |
DC Center for Rational Prescribing

To find more modules, visit doh.dc.gov/dcrx
Other DCRx Modules

- Myths and Facts about Opioids
- Medical Cannabis: An Introduction to the Biochemistry & Pharmacology
- Medical Cannabis: Evidence on Efficacy
- Medical Cannabis: Adverse Effects and Drug Interactions
- Getting Patients Off of Opioids
- Rational Prescribing in Older Adults
- Drug Approval and Promotion in the United States
- Generic Drugs: Myths and Facts

More resources available at the DC Center for Rational Prescribing
doh.dc.gov/dcrx