OPTIONS AGYW Training Package

Attachment 7a: Scenarios for Discussion

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| **CONSIDER THE FOLLOWING SCENARIOS. For each one, answer:**   * Is this an appropriate PrEP candidate? * Whose decision is it? * How do you respond to her queries/concerns? * What are the key counselling/educational issues? * Are there any clinical issues, and how would you handle these? * What additional issues do you think should be considered? |

**Scenario 1:** Zinzi is an 18-year-old contraception client and is very interested in PrEP. She is on NetEn, the two-month injectable. She has missed appointments and been late for several appointments for her repeat injection. She wants to know if she can take PrEP and continue drinking alcohol. She also has a bit of marijuana every now and then, and asks if PrEP will be less effective if she takes drugs. She is excited and wants to know if she can begin PrEP a few days before her friend’s birthday party in two weeks.

**Scenario 2:** Maria, a 21-year-old university student, is interested in PrEP. She has a steady boyfriend. They have been together for eight months, and she says they are open with each other about HIV and safer sex. They both had an HIV test when they first met, and both tested negative. She is petrified of getting HIV and wants to use PrEP as an extra precaution. She also wants to know if they need to continue to use condoms when using PrEP.

**Scenario 3:** Thandi is 19 years old and interested in trying PrEP, but she has several concerns. She wants to know:

1. How effective PrEP is
2. Whether PrEP will interfere with her contraception (the injectable DMPA)
3. If PrEP will give her acne, as she used to suffer badly from acne
4. If PrEP will cause her to gain weight, as she is trying not to put on weight with DMPA

On baseline blood testing, you find that Thandi has a negative HBSAg and HBSAb.

**Scenario 4:** Sandi is 18 years old and comes to the clinic to seek advice. She has heard about PrEP from the DREAMS project peer educator. Sandi is in a panic. She had sex last night, and the condom came off. She wants to know if she can go on PrEP now to prevent HIV. She says that accidents like this (condom slipping off) have happened before, and sometimes her boyfriend refuses to use condoms. She is worried about a vaginal discharge as well.

**Scenario 5:** Promise is a 21-year-old woman training as a hairdresser. She has two sexual partners—Andrew and Thabo.Andrew is bisexual and from time to time has sex with other men. He says he tests regularly, uses PrEP, and is completely safe to have sex with. Promise wants to know what evidence there is that PrEP works and is wondering if she should also use PrEP. She is using the implant for contraception and is worried that the two (i.e., PrEP and the implant) may interfere with each other. She also wants to bring Thabo to get PrEP so that they will be well protected.

**Scenario 6:** Beauty is a 20-year-old married woman whose husband is HIV-positive. He has been on ART for nine months. Until now, they have been using condoms all the time. She wants to get pregnant and wants to know if she can use PrEP to provide protection against HIV during unprotected sex. She is worried that the PrEP may interact with her husband’s ART and has heard that it may reduce her sex drive and fertility.

**Scenario 7:** Catherine is on PrEP but went away for the weekend and forgot to take her pills. She comes in to the ECHO site in tears, as she is now worried the PrEP won’t work. How would you proceed? What would you do clinically? How would you counsel her?

She comes back for her six-month PrEP check-up, and her creatinine clearance is 45. How would you proceed? What would you do clinically? How would you counsel her?

**Scenario 8:** Brenda is a 19-year-old sex worker working at a truckers’ stopping point. She would like to try PrEP but says she has heard all sorts of stories about it. You need to clarify and explain the following (i.e., if each issue is true or false, fact or myth).

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| **Issue** |  |
| * PrEP makes you nauseous all the time. |  |
| * You won’t get pregnant if you use PrEP for a long time. |  |
| * PrEP leads to weight loss/gain. |  |
| * If you take PrEP and then become HIV-positive, ART will not work. |  |
| * Some women lose hair when they use PrEP. |  |
| * PrEP causes vaginal dryness. |  |
| * Some women get unbalanced hormones and grow hair on their faces and chests when they use PrEP. |  |
| * PrEP does not work if taken with alcohol and drugs. |  |
| * Like ART, PrEP only works if taken for life. |  |

**Scenario 9:** Fatima is in her first year of college, living away from home. She only sees her boyfriend on holidays and is preparing to go home for Christmas. She is very keen to use PrEP when she sees her boyfriend, and she wonders if she can go on and off PrEP. She wants to know how long she should take it before and after seeing her boyfriend.

When she comes back for a follow-up visit, she decides she will stay on PrEP “just in case.”

She returns to see you three weeks after her holiday at home, as she is anxious that she has missed her menstrual period.

**Scenario 10:** Violet, a 22-year-old woman, has been married for two years. Her husband has many partners and frequently stays out all night drinking. She went on PrEP, but her husband recently discovered that she is on PrEP, beat her up, and threw her drugs into the toilet, accusing her of having HIV and sleeping with other men. She comes to you saying she thinks she will have to stop her PrEP.

**Scenario 11:** Sally wants to use PrEP but is worried that her parents and friends may find out. There was a lot of gossip when one of her friends told others that she was on PrEP, as everyone thought her friend was actually HIV-positive but trying to hide the fact.

**Scenario 12:** Fatima is using PrEP but is too scared to tell her fiancé, John, as she fears she may lose him. She strongly suspects that he has other partners. She loves John very much and hopes to settle down with him, get married, and start a family. John pays her school fees and transport. She thinks she must stop using PrEP, as it feels like too much of a risk.

**Scenario 13:** Jabu has just begun taking PrEP and comes back after a few days complaining of a stomachache and nausea. She says she wants to quit.

**Scenario 14:** Lizzie has been on PrEP for a year. Her partner has been on ART, takes his ARV drugs consistently, and is virally suppressed. She wants to know if she can stop taking PrEP because her partner says he is no longer infectious.

**Scenario 15:** Connie is in her second year of college and is under great pressure, as she needs to get above a certain mark to get her bursary for the next year. She has already failed some of her subjects in the first semester. She has been using PrEP for about three months and comes in for a check-up. She complains that she has frequent headaches and thinks it’s from the PrEP pills. Since she is taking her exams soon, she thinks she should perhaps stop using PrEP.

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