

PrEP Readiness and Preparation Assessment (New PrEP Clients)

Observation Date _____

Counselor providing PrEP service: _____

Name of observer: _____

Pre-test counseling	NA	0	1	2	Observations/Recommendations
<ul style="list-style-type: none"> Assist the client in assessing possible exposures to HIV from their behaviors and have the client identify their level of risk. 					
<ul style="list-style-type: none"> Explore the client's strategies to prevent HIV infection when they engage in each behavior. 					
<ul style="list-style-type: none"> Investigate whether the client has heard of and what they know about PrEP PEP and the benefits of early HIV treatment (SD-ART, U=U). 					
<ul style="list-style-type: none"> If the client's most recent exposure to HIV was in the last 72 hours, provide information and counseling on post-exposure prophylaxis (PEP). 					
<ul style="list-style-type: none"> Confirm that the latest exposure occurred within the last 72 hours. 					
<ul style="list-style-type: none"> Explain that the client must complete a 28-day course of antiretroviral medication. 					
<ul style="list-style-type: none"> Explain that they will then be retested for HIV at the end of the 28 days and again at 2 months after completing the PEP regimen (3 months after exposure). 					
<ul style="list-style-type: none"> Briefly mention the benefits of starting PrEP after completing the PEP regimen. 					
<ul style="list-style-type: none"> Provide background information on PEP and PrEP and/or correct any misinformation about these prevention strategies. Highlight the importance of combination prevention (PEP/PrEP + condoms). 					
Post-test counseling	NA	0	1	2	Observations/Recommendations
<ul style="list-style-type: none"> Provide the test result in a simple and direct manner and assess the client's understanding of the result. 					
<ul style="list-style-type: none"> Reassess behaviors that may have led to recent HIV exposure and verify the window period. 					
<ul style="list-style-type: none"> Screen for symptoms of acute HIV infection. 					
<ul style="list-style-type: none"> Ask the client to review the behaviors that may expose them to HIV and the options available to them for prevention. 					
<ul style="list-style-type: none"> Assess the client's interest and readiness (stage of change) to take PrEP, if they are not already taking PrEP. 					

Post-test counseling	NA	0	1	2	Observations/Recommendations
○ Pre-Contemplation Stage					
● Provide additional information about PrEP and its benefits					
○ Contemplation Stage					
● Assist the client in assessing the advantages and disadvantages in taking PrEP and the advantages and disadvantages of non-taking PrEP					
● Introduce the two methods of taking PrEP (daily and event driven) and discuss the appropriate of each method for different populations.					
● Address the clients concerns about taking PrEP					
▪ Explain that most PrEP users do not experience side effects					
▪ Inform the client that liver and kidney functions may followed up at regular intervals					
▪ Provide information on feminizing hormones and PrEP					
▪ Discuss other concerns					
○ Determination/Preparation Stage – Use Life Step Counseling do support the client in developing a PrEP effective use plan.					
● Review the frequency of behaviors that may expose the client to HIV and ask the client to choose the method of taking PrEP that is best suited for their lifestyle.					
● Assist the client in identifying an appropriate time of day to take PrEP.					
● Provide detailed information about PrEP					
▪ Explain possible side effects when starting PrEP and how to manage these side effects.					
▪ Explain what to do if a dose/es of PrEP are missed.					
▪ Explain how to store PrEP					
▪ Inform the client that PrEP (TDF/FTC) can be taken by individuals infected with HBV or HCV in consultation with a liver specialist.					
▪ Explain the importance of returning for clinical visits at months 1 and 3 after initiation and every 3 months thereafter					

Post-test counseling	NA	0	1	2	Observations/Recommendations
for an HIV test, an assessment of their PrEP experience and possible STI screening.					
<ul style="list-style-type: none"> ▪ Clients will be tested for HBV and HCV within the first three months after initiating PrEP 					
<ul style="list-style-type: none"> ▪ If clients are 30 years or older, they will also have their kidney value (Cr) checked within the first three months after initiating PrEP 					
<ul style="list-style-type: none"> ▪ Clients will be tested for HIV and Syphilis on each visit before a new supply of PrEP is dispensed 					
<ul style="list-style-type: none"> • Help the client address potential barriers to PrEP use, such as risk of intimate partner violence from inadvertent disclosure of PrEP use, periodic travel, among others. 					
<ul style="list-style-type: none"> • Schedule the client's next appointment 					
<ul style="list-style-type: none"> • Give the client sufficient time to review their plan and to ask questions. 					
<ul style="list-style-type: none"> • Reiterate the importance of combination prevention (PrEP + condoms) and distribute condoms. 					
Total					

Monitoring PrEP Use (PrEP Follow-Up)

Observation Date _____

Counselor providing PrEP service: _____

Name of observer: _____

Pre-test counseling	NA	0	1	2	Observations/Recommendations
<ul style="list-style-type: none"> • Screen for symptoms of acute HIV infection. 					
<ul style="list-style-type: none"> • Assess effective use of PrEP with Life Step Counseling 					
<ul style="list-style-type: none"> ○ Review the client's method of PrEP medication (daily or event-driven) 					
<ul style="list-style-type: none"> ○ Assess the effective use of PrEP (number of pills taken per week / use of recent possible exposures). 					
<ul style="list-style-type: none"> ○ Investigate barriers to effective use of PrEP: 					
<ul style="list-style-type: none"> • Privacy 					
<ul style="list-style-type: none"> • Appointed time for taking PrEP 					

Pre-test counseling	NA	0	1	2	Observations/Recommendations
<ul style="list-style-type: none"> Side effects 					
<ul style="list-style-type: none"> Managing missed doses 					
<ul style="list-style-type: none"> Other 					
<ul style="list-style-type: none"> Screening for symptoms of STI 					
<ul style="list-style-type: none"> Provide information on the benefits of combination protection (PrEP + condoms). 					
<ul style="list-style-type: none"> Recommended testing for HBV and HCV if the client has not been tested. 					
<ul style="list-style-type: none"> Recommend kidney function test (CrCl) if the client is over 30 years of age and hasn't been tested. 					
Post-test counseling	NA	0	1	2	Observations/Recommendations
<ul style="list-style-type: none"> Provide the test result in a simple and direct manner and assess the client's understanding of the result. 					
<ul style="list-style-type: none"> Assist the client in adjusting their PrEP effective use plan with Life Step Counseling 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Privacy 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Appointed time for taking PrEP 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Side effects 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Managing missed doses 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Other 					
<ul style="list-style-type: none"> Review information 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Managing missed doses 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> Storing PrEP 					
<ul style="list-style-type: none"> <ul style="list-style-type: none"> The importance of returning for clinical visits every 3 months for an HIV test, an assessment of their PrEP experience and possible STI screening. 					
<ul style="list-style-type: none"> Assess client's ability to use PrEP continuously (Maintenance stage) 					
<ul style="list-style-type: none"> Provide adequate time for the client to ask questions. 					
<ul style="list-style-type: none"> Schedule the client's next appointment 					
<ul style="list-style-type: none"> Reiterate the importance of combination prevention (PrEP + condoms) 					
<ul style="list-style-type: none"> Give PrEP refill and condoms 					
Total					