PrEP
Key Populations in the Private Sector - Clinical Risk Rating and Eligibility
Dr Jireh Serfontein
What is PrEP?

- Pre-exposure prophylaxis (PrEP) - taking a pharmaceutical agent prior to an exposure to prevent an outcome (e.g. malaria)
- PrEP for HIV involves the use of antiretroviral (ARV) medications to prevent HIV infection.
FDA NEWS RELEASE
For Immediate Release: July 16, 2012
Media Inquiries: Erica Jefferson, 301-796-4988, erica.jefferson@fda.hhs.gov
Consumer Inquiries: 888-INFO-FDA
FDA approves first drug for reducing the risk of sexually acquired HIV infection
Evidence-based approach enhances existing prevention strategies
Today, the U.S. Food and Drug Administration approved Truvada (emtricitabine/tenofovir disoproxil fumarate), the first drug approved to reduce the risk of HIV infection in uninfected individuals who are at high risk of HIV infection and who may engage in sexual activity with HIV-infected partners
International News

San Francisco, USA 2012

By 2014, 600 MSM on PrEP at the Magnet Sexual health clinic

No new HIV infections after one year
Press release

Medicines Control Council approves fixed-dose combination of tenofovir disoproxyl fumarate and emtricitabine for pre-exposure prophylaxis of HIV

From: Registrar of Medicines, Medicines Control Council
Date: 3 December 2015

Release:

At its 75th meeting on 27-28 November 2015, the Medicines Control Council (MCC) approved the use of the fixed-dose combination of tenofovir disoproxyl fumarate and emtricitabine to include pre-exposure prophylaxis of HIV (also referred to as PrEP).
Key Population

- Men who have sex with men (MSM)
- People in prisons
- People who inject drugs
- Sex workers
- Transgender people

Consolidated guidelines on HIV prevention, diagnosis, treatment and care for key populations.
World Health Organization
Vulnerable Group

- Migrant workers
- Truckers
- Miners
- Young Women

? Serodiscordant Couples

Consolidated guidelines on HIV prevention, diagnosis, treatment and care for key populations.
World Health Organization
Specific groups have HIV prevalence above national average (12.2%). They include:

- Black women aged 20–34 years (HIV prevalence 31.6%)
- People co-habiting (30.9%)
- Black men aged 25–49 years (25.7%)
- Disabled persons 15 years and older (16.7%)
- High-risk alcohol drinkers 15 years and older (14.3%)
- Recreational drug users (12.7%)

Almost half (49%) of the participants in a Soweto Mens study reported recent female sexual partners.
HIV Prevalence in MSM

Marang Mens Project (2012-13)
- Cape Town 22.3%
- Johannesburg 26.8%
- Durban 48.2%

Mpumalanga Mens Study (2014)
- Gert Sibande 28.3%
- Ehlanzeni 13.7%

National HIV prevalence SA men (15-49yrs) 14.5%
MSM increased susceptibility

1. Biological
   - Condomless receptive anal intercourse main risk factor
   - 10-20 times higher than vaginal sex
     - High concentrations of vulnerable cells
     - Single cell layer
     - Matter of surface area

2. Behavioural
   - Unprotected sex
   - Multiple partners
   - Substance use
MSM increased susceptibility

3. Social
- Homophobia
- Discrimination

“You can’t walk by as a gay man or a lesbian in the township without someone passing swear words at you or being raped or killed. We are scared for our lives…”

- EWN 29 January 2017
Barriers to care of MSM

1. Health care worker stigma
2. Stigma
3. Stigma

“A strong negative feeling and disapproval connected to a person because of a characteristic they possess”

- Sexual orientation (being gay)
- Sexual behaviour (having anal sex)
- Diseases (HIV, STIs)
Legal issues and Obligations

South African Constitution 1994
– No discrimination on Grounds of Sexual Orientation (Bill of Rights)
Declaration of Geneva:
– I will not permit considerations of age, disease or disability, creed, ethnic origin, gender, nationality, political affiliation, race, sexual orientation, social standing or any other factor to intervene between my duty and my patient.
Myths about MSM

- MSM are effeminate - you can spot them
- Gay men chose to be gay - they can change
- MSM are promiscuous and highly sexed
- MSM have psychological problems - they can be cured
- Bisexual men need to have sex with both men and women to feel satisfied
- A straight man will never have sex with another man
Case Study 1 - MSM

- 60 year old male
- White
- Married for 29 years
- Had always been gay, but fell in love with his wife and had three kids
- Recently his wife witnessed him with a gay guy at a party and confronted him
- Gave him the opportunity to explore his sexuality.
- Now he has multiple partners.
- Wants to be as safe as possible.
- Still has sex with her too.
Case Study 2 - MSM

- 24 year old gay man
- First visit Sept 2014, came for STI screen
- December 2014, unprotected receptive sex, PEP
- March 2015, routine visit, no PEP since last visit
- May 2016, unprotected anal and oral sex
- Discussed PrEP
- June 2016, initiated PrEP
- December 2016, new relationship, status unknown
Adolescents and PrEP
Definitions

- **Adolescents:** 10-19 years
- **Youth:** 15-24 years
- **Young people:** 10-24 years

UNICEF 2011

The SA national youth policy 2009-2014 defines youth as any person between the ages of 14 to 35
Definition: Adolescence

“A period of personal development during which a young person must establish a sense of individual identity and feelings of self-worth which include an alteration of his or her body image, adaptation to more mature intellectual abilities, adjustments to society’s demands for behavioural maturity, internalising a personal value system, and preparing for adult roles”

Definition: Adolescence

Adolescence is a phase of physical growth and development accompanied by sexual maturation, often leading to intimate relationships.

Why Adolescents?

- AIDS leading cause of death among adolescent in SSA
- At increased risk of HIV (biological and psychological)
- Adolescent girls in SSA is key population

Girls 15-19 four to five times more likely to contract HIV

Hosek S et al. Preventing HIV among adolescents with oral PrEP: observations and challenges in the United States and South Africa
Risk Factors

- Peer Pressure
- Sexual Coercion
- Age-dissparate relationships
- Physiological Vulnerability
Other problems

- Peer Pressure
- Sexual Coercion
- Age-disparate relationships
- Physiological Vulnerability
- **Barriers to health care**
- Confidentiality
• 15 year old girl
• Mother made appointment after she found out she had sex
• Had unprotected sex with a 17 year old boy in December
• Had sex once before, 6m earlier with a condom
• Mother is worried about possible infections and pregnancy
Case Study - Adolescence

- HIV testing
- STI screen
- Emergency contraception

? PrEP
Case Study - Adolescence

- What if her mother is a friend of yours?
- Can you disclose clinical findings?
- Confidentiality is very difficult but very important
Sex Workers and PrEP
Sex Workers and PrEP

• When you think “sex worker” what comes to mind?
• Where do you see sex workers?
• Do you think sex work is a job?
• Have you ever had a sex worker as a patient?
Sex Workers are...

... women, men, and transgendered populations, who sell sex regularly and occasionally, and those who may or may not self-identify as sex workers. Sex workers range in age, socio-economic status, and are of diverse sexual orientation and gender identities.
Why are Sex Workers important?

- More than 150,000 sex workers in SA (2013)
- High HIV prevalence among SW
- SAHMS-FSW 2012
  - Johannesburg 71.8%
  - Cape Town 39.7%
  - Durban 53.5%
- Sex workers contribute to 20% of new infections

HIV prevalence amongst Australian female sex workers < 0.1%
HOW????
What are we doing?

Final Draft – 11 May 2016

Guidelines for Expanding Combination Prevention and Treatment Options for Sex Workers: Oral Pre-Exposure Prophylaxis
Serodiscordant couples

- HIV serodiscordancy is common
  - 1/2 of HIV infected in relationships have a negative partner
- The risk is cumulative over time
- HIV prevention strategies are essential
Partners PrEP demonstration project

- PrEP was offered as a “bridge” for the first 6 months after ART initiation by the HIV+ partner
- 96% reduction in HIV incidence

Baeten J, et al. CROI 2015; Seattle, WA
Indications for PrEP

- PrEP should be considered for people who are HIV-negative and at significant risk of acquiring HIV
In the past 6 months
1. Have you had sex with men, women or both?
2. How many men/women have you had sex with?
3. How many times did you have sex without using a condom?
4. How many of your partners were HIV-positive or of unknown HIV status?
5. With these positive/unknown status partners, how many times did you have sex without wearing a condom?
Candidates for PrEP

Risk categories listed in SAHIVSOC guidelines:

<table>
<thead>
<tr>
<th>MSM</th>
<th>Heterosexual Men and Women</th>
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</thead>
<tbody>
<tr>
<td>HIV + sexual partner</td>
<td>HIV + sexual partner</td>
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<tr>
<td>Recent bacterial STI</td>
<td>Recent bacterial STI</td>
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<tr>
<td>High number of sex partners</td>
<td>High number of sex partners</td>
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<tr>
<td>Inconsistent or no condom use</td>
<td>Inconsistent or no condom use</td>
</tr>
<tr>
<td>Commercial sex work</td>
<td>Commercial sex work</td>
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<td></td>
<td>In high-prevalence area or network</td>
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</table>
Eligibility Criteria for PrEP

- Anyone identified by the provider and client as being at high risk for HIV exposure
- No contraindications to FTC/TDF FDC
- HIV-negative by routine rapid antibody test
- Absence of symptoms of acute HIV infection
- Willing and able to attend 3-monthly PrEP maintenance visit
- Client understanding that the protection provided by PrEP is not complete
Sexual Health is a state of…

- Physical
- Mental
- Social

… well being in relation to sexuality. It requires a POSITIVE and RESPECTFUL approach to sexuality and sexual relationships as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.
Thank you!

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