



Longitudinal PrEP Outcomes at a Freestanding Sexual Health Clinic in Texas

A model for engaging sexual and gender minority populations in the U.S. South in HIV prevention

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DISCLOSURES

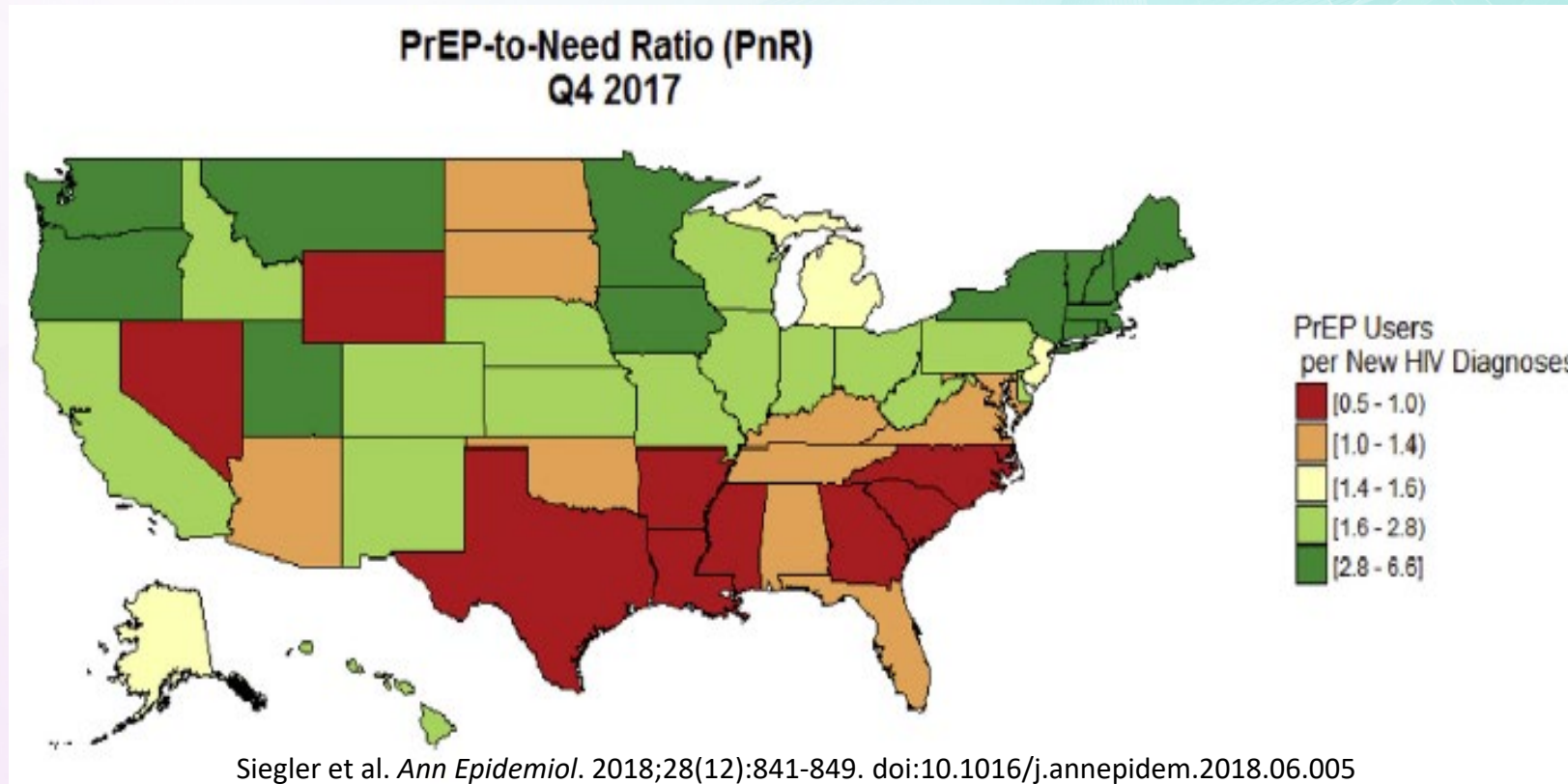


- None

BACKGROUND



- Significant regional variability in PrEP use relative to need





- Founded in 2015 in response to unmet need for PrEP and LGBTQ+ friendly sexual health services in central TX
- Main site in **Austin** → now 3 satellite clinics
 - **San Antonio** – opened May 2018
 - Expansion into larger facility in March 2020
 - North Austin – opened July 2019
 - South Austin – opened October 2020
- Since 2015:
 - > 5,200 patients prescribed PrEP
 - > 10,800 patients overall
 - > 28,000 HIV tests performed



Opening of new San Antonio clinic site, March 2020

OBJECTIVES









- To describe early retention in care among new PrEP users at ***Kind Clinic***
- To explore factors associated with retention in PrEP care at ***Kind Clinic***

KIND CLINIC – MODEL OF CARE



- HIV “status-neutral” care across 4 main service areas:
 - PrEP/nPEP, HIV Dx/Rx, STI Dx/Rx, and Gender Care
 - “TeleKind” option as of July 2018

 PrEP (pre-exposure prophylaxis) Access Free access to services and support for the daily pill that prevents HIV. LEARN MORE	 PEP (post-exposure prophylaxis) Access Free access services and support for medication that prevents HIV within 72 hours of exposure. LEARN MORE	 Gender Affirming Care We offer hormone replacement therapy to transgender and gender non-conforming patients. LEARN MORE
 HIV Testing & Care Access to HIV testing, medication and care for a healthy and empowered life. LEARN MORE	 STI Testing & Treatment Free STI testing and treatment for our PrEP, PEP, and Gender Care patients and their sex or needle-sharing partners. LEARN MORE	 TeleKind Kindness on the go! The quality medical care you get at Kind Clinic, NOW from the convenience of your mobile device or computer. LEARN MORE



- Services free of charge to all
 - Internal assistance program subsidizes cost of TDF/FTC if not 100% covered by DAP and/or private insurance
- Initial PrEP visit and q3mo follow-up per CDC guidelines

STUDY DESIGN



- Retrospective cohort analysis of 6-month retention in care among new PrEP users at Kind Clinic
- Data extracted from electronic medical records:

Baseline characteristics

- **Demographics**, e.g. sex at birth, gender, race, ethnicity, insurance status
- **Clinical / Behavioral**, e.g. gender and HIV status of sex partners, history of nPEP

Longitudinal data

- **Clinical Visits**, e.g. visit type (PrEP, Gender Care, STI Testing), site (Austin, San Antonio)
- **Laboratory/Pharmacy**, e.g. HIV testing, TDF/FTC prescriptions

ANALYSIS POPULATION



- **Inclusion criteria:**

- Completed a “New PrEP” visit at Kind Clinic between November 1, 2017 and October 31, 2018
- Age ≥ 18 years at PrEP index date

- **Exclusion criteria:**

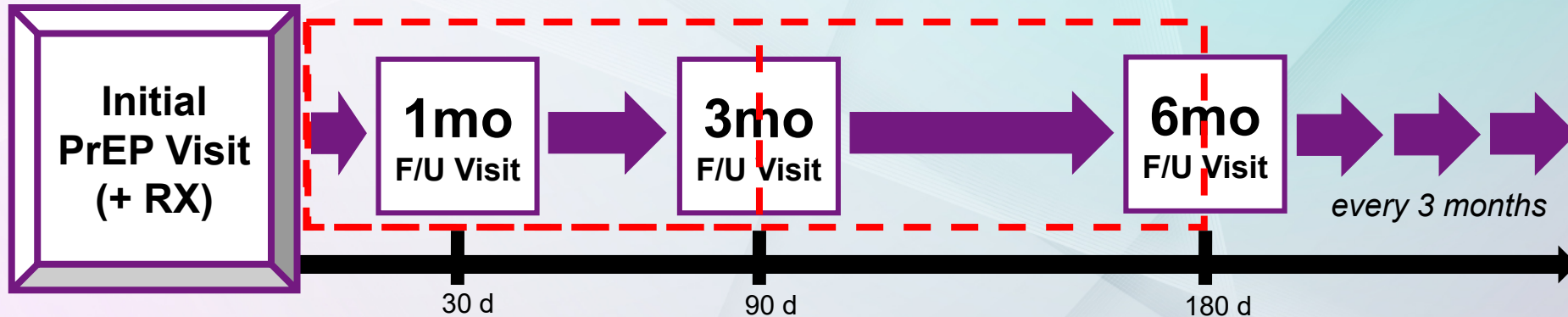
- Tested HIV+ on or prior to PrEP index date

OUTCOME OF INTEREST



Retention in Care

- 3-month: ≥ 1 PrEP f/u visit within 90 days
- 6-month: ≥ 2 PrEP f/u visits within 180 days



BASELINE CHARACTERISTICS



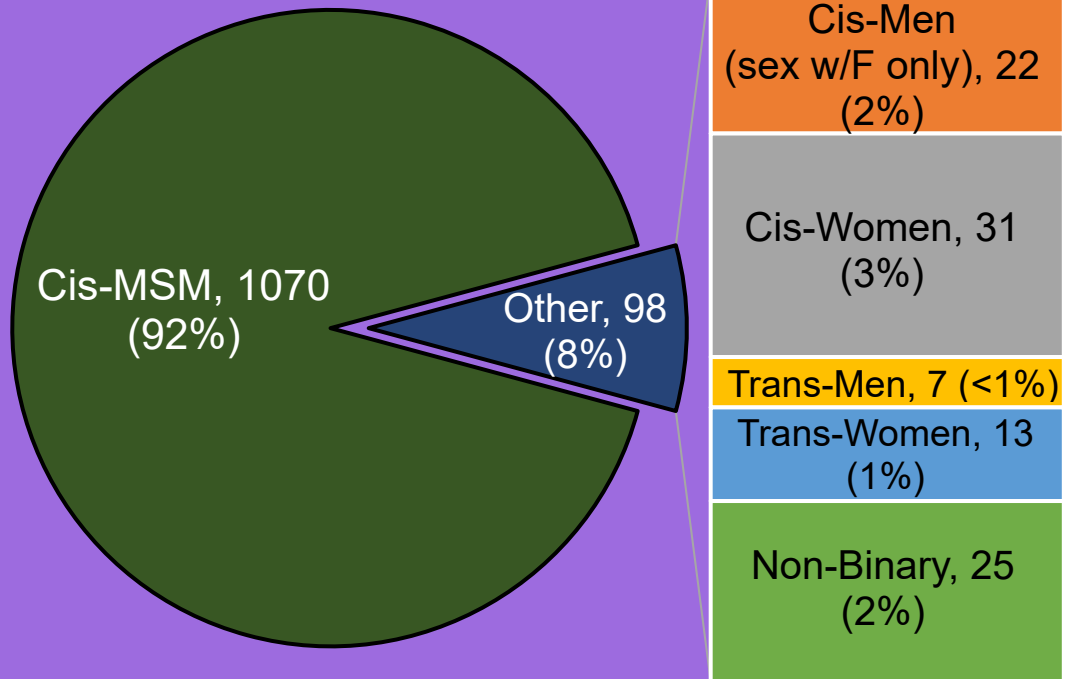
- Overall, **N=1168** patients initiated PrEP at Kind Clinic from 11/1/2017 – 10/31/2018
 - Accounted for a total of **3,217** PrEP follow-up visits during the observation period from 11/1/2017 – 5/1/2019

Demographics	Total N=1168
Age, median (IQR)	30 (25 – 36)
Race, n (%)	
White	849 (73%)
Black	74 (6%)
East Asian	55 (5%)
Other	142 (12%)
Not reported	40 (3%)
Ethnicity, n (%)	
Hispanic/Latinx	437 (37%)
Non-Hispanic/Latinx	693 (59%)
Not reported	38 (3%)

BASELINE CHARACTERISTICS - II



Gender/Sexual Identity

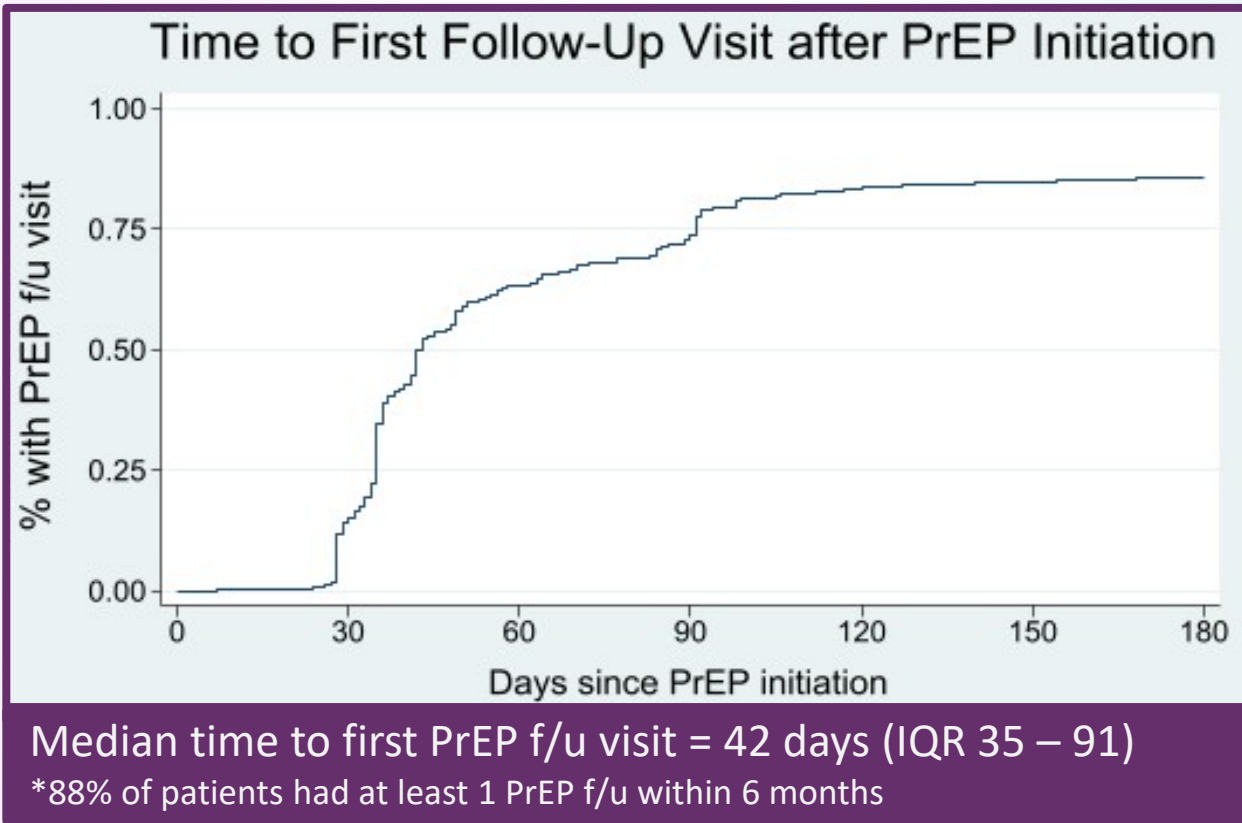


Demographic/Clinical Factors

Total N=1168

Income (USD/year), median (IQR)	27600 (12000 – 48000)
Education , n (%)	
Post-secondary degree or more	675 (67%)
PrEP payment mechanism , n (%)	
Received any assistance (DAP or internal)	914 (78%)
Private insurance only	254 (22%)
Clinic site , n (%)	
Austin	1087 (93%)
San Antonio	81 (7%)
History of nPEP , n (%)	55 (5%)
Partner living with HIV , n (%)	225 (20%)

RETENTION IN CARE



3-month retention (≥ 1 f/u visit):
74% (860/1168)

6-month retention (≥ 2 f/u visits):
63% (739/1168)

1 seroconversion, corresponding to an HIV incidence rate of 0.17 per 100 person-years

PREDICTORS OF RETENTION



Factor	3-MONTH	6-MONTH
	Risk Ratio (95% Confidence Interval)	
Age ≥30 years (vs <30 years)	1.03 (0.96 – 1.10)	1.13 (1.03 – 1.23)
White race (vs any other race)	1.04 (0.96 – 1.13)	1.06 (0.96 – 1.18)
Hispanic/Latinx (vs non-Hispanic/Latinx)	0.97 (0.90 – 1.05)	0.98 (0.89 – 1.07)
Cis-MSM (vs all other gender/sexual identities)	1.30 (1.09 – 1.56)	1.35 (1.09 – 1.68)
Post-secondary degree or higher (vs lower educational attainment)	1.06 (0.98 – 1.15)	1.13 (1.02 – 1.26)
Annual income ≥25,000 USD (vs <25,000 USD)	1.06 (0.97 – 1.15)	1.11 (1.00 – 1.23)
Austin clinic site (vs San Antonio site)	0.88 (0.79 – 0.98)	1.01 (0.85 – 1.19)
Received PrEP payment assistance (vs no PrEP payment assistance)	0.92 (0.86 – 1.00)	0.90 (0.81 – 0.99)
Partner living with HIV (vs no known HIV+ partners)	0.91 (0.82 – 0.99)	0.87 (0.77 – 0.98)

STRENGTHS & LIMITATIONS



- **STRENGTHS:**

- Large cohort (>1000 PrEP patients enrolled over just 12 months)
- Definition of “retained in care” relatively conservative

- **LIMITATIONS:**

- Prescription data not included in analysis
- Retrospective analysis with limited scope of possible variables

PrEP RETENTION IN ROUTINE CARE SETTINGS



PrEP Retention in Other “Real-World” Clinical Settings

	% Retained*	Timing	Population(s)	Location(s)
Chan (2016)	73% 60%	3 months 6 months	MSM + TW (n=171)	3 clinics: Providence, RI; Jackson, MS; St. Louis, MO
Hojilla (2017)	74% 60%	3 months 6 months	MSM (n=268)	Community-based clinic in San Francisco, CA
Rusie (2017)	43%	12 months	General (n=3,451: 89% MSM, 5% TW)	6 clinics in Chicago, IL
Lankowski/Bien (2018)	42%	6 months	General (n=107: 52% MSM, 3% TW)	Academic health system in Bronx, NY
Chan (2019)	76% 62%	8 months 16 months	MSM + TW (n=282)	3 clinics: Providence, RI; Jackson, MS; St. Louis, MO

MSM: men who have sex with men, TW: transgender women. *Outcome defined as # retained / # initially prescribed PrEP (manually calculated based on reported data if alternative denominator used in manuscript).

CONCLUSIONS



- Early retention in PrEP care at Kind Clinic comparable to (*or higher than*) reports from other real-world clinical settings
- The Kind Clinic experience is a valuable case study and could provide a model for HIV prevention programs in the U.S. South aiming to reach and retain priority populations

POTENTIAL FUTURE DIRECTIONS



- Continued growth of Kind Clinic beyond Austin and San Antonio → possible expansion of telemedicine to reach patients anywhere in TX (including at-home testing)
- Future studies could be done to identify and characterize core features of Kind Clinic care model associated with successful PrEP outcomes

THANKS!



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- Kind Clinic providers, staff, volunteers, and patients
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For questions about Kind Clinic: Dennis.Chau@TexasHealthAction.org



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SUPPLEMENTAL - I



We started our small operation with a single room in a borrowed space and all-volunteer staff. From PrEP access and STI testing, we expanded to include post-exposure prophylaxis (PEP) treatment.

2015

2017

We added HIV care for people living with HIV/AIDS and began our telehealth program for Kind Clinic patients.

2018

We opened our first Kind Clinic in San Antonio, and we opened our 3rd Kind Clinic in Austin, doubling our capacity to serve Austin.

2019

2020

We opened the first clinic space of our own and added gender-affirming care through our Gender Care program, becoming the first clinic in Central Texas to offer high-quality-competent care for transgender and gender non-binary patients at no cost

We added legal services through our Medical-Legal Partnership and opened our 2nd Kind Clinic Austin.

<https://kindclinic.org/celebrating-5-years-of-kindness/>

KIND CLINIC – SEX-POSITIVE MESSAGING



GREAT SEX SHOULDN'T MAKE YOU
BATTY!



GET YOUR BOOO-TY PREP'D FOR **FREE!**

BECAUSE YOU'RE
BOO-TIFUL
AND GENDER CARE SHOULDN'T BE SCARY.



MAKE A **FREE** APPOINTMENT TO LIFT YOUR SPIRITS!

Comments from Dennis



FULL TABLE



PrEP Retention in Other “Real-World” Clinical Settings

	% Retained* + Timepoint/Definition	Population(s)	Location(s)
Chan et al (2016)	73% at 3 months 60% at 6 months	MSM + TW (n=171)	3 clinic sites: Providence, RI; Jackson, MS; St. Louis, MO
Hojilla et al (2017)	74% at 3 months (f/u visit +/- 1mo) 60% at 6 months (f/u visit +/- 1mo) 47% at 12 months (f/u visit +/- 1mo)	MSM (n=268)	Community-based clinic in San Francisco, CA
Rusie et al (2017)	43% at 12 months	General (n=3,451: 89% MSM, 5% TW)	6 clinic sites in Chicago, IL
Lankowski/Bien et al (2018)	42% at 6 months (Rx <i>and</i> HIV test at 6 +/- 2mo)	General (n=107: 52% MSM, 3% TW)	Clinics within an academic health system in Bronx, NY
Chan et al (2019)	76% at 8 months (≥1 f/u visit by 8mo) 62% at 16 months (≥2 f/u visits by 16mo)	MSM + TW (n=282)	3 clinic sites: Providence, RI; Jackson, MS; St. Louis, MO

MSM: men who have sex with men, TW: transgender women. *Defined as # retained / # initially prescribed PrEP (manually calculated based on reported data if alternative denominator used in manuscript).