Virtual PrEP Program

Megen Vo, MD

Clinical Assistant Professor, Adolescent Medicine

Geoffrey Hart-Cooper, MD

Medical Director, Virtual PrEP Program
Pediatrician
HIV Prevention Specialist, San Francisco Department of Public Health

Megen Vo, MD

Associate Medical Director, Virtual PrEP Program
Assistant Professor, Division of Adolescent Medicine

Overview

Epidemiology of HIV and youth

What is PrEP?

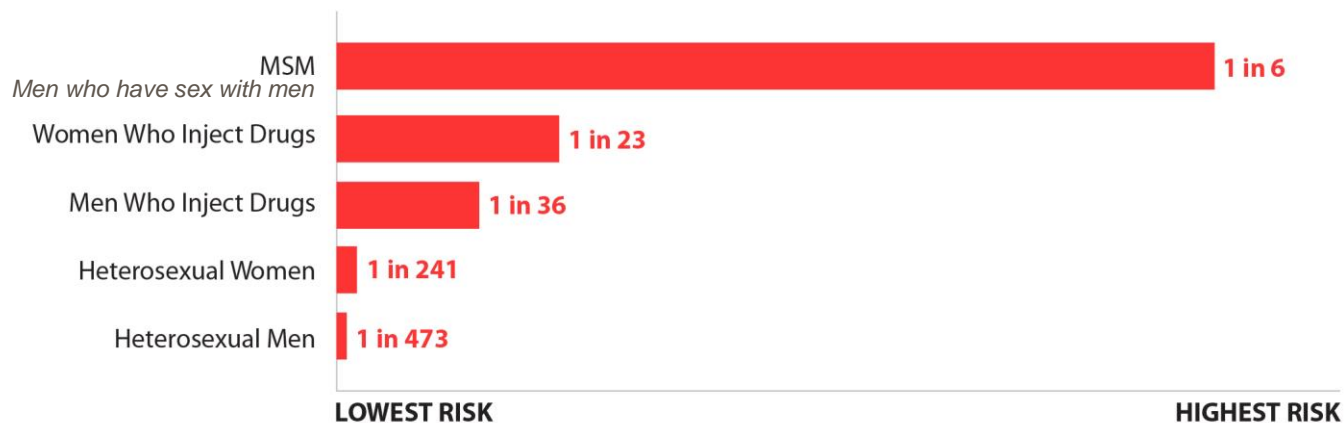Who can benefit from PrEP?

How to prescribe and monitor PrEP

Common barriers (and solutions) for youth

The Virtual PrEP Program
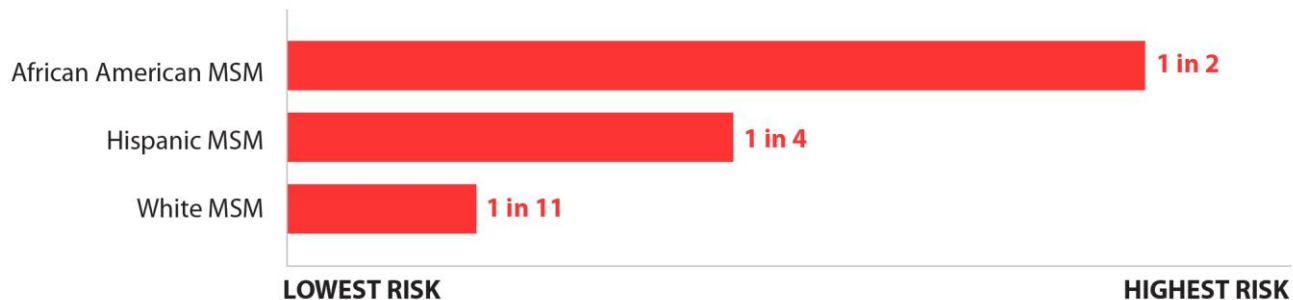
What is the lifetime risk of acquiring HIV? 1 in ….?

- Men who have sex with men (MSM)?

- Heterosexual men and women?

Lifetime Risk of HIV Diagnosis by Transmission Group

- **MSM** *Men who have sex with men* — **1 in 6**
- Women Who Inject Drugs — **1 in 23**
- Men Who Inject Drugs — **1 in 36**
- Heterosexual Women — **1 in 241**
- Heterosexual Men — **1 in 473**

LOWEST RISK   **HIGHEST RISK**

Source: Centers for Disease Control and Prevention

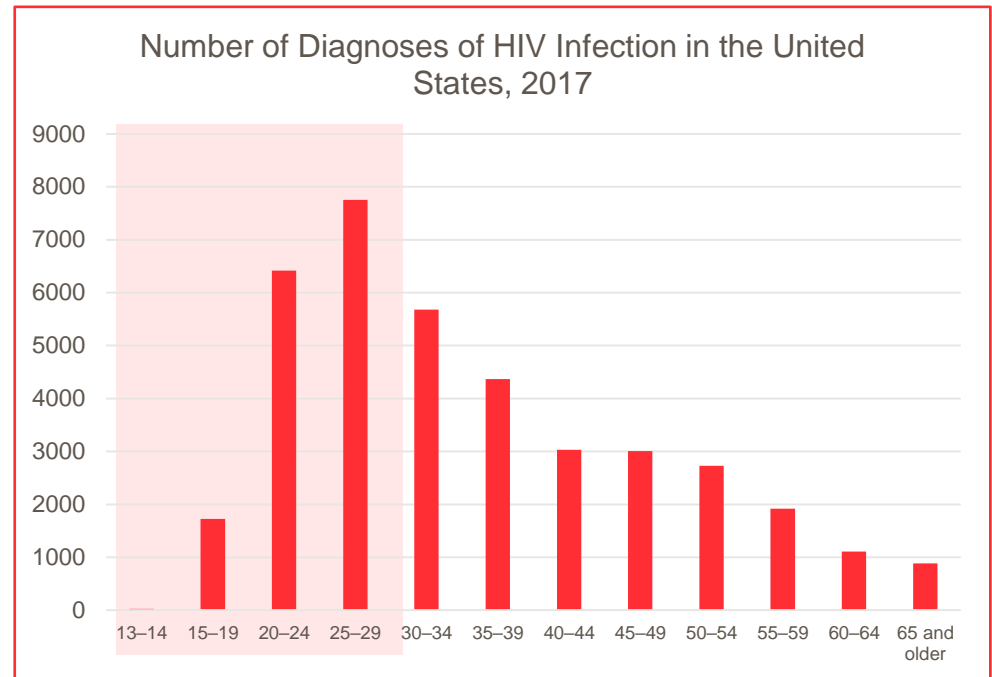## Lifetime Risk of HIV Diagnosis among MSM by Race/Ethnicity

- African American MSM — **1 in 2**
- Hispanic MSM — **1 in 4**
- White MSM — **1 in 11**

LOWEST RISK   **HIGHEST RISK**

Source: Centers for Disease Control and Prevention

https://www.cdc.gov/nchhstp/newsroom/2016/croi-2016.html#Graphics2

Stanford Children's Health

Stanford MEDICINE

Many new HIV diagnoses are among youth

	% of new HIV diagnoses younger than 30yrs
Alameda	42%
Santa Clara	38%
San Mateo	18%
Nationally	**41%**

Number of Diagnoses of HIV Infection in the United States, 2017

Alameda County Public Health Department - HIV Epidemiology and Surveillance Unit. *HIV in Alameda County 2014-2016.*; 2014. http://www.acphd.org/media/493775/hivreport2018.pdf. Accessed July 9, 2018.

Santa Clara County Department of Public Health. *HIV Epidemic in Santa Clara County.* https://www.sccgov.org/sites/phd/hi/hd/Documents/HIV/HIV-2017-Report.PDF. Published 2016. Accessed July 11, 2018.

Santa Mateo County Department of Public Health. *San Mateo County Sexually Transmitted Disease and HIV-AIDS Surveillance Annual Report, 2016.* https://www.smchealth.org/sites/main/files/file-attachments/2016_stdhiv_arfinal.pdf. Published 2016. Accessed October 8, 2018.

Statistics Overview | Statistics Center | HIV/AIDS | CDC. (n.d.). Retrieved August 28, 2019, from https://www.cdc.gov/hiv/statistics/overview/index.html

Stanford Children's Health

Stanford MEDICINE

HIV Prevention

Identify patients at high risk

Safer sex counseling

Post-exposure prophylaxis (PEP)

Pre-exposure prophylaxis (PrEP)

PrEP can prevent HIV

Daily pill (tenofovir disoproxil/emtricitabine or Truvada)

99% reduction in risk of sexually acquiring HIV

Used in combination with safer sex practices such as condoms

- Similar to using contraception and condoms

PrEP was recently FDA approved for youth

FDA approved for 35+ kg (no age restriction) in 2018

- Prior FDA approval was for ages 18 and over

Nationally, youth <25 years of age account for 21% of new HIV infections, but only 13% of PrEP prescriptions

- Limited knowledge among pediatric providers

Expensive, but covered through insurance and payment assistance programs

Follow-up needed

- Office visits for adherence monitoring every two to three months
- Labs (HIV, STI, creatinine) every three months

Statistics Overview | Statistics Center | HIV/AIDS | CDC. (n.d.). Retrieved August 28, 2019, from
https://www.cdc.gov/hiv/statistics/overview/index.html
http://programme.aids2018.org/Abstract/Abstract/2621

Stanford
Children's Health

Stanford MEDICINE

Why aren't more youth on PrEP?

Patient

Hesitant to disclose sexual behavior and/or orientation

Confidentiality concerns

Not yet transitioned from pediatrician to adult primary care

More transient: moving, going to college, etc

Limited knowledge about navigating payment assistance programs

Adherence challenges

Provider

General challenges with taking a sexual history

Limited knowledge of PrEP

Limited knowledge of insurance navigation, payment assistance programs

Reluctant to modify practice

Stanford Children's Health

Stanford MEDICINE

PrEP candidates

"Are you a person who..."

- Worries about your HIV risk and wants to take control of your sexual health?

- Has condomless sex with a partner of unknown HIV status?

- Recently had a sexually transmitted infection (such as gonorrhea or syphilis)?

- Has a sex partner(s) who is living with HIV, or you don't know their HIV status?

- Exchanges sex for money, food, housing and/or drugs?

- Injects drugs?

- Has an anticipated PrEP need (such as the situations above) in the near future?

Source: https://www.pleaseprepme.org/patient-resources

Ask your patients …

PrEP considerations for adolescents

Consent

- In California, minors can consent to testing, treatment and preventive/prophylactic care

Adherence

- Start with more frequent visits (monthly), then can space out to every three months if able

Confidentiality and insurance

Refer to Virtual PrEP Program for assistance

No confidentiality concerns?
- Covered by nearly all insurance providers including Medi-Cal
- Copay assistance programs help with cost

Confidentiality concerns?
- Family PACT won't cover PrEP – need to use insurance and copayment assistance programs

- 7-14 days in advance: myhealthmyinfo.org can block specific info but will still be noticed in deductible

- Can enroll in Medi-Cal minor consent but requires in-person visit to register

- Planned Parenthood if there are high confidentiality needs

Stanford
Children's Health

Stanford MEDICINE

Stanford Virtual PrEP Program Is Here to Help

Confidential initial consultation
- Family PACT Virtual Visit
- M-F during regular clinic hours
- Staffed by PrEP-trained Teen Clinic and Packard Children's Health Alliance providers

Place referral to "Adolescent-PrEP"
- **Include patient's confidential phone and email**
- Patients can also directly call LPCH Scheduling

If a current Stanford patient, please try to activate MyChart prior—but no need to delay referral

Providing accessible and comprehensive HIV prevention services to youth

Virtual Pre-exposure Prophylaxis (PrEP) Program

Our Care Team

PrEP Resources

For more information, call:
(408) 637-5959

Virtual Pre-exposure Prophylaxis (PrEP) Program

Our trained group of pediatric and adolescent providers provides accessible and comprehensive HIV prevention services, including pre-exposure prophylaxis (PrEP), to adolescents and young adults up to 26 years old.
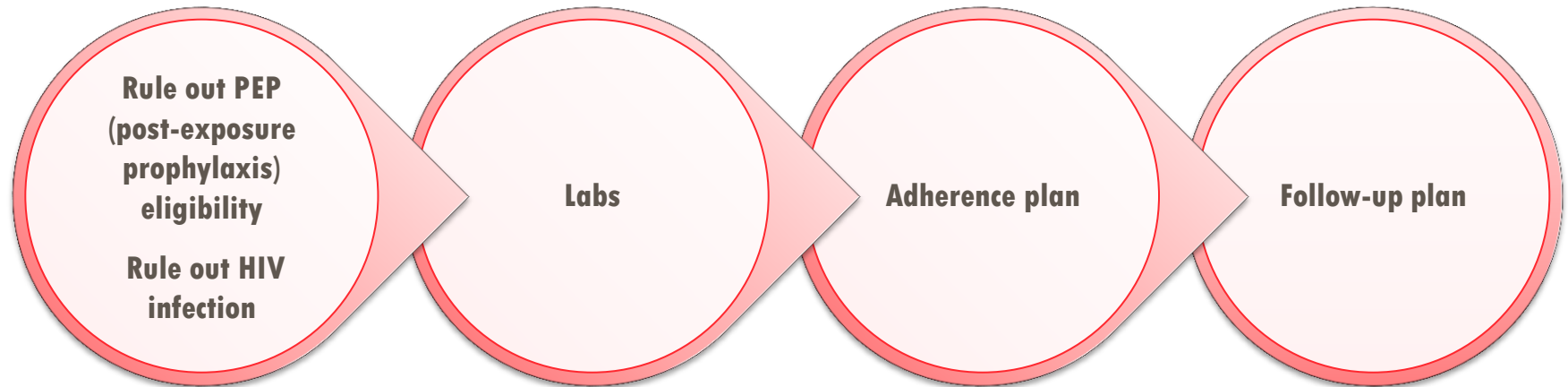
What is PrEP?

Pre-exposure prophylaxis (PrEP) is a daily pill that reduces your chance of getting HIV by more than 90%. It's important to take PrEP daily so that it is most effective. It's also important to always use condoms as PrEP does not protect against other sexually transmitted infections or pregnancy.

Youth-focused PrEP support

Dedicated "PrEP Doctor" provides youth-focused support

- Continuity and patient-provider trust
- Frequent check-ins through secure messaging
- Geographic flexibility (within California)
- Specialized support navigating co-pay assistance programs and insurance

Virtual PrEP Support

Rule out PEP (post-exposure prophylaxis) eligibility

Rule out HIV infection

Labs

Adherence plan

Follow-up plan

- Trusted provider encourages disclosure of sensitive information

- Local lab visits every 3 months
- Mail patient instructions and supplies to self-collect extragential samples (drop off at lab)

- Secure messaging reminders through Epic
- Robust adherence support

- Eliminate transportation barriers (time and confidentiality)
- Reduced time missed from school, jobs
- Improve retention in care

Stanford Children's Health

Stanford MEDICINE

Take home messages:

Teens and young adults can take PrEP to prevent HIV – and our Virtual PrEP Clinic is here to help!

Before starting PrEP, assess for post-exposure prophylaxis (PEP) eligibility and acute HIV.

Agree on a daily reminder to promote adherence.

Start with monthly follow-up at first, then space out up to every three months if tolerating medication and no adherence concerns.

Anticipate confidentiality and cost issues.
- Record confidential email and phone in the chart/referral

Contact us with any provider questions you have! PrEP@stanfordchildrens.org

Referrals Now Being Accepted for
Virtual PrEP Program

This new program provides accessible and comprehensive HIV prevention services to youth. A patient's confidentiality is of the highest importance, and our confidential Family PACT virtual visits allow patients to visit with a physician without using a parent/guardian's insurance.

Please visit prep.stanfordchildrens.org or email prep@stanfordchildrens.org for more information.

How to Refer a Patient

1. Place referral for Adolescent Medicine – PrEP
2. Call (800) 995-5724
3. Visit mdportal.stanfordchildrens.org
4. Fax (650) 721-2884

Stanford Children's Health
Virtual PrEP Program

Stanford MEDICINE

Any questions? Contact us!

PrEP@stanfordchildrens.org

Geoffrey
Hart-Cooper

Megen
Vo

Referrals: (800) 995-5724   Fax: (650) 721-2884

Stanford
Children's Health

Stanford MEDICINE