

15th International Conference on  
**HIV TREATMENT AND  
PREVENTION ADHERENCE**

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

# Disclosures



## 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

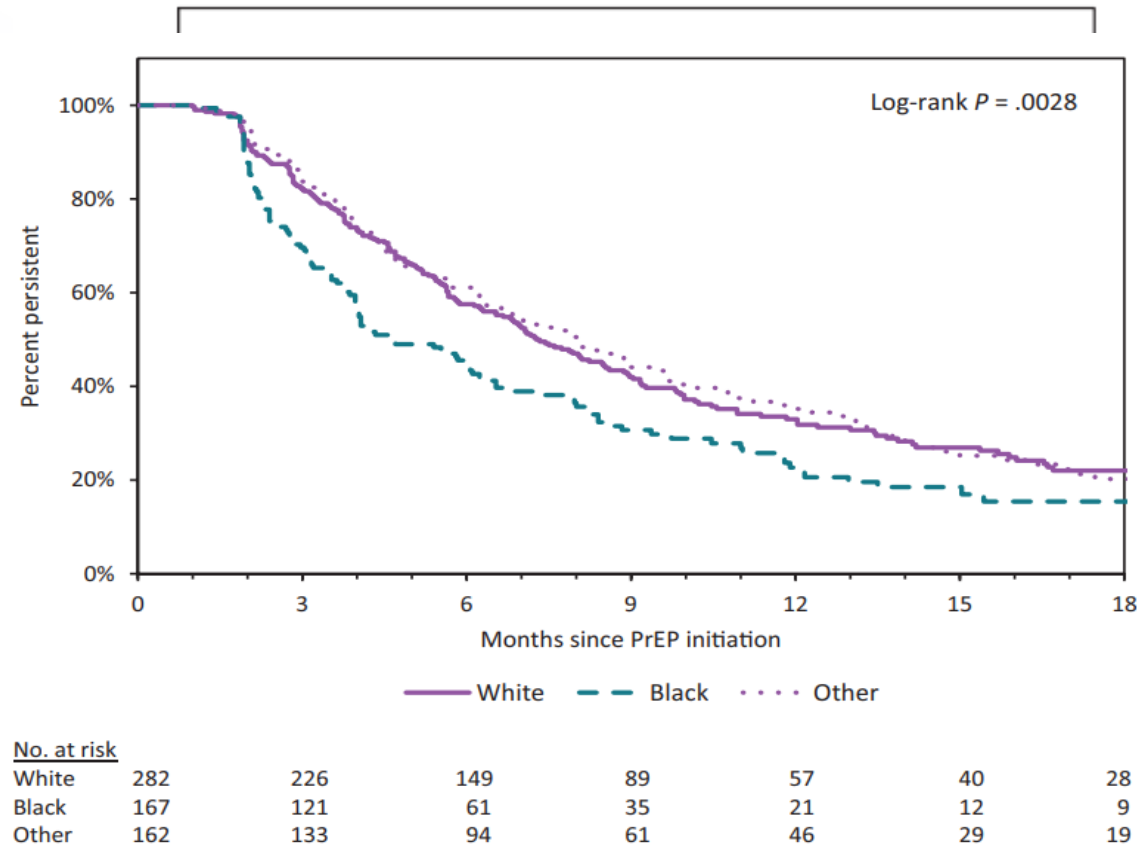
# Adherence vs. Persistence



- 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



# Persistence in the United States



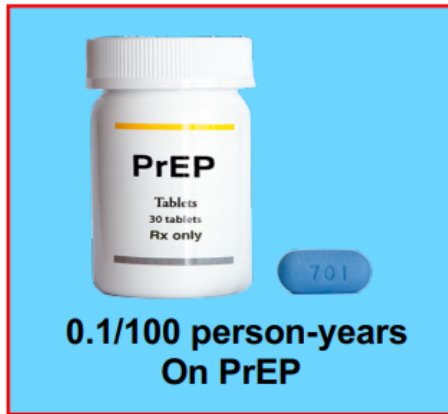
**Figure 3.** Kaplan-Meier curves of percentage of Medicaid patients aged 18–64 years using human immunodeficiency virus pre-exposure prophylaxis (PrEP) who persisted with PrEP, by race, 2012–2017.

(PrEP) who persisted with PrEP, by age group, 2012–2017.

# Why is Persistence Important



## HIV Incidence:

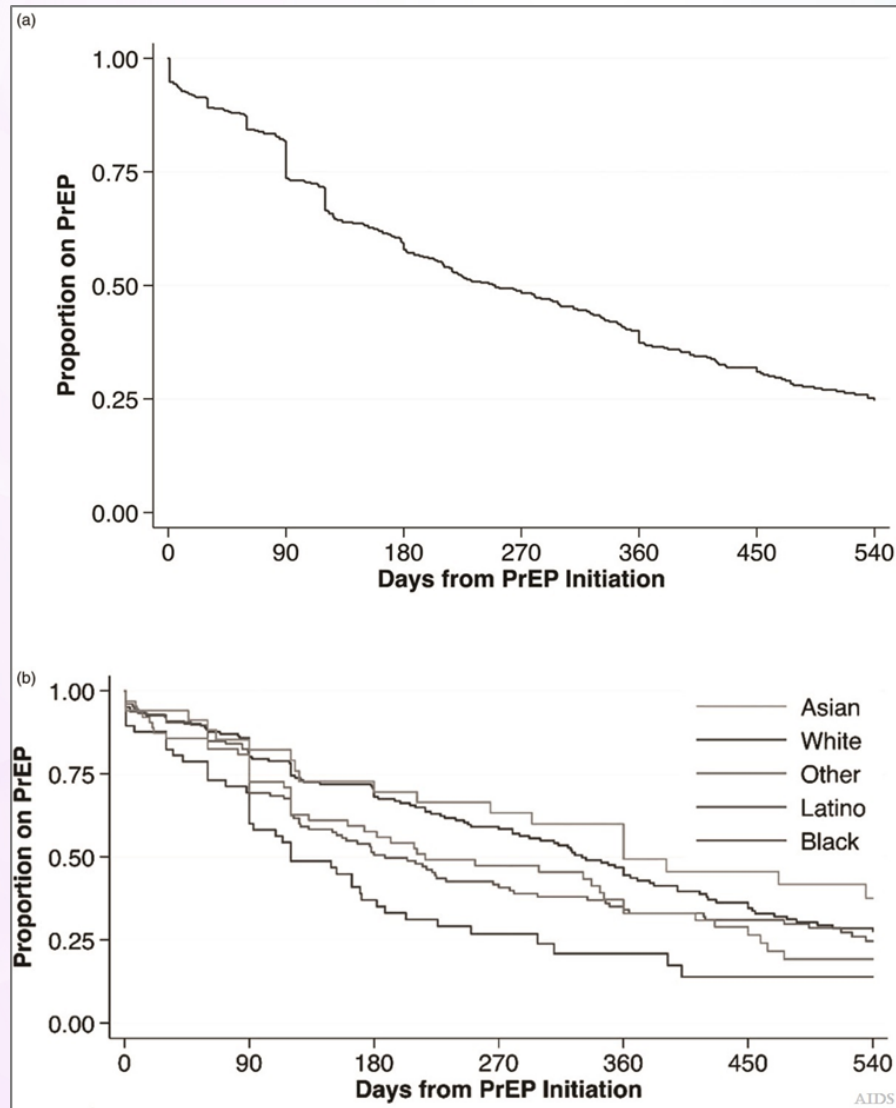


- Incidence Rate Ratio: 7.5-fold higher after stopping PrEP
- 95% CI: (1.0-336)

## 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

# Health Disparities in Persistence

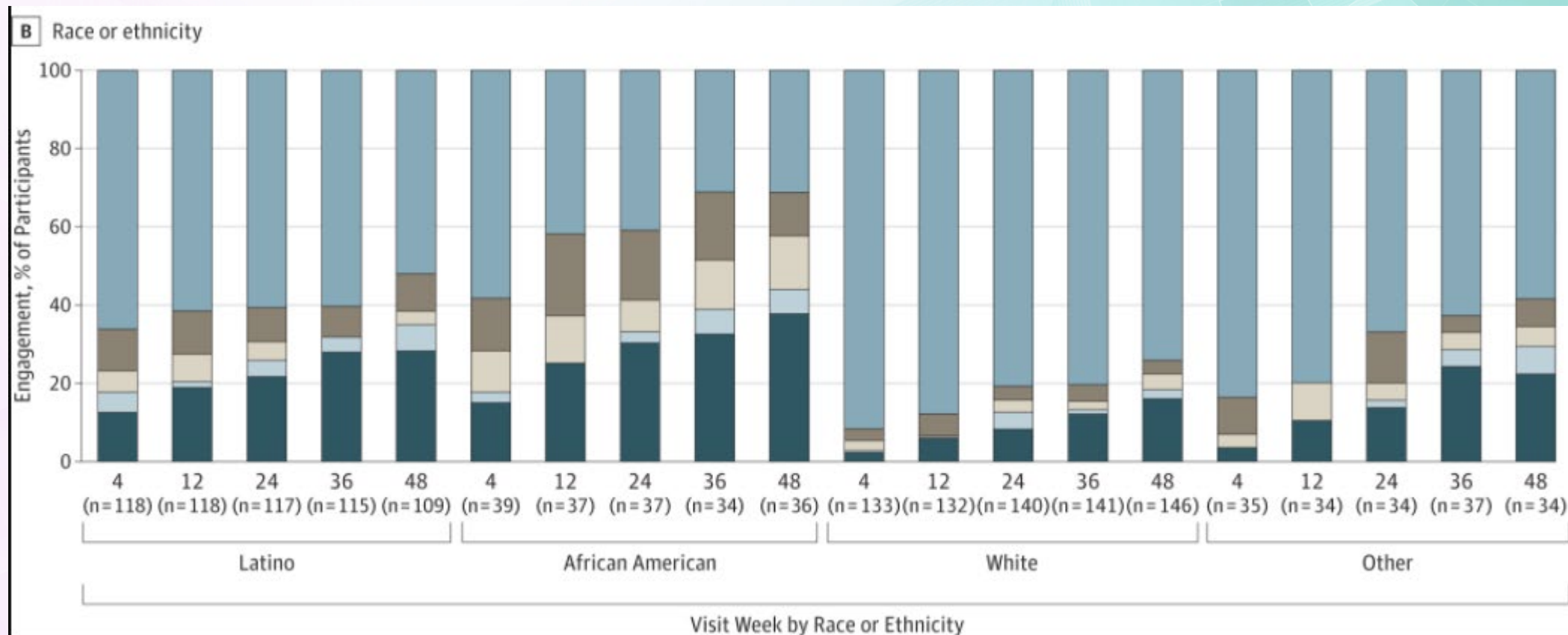


## PrEP registry (348 patients)

- Demographics: 80% male, 39% White, 98% publicly insured
- Discontinuation
  - Lowest – older patients
  - Higher – Black patients, IDU, transgender women

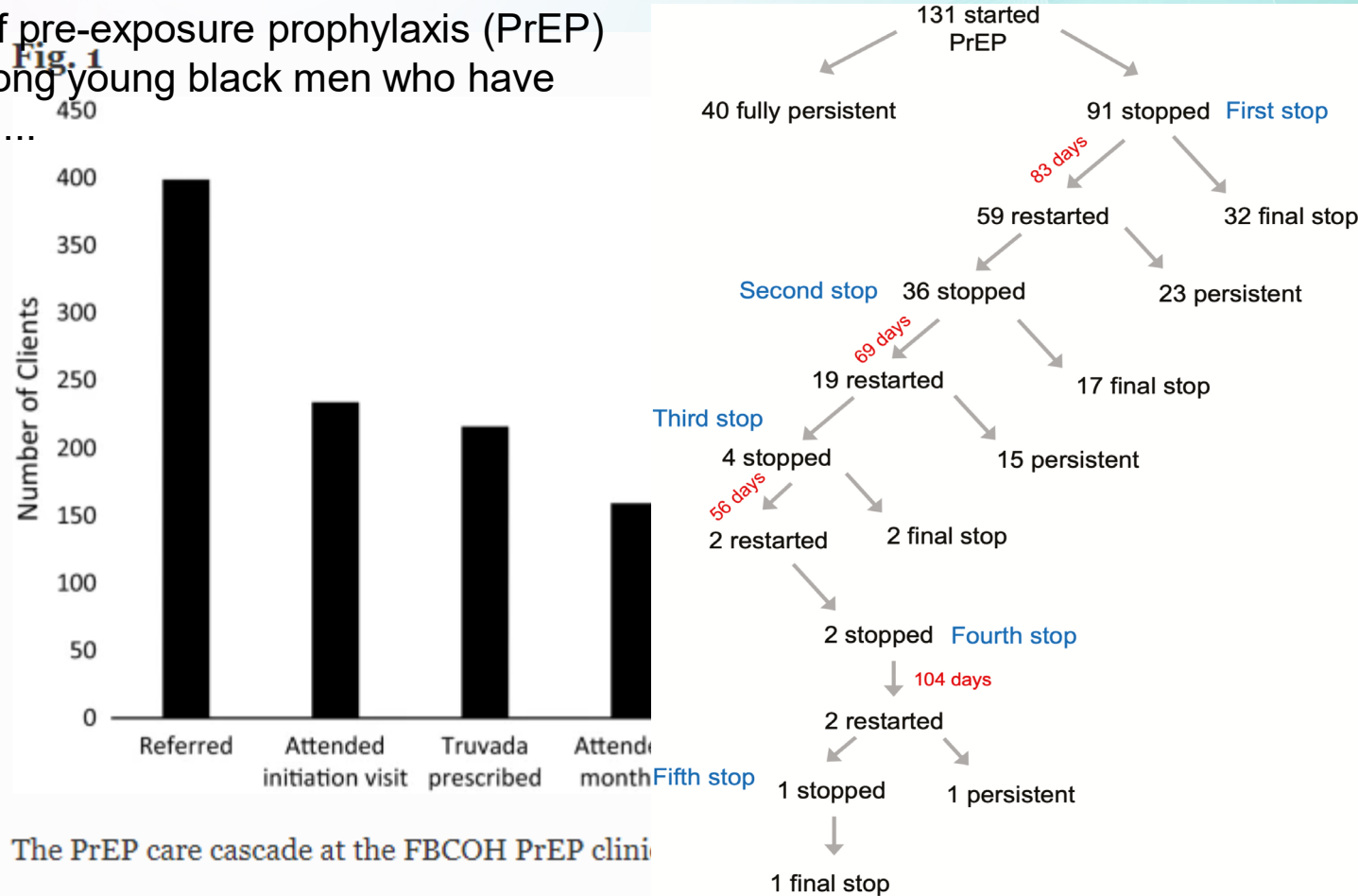


# Health Disparities in Adherence



# Persistence in the Southern US

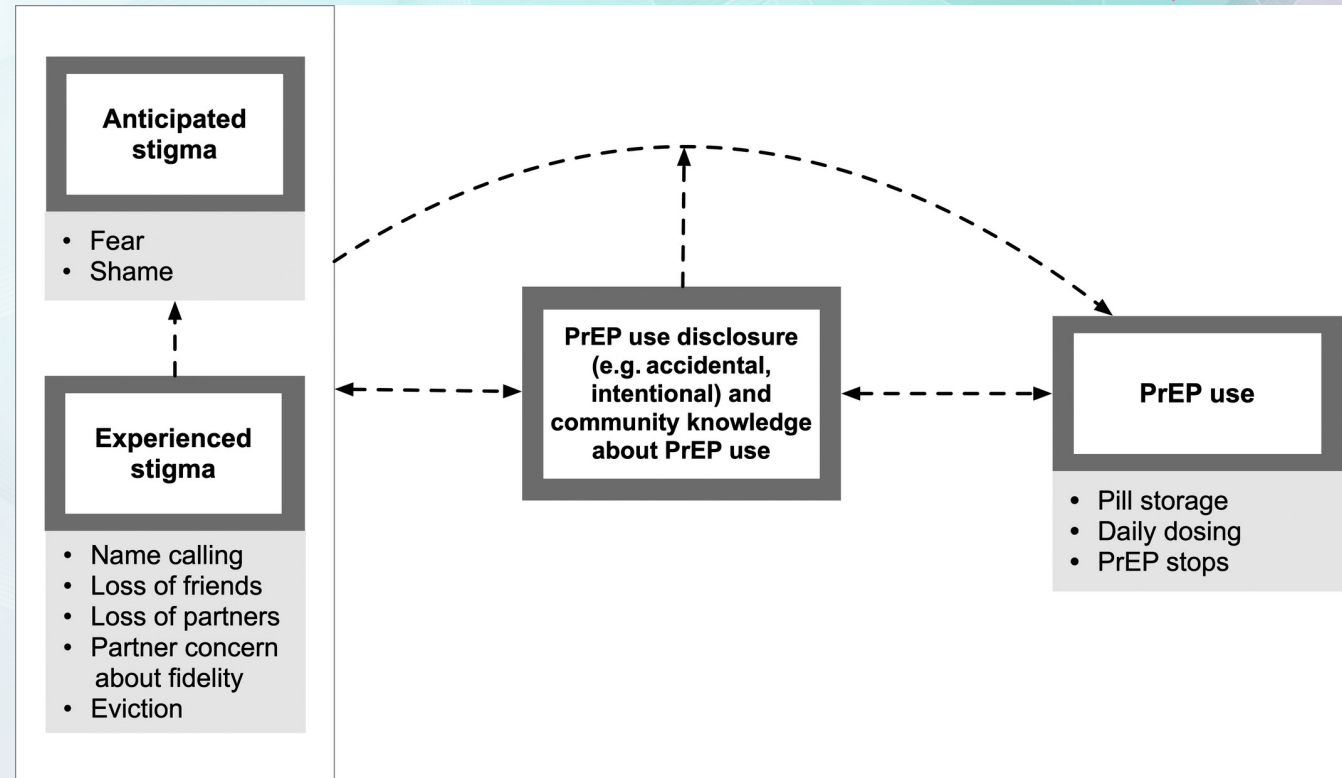
**Figure 1.** Pattern of pre-exposure prophylaxis (PrEP) discontinuation among young black men who have sex with men. Tree ...



# 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

GET PREP ON YOUR TERMS

Protect yourself, protect your partners with:

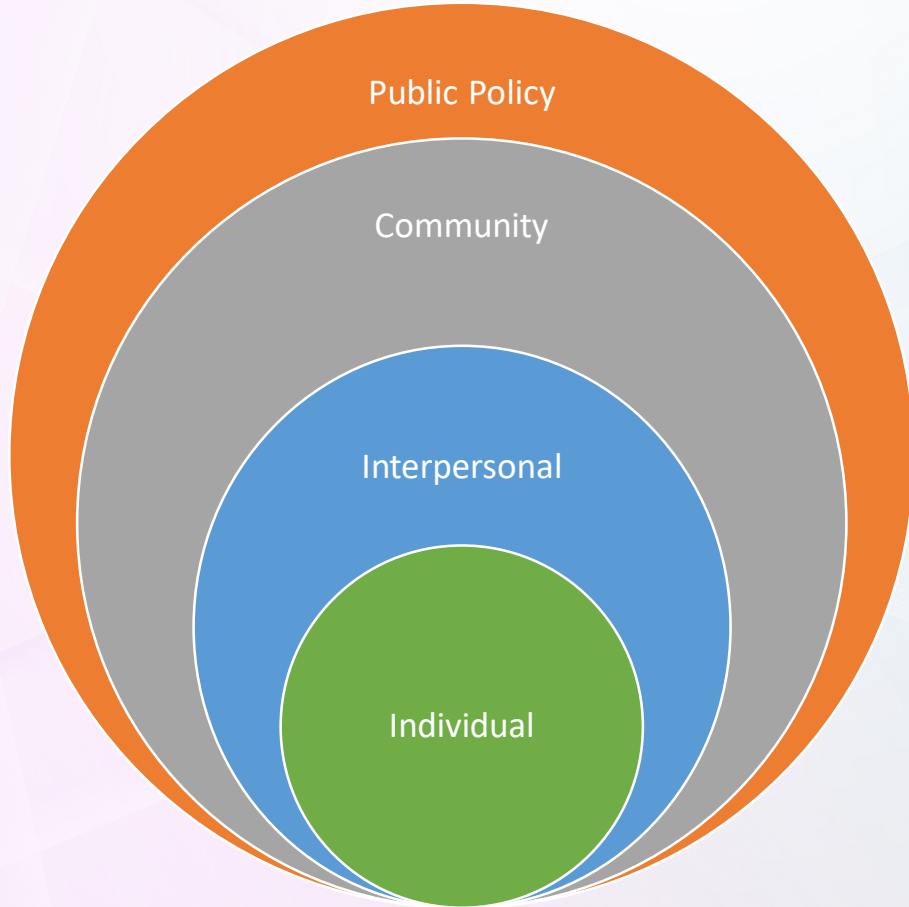
- + No more clinic or lab visits
- + No stigma or judgment
- + Prices you can afford

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Medical Advocacy & Outreach

# 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?

