

PEP, PrEP, and TasP



OBJECTIVES

At the end of this unit, participants will be able to:

- Understand what PrEP (pre-exposure prophylaxis) is, who it is for, and how it is paid for
- Understand what PEP (post-exposure prophylaxis) is, who it is for, and how it is paid for
- Understand what TasP (treatment as prevention) is and who it is for
- Understand the concept of U=U (Undetectable = Untransmittable)



INSTRUCTIONS

1. Before the session, review slides and talking points. If you don't have access to a projector and computer prepare flip charts with the Jeopardy questions and answers (1 per sheet). Make another flipchart with the title: SCORE SHEET for the game activity.
2. Welcome participants.
3. Break the participants into two teams and ask each team to name themselves to prepare for the Jeopardy game later in the session.
4. Review the unit objectives. Write team names on flipchart paper and post so all participants can see.
5. Engage participants and review the slides as follows:

PEP

6. Ask, "What is PEP?" Take responses from participants, then review slide 3.
7. Ask, "When should PEP be taken?" Take responses from participants, then review slide 4
8. Ask, "Is PEP free?" Take responses from participants, then review slide 5 and engage in a discussion about where their clients can receive this service at no cost.

PrEP

9. Ask, "What is PrEP?" Take responses from participants, then review slides 6–7, and open for discussion.
10. Ask, "Who is recommended to take PrEP?" Take responses from participants, then review slide 8.
11. Ask, "Is PrEP free?" Take responses from participants, then review slide 9.

(continued)



Related C3 Roles

Providing culturally appropriate health education and information

Related C3 Skills

Education and facilitation skills, knowledge base



Method(s) of Instruction

Lecture, question and answer game



Estimated time

60 minutes



Key Concepts

HIV prevention, pre-exposure prophylaxis, post exposure prophylaxis, treatment as prevention, Undetectable = Untransmittable



Materials

- Computer with internet access and projector
- PowerPoint slides
- Flip chart
- Markers
- 2 call bells
- Prizes such as candy, snacks, pens or other small items for game winners



Resources

- Project Inform PrEP Navigation Bootcamp <https://www.projectinform.org/wp-content/uploads/2018/08/Slides-SOA-PrEP-Summit.pdf>
- Centers for Disease Control (CDC) resources on HIV/AIDS and PrEP <https://www.cdc.gov/hiv/> <https://www.cdc.gov/hiv/basics/prep.html>
- The Well Project: <https://www.thewellproject.org/hiv-information/prep-women>
- Prevention Access Campaign www.preventionaccess.org/
- Medication Assistance Programs <https://www.nastad.org/prepcost-resources/prep-assistance-programs>

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INSTRUCTIONS (continued)

Treatment as Prevention (TasP)

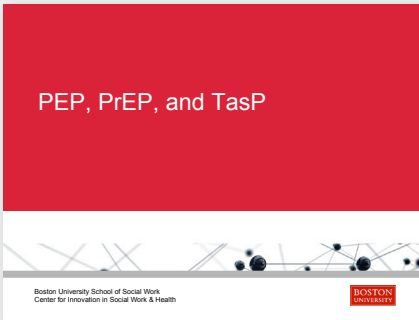
12. Ask, “Has anyone heard of Treatment as Prevention?”
Take responses from participants, then review slide 10.

U = U

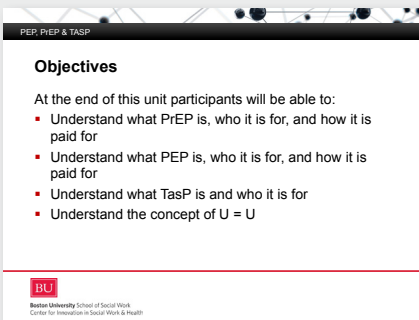
13. Ask, “What is U = U? Take responses from participants, then review slide 11.

Game Time (slides 12-30)

14. Have the participants get into their 2 teams. Make sure each team is recorded on a Flipchart marked SCORE SHEET.
15. Give each team a call bell to ring when they know the answer. If the team that rings the bell doesn’t get the correct answer, allow the other team to answer. If neither team gets the correct answer, the facilitator will provide the answer. When a team gets a correct answer, record 1 point on the Score Sheet.
16. Review the Questions and answers provided on PowerPoint slides.
17. Record the correct answers and team points on a flip chart sheet.
18. Tally up the points and the team with the most points wins! Have participants applaud the group or give prizes to the winners.
19. Wrap up. To close, thank participants and review the additional resources that appear on the final slide.

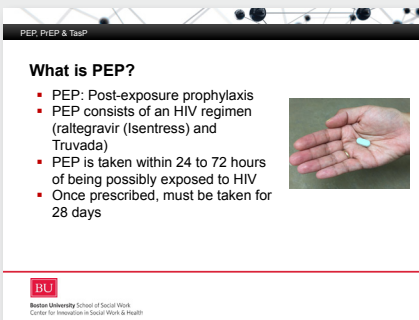


SLIDE 1



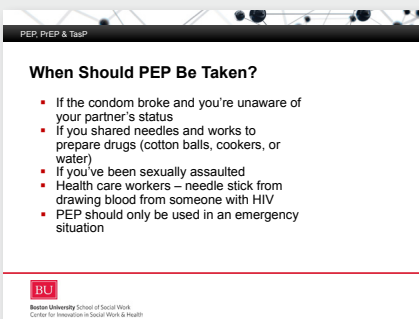
SLIDE 2

Review objectives.



SLIDE 3

Ask the question, take responses from participants, then review the slide.




SLIDE 4

Ask the question, take responses from participants, then review the slide.

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Is PEP Free?

- Every state is different; refer to your public health department and check with health care provider. Your health care provider may help you find a medication assistance program run by PEP manufacturers
- For example, in Los Angeles County PEP is covered under Medi-Cal (Medicaid) and some private insurance

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SLIDE 5


Ask the question, take responses from participants, and engage in a discussion about where their clients can receive this service at no cost.

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What is PrEP?

- Pre-exposure Prophylaxis
- A once-a-day pill called Truvada (tenofovir and emtricitabine)
- Can reduce a person's risk of acquiring HIV
- Can also stop from HIV from spreading throughout a person's body



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SLIDE 6


Ask the question, take responses from participants, and then review the slide.

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What is PrEP? (continued)

- A 96% chance of not acquiring HIV from sexual contact
- Among individuals who inject drugs there's a 70% of reducing acquisition of HIV
- Should be taken along with using condoms
- Provides maximum protection when taken daily for 7 days after engaging in anal sex; 20 days of maximum protection when taken daily vaginal sex or if a person is engaging in injection drug use



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SLIDE 7

Review the slide.

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Who is recommended to take PrEP?

- PrEP is geared towards individuals who are HIV negative
- If you're a heterosexual or gay/bisexual person in a relationship with someone who is HIV positive
- Have multiple partners (gay/bisexual or straight) whose HIV status aren't known
- Engaging in unprotected anal sex
- Newly diagnosed with an STD
- If a person inject drugs, share needles
- Recently entered into a drug program
- **Women who are pregnant or thinking about becoming pregnant should consult with their health care provider.**

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SLIDE 8

Ask participants when should people and providers consider PrEP? Take responses from participants, then review the slide.

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Is PrEP Free?

- Medicaid covers PrEP at no cost
- Private insurance companies cover PrEP with pre-authorization (client has to pay their co-pays)
- Programs such as Gilead Advancing Access (covers co-payments, deductibles, and co-insurance) Patient Access Network (covers co-payments, co-insurance and deductibles) and Patient Advocate Foundation (covers only co-payments)
- Resource: <https://www.nastad.org/prepcost-resources/prep-assistance-programs>

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SLIDE 9


Ask the question, take responses from participants, and then review the slide.

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Treatment as Prevention (TasP)

- Treatment as Prevention is another form of prevention for people who are HIV positive.
- According to a study called HPTN 052, when they're adherent to their meds with an undetectable viral load and high T-cell count, people who are HIV positive have a 96% chance of not transmitting the virus to their partner and/or partners, which in turn keeps the community viral load undetectable. When clients understand how HIV treatment works in their bodies it positions them to be accountable to themselves, their partners and the community as a whole.

Source: HPTN 052 Study. <http://www.researchprotocols.org/2012/1/e20022/>. Centers for Disease Control and Prevention (CDC). Prevention in Case of Emergencies. <https://www.cdc.gov/hiv/prevention/052-study.html>

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SLIDE 10

Ask participants if they have ever heard of Treatment as Prevention. Take responses from participants and then review the slide.

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What is U = U?

- U = U Means undetectable viral load equals untransmittable HIV.
- This allows people with HIV to not worry about transmitting the virus.
- It helps to reduce HIV stigma, fear, and shame.
- This is also a prevention strategy that is referred to as Treatment as Prevention (TasP).
- It opens up the possibilities of having children without going through alternative means of conceiving.
- It encourages people to start and stay on treatment.

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SLIDE 11

Ask the question, take responses from participants, and then review the slide.



ACTIVITY: GAME TIME!

SLIDE 12

Give the game instructions: Each team will have a call bell to ring when they know the answer. The first team to ring the bell-gets a chance to answer the question. If the team get the correct response, they get 1 point. If the team that rings the bell doesn't get the correct answer, allow for the other team to answer. If neither team gets the correct answer, the facilitator will provide the answer. Record the correct answers and team points on a flip chart sheet.

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Question

What does PEP stand for?

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SLIDE 13

Read the question and allow teams to ring in.

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Answer

Post-exposure prophylaxis

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SLIDE 14

Review the answer with participants and clarify any confusion.

PEP, PrEP & TasP

Question

True or False: Treatment as Prevention is a form of prevention for people who are HIV negative.

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SLIDE 15

Read the question and allow teams to ring in.

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Answer

FALSE: Treatment as Prevention is used to prevent transmission from a person with HIV.

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SLIDE 16

Review the answer with participants and clarify any confusion.

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Question

TRUE OR FALSE:
If a person take PrEP as prescribed, they have a 90% chance of not acquiring HIV.

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SLIDE 17

Read the question and allow teams to ring in.

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Answer

TRUE: When a person who is HIV negative takes PrEP as prescribed it lowers the risk of acquisition of HIV by 90%.

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SLIDE 18

Review the answer with participants and clarify any confusion.

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Question

For prevention, what can be taken along with using condoms?

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SLIDE 19

Read the question and allow teams to ring in.

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Answer

PrEP can be taken along with the use of condoms.

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SLIDE 20

Review the answer with participants and clarify any confusion.

PEP, PrEP & TasP

Question

When a person with HIV is adherent to their meds, and has an undetectable viral load and high T-cells, what happens?

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SLIDE 21

Read the question and allow teams to ring in.

PEP, PrEP & TasP

Answer

They have a 96% chance of not transmitting the virus to their partner(s).

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SLIDE 22

Review the answer with participants and clarify any confusion.

PEP, PrEP & TasP

Question

Is PrEP free?

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SLIDE 23

Read the question and allow teams to ring in.

PEP, PrEP & TasP

Answer

- Medicaid usually covers it for those who are covered under that insurance. Private insurance companies cover PrEP with pre-authorization (client has to pay their co-pays).
- Programs are available like Gilead Advancing Access (cover co-payments, deductibles, and co-insurance), the Patient Access Network (cover co-payments, co-insurance and deductibles) and the Patient Advocate Foundation (covers only co-payments).

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SLIDE 24

Review the answer with participants and clarify any confusion.

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Question

What regimen has to be taken within 24 to 72 hours of being possibly exposed to HIV in order to prevent infection?

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SLIDE 25

Read the question and allow teams to ring in.

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Answer

Post-exposure prophylaxis (PEP)

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SLIDE 26

Review the answer with participants and clarify any confusion.

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Question

Name three times when PEP should be taken?

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SLIDE 27

Read the question and allow teams to ring in.

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Answer

- If the condom broke and you're unaware of your partner's status
- If you've shared needles and "works" to prepare drugs (cotton balls, cookers, or water)
- If you've been sexually assaulted

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SLIDE 28

Review the answer with participants and clarify any confusion.

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Question

What does TasP stand for?

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SLIDE 29

Read the question and allow teams to ring in.

PEP, PrEP & TasP

Answer

Treatment as prevention

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SLIDE 30

Review the answer with participants and clarify any confusion.

Add up points for the game and award small prizes to the winning team!

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Resources

- Project Inform PrEP Navigation Bootcamp
<https://www.projectinform.org/wp-content/uploads/2018/08/Slides-SOA-PrEP-Summit.pdf>
- Centers for Disease Control (CDC) resources on HIV/AIDS and PEP, PrEP
<https://www.cdc.gov/hiv/>
<https://www.cdc.gov/hiv/basics/pep.html>
<https://www.cdc.gov/hiv/basics/pep.html>
- <https://www.thewellproject.org/hiv-information/pep-women>
- Prevention Access Campaign
www.preventionaccess.org/
- Medication Assistance Programs
<https://www.nastad.org/prepcost-resources/pep-assistance-programs>

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SLIDE 31

Thank participants and mention additional resources.

Acknowledgments

This curricula draws from and is adapted from other training curricula for peer educators and community health workers, such as the Building Blocks to Peer Success (<https://ciswh.org/resources/HIV-peer-training-toolkit>) and the Community Capacitation Center, Multnomah County Health Department (<https://multco.us/health/community-health/community-capacitation-center>)

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This project is/was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U69HA30462 "Improving Access to Care: Using Community Health Workers to Improve Linkage and Retention in HIV Care" (\$2,000,000 for federal funding). This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

Suggested Citation:

Boston University Center for Innovation in Social Work & Health. (2019). A Training Curriculum for Using Community Health Workers to Improve Linkage and Retention in HIV Care. Retrieved from: <http://ciswh.org/chw-curriculum>



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