



**HIV  
PREVENTION  
CERTIFIED  
PROVIDER™**

[HIVPCPcertification.org](http://HIVPCPcertification.org)

# **HIV Prevention Protocols for Providers**



# HIV Prevention Information for Clinicians

## Biomedical Interventions to both Treat and Prevent HIV

Pre-Exposure Prophylaxis (PrEP) (PRIOR TO HIV EXPOSURE)	Post-Exposure Prophylaxis (PEP) (AFTER HIV EXPOSURE)	Treatment as Prevention (TasP) (AFTER HIV INFECTION)
<i>Use of <b>daily</b> ARV medications in combination with safer sex to reduce the risk of HIV infection in HIV-negative individuals at high risk for acquiring HIV.</i>	<i>Use of ARV medications after an uninfected person has come into contact with bodily fluids that represent a substantial HIV risk. Must be administered <b>within 72 hours</b> of the exposure and taken daily for 28 days.</i>	<i>Use of ART by an HIV-positive individual to <b>suppress viral load</b> in bodily fluids and reducing the chances that HIV will be transmitted to an HIV-negative partner.</i>

## CDC Guidance For Whom is PrEP Recommended?

Evaluating Risk of HIV Acquisition and Need for PrEP	
<b>Men who have sex with men</b>	<ul style="list-style-type: none"> <li>• HIV-positive sex partner(s)</li> <li>• Recent bacterial STI</li> <li>• Multiple sex partners</li> <li>• History of inconsistent or no condom use</li> <li>• Commercial sex work</li> <li>• High-prevalence area or network</li> </ul>
<b>Heterosexual women and men</b>	<ul style="list-style-type: none"> <li>• HIV-positive sex partner(s)</li> <li>• Recent bacterial STI</li> <li>• Multiple sex partners</li> <li>• History of inconsistent or no condom use</li> <li>• Commercial sex work</li> <li>• High-prevalence area or network</li> </ul>
<b>People who inject drugs</b>	<ul style="list-style-type: none"> <li>• HIV-positive sex or injecting partner(s)</li> <li>• Shared injection equipment</li> <li>• Recent drug treatment (but currently injecting)</li> </ul>



# CDC Guidance Before Initiating PrEP

## Determine Clinical Eligibility

- Document negative HIV test result
- Evaluate for acute HIV infection if patient has symptoms or reports unprotected sex with HIV-positive person in preceding month
- Confirm calculated creatinine clearance (CrCl) is > 60 mL/min
- Screen for and document hepatitis B infection status
- Evaluate potential drug interactions
- Determine if women are pregnant or planning to become pregnant

### HIV Testing

Are signs/symptoms of acute HIV present now or in prior 4 weeks?

#### Option 1

Re-test HIV antibody test (3<sup>rd</sup> generation) in one month

#### Option 2

HIV antigen/antibody (4<sup>th</sup> generation) assay

#### Option 3

HIV-1 viral load (HIV-1 RNA by PCR assay)

### Screening for Acute HIV Infection

#### Signs and Symptoms:

- Fever
- Fatigue
- Myalgia
- Skin rash
- Headache
- Pharyngitis
- Cervical Lymphadenopathy
- Arthralgia
- Night sweats
- Diarrhea



## Before Initiating PrEP: Important Evaluations

### Required Screenings

- Renal function
  - Avoid PrEP with TDF/FTC in anyone with CrCl of < 60 mL/min
- Hepatitis B infection
  - Document HBV negative and vaccinate patients who are HIV susceptible
- Highly recommended screenings
  - Metabolic panel
  - Urinalysis
  - STI (e.g. syphilis, gonorrhea, chlamydia, HCV)
  - Pregnancy

## Prescribing Oral PrEP

### **Fixed-dose TDF/FTC (Truvada®) and TAF/FTC (Descovy®)\* are two FDA-approved and recommended PrEP regimens**

- Indicated for uninfected individuals at higher risk who are confirmed to be HIV-1 negative
- Dosed as a single pill (300 mg TDF/200 mg FTC) once daily, with or without food
- Provide a prescription or refill authorization for no more than 90 days (until next HIV test and follow-up)
- Inform MEN: 7 days Rx before effective
- Inform WOMEN: 21 days Rx before effective
- (\*TAF/FTC is not FDA-approved for prevention of HIV by vaginal sex)



# CDC Guidance Follow-Up and Monitoring

## Follow-up

## Visit Checklist

<b>At least every 3 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> HIV test*</li><li><input type="checkbox"/> Assess for acute HIV infection</li><li><input type="checkbox"/> Medication adherence assessment &amp; counseling</li><li><input type="checkbox"/> Check for side effects</li><li><input type="checkbox"/> Risk reduction review &amp; support</li><li><input type="checkbox"/> Pregnancy testing</li><li><input type="checkbox"/> Prescribe 90-day supply (TDF/FTC or TAF/FTC)</li><li><input type="checkbox"/> Answer new questions</li></ul>
<b>At least every 6 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> HIV test</li><li><input type="checkbox"/> STI tests†</li><li><input type="checkbox"/> Pregnancy testing</li><li><input type="checkbox"/> Renal function‡</li><li><input type="checkbox"/> 90-day prescription</li></ul>
<b>Every 9 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> HIV test</li><li><input type="checkbox"/> Pregnancy test</li><li><input type="checkbox"/> 90-day prescription</li></ul>
<b>At least every 12 months</b>	<ul style="list-style-type: none"><li><input type="checkbox"/> HIV test</li><li><input type="checkbox"/> STI tests</li><li><input type="checkbox"/> Pregnancy testing</li><li><input type="checkbox"/> Renal function</li><li><input type="checkbox"/> 90-day prescription</li><li><input type="checkbox"/> Assess the need to continue PrEP</li></ul>

**Many experts recommend more frequent follow-up (i.e., monthly) of patients on PrEP, especially after initiation of TDF/FTC or TAF/FTC, to assess adherence and monitor for STIs, including HIV.**

\*HIV testing: 4th generation p24 Ag/Ab test

† Test for bacterial STIs (3 sites for chlamydia and gonorrhea; syphilis); every 3 months in MSM

‡ Renal function: Assess renal function by serum creatinine (estimated CrCl)



## Discontinuing PrEP

- Reduced HIV risk
- Change in interest
- Non-adherence (follow-up, medication)
- Positive HIV test
- Signs or symptoms of acute HIV infection
- Renal disease

## Resources

Centers for Disease Control and Prevention: US Public Health Service: Preexposure prophylaxis for the prevention of HIV infection in the United States—2017 Update: a clinical practice guideline. <https://www.cdc.gov/hiv/pdf/risk/prep/cdc-hiv-prep-guidelines-2017.pdf>. Published March 2018.

Centers for Disease Control and Prevention. Preventing New HIV Infections. <https://www.cdc.gov/hiv/guidelines/preventing.html>