PrEP Retention: What Are the Challenges? How Can They Be Overcome?

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Consultation
• MedIQ (sponsored by Gilead)
• Verywell
Objectives

• Review PrEP Retention Definition
• Barriers to Resistance
• Health Disparities
• Potential Ways Forward
Up Until Now

- Prior Presentations have reviewed:
  - PrEP – Formulation, Delivery and Indications
  - PrEP Implementation
  - Barriers to PrEP uptake leading to inequities
Adherence vs. Persistence

• Adherence
  • Among MSM, at least 4 doses per week > 90% efficacy
  • Biological measures of adherence are currently investigational
  • Self-report

• Persistence
  • Length of time refill PrEP prescriptions (some look at clinic visits)
  • Non-persistence typically measured at > 3 or 6 months

Grant et al. Lancet Infect Dis (2014)

Why is Persistence Important

8 In-Depth Interviews
- Competing Demands
  - Housing, substance use or mental health
- Difficulty Prioritizing
  - Costs and effort
- PrEP benefit to HIV risk
- Trust and intimacy with primary partner
PrEP registry (348 patients)

- Demographics: 80% male, 39% White, 98% publicly insured

- Discontinuation
  - Lowest – older patients
  - Higher – Black patients, IDU, transgender women

Scott et al. AIDS 2019
Health Disparities in Adherence

Liu et al. JAMA Internal Medicine (2016)
Persistence in the Southern US

Figure 1. Pattern of pre-exposure prophylaxis (PrEP) discontinuation among young black men who have sex with men. Tree...
Barriers to Persistence – Stigma

• PrEP stigma
  • Related to HIV-stigma and promiscuity

• Social Stigma
  • Decreases PrEP prioritization (due to “stigmatized” conditions)

• Provider Stigma – purview paradox and current guidelines

Barriers to Persistence – Structural

• PrEP programs that address:
  • Cost
  • Insurance Coverage
  • Frequency of visits
  • Transportation

• Comprehensive Services

• Non-traditional PrEP Delivery Models
  • PrEP at Home
  • Pharmacy-based PrEP
  • Telemedicine

Need for Multi-level Interventions

- Tailored Educational Campaigns
  - Sex Positive Sexual Health
- Tailored Engagement of Community
- Increased Access
- Comprehensive Care
- Expansion of Medicaid Coverage
Special Thanks

- IAPAC
- Panelists

Questions?