

# West Africa Regional PrEP Learning Network

## *Providers are people first!*

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December 8, 2021

**CHOICE** Collaboration for HIV Prevention Options to Control the Epidemic



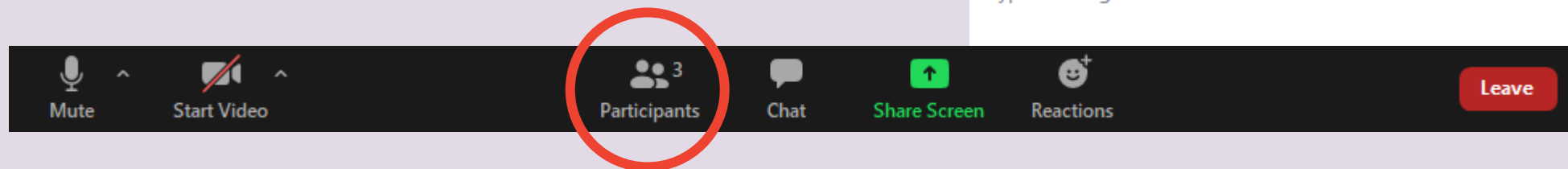
Please introduce yourself in the chat box!

Veillez vous présenter dans la chat box!

Click the “Participants” window to access the *raise hand* feature, *yes/no* buttons, and more. You can also access these features via “Reactions”.

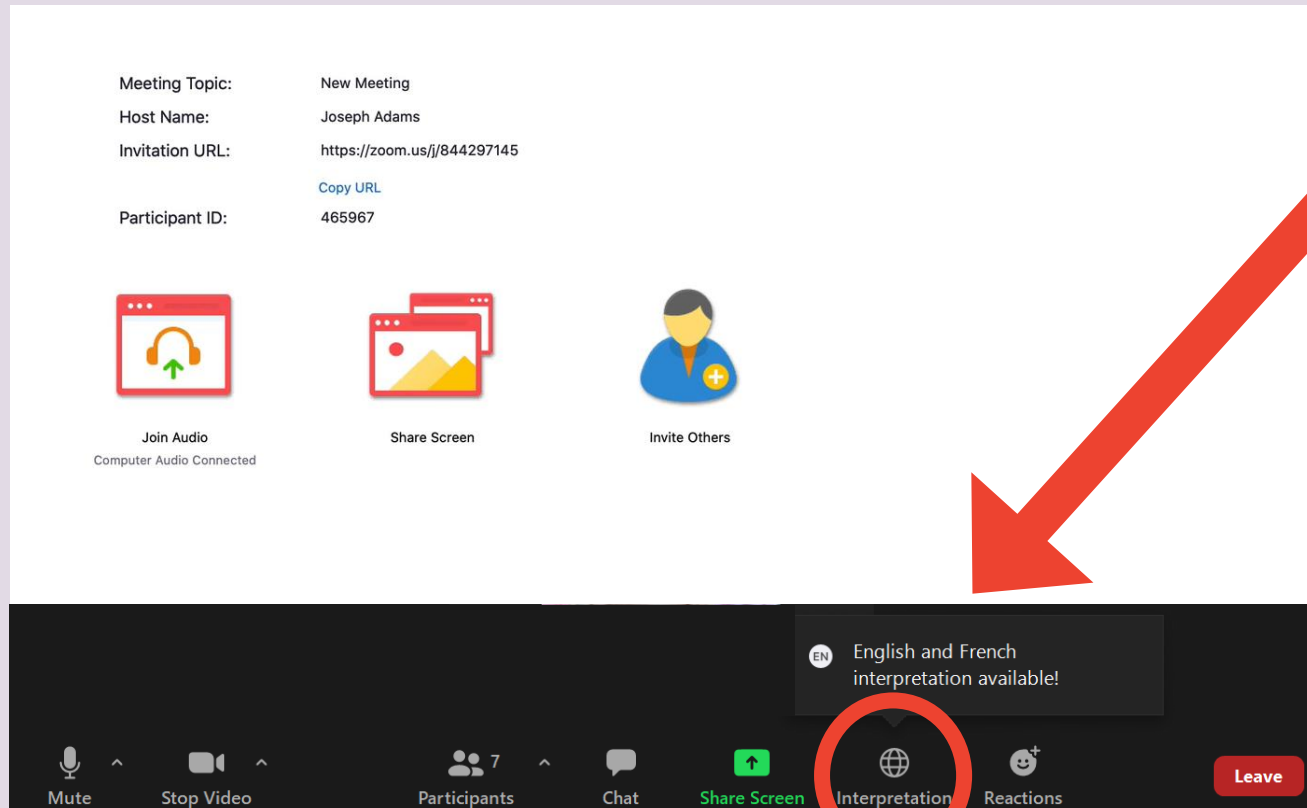
Choose “Everyone” in the To: field.

Click on “More” to access *thumbs up* and *thumbs down*.



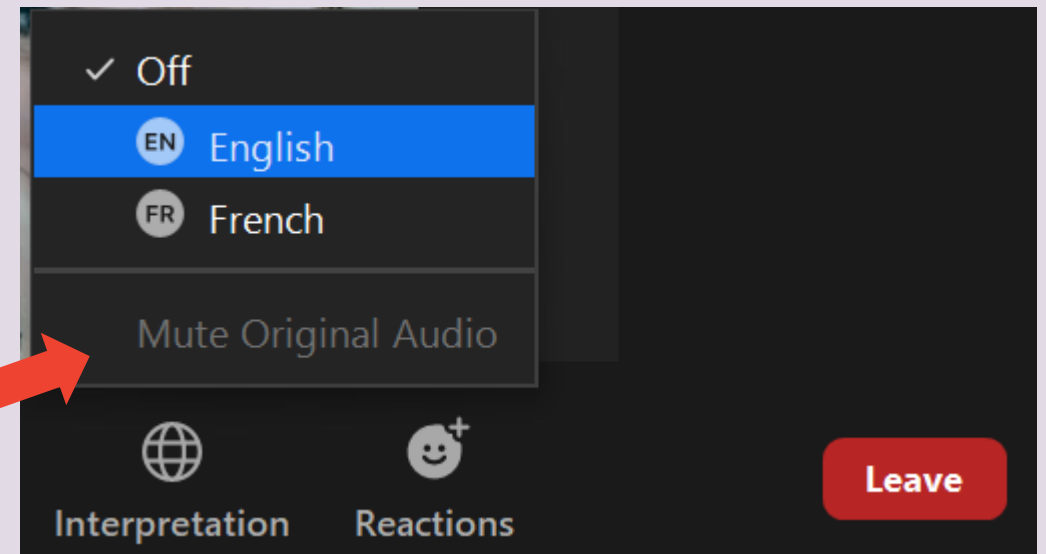
# Access interpretation / Accès à l'interprétation

Every participant must choose  
an interpretation channel:  
English *and* French speakers.



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# Key topics for this webinar series

## Oral PrEP Introduction Framework



### PLANNING & BUDGETING

National and subnational plans include oral PrEP and guidelines are established to support access to PrEP via priority delivery channels



### SUPPLY CHAIN MANAGEMENT

Oral PrEP is regularly available in sufficient quantity to meet projected demand via priority delivery channels



### DELIVERY PLATFORMS

Oral PrEP is delivered by trained healthcare workers across diverse delivery channels that effectively reach target end users



### UPTAKE & EFFECTIVE USE

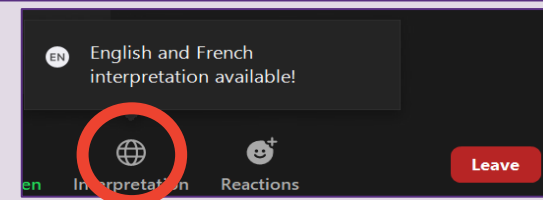
End users are aware of oral PrEP and have the support, motivation, and ability to seek out, initiate, and effectively use PrEP during periods of HIV exposure



### MONITORING

Oral PrEP is effectively integrated into national, subnational, program, and facility monitoring systems and ongoing research supports learning

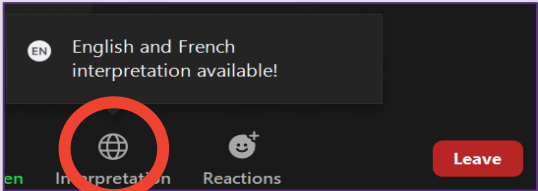
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# Agenda

Time	Topic
10 min	Welcome and introduction
20 min	Panel discussion: PrEP users and providers
20 min	Q&A
20 min	Presentation: Making it easier to provide PrEP
10 min	Q&A
10 min	Closeout

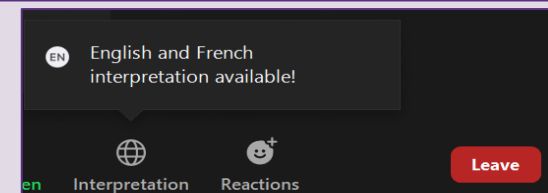
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# Panel Discussion: Listen & Learn from PrEP Users & Providers

- Luwopwa Benjamin, PrEP Provider
- Elvinah Sunday, PrEP Provider
- Abasiama Alfred Bassey, PrEP User
- Obeten Ayei, PrEP Provider
- Briggs S. Jeremiah, PrEP User

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# Questions

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# *Providers are people first!*

Creating demand for PrEP in Nigeria:  
Supporting Providers  
Creating Community Support  
Overcoming Stigma

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**CHOICE** Collaboration for HIV Prevention Options to Control the Epidemic





# Together we are

- We TRUST our health workers to help young people stay healthy
- We ENCOURAGE young people to keep their bodies and relationships safe
- We HELP young people to get tested and take their medications



HIV Negative Generation



# CHOICE Outputs



## For Nigeria

- AGYW PrEP demand creation plan informed by “HCD-lite” approaches
- Portfolio of “HCD-inspired” demand creation interventions, tools, and materials designed using HCD-Lite approaches targeting AGYW and the providers who serve them
- Provider engagement package
- Media engagement kit

## Globally

- Case study in “HCD-lite” approaches to strengthen PrEP demand creation efforts
- Field-tested examples of “HCD-informed” demand creation strategies, interventions, tools, and materials
- “HCD-infused” process and tools to support design of PrEP demand creation programs

# What we knew about PrEP promotion going in

Key insights and learnings from other programs and the Human-Centered Design (HCD) evidence base

Build  
on...

The decision to use PrEP is never made “alone” (Jilinde)

People value relationship harmony and are guided by relationship-based goals (IPSOS, FinalMile)

Demedicalized framing is appealing to increase privacy (V)

A sense of belonging encourages PrEP uptake and persistence (Lesotho)

Norming PrEP in the community is necessary to enable use by key populations (Jilinde)

Focusing messages on key pops attracts resistance and suspicion from communities (Jilinde, South Africa)

Providers expect to be judged on clinical outcomes alone; youth judge based on demonstrated empathy (Breakthrough Action, Adolescents360)

Both clients & providers need affirmation from their social networks to support their decisions.

Many clients do not respond well to being given orders.

# Providers are People Too\*

## Excited because

- Believe it works
- Believe it is safe
- Good for discordant couples, MSM, FSW

## Reluctant because

- Feel uncomfortable with AGYW clients (especially <18 & unmarried)
- Fear encouraging “immoral” behavior
- Fear of increasing clients’ STI/HIV risk
- Theoretical commitment to condoms/ ABC
- Doubt clients’ ability to adhere
- Fear community backlash

## Craving

- Better materials to help clients
- Nuanced info on “good enough” use
- Reassurance about commodity security
- Refresher training
- Training in dealing with AGYW
- Support from the community

• Source: AIDSFree: Knowledge, Attitudes, and Practices of Health Care Providers towards PrEP in Nigeria: *Results of an Online Survey*. 20220; Breakthrough Action HCD research.



# Provider Profiles



## The Moralist

- Very religious
- See themselves as a moral example for the community
- Disapproves of sexuality outside of marriage
- Does not want to encourage "immoral" behavior



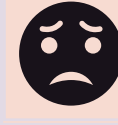
## The Loving Auntie

- Wants to help young women and girls
- Doesn't want to encourage STIs
- Concerned about girls who need PrEP, wants to help them
- Conflicted about what it means to "help"



## The Activist

- Enthusiastic about PrEP and believes it is a great solution
- Has a passion for working with young people
- Believes everyone should have the sexual health services they need
- Progressive attitudes



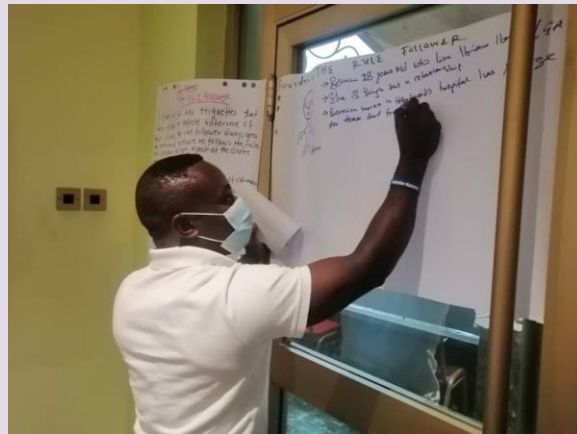
## The Worrier

- Will prescribe PrEP because it is their job
- Not sure it is the right thing to do
- Fears community backlash
- Fears consequences for themselves



## The Rule Follower

- Not emotionally attached to this issue



# Together we are

- We TRUST our health workers to help young people stay healthy
- We ENCOURAGE young people to keep their bodies and relationships safe
- We HELP young people to get tested and take their medications



HIV Negative Generation



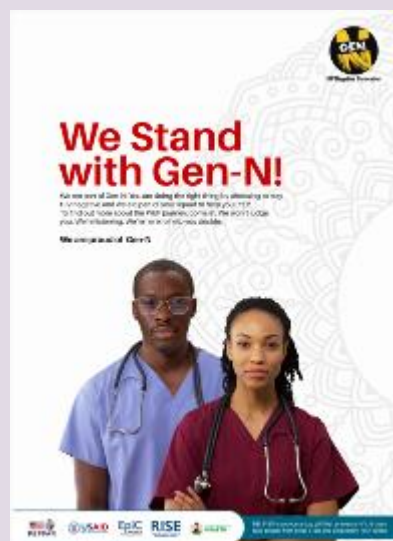
## A Fresh Narrative

- A New Generation
- Power, Connection, Belonging
- Confidence, Freedom, Life
- Everyone can be a Gen-N Hero



# Support for Providers

- Key Insight:**  
*"It's scary to try to balance doing my duty to help young people get PrEP and maintaining the respect of my community so that I can do my job."*
- Key Desires:**  
 Respect,  
 Community support  
 Comfort interacting with young clients,  
 Better info on PrEP
- Brand Promise:**  
 As a Gen-N hero, you are leading the way to an HIV-Free Nigeria!

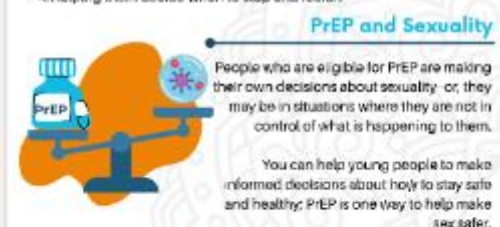


HIV Negative Generation



Even when used imperfectly, PrEP can protect against HIV

- PrEP has been shown to reduce the number of new HIV cases, even with imperfect use, but, it's best to take PrEP as prescribed. Support your clients by:
1. Using the **PrEP Plan Brochure** to help them build the habit of taking PrEP as prescribed
  2. Asking them to restart as soon as possible if they miss a dose
  3. Encouraging them to work through any unlikely side effects
  4. Helping them decide when to stop and restart





# Counseling Support:



**The Gen-N manifesto!**

**Together we are Gen-N**

**I appreciate you**

- It's brave to come for help
- You have made the right decision to take care of your body

**I'm not judging you**

- I know you are doing the best you can
- I know things happen that we don't intend.
- I know you may be struggling
- I remember being where you are

**I'm with you on the journey**

- I'll guide you through each step
- I'll tell you the truth

**I believe in you**

- I'll cheer you on
- I'll help you overcome challenges

**I'm listening**

- I need to know what's going on so that I can help you
- We are going to work together

**I can't tell you what to do; I am here to support and to advise you**

- I will support your decision to protect your future
- I will support you to take care of your body
- I will support you to keep your relationships happy

**I will keep whatever you share with me confidential**

- I will keep what we talk about between you and I









NB: PrEP is a once-a-day pill that prevents HIV. It does NOT protect from other STIs and pregnancy. PrEP is free.



## The Pledge

*Both participants must read this aloud to one another*

- I commit to an open, honest and respectful dialog.
- I pledge to truly see you and hear you
- I will keep what you tell me private & confidential
- I will keep an open mind to understand and respect you as a whole person.

## Open Up

**Goals**

Name two things you would like to achieve in the next two years.

What, if anything, would stop you from achieving them

*Both participants answer*

# Take-Home Materials

## Make it a Habit!

Pair taking your pill with something you do every day!

See a daily alarm

Take it when you bathe

Put a reminder note where you will see it

When you brush your teeth

During your favourite show

**If you forget to take a pill for a day or two, take it again when you remember, then keep taking it as advised.**

**PrEP works best when you take it as prescribed.**

I will take PrEP every day when...

## My Plan

I'm taking PrEP because...

What will get in the way of taking PrEP every day?

Who can I count on for support while taking PrEP?

Mark that you took your pill!

## Managing Side Effects

Most people experience no side effects while taking PrEP. For some people (only about 1 in 10), however, PrEP can cause some mild side effects.

For most people they go away after 1-2 weeks. Some people experience:

- Upset stomach or nausea
- Headaches and tiredness
- Diarrhoea

If your stomach gets upset, try taking your pill with food or at night.

If these symptoms do not go away, talk to your health care provider.

Kidney problems are possible but extremely rare.

## Tips for talking about PrEP

- Keep it supportive! PrEP really works and you want to have an HIV Free future!
- If your friends and family members express concerns or fears about you taking PrEP, it's important to listen to make sure they feel heard.
- Reassure them that the decision to use PrEP is to protect your health, relationships, and future goals.
- If your partner is concerned about PrEP, reassure them that taking PrEP is for the strength and health of your relationship.



## Congrats!

Congratulations! You are joining many young people around the world who are taking PrEP to protect themselves from HIV and to keep their relationships strong and healthy.

Feeling anxious about PrEP and pregnancy? No worries! PrEP is safe to take before, during, and after pregnancy. PrEP will not affect your ability to get pregnant when you are ready.

Taking other medicines or vitamins? No worries! PrEP is safe to take with most other medications and vitamins. Let your health care provider know what else you are taking.

Breastfeeding? Good news! PrEP will not change the amount, quality, or taste of breastmilk.

## Welcome to

**HIV Negative Generation**

\*This document is made possible by the generous support of the American people through the U.S. Agency for International Development (USAID) and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the U.S. President's Emergency Plan for AIDS Relief (PEPFAR).

USAID PEPFAR



# Community Support & Norming PrEP:

## Community discussion guide

### F. Introducing Gen-N



## You are Invited to Gen-N

### HIV Negative Generation

**Step 1:** Tell the group that you have something exciting to share: The Government is doing a new campaign called Gen-N: Generation Negative! Explain that they might hear about it on the radio or on social media.

**Step 2:** Show them the "Together we are Gen-N" Poster and say that Gen-N is a community effort to end HIV by helping health workers and the people seeking services like PrEP feel supported and encouraged. Say: "All of us can be Gen-N heroes. We all have a role to play in ending HIV." Read off the statements on the poster.

**Step 3:** Ask the participants if they have any reactions, questions or concerns (health worker facilitates discussion and responds to concerns).

**Step 4:** Ask the participants to begin thinking about how each one of us can support Gen-N.

### E. Activity: Building Empathy & Exploring Values

## Story Telling

This exercise helps participants remember the experience of being a young person.

**Step 1:** Ask participants to think about a time when you were a young person when you might have done something you didn't intend to do, or knew better, or found yourself in a risky situation.

**Step 2:** Encourage the participants to share the story with the person sitting next to them if they are comfortable.

**Step 3:** Ask: Is anyone comfortable sharing their story with the entire group?

**Step 4:** Ask someone in the group to share what they learned from this exercise.

**Step 5:** Summarize. Point out that all of us have done things even when we "knew better." We have also all found ourselves in situations where we felt we didn't have control.

## Vote With Your Feet

This exercise helps participants discuss some of their values about young people and health services.

**Step 1:** Tell the participants you are going to ask some questions and ask them to "Vote with their Feet." Tell them to listen to the statement and:

- Move to my right if you Agree
- Move to my left if you Disagree

**Step 2:** Say each statement below and wait while people move to "Agree" or "Disagree"

- I believe health workers should discuss sexual health and HIV prevention with young people in this community
- I encourage the young people in my life to seek health care
- I would be supportive of my daughter or son if I found out they were using PrEP
- I would encourage my daughter or son to take PrEP

**Step 3:** After each question, ask for a couple of people on each side to explain their thinking.

**Step 4:** Ask the people who disagree to think of one reason that a person might say they agree?

**Step 5:** Give the health worker time to talk about their concerns about helping young people and facing community backlash. Share why you believe it is necessary to help young people get access to PrEP if they need it.

**Step 6:** Close by explaining that even though people might have different feelings, ask if we can all agree that we would like to work together to make Nigeria HIV-free?



# How it fits together: The socioecological model

## Join the Gen-N Movement: New HIV narrative

- Reframes PrEP as contribution to a higher cause
- Creates platform to talk about HIV innovations
- TV, large print, popular media, influencers



## Community Engagement: Norm PrEP & support it as part of Gen-N

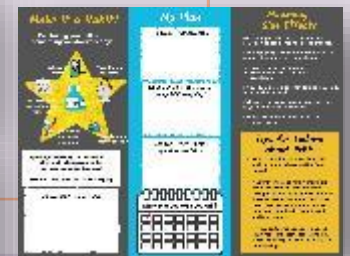
- Introduce innovations in HIV prevention, testing & treatment
- Introduce Gen-N
- Requests commitment to support Gen-N
- Community pledge
- FAQ Infographic

## Materials for Providers/ Counseling

- Give basic information, address myths
- Common concerns, "Pocket provider videos"
- Counseling for continuation wheel
- Client-provider relationship
- Empathways, Gen-N Manifesto

## Materials for clients

- Social media posts
- PrEP Plan Trifold
- Bottle stickers



# Key takeaway messages

- Empathy & commitment
- The importance of norming PrEP
- GenN Heroes
- Community support and trust

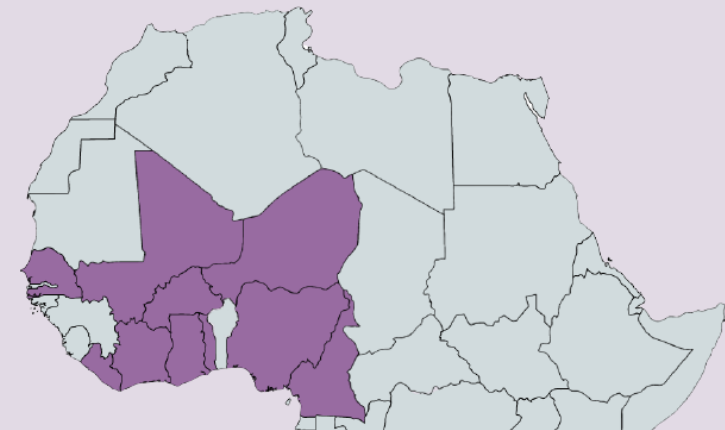
# Questions

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# Thank you for being a part of the West Africa Regional PrEP Learning Network!

Since June 2020, we've held 12 webinars on topics across the value chain. During this time oral PrEP implementation has begun in Ghana and Mali and will soon launch in Burkina Faso, Liberia, and Togo.

We've built a network of more than 650 attendees from 10 countries throughout West Africa.





# What's next for the West Africa Regional Learning Network?

The CHOICE collaboration is coming to an end at the end of December 2021.

We are so grateful to the many regular attendees, speakers, panelists, translators and interpreters who made these sessions possible!

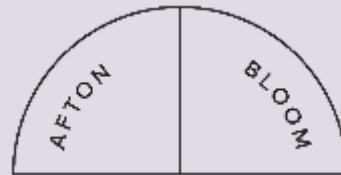
Webinars have been **recorded** and loaded onto PrEPWatch for you to access later

Sign up for the Global PrEP Learning Network's mailing list to continue receiving invitations to future webinars.

<https://mailchi.mp/prepnetwork/prep-learning-network>

# Thank you!

## CHOICE Partners



This collaboration is made possible by the generous support of the American people through the U.S. Agency for International Development (USAID) and the U.S. President's Emergency Plan for AIDS Relief (PEPFAR) through the terms of cooperative agreement 7200AA19CA00002 and 7200AA19CA00003. The contents are the responsibility of the EpiC project and the RISE project and do not necessarily reflect the views of USAID, PEPFAR, or the U.S. Government.