Global PrEP Learning Network

Supporting Clients’ PrEP Decision-Making Across Multiple Products

2 June 2022
Please introduce yourself in the chat!

- Name
- Organization
- Country

Feel free to ask questions and add comments to the chat box at any point during today’s session. At the end of each presentation, we will dedicate time to Q&A.

Don’t forget to select “Everyone”
Agenda

- Welcome
- Introduction
- An orientation to two client decision-making tools
- Panel discussion
- Closing
Elizabeth Irungu, MBChB, MPH, PhD, is a Regional Technical Advisor at Jhpiego and protocol co-chair for the CATALYST Study under MOSAIC. Previously, Dr. Irungu was country director of the Partners Scale-Up Project, an implementation science project that introduced and scaled up oral PrEP for HIV serodifferent couples, integrated in public health facilities in Kenya. She also sits on the PrEP Technical Working Group for the National AIDS and STD Control Program of Kenya.

Today’s speakers and panelists

**Patriciah Jeckonia (she/hers)**
Senior Technical Advisor, Policy & Partnerships, LVCT Health

Patriciah Jeckonia is an expert in HIV/SRHR policy influencing who has been working on introduction and scale-up of new HIV prevention technologies in Kenya. She is the MOSAIC Project Manager at LVCT Health.

@PJeckonia  
@LVCTKe  
@one2oneke

**Elizabeth Irungu (she/her)**
Regional Technical Advisor, Jhpiego

Elizabeth Irungu, MBChB, MPH, PhD, is a Regional Technical Advisor at Jhpiego and protocol co-chair for the CATALYST Study under MOSAIC. Previously, Dr. Irungu was country director of the Partners Scale-Up Project, an implementation science project that introduced and scaled up oral PrEP for HIV serodifferent couples, integrated in public health facilities in Kenya. She also sits on the PrEP Technical Working Group for the National AIDS and STD Control Program of Kenya.
Danielle Travill (she/her)
Research Clinician, Wits RHI

Danielle Travill MBChB (UCT) MSc (London school of hygiene and Tropical Medicine) is a research clinician at Wits RHI in Johannesburg, South Africa. Her work focuses mainly on sexual and reproductive health and sexually transmitted infections, with a passion for primary health care. Combining her clinical background with her experience in research, her work focuses on implementing evidence-based research in real world contexts.

Elmari Briedenhann (she/her)
Technical Head – Programme Engagement, Implementation Science, Wits RHI

PrEPpassionate 😊 and driven by a desire to meaningfully engage young people and the communities we serve. El is a classically trained graphic designer with degrees in communication science and gender studies and is responsible for ensuring quality and evidence-informed approaches to demand creation, youth engagement, social and behavioral change communication, human centered-design and digital health technologies including AI are applied to the work performed by the Implementation Science team at Wits RHI.
Definate Nhamo (she/her)
Senior Programs Manager, Pangaea Zimbabwe AIDS Trust (PZAT)

Definate Nhamo has spent over two decades working on increasing access to sexual and reproductive health (SRH) services and facilitating HIV/AIDS care and treatment to female adolescents in Zimbabwe in both research and program delivery settings. She is very passionate about improving SRH access as well as increasing access to new HIV prevention technologies for young women. Definate is a member of the HPTN scientific committee and is passionate about scaling up proven interventions from research to rollout.

Celimpilo Nkambule (she/her/hers)
MOSAIC Community Liaison Officer, Wits RHI

Celimpilo Nkambule is an HIV prevention Ambassador with a passion for adolescent girls and young women’s empowerment. She is dedicated to helping her peers make informed choices about biomedical prevention product uptake and effective use.

Havana Mtetwa (she/her/hers)
Youth Representative, Pangaea Zimbabwe AIDS Trust (PZAT)

Havana Mtetwa is an avid reader and a garden lover. She strives to be as involved as possible in the projects she does, and she plans to leave the world better than when she met it.
Niyibeshaho Marie Merci (she/her)
MOSAIC Youth Representative, LVCT Health

Miss Niyibeshaho Marie Merci is a Kenyan youth advocate. She is the president of the Nairobi Youth Advisory Council, a former member of The Tausi Taskforce under Her Voice Fund and was an Empower for Change Champion under LVCT health. Miss Merci is a sexual and reproductive health advocate for adolescents and young people, with experience in HIV prevention and care and treatment. She has advocated for young people living with HIV at local and global levels, and she was a speaker at the ICASA Conference in 2022. She is currently the youth representative for the MOSAIC Project in Kenya.

@MerciNmarie  @LVCTKe

Luwi Katoka (she/her)
Program Assistant, Prevention / Zambia MOSAIC Youth Representative, FHI 360

Luwi is a program assistant under the MOSAIC project at FHI360 as well as the youth representative for Zambia. Having had the opportunity to work as an intern under the PROMISE project, she is passionate about SRHR and the choices young women make with regards to their health.

Mercy (Luwi) Katoka
Introduction

ELIZABETH IRUNGU, JHPIEGO
Does choice matter?

- People’s lives and relationships are dynamic – one size does not fit all
- With choices, people can choose a product that fits their needs
- As seen in family planning, more methods leads to wider uptake - people who can’t or won’t use one product effectively can choose another
- More HIV prevention products help normalize HIV prevention

“The more options you give them, the more power they have. That way they don’t feel pushed to one method. If one method doesn’t work for them, they can choose another. They can choose methods based on their lifestyle changes.”

Health Care Provider (HCP)
South Africa, 2021
Brief overview of PrEP Products
Oral PrEP (TDF/FTC or TDF/3TC)

- >90% risk reduction
- Easy to cycle on and off
- Many countries have some form of PrEP programming
- Largely delivered in HIV programming sites
- Opportunities to deliver in other venues

Limitations:
- Requires daily use, pill burden
- Side effect profile
- Not discreet enough, stigma

Source: PrEPwatch
PrEP ring (dapivirine vaginal ring)

- 35% risk reduction in trials, 50% in OLE
- Replace monthly
- User controlled, can be discreet
- Easy to cycle on and off
- WHO recommended, regulatory approval in several countries
- Opportunities to explore delivery in other venues
- Limitations:
  - Low familiarity with vaginally inserted products
  - Concerns with efficacy
  - Availability in programs
Injectable PrEP (Cabotegravir)

- 89% (cis women), 69% (cis men, trans women) higher effectiveness compared to oral PrEP
- Injection every two months
- Can be discreet
- Regulatory approval in the US, review underway in several countries, WHO mid-year
- Limitations:
  - HIV testing requirements for CAB users (Delayed HIV detection, potential for resistance)
  - Not easy to align with quarterly FP visits
Supporting AGYW to make PrEP choices
Young women want choice

In this study, while injections were most highly ranked, there were young women who preferred tablets, rings and condoms.
Need readily available materials that will inform, educate and guide AGYW on a PrEP choice that fits best.
PrEP decision tools to support AGYW to continue to use any PrEP method effectively
Support use at the user level

Support groups, adherence clubs

Mobile health, telehealth

PrEP refill and visit schedules
Providers can support choice

- Train providers on various methods
- Including how to offer and deliver choice
  - Lack of knowledge is a prescribing barrier
  - Client-centered care
  - Be comfortable with discontinuation and switching
- Also train on values, empathy

Source: Gen-N
Support use at the policy level

- Policies that permit delivery that normalizes PrEP and PrEP choice
- Explore accessible venues
  - integrated in SRH – manage FP needs, screen and treat STIs
  - community delivery, community pharmacies, task shifting and peer engagement
  - telehealth
- Ensure no commodity stock outs
- Make delivery simple – few labs, short waiting time, same day start
Create awareness and generate demand for PrEP choice while addressing stigma

Educate the community including partners and peers
Learning from family planning counseling tools

Counseling Tool: Reproductive Health Choices for Clients with HIV

Which method is best for you?

Consider these features:
- Can have more children later
- Good while breastfeeding
- Nothing to do before sex
- Very effective
- Protects against STIs or HIV
- Private
- Acceptable side effects
- Easy to use
- Easy to stop
- Used only when needed
- Avoids touching genitals
- Other features

Source: Increasing Access to Contraception for Clients with HIV: A Toolkit Published 2008 by Family Health International
Learning from family planning counseling tools

Source: Counseling for choice (C4C): The Choice Book for Providers, PSI 2021
Every biomedical HIV prevention product has strengths and weaknesses that individual users should have the opportunity to weigh based on their unique needs and situation

Choice allows potential users to move between products as their lives change

The best product remains the product that an individual can use effectively during periods of possible exposure to HIV

Support for AGYW to understand, choose and effectively use any of the available methods is urgently needed

I think people should be given all the information, then they make an informed decision as to which method they should use.

HCP Zimbabwe, 2021

Having multiple options will help us support our patients who want to take care of their health without having to change their lifestyle so much because I think that's where adherence becomes the problem.

HCP South Africa, 2021
ACKNOWLEDGMENTS

These slides were created by Elizabeth Irungu, with contributions from Saiqa Mullick, Kristine Torjesen, Emily Donaldson, Morgan Garcia, Chris Obermeyer, Manya Dotson and Jason Reed.

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Photography: FHI 360, OPTIONS Consortium, Canva
Journey Tool

ELMARI BRIEDENHANN, WITS RHI
PROMISE/MOSAIC
HIV Prevention User Journey Tool

Client/Provider-facing tool to support uptake of methods to achieve combination HIV prevention

Elmari Briedenhann
Technical Head: Programme Engagement (Wits RHI)
Opportunity / Responsibility

• The method mix to achieve combination HIV prevention has expanded significantly over time.
• And the introduction pipeline of new methods for the future is exciting!
• We need to ensure clients are aware of their choices and informed to make choices that are relevant to their needs and lifestyle.

We have an opportunity and responsibility to provide clients with information on the available and future methods and support clients in their journey to select their most appropriate combination of HIV prevention methods = informed choice!
The HIV prevention user journey tool

One tool applied to two formats in order to reach as many as possible: digital web form & printed paper-based.

Primary audiences:
- All women
- Healthcare providers

Secondary audiences:
- Men as partners and peers
- Communities
Ensuring prevention methods align to client needs, preferences and lifestyle

• The journey starts with what is important to the client and NOT with an overload of HIV prevention information.

• The client is first! What are their needs and what will be suitable in the context of their lifestyle?

• Methods are presented based on client selection in relation to Lifestyle Statements.

• More information available on all methods.
The journey on paper

A GUIDE FOR HEALTHCARE PROVIDERS:
Supporting clients in selecting their preferred HIV prevention options

PROVIDER FOCUSSED

PROVIDER FACING

CLIENT FACING
The journey on paper

A quick guide on how to use this tool

SECTIONS INCLUDE:

• How to use this tool
• Starting the conversation with your client
• Brief counselling tips for providers
• 13 Lifestyle questions each with 9 HIV prevention methods organised into 3 categories:
  - Yes! These methods will work.
  - Maybe/dependent on other factors whether these methods will work.
  - No, these methods will not work or are not applicable in this scenario.
• More detailed information on each of the 9 HIV prevention methods covering:
  - What is it?
  - How does it work?
  - How is it used?
  - How well does it work (efficacy)?
  - Side effects?
  - Considerations when choosing this method
  - FAQs
The virtual journey

Users click on promotional link OR navigates to the tool on a website.

Screen 1: Start exploring
Screen 2: Agree / Disagree statements
- Disagree with all statements
- Agree with one or more statements

Screen 2.1: Great job! END

Screen 2.1.1: Still want to explore which HIV methods could work for them.

Screen 2.2: Choose the TWO statements that best represent your life and needs right now.

Screen 2.2.1: YES screen only with each icon and method in text hyperlinking to full text.

Clicks (as example) hyperlink for Ring...

Probably best if we had a look!
Notes:

The digital tool has been developed in such a manner that it can easily be adapted across countries.

A CMS is in progress and will be finalised when engagements with other countries have started and concluded.

The paper-based tool is colour coded to ensure ease of navigation.

Within the paper-based tool, methods not available in a specific country can be removed.

Digital metrics will report on user demographics, number of users who start the tool vs how many finish the tool.

Digital tool will link to MyPrEP clinic finder and B-Wise service finder in South Africa. (linkage to care)

An optimisation approach is currently underway to ensure the tools are as user-friendly as possible!
Thank You!

PROMISE was 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 AID-OAA-A-15-00045. The contents are the responsibility of Envision FP and do not necessarily reflect the views of USAID, PEPFAR, or the U.S. Government.

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Decision Support Tool

DANIELLE TRAVILL, WITS RHI
Decision support tool to aid decision-making of prospective PrEP users & counseling by providers
Rationale for a PrEP decision support tool

• More and more **options** are becoming available for HIV prevention, **including oral pills, vaginal ring and injectable PrEP.**

• End-users need to be able to make **informed choices** to ensure that use is aligned with values and preferences and improve patient risk perception and that they are choosing a method best suited to their needs.

• Decision support tools (DST) have been used successfully in health care settings to **improve client knowledge, values-congruent choices and risk perception.**

• A PrEP DST could **overcome multiple client and provider barriers to PrEP delivery,** particularly in resource-constrained settings where time constraints, lack of provider training and skills, and provider-client power disparities may be barriers to shared decision-making.

• DSTs may be particularly beneficial in **busy clinical environments,** or when **new services** are integrated – i.e., integration of PrEP into primary health clinics

Mathijssen, Patient Edu Couns 2019
My PrEP: a decision support tool

BEFORE WE GET STARTED...

Choices about family planning and HIV prevention are big decisions about taking care of yourself. You have choices, and the right choice is different for different women. Your choices may change over time because things in your life change, or because what matters to you change. In just a few minutes, we want to make sure you know all your options, so you can find methods that are right for you.

WHAT PUTS WOMEN AT RISK OF HIV?

Using HIV prevention and family planning helps us stay healthy and have loving, healthy relationships and families. We use these methods for one or many reasons. Here are some reasons why:

- "I am sexually active and don't always use condoms, so I use HIV prevention."
- "I recently had a sexually transmitted infection, so I use HIV prevention."
- "I use alcohol or drugs before sex, so I use HIV prevention."
- "I want to be in charge of my health and feel more confident, so I use HIV prevention."
- "I am married to my partner, so I use HIV prevention."
- "I don't know my partner's HIV status, so I use HIV prevention."
- "My partner is violent or controlling, so I use HIV prevention."
- "I'm afraid women get HIV from partners who are much older than them. My partner is older than me, so I use HIV prevention."
- "My partner has HIV but isn't taking HIV medications, or has been taking medications for less than six months, so I use HIV prevention."

WHAT ARE MY OPTIONS TO PREVENT HIV?

People who are HIV-negative can use HIV prevention methods to lower their chance of getting HIV. These may be best used in combination:

- "I use PrEP, a HIV prevention pill that I take daily."
- "I use condoms (male or female)."
- "I decrease my sex partners."
- "My partner has HIV, so I take HIV medications."
- "If my partner has HIV, he takes HIV medications."
My PrEP: Development process

- Cluster RCT of 758 participants and 28 providers in US
  - Positively impacted contraceptive counseling, informed decision making and knowledge
  - Providers found the tool useful for time allocation and focusing on participant preferences
  - Providers also found users to be more informed
  - Review of counselling found providers more responsive to user preferences
  - No effects on 7-month continuation

Iterative development process with user input from South Africa and Kenya
Evaluation of My PrEP decision tool

**Purpose:** To test the effect of a patient-facing decision support tool on PrEP uptake and use among young South African women

**Design:** Randomized by day women who are coming for reproductive health services to receive standard of care counseling to digital My PrEP decision support tool or other health website which will be used prior to the provider encounter.

**Study Population:** 350 HIV-uninfected women ages 18-25 in Johannesburg, South Africa.

**Primary Objective:**
- To determine the effect of a digital, patient-facing PrEP decision support tool on PrEP uptake at M1

**Secondary Objectives:**
- To evaluate if use of the decision tool increases YW’s persistence with PrEP through 1 month
- To qualitatively evaluate whether a digital PrEP decision support tool alters young women’s decision making about PrEP
- To assess provider attitudes about the patient-facing decision support tool
- To determine the effect of a digital, patient-facing PrEP decision support tool on PrEP adherence and continuation after 3 months.

**Study Sites:** PHC clinic, Johannesburg, South Africa

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**Methods**

Women presenting to a primary care clinic in Johannesburg South Africa in 2019-20, were randomized to DST or a general health website.

Study clinicians provided standard counseling and offered PrEP.

Participants completed surveys and STI testing.
## Baseline characteristics

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Overall (N = 353)</th>
<th>Other health website (N = 181)</th>
<th>DST (N = 172)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, years</td>
<td>21 (20, 23)</td>
<td>21 (19, 24)</td>
<td>21 (20,23)</td>
</tr>
<tr>
<td>Not married</td>
<td>344 (97%)</td>
<td>177 (98%)</td>
<td>167 (97%)</td>
</tr>
<tr>
<td>Any prior pregnancy</td>
<td>242 (69%)</td>
<td>126 (70%)</td>
<td>116 (67%)</td>
</tr>
<tr>
<td>Sexually active, past 3 months</td>
<td>353 (100%)</td>
<td>181 (100%)</td>
<td>172 (100%)</td>
</tr>
<tr>
<td>2+ sex partners</td>
<td>49 (14%)</td>
<td>21 (12%)</td>
<td>28 (16%)</td>
</tr>
<tr>
<td>Condom use</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Always</td>
<td>53 (15%)</td>
<td>22 (12%)</td>
<td>31 (18%)</td>
</tr>
<tr>
<td>Sometimes</td>
<td>214 (61%)</td>
<td>107 (59%)</td>
<td>107 (62%)</td>
</tr>
<tr>
<td>Never</td>
<td>85 (24%)</td>
<td>51 (28%)</td>
<td>34 (20%)</td>
</tr>
<tr>
<td>VOICE risk score (0-8)</td>
<td>6 (5,7)</td>
<td>6 (5,7)</td>
<td>6 (5,7)</td>
</tr>
<tr>
<td>Gonorrhea diagnosis at study visit</td>
<td>23 (7.9%)</td>
<td>12 (8.2%)</td>
<td>11 (7.6%)</td>
</tr>
<tr>
<td>Chlamydia diagnosis at study visit</td>
<td>99 (34%)</td>
<td>46 (32%)</td>
<td>53 (37%)</td>
</tr>
</tbody>
</table>

**High risk population**
Primary Objective: PrEP uptake at enrollment

<table>
<thead>
<tr>
<th></th>
<th>N</th>
<th>PrEP uptake</th>
<th>OR</th>
<th>95% CI</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DST</strong></td>
<td>172</td>
<td>166 (97)</td>
<td>1.79</td>
<td>0.67-5.30</td>
<td>0.262</td>
</tr>
<tr>
<td>Other website</td>
<td>181</td>
<td>170 (94)</td>
<td>Ref.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Secondary analysis: PrEP Continuation at 1 month

<table>
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<tr>
<th></th>
<th>N</th>
<th>Attended 1 month visit</th>
<th>PrEP Continuation</th>
<th>OR</th>
<th>95% CI</th>
<th>P value</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DST</strong></td>
<td>172</td>
<td>40 (23%)</td>
<td>33 (20%)</td>
<td>1.97</td>
<td>1.08-3.69</td>
<td>0.029</td>
</tr>
<tr>
<td>Other website</td>
<td>181</td>
<td>31 (17%)</td>
<td>19 (11%)</td>
<td>Ref.</td>
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</tr>
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</table>
Participant views of the tool - Interviews

Users liked the tool

- Information broadens their understanding of PrEP and personal relevance
- They could relate to scenarios on the DST
- Provided information, answered questions above and beyond what they would have thought of
- Demonstration of how the pill works in the body and possible side effects
- Simple language, format easy to follow
- Prompted them to think about their sexual and reproductive health needs more broadly
- Memorable content
- DST influence on PrEP decision
- Perception that the DST will be acceptable to peers

Often confirmed information received from elsewhere

- Information read on the internet/pamphlets
- Information from heard from service provider, family and peers
DST 2.0

• Added in modules on dapivirine ring, CAB LA

• Cognitive testing with
  • Adult CAB
  • Youth CAB
  • PrEP users – rings, pills

• This version should be available soon
How do I choose?

We want to help you find the type of PrEP that works best for you, and that you’ll take.

FAMILY PLANNING IS KIND OF A BIG DEAL. NEED HELP WITH YOUR DECISION?

You’ve got to love options, especially when it comes to family planning, but figuring out the best method for you can be a bit overwhelming. That’s why we’re helping make the decision-making process much easier.

In just 10 minutes or less, this guide will cover important basics about all the methods out there and ask you some questions about what you want from family planning, so you can find the ones that will work for you. Even if you already have a method in mind, it’s always good to know your options.

It will also help you decide which questions to ask your health care provider. (They really like it when you ask questions, so walking in with your list is totally the way to go!)
Acknowledgments

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  - Suzanne Allison and NIMH for funding (R01MH114544)
Panel discussion
Panelists

Merci Niyibeshaho
LVCT Health, Kenya

Celimpilo Nkambule
Wits RHI, South Africa

Havana Mtetwa
PZAT, Zimbabwe

Luwi Katoka
FHI 360, Zambia

Moderator

Definate Nhando
PZAT, Zimbabwe
What kind of support do you need to feel confident and empowered to make decisions regarding PrEP?

What have your experiences been accessing PrEP/information about PrEP choice? What have you liked/disliked?

How would you prefer to access information about PrEP choice?

What do you think would help your peers, particularly those who may be unfamiliar with PrEP products, make informed decisions about PrEP use?
Visit PrEPWatch

All webinars are **recorded** and will be accessible on PrEPWatch within a week.

Complementary resources including relevant articles and tools plus **registration for upcoming webinars** can also be found on PrEPWatch.

Visit [www.prepwatch.org/virtual-learning-network](http://www.prepwatch.org/virtual-learning-network) for more.
Upcoming sessions

The MOSAIC PrEP Learning Network takes place **quarterly**.

Upcoming sessions are planned for August and November 2022.
Stay connected

@MOSAICproj

MOSAIC Consortium

https://www.mosaicproject.blog/

https://mailchi.mp/prepnetwork/prep-learning-network
THANK YOU!

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