

# PrEP In A Time Of Physical (But Not Sexual) Distancing

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# Disclosures

- ▶ Employed by Walgreens, manages a local specialty pharmacy in Wilmington, DE
- ▶ HIV Consortium Board Member
- ▶ No other disclosures

How has COVID-19 affected PrEP in your practice?

# Decrease in PrEP Numbers

- ▶ Generally, some patients stopped or paused PrEP due to SIPO but most have resumed by now
- ▶ Loss of access
  - ▶ “Among PrEP users (n = 11) who lost access, most lost jobs and health insurance (63.6%), could not get a prescription/refill (36.4%), had incomplete routine tests/laboratory monitoring (27.3%), or were under quarantine in a foreign country (9.1%).” [11](#)

# Telehealth

- ▶ Did you use telehealth before COVID-19?
- ▶ How many of the visits are telehealth vs in person?
- ▶ Do you think telehealth impacts adherence? Engagement?
- ▶ Follow Up Appointments
  - ▶ Assess adherence
  - ▶ Ask about side effects of acute HIV, STIs, medications

# STI/ HIV Testing



# Testing Supplies

- ▶ Some health clinics have seen a decrease in the availability of testing supplies (i.e. swabs, urine test kits, etc.)
- ▶ September 8, 2020 DCL CDC [10](#)
  - ▶ Tier 1: Recommendations based on the 2015 CDC STD Treatment Guidelines and no CT/GC NAAT test shortages
  - ▶ Tier 2: Approaches to consider when STI diagnostic test kits are limited
  - ▶ Tier 3: Approaches to take when STI diagnostic tests kits are severely limited or not available
- ▶ Currently, all CBO's in DE are testing
  - ▶ Some appointment only, some walk in
  - ▶ DE DPH purchased 1,000 in-home testing kits from Orasure

# Follow Up Appointments

- ▶ Some providers have been offering some flexibility of follow up labs based on patient history
  - ▶ Extending 3 month labs to 4 months, 5 months, etc.
    - ▶ Pros and Cons
- ▶ Labs
  - ▶ Lab referral
  - ▶ In clinic labs
  - ▶ At home testing
- ▶ Assessing adherence, symptoms, sexually active, patient history



# At Home STI/ HIV Testing



# At Home HIV Testing

- ▶ Insurance coverage???
- ▶ Lower sensitivity
- ▶ Two Options:
  - ▶ OraSure In-Home HIV Test
  - ▶ Home Access HIV Test
- ▶ Resources
  - ▶ [Testing Beyond the Clinic Webinar](#)
  - ▶ [eSTAMP Study](#)
    - ▶ Tested themselves more frequently
    - ▶ Identified more prevalent HIV infections
    - ▶ Did not increase sexual risk behaviors
    - ▶ Increased awareness of HIV status by sharing on social media platforms

# At Home STI Testing

- ▶ Kits sold for collecting blood or urine that can be shipped back to a lab to get analyzed
  - ▶ Fig, LetsGetChecked, Nurx, Everlywell
  - ▶ Subscription plans, HAS coverage
- ▶ National Coalition of STD Directors Report
  - ▶ 60% of sexual health clinics in US had to limit their STI screening capacity <sup>5</sup>
  - ▶ 80% of workforce devoted to sexual health have been reallocated to emergency COVID-19 response <sup>6</sup>

# Smart Technology



# Digital Platforms

- ▶ Four digital platforms that increase adherence and access [7](#)
- ▶ PlushCare
  - ▶ \$99 fee, plus copays and lab fees
  - ▶ Not only PrEP but also acute illnesses
- ▶ MISTR
  - ▶ \$99 every quarter
  - ▶ Only PrEP does not take insurance
- ▶ Nurx
  - ▶ \$129 without insurance
  - ▶ Focused on women
- ▶ Healthvana
  - ▶ Clinics and providers pay to use the platform for their patients

# Collaborations That Can Increase Access

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# Potential Collaborations

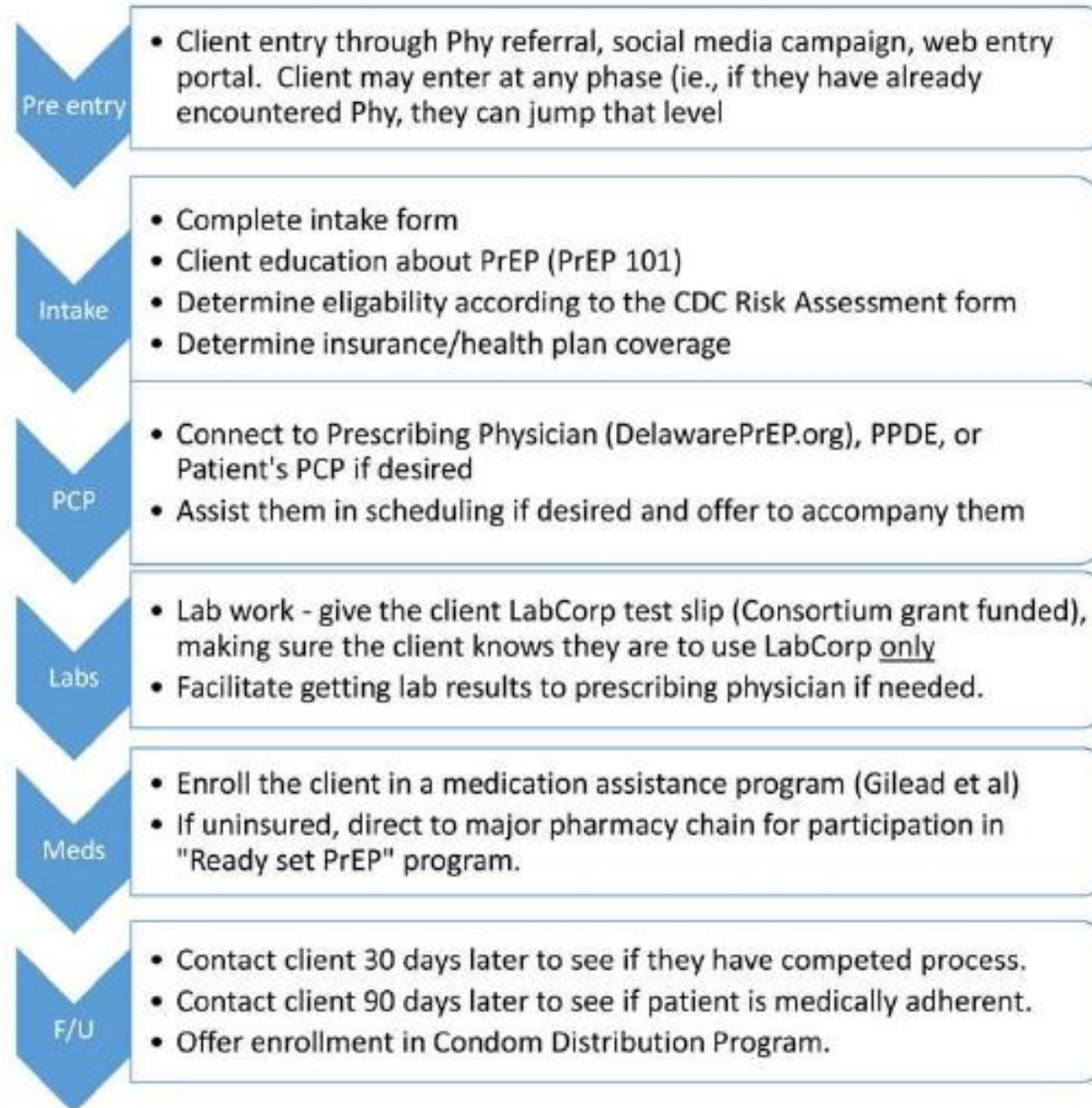
- ▶ Working with pharmacies
  - ▶ Can help to improve medication access
    - ▶ Financial barriers, inventory, shipping to patient
      - ▶ Good Days, PAF, PAN
  - ▶ Some pharmacies sell At Home HIV Testing kits
    - ▶ <https://www.pharmacytimes.com/publications/issue/2020/September2020/counsel-about-the-appropriate-use-of-at-home-hiv-tests>
- ▶ Working with pharmaceutical companies
  - ▶ Reps cover large territories, they may be able to provide valuable feedback or potential solutions
  - ▶ Patient Assistance Programs
- ▶ Ready, Set, PrEP

# What are others doing?

- ▶ NYC Health
  - ▶ [Best Practices During COVID-19](#)
  - ▶ 90 day prescriptions
  - ▶ At home testing as long as the patient has not had symptoms of HIV infection or possible HIV exposure
  - ▶ Reduce follow up screening to every 6 months in certain patients
- ▶ Working with other providers
  - ▶ How are they operating?
  - ▶ Any advice? Suggestions? Failures?



## PrEP Navigation Process



## Delaware HIV Consortium's PrEP Navigation Program Flowchart

# Key Takeaways

- ▶ PrEP is an **essential** factor in reducing the transmission of HIV
- ▶ Prescribe a 90 day supply
- ▶ There are numerous strategies to address barriers
  - ▶ Smart technology, collaborations, telehealth

# References

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