

# PrEP for Adolescents

Learning Community, May 30<sup>th</sup>

**Welcome! Please introduce yourself in the chat 😊**

# Welcome and happy spring!

- **Please introduce yourself in the chat!**
- We're happy to have attendees here from the following clinics:
  - Bell Flower Clinic, Indianapolis, Indiana
  - Litoral Clinic, Migrant Health Center, Mayagüez, Puerto Rico
  - Mary Eliza Mahoney Health Center, Newark, New Jersey
  - Morrisania Clinic, Health & Hospitals, Bronx, New York
  - NYC Department of Health, NYC, New York
  - Take Care Down There Clinic, Columbus Public Health, Columbus, Ohio

# Group Agreements

- Keep cameras on, especially when talking
- All participants contribute to the discussion
- We're here to learn together
- Confidentiality: any patient information shared remains private

# Clinic Prompt

- ❖ To what extent do you see patients under 19?
  - If not many, do you have any plans to ramp up recruitment?
  - If many, how do you approach the management of young people on PrEP?
- ❖ What plans do you have for **engaging out of school** young people over the summer?
- ❖ What **barriers** do you see to engaging adolescents in HIV prevention care in your practice?

# Pre-exposure Prophylaxis for Adolescents

May 30<sup>th</sup> 2023



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\*No disclosures to report\*

# Agenda

- Agenda
  - PrEP Oral Regimen Considerations
  - On Demand Considerations
  - Long Acting Cabotegravir
  - Discussion



# What is PrEP?

- Meet Sam!
- A 19-year-old African American male presented to our clinic three times in 2014
- Excellent Student and involved parents
- Reports multiple male sex partners he met online weekly
- During each of the 3 visits in 2014, Sam had rectal gonorrhea
- Our team met this patient a year after he had first seen a provider at our clinic and, sadly, gave a positive test for HIV.
- Pre-Exposure Prophylaxis could have put a stop to this....





# PrEP Options for Adolescents



# Options for Oral PrEP Regimens

## Truvada (TDF/FTC)

- Brand and Generic
- **Available for MSM, Cis-Women and IVDU**
- Daily or On-Demand



## Descovy (TAF/FTC)

- Only Brand
- **Available for only MSM**
- Only Daily
- Smaller pill

- ❖ **Both approved for adolescents (>35kgs) and adults**
- ❖ Both are effective after 7 days in protecting against HIV for anal sex (Truvada – 21 days for vaginal sex)
- ❖ Both need a patient to follow up quarterly for testing with a provider

# Side Effects of Oral PrEP Regimens

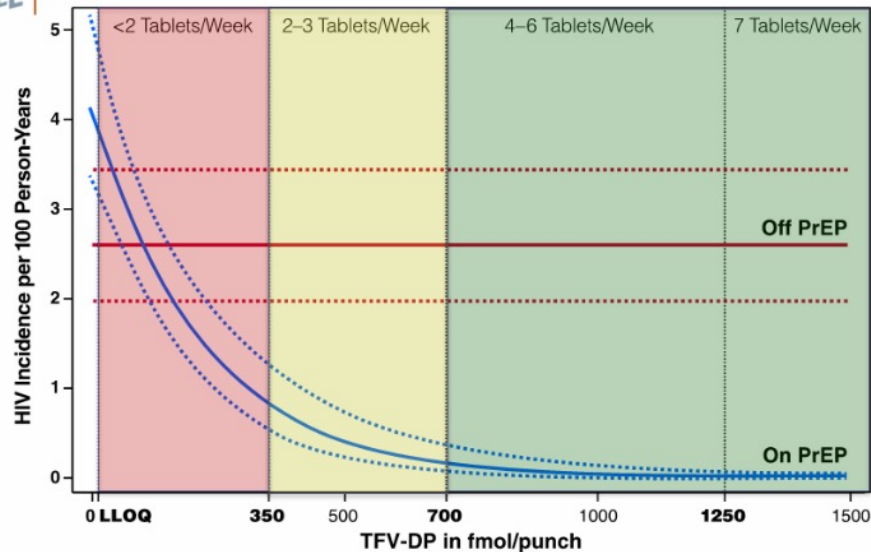


- **PrEP Side effects**
  - “Start-Up Syndrome” (RARE)
    - 1-2 weeks after initiation
    - Nausea, vomiting, fatigue, dizziness
  - Long Term side effects (EVEN MORE RARE)
    - Truvada (TDF/FTC)
      - Decline in kidney functioning
      - Decline in accumulation of bone mass
    - Descovy (TAF/FTC)
      - Weight gain
      - Lipid/Cholesterol Increases

# Choosing an Oral Regimen for Adolescents



## HIV Incidence and Drug Concentrations



	<2 Tablets/Week	2-3 Tablets/Week	4-6 Tablets/Week	7 Tablets/Week
Follow-up %	26%	12%	21%	12%
Risk Reduction	44%	84%	100%	100%
95% CI	-31 to 77%	21 to 99%	86 to 100%	

- Consider Adolescents and adherence to daily regimen
  - Truvada (TDF/FTC) continues to provide protection with 4-5 doses per week
  - If there are concerns about a patient adhering to a daily regimen, TDF/FTC can provide a high of protection if doses are missed

- Grant, R et al (2014). Uptake of pre-exposure prophylaxis, sexual practices, and HIV incidence in men and transgender women who have sex with men: A cohort study. *The Lancet Infectious Diseases*, 14, 820-829

# Choosing an Oral Regimen for Adolescents

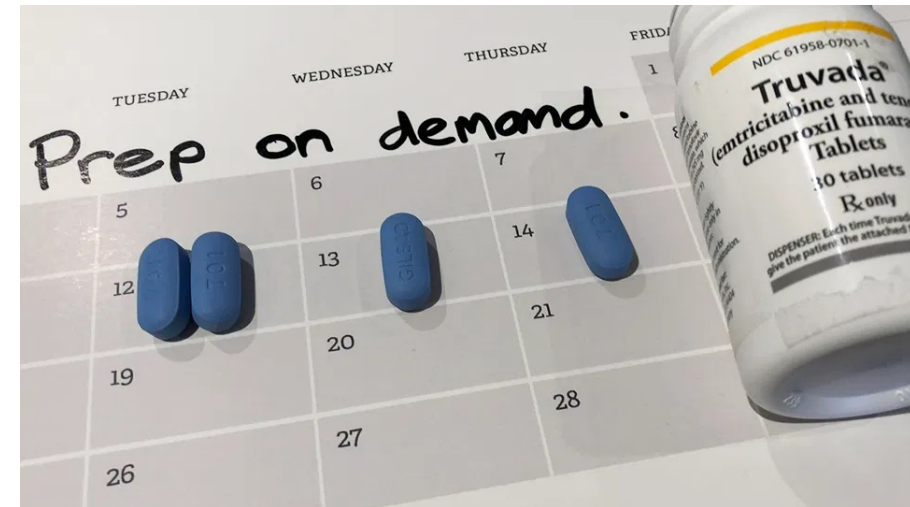


- Consider Cost and Need for Prior Authorization
  - TDF/FTC offers a generic option (retail cost for bottle ~\$20-40) and usually no prior authorization
  - Descovy may trigger a prior authorization/appeal through patient's parents insurance

# **On Demand Dosing for Adolescents?**

# PrEP-On-Demand: Patient Evaluation

- Screening for On-Demand Dosing
  - Men who have sex with Men (MSM)
  - Has sex *less than* twice a week
  - Patient able to adhere to quarterly visits/STI screening in the absence of a quarterly prescription trigger
  - Expressed understanding of dosing schedule



# PrEP-On-Demand: Patient Evaluation

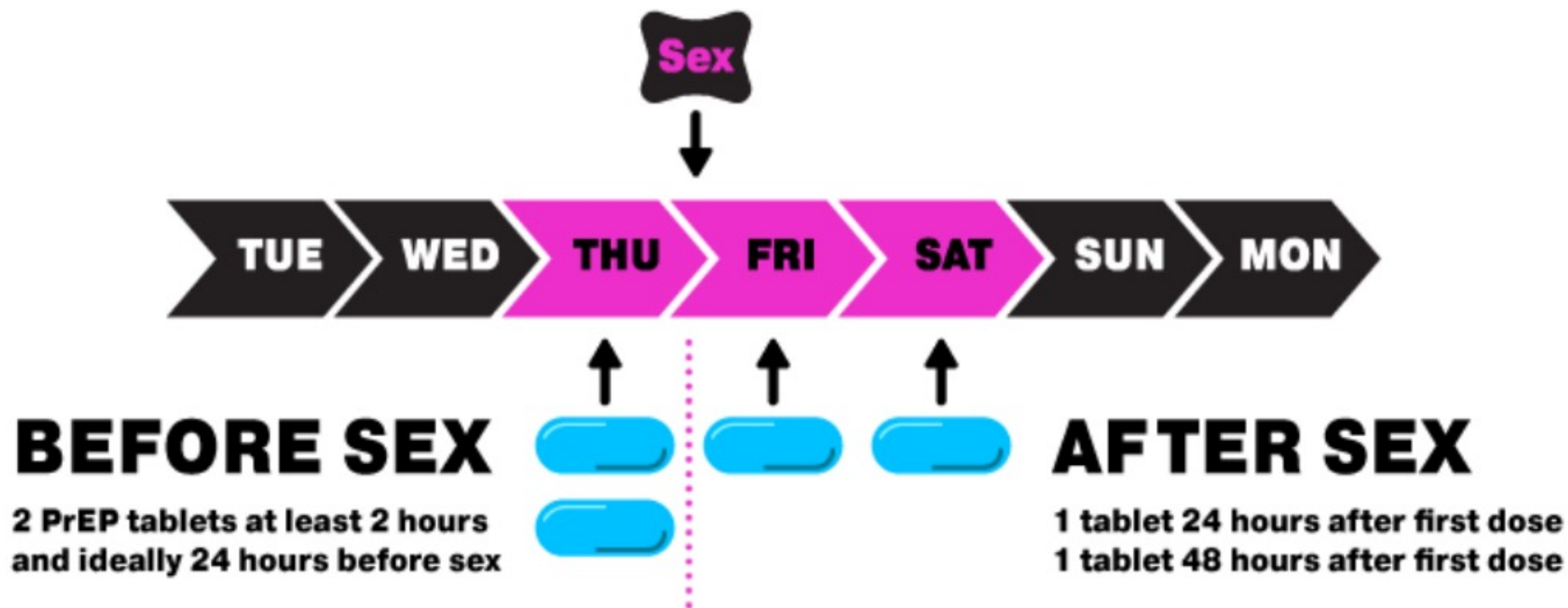
- Exclusion Criteria
  - Individuals engaging in vaginal sex
  - IV Drug users
  - **Adolescents (due to documented hx of adherence difficulties in ATN studies)**
  - Individuals engaging in sex more than twice a week
  - Individuals taking TAF/FTC or *Descovy*



- Cottrell, M. L., Yang, K. H., Prince, H. M., Sykes, C., White, N., Malone, S., ... & Kashuba, A. D. (2016). A translational pharmacology approach to predicting outcomes of preexposure prophylaxis against HIV in men and women using tenofovir disoproxil fumarate with or without emtricitabine. *The Journal of infectious diseases*, 214(1), 55-64.
- Anderson, P. L., Garcia-Lerma, J. G., & Heneine, W. (2016). Non-daily pre-exposure prophylaxis for HIV prevention. *Current Opinion in HIV and AIDS*, 11(1), 94.



# PrEP On Demand: Dosing Schedules



If sexual activity continues, take 1 PrEP tablet every 24 hours until 48 hours after last sex. (Adapted from i-Base.info.)

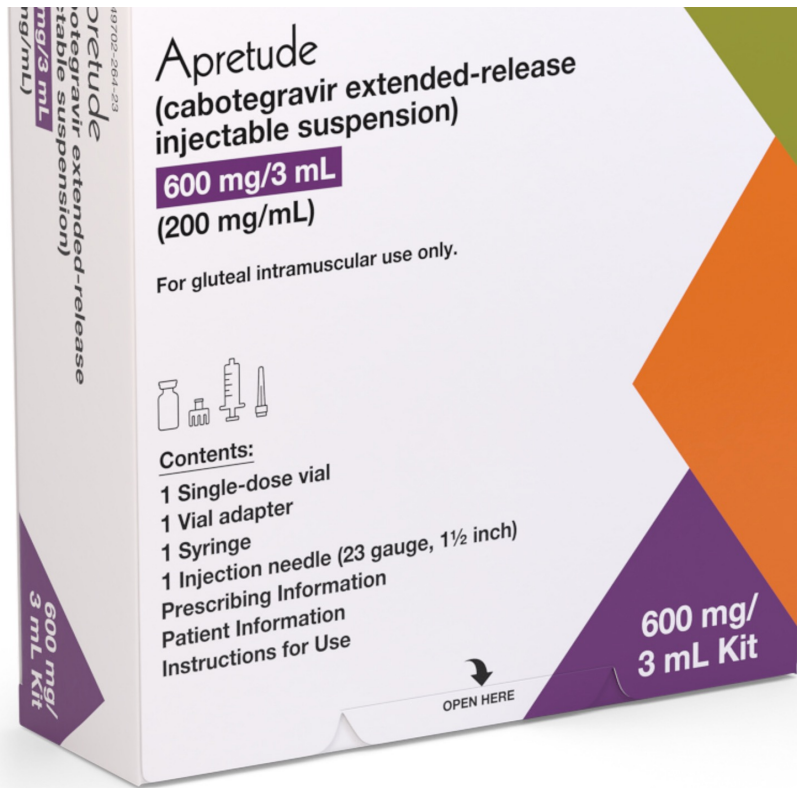
- <https://www1.nyc.gov/assets/doh/downloads/pdf/ah/prep-on-demand-dosing-guidance.pdf>





# **Long Acting Injectable Cabotegravir or “Apretude” for Adolescents?**

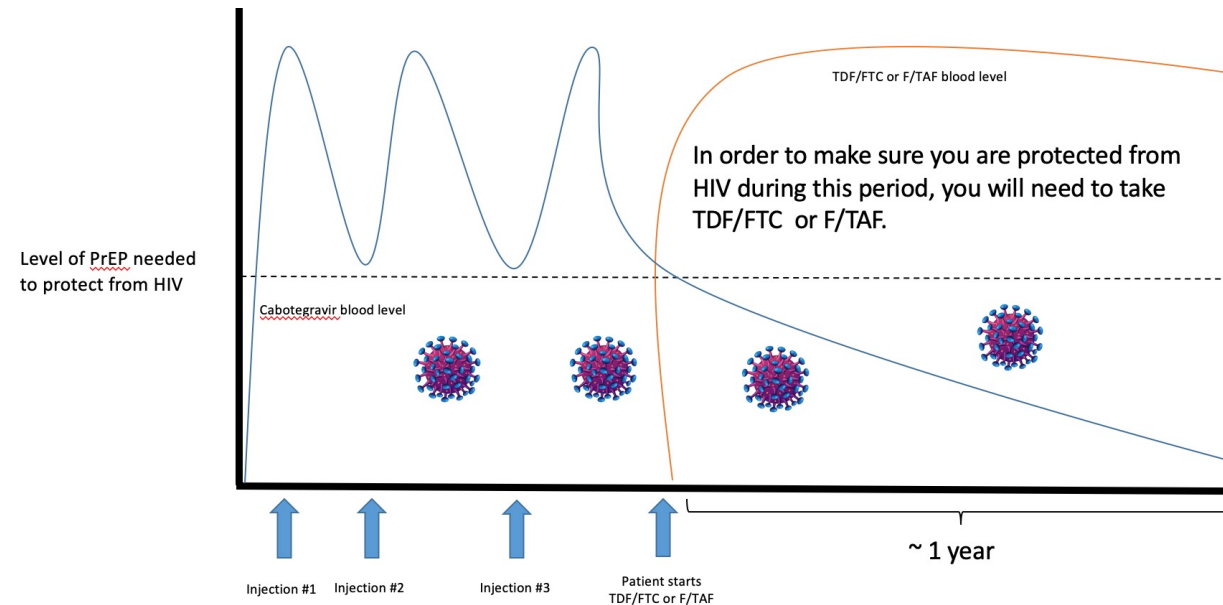
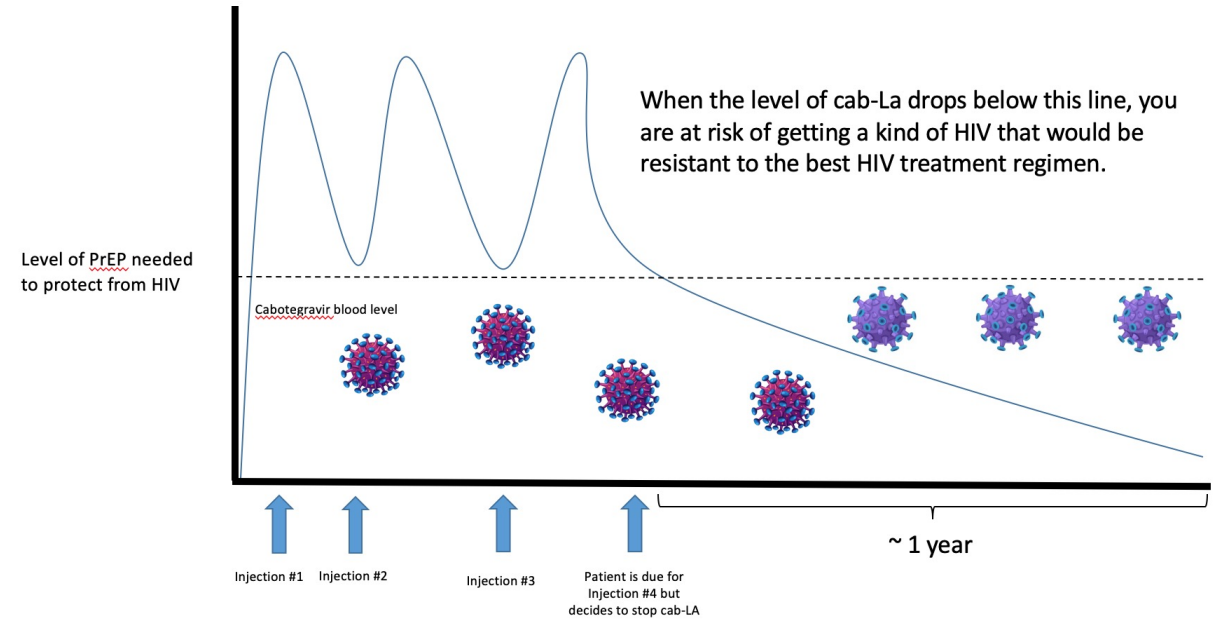
# Long Acting Injectable Cabotegravir or “Apretude”



- Approved in December 2021 for use in Adolescents (35kgs or more)
- Optional Oral regimen for 30 days to assess for side effects
- Injections at month 0,1, then every two months ongoing
- If a dose is missed, patients have one week window period

# Cabotegravir Counseling

- Educational points to be covered with patients **prior to “ordering” and administering the medication**
  - Dosing schedule and the importance of the dose “window period”
  - Site of injection is gluteal
  - “Medication Tail”
  - Medication side effects
    - Plan for depressive symptoms



# Long Acting Injectable Cabotegravir or “Apretude”



- Considerations for Adolescents
  - Every 8 week injections (summer breaks, away at college, etc)
  - Insurance Issues
  - Adherence Concerns
  - Reported Side Effect of Depressive Symptoms

# Overall Considerations for Adolescents

- Assume there may be an adherence concern with both tablets or injections.
- Always factor in payment and consider insurance obstacles when choosing a regimen.
- If possible, assign a care coordinator, patient navigator or a social worker to the client to help with keeping appointments
- Mental health services in combination with HIV preventative care has been shown to increase retention.

**I PLAY SURE**  
**PrEP + CONDOMS**

#PLAYSURE

**BE HIV & STI SURE**  
If you are HIV negative, PrEP is a daily pill that protects you from HIV. Condoms add more protection against HIV and help prevent other Sexually Transmitted Infections. Combine these tools to stay healthy and prevent the spread of HIV and other STIs.

PLAY SURE: Call 311 or visit [nyc.gov/health](http://nyc.gov/health) to design the right HIV and STI prevention combination for you.

**NYC** HEALTH



# Questions & Discussion

# Quick Evaluation

1. How would you rate the value of today's discussion?
2. The level of the brief lecture was:
3. Attending the learning community is a good use of my time.
4. I felt comfortable contributing during the LC session.
5. As a result of today's session, are there any changes you would make in your practice?
6. Since the last LC, has your clinic made (or is in the process of making) any clinical practice changes related to HIV prevention services?

# Next Learning Community Session

**Skipping July! Reconvening in September**

# In the meantime...

Look out for our June newsletter!

Feedback?

Questions for a clinician?

**Let us know!**

Find LC resources here:

<https://nycptc.org/hivprevent.html>

## HIV PREVENTION LEARNING COMMUNITY



Bimonthly Newsletter

VOL. 8

APRIL 2023

### STI AWARENESS WEEK

CHOOSE A CAMPAIGN • PLAN ACTIVITIES • SPREAD AWARENESS

APRIL 9 - 15, 2023

#### April Newsletter

##### STI AWARENESS WEEK

It's April so that means...[STI Awareness Week!](#)  
This year STI Awareness Week is April 9-15th.

This week is an opportunity to raise awareness of STIs and the impact they have on our and our patients' lives, and to reduce STI-related stigma. We can make sure our patients and communities have the tools and knowledge for prevention, testing, and treatment, and do so in a sex-positive way.

The CDC has different [campaign toolkits](#) and [general resources](#) which you can find on their [website](#).

There are lots of ways your clinic can get involved in STI Awareness Week. **We would love to hear about your clinic's activities!**

##### MARCH LC RECAP

March's LC focused on **Sexual Health Metrics: Data to Practice**. Clinics shared sexual health projects with a focus on data. We discussed SMART goals and how to incorporate inclusion and equity to turn them into SMART/E goals.

NYC PTC's data team walked the group through an example from Columbus Public Health about the role data can play in project development and execution.

Rooting our projects in data ensures there is a basis for the projects, and that we will be able to set goals and measure change. **NYC PTC would love to work with your clinic on data-driven projects!** Interested? Let us know!