

Vibe with the NextGen Squad

YOUTH-LED HIV PREVENTION WEBINAR SERIES
SESSION 2
17 SEPTEMBER 2024



Welcome!

Welcome to this session of *Vibe with the NextGen Squad!*

PLEASE INTRODUCE YOURSELF IN THE CHAT!
TELL US YOUR NAME, COUNTRY, & ORGANIZATION

This will be **interactive!**

We want to hear from **YOU!**

Feel free to write questions and comments in the chat.

This call will be recorded.

Agenda

- Introduction
- Ring 101
- Test your knowledge!
- Vibe with the NGS Talk Show
- Q&A with PrEP Ring Experts
- Closing



Icebreaker

Scan the code below
OR

Go to www.menti.com

Enter code: **4462 3750**



A group of six young Black women are shown from the chest up, laughing and talking together. They are positioned in a line, slightly overlapping. The woman on the far left is wearing an orange top and a grey cardigan. The woman next to her is wearing a leopard print top and glasses. The woman in the center is wearing a yellow top and a grey beanie. The woman next to her is wearing a blue top. The woman next to her is wearing an orange top and a denim jacket. The woman on the far right is wearing a black top. The background is a light blue sky with a large, colorful geometric pattern of triangles in shades of green, yellow, and pink on the left side.

Vibe with **MOSAIC'S NEXTGEN SQUAD**

A youth-developed, youth-focused safe space to learn about HIV prevention methods



Helping adolescent girls and young women and other women prevent HIV by accelerating the introduction and scale-up of biomedical prevention products.



MOSAIC Project Overview

- 5-year global project funded by PEPFAR through USAID (2021-2026)
- Focuses on introduction and access for new biomedical prevention products to prevent HIV for women in sub-Saharan Africa
- Works across multiple countries – Botswana, Eswatini, Lesotho, Kenya, Namibia, Nigeria, South Africa, Uganda, Zambia, and Zimbabwe

VALUES

Country-led

Women-focused
with emphasis
on AGYW

Informed choice

Equitable co-
leadership

Intentionality



Adaobi
FHI 360
Nigeria



Celi
Wits RHI
South Africa



Chantel
Wits RHI
South Africa



Febbe
Jhpiego
Namibia



Mercy Luwi
FHI 360
Zambia



Maggie
LVCT Health
Kenya



Merci
LVCT Health
Kenya



Nolwazi
FHI 360
Eswatini



Nts'ebo
Jhpiego
Lesotho



Rubuna
FHI 360
Uganda



Sanele
Pangaea Zimbabwe
Zimbabwe

MOSAIC'S NEXTGEN SQUAD

The NextGen Squad (NGS) is a team of **youth advocates** under the age of 30 hired as project staff in MOSAIC countries.

They provide input across MOSAIC and CATALYST activities and **hold MOSAIC accountable** to its plans, actions, and monitoring, evaluation, and learning efforts to:

- Be responsive to young people's needs, preferences, and lived experiences
- Be inclusive of the diversity of AGYW
- Meaningfully engage young people in research and research utilization

Meet Your Facilitators



Margaret A. Atieno – LVCT Health, Kenya (She/Her)

An avid HIV prevention nerd supporting young people to stay HIV-Negative through advocacy and campaigns. Her aspirations is to see policies that work for young people on HIV prevention products.



Nhlamulo Chantel Manganye– Wits RHI, South Africa (She/Her)

Chantel is a Community Liaison Officer at Wits RHI and member of the NextGen Squad. She is an HIV Prevention Ambassador, and a former participant on the REACH (ring) study. She is a passionate advocate for HIV prevention for young people.

Meet Your Facilitators



Nts'ebo Lerotholi – Jhpiego, Lesotho (She/Her)

Nts'ebo Lerotholi is a professional counselor who serves as a Youth Engagement Coordinator at Jhpiego Lesotho and MOSAIC NextGen Squad. She is passionate and motivated about serving and empowering young people through capacity building and she is currently leading Lesotho Youth and Community Advisory Boards.



Sanele Ngulube– Pangaea Zimbabwe, Zimbabwe (She/Her)

Sanele Ngulube is a social worker serving as a Youth Advocate at Pangaea Zimbabwe and a MOSAIC NexGen Squad member. She is a motivated Sexual and Reproductive Health Rights defender and passionate about HIV prevention. She has led and participated in different national and international initiatives and platforms to amplify the voices of young people in HIV response.

For the first time, there are multiple HIV prevention methods available...

Available in all
PEPFAR countries

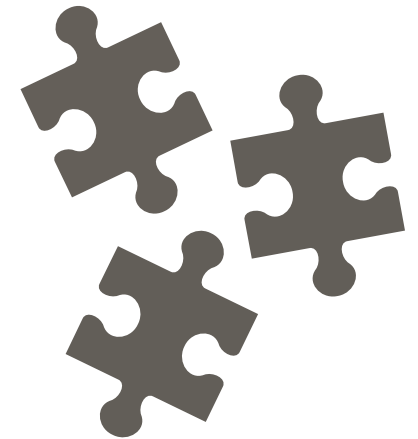


In early rollout stages



Now available
in market in
Zimbabwe and
Zambia

In development



...we are moving towards a
multi-method market



KNOWLEDGE & EXPERIENCE POLL

Please answer the very short poll on your screen.



PREP RING 101



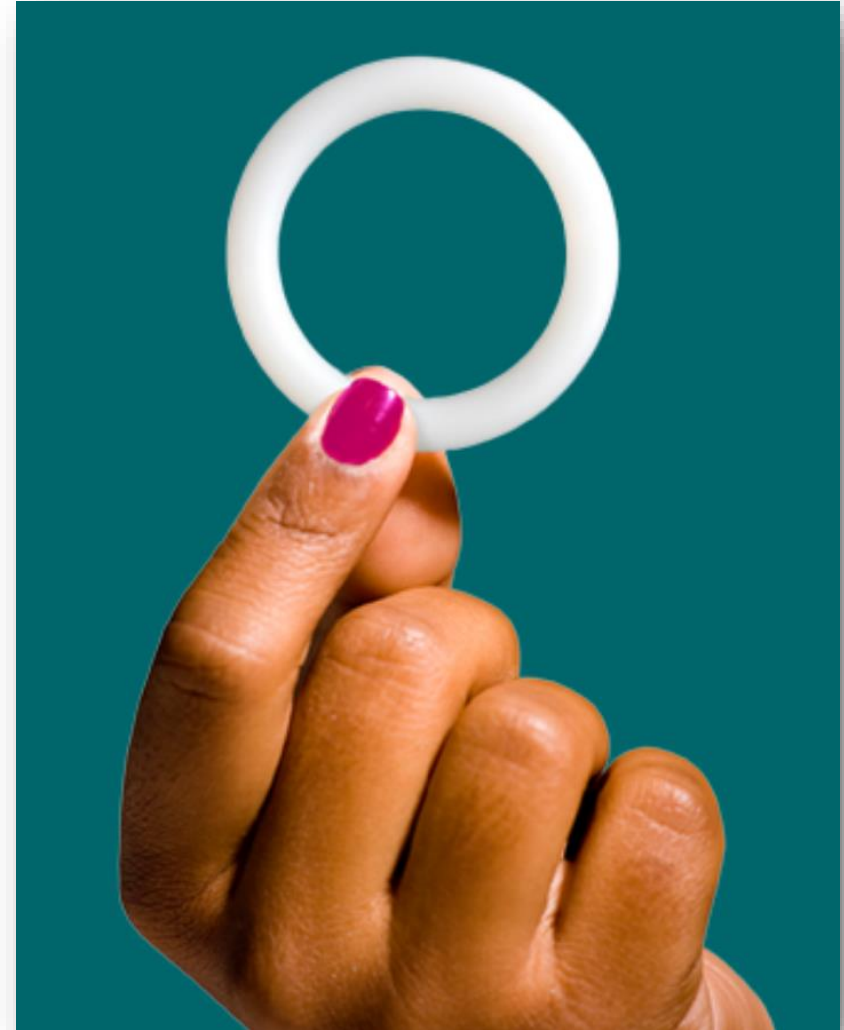
What is the PrEP ring?

The PrEP ring, also known as the dapivirine vaginal ring, is a flexible vaginal ring made of silicone that slowly releases the antiretroviral (ARV) drug dapivirine over the course of one month to reduce the risk of HIV-1 acquisition.

- Developed by the nonprofit [International Partnership for Microbicides \(IPM\)](#)
- Recommended by the WHO “as an additional prevention choice for women* at substantial risk of HIV infection as part of combination prevention approaches”

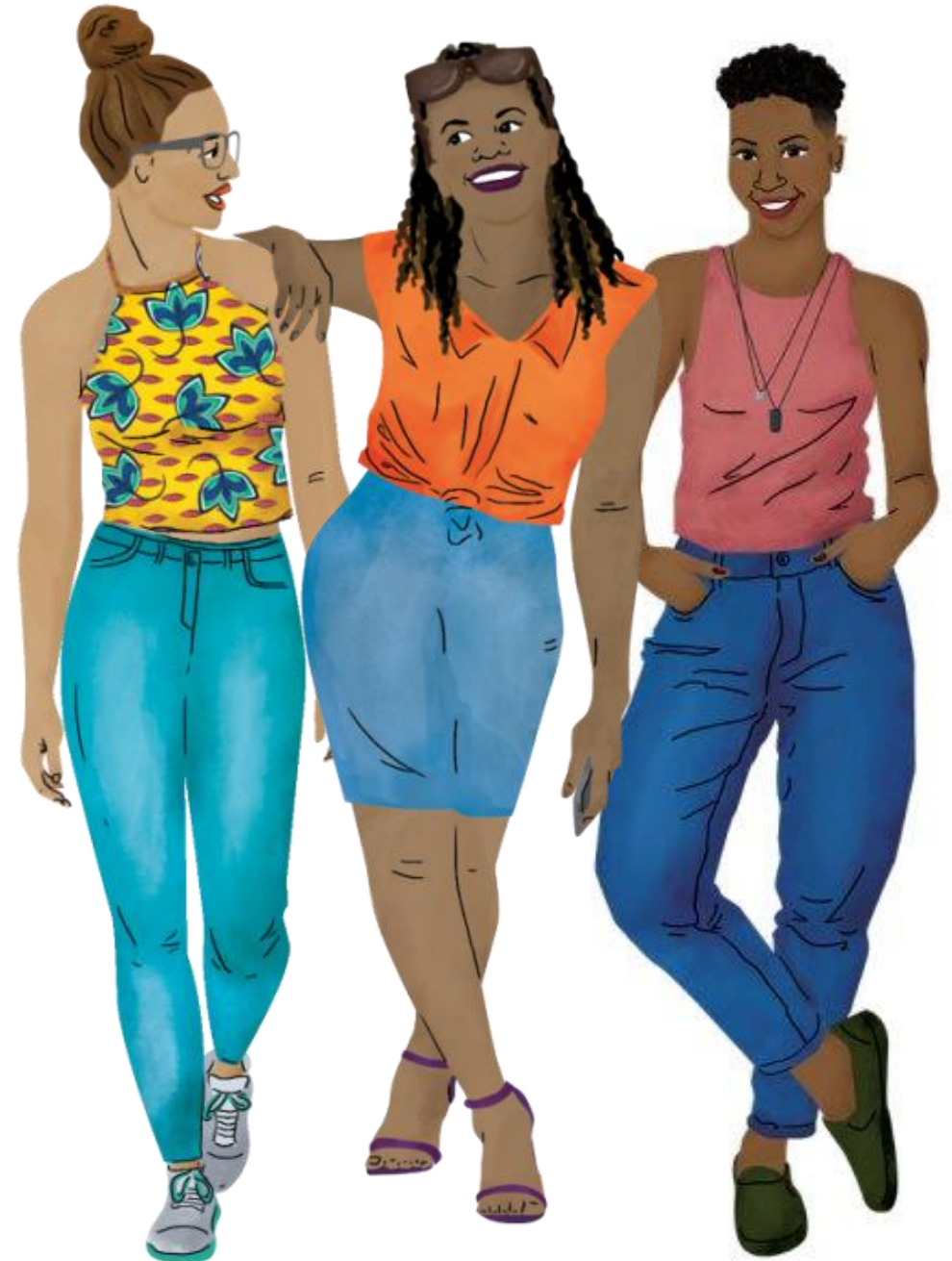
*assigned female at birth

<https://www.who.int/publications/i/item/9789240031593>



Who is the ring for?

- The World Health Organization recommends the ring for women who are unable or unwilling to use oral PrEP, or in situations where oral PrEP is not available, in combination with other safer sexual practices
- PrEP ring is an HIV prevention option for people who want to prevent HIV during receptive vaginal sex
- It can be offered as an additional choice for people assigned female at birth, including nonbinary and trans masculine people and cisgender adolescent girls and young women, as part of combination HIV prevention
- Requirements for age, gender identity, and sex assigned at birth may be determined by local guidelines



Who should not use the PrEP Ring?

- People with **unknown HIV status or who are living with HIV**
- Potential exposure to HIV within 72 hours, and thus would benefit from post-exposure prophylaxis (PEP)
- Unwillingness or **inability to commit to consistent ring** use during periods of potential HIV exposure
- People with an **allergy or hypersensitivity to the active substance or other substances listed on the product info sheet**
- **Recent pregnancy and delivery** (within 6 weeks post-partum)
- People assigned male at birth

How does the PrEP ring work?

- The PrEP ring must be inserted into the vagina where it slowly releases the dapivirine drug into the walls of the vagina.
- Dapivirine builds up in the cells of the vagina and, if the user is exposed to HIV through vaginal sex, prevents HIV from multiplying and infecting them.
- HIV protection is localized only to the area around the vagina
- Only prevents HIV during vaginal sex
 - Will not protect from HIV that is transmitted from oral sex, anal sex or if you inject drugs.



Dapivirine is a very effective ARV that acts inside cells to block the ability of HIV to multiply.

Is the ring safe?



The PrEP ring has been studied in over **14** research trials across sub-Saharan Africa.

- Proven to be **safe** to use. No safety concerns with long-term use of the ring.
- **DOES NOT** prevent STIs or pregnancy.
 - Recommended to use condoms or contraceptives in addition to the ring
- The PrEP ring can be used with any contraceptive method **EXCEPT** contraceptive vaginal rings.
 - can also be used with an intrauterine device (IUD), menstrual cup, tampon, and female/internal condom.
- **DOES NOT** cause infertility.
- **DOES NOT** impact hormones.
- No known interactions with other medications.

How well does the PrEP ring work?

- The ring must be in place for 24 hours before it starts protecting from HIV.
- For maximum HIV prevention, the PrEP ring should be kept in place in the vagina for 28 straight days.
 - The PrEP ring can be kept in place during sex and menses.
- The PrEP ring can reduce the likelihood of getting HIV from vaginal sex by about 50% or more with effective use.
- Studies suggest it can be even more than 50 percent effective if kept inserted and removed only to be replaced with a new one every month.



The best prevention option is one that an individual can use correctly and consistently. For some women, that will be the ring.

Are there any side effects?

Most side effects from the PrEP ring are mild or moderate in intensity, and often resolve on their own. Side effects from the PrEP ring that need treatment can typically be treated successfully without the need to remove the ring.

- Common side effects included:
 - Urinary tract infections,
 - Vaginal discharge,
 - Itching
 - Pelvic and lower abdominal pain
 - Discomfort in and around the vaginal area
 - Changes in vaginal wetness or odor
- If you experience vaginal changes while using the PrEP ring, consult a health care provider who can check to make sure these are not symptoms of an STI.



Stopping Ring Use

- The PrEP ring **can easily be removed** based on when the user feels the need to prevent against getting HIV, under the guidance of a health care provider.
- The dapivirine drug leaves the body quickly upon removal of the ring.
 - Extra precautions should be taken after removing the ring to protect from getting HIV, such as using condoms.
- Contact your healthcare provider if you choose to switch to a different method.

The PrEP ring can be used during times in people's lives when they need an HIV prevention method, and it can be stopped if their circumstances change or if they would like to try another prevention method. PrEP ring use is not a lifelong commitment!

Steps to remove the PrEP ring:

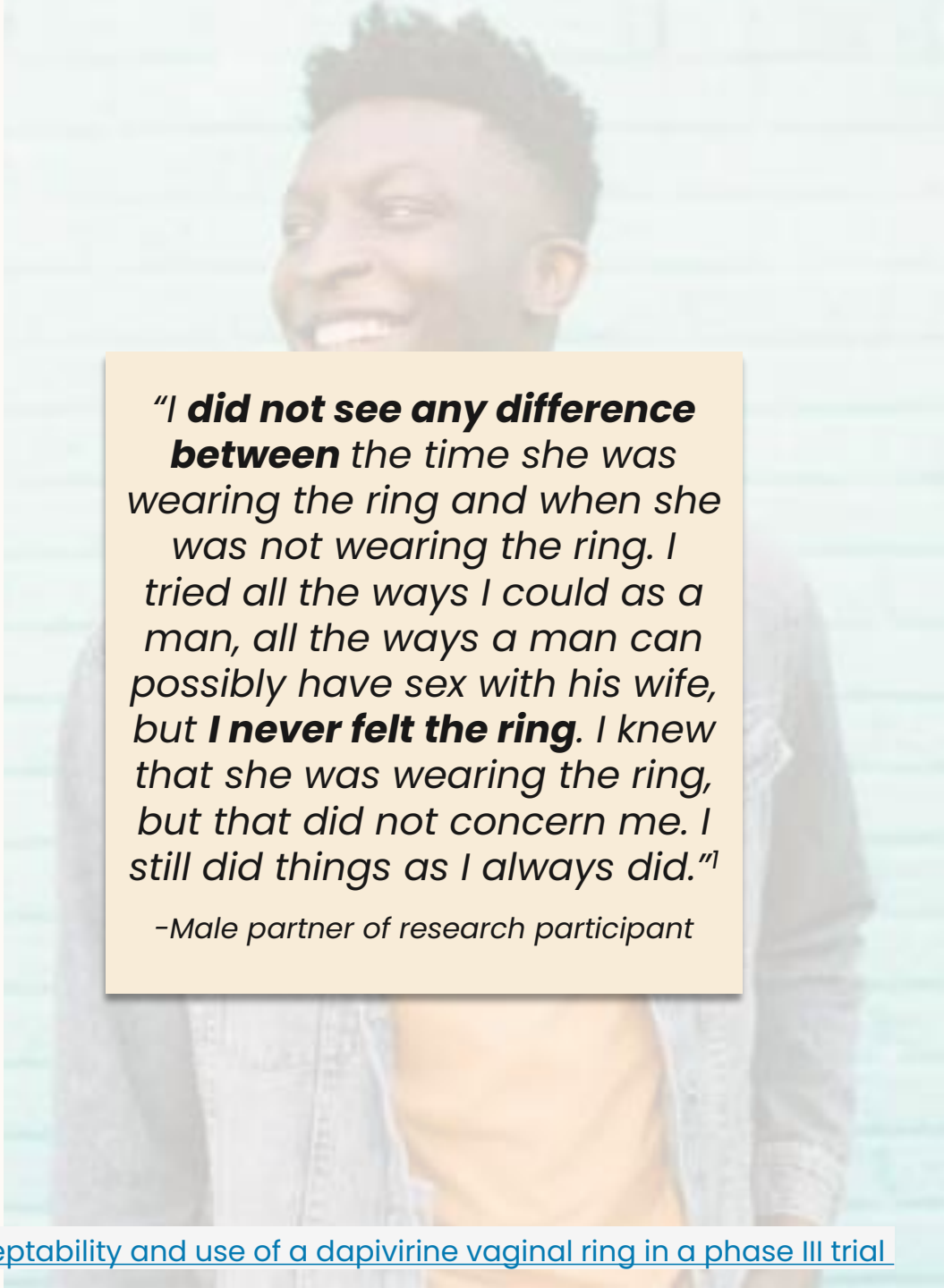
1. If you are self-removing, get into a position that is comfortable for removing the ring, such as squatting, one leg lifted up, or lying down. If you are being assisted by a health care provider, be in a reclined position.
2. With clean hands, insert one finger into the vagina and hook it around the edge of the ring.
3. Gently pull the ring out of the vagina.

How to Use the Dapivirine Vaginal Ring



Ring Use During Intercourse

- The ring should be kept in during intercourse.
- Most women and their partners said they did not feel the ring during intercourse.
- The PrEP ring does not harm the insertive partner or have any effect on the penis.
 - It does not provide HIV prevention for partners.
- The PrEP ring can be used with external or internal condoms.

A background image of a smiling man with short dark hair, wearing a light blue denim shirt over a yellow t-shirt. The image is slightly faded and serves as a background for the text box.

***"I did not see any difference between** the time she was wearing the ring and when she was not wearing the ring. I tried all the ways I could as a man, all the ways a man can possibly have sex with his wife, but **I never felt the ring.** I knew that she was wearing the ring, but that did not concern me. I still did things as I always did."*

-Male partner of research participant

PrEP ring: Use during pregnancy & breastfeeding

The PrEP ring is safe to use, even during pregnancy & breastfeeding!

- PrEP ring use among pregnant and breastfeeding people was studied in 5 research studies in eastern and southern Africa
- Results from research trials for PrEP ring use showed that the ring use was safe for pregnant and breastfeeding people and their infants.
- Dapivirine can pass into breast milk, but at very low levels. There were no safety issues for breastfeeding people or their infants.
- PrEP ring use by pregnant and breastfeeding people will be determined by national guidelines.
- Reach out to your healthcare provider if you become pregnant while using the ring.



For most people who live in places where HIV is common, there are **more known benefits than risks** of using an HIV prevention method during pregnancy and the postnatal period.

Benefits of the PrEP ring



Privacy

Can be stored, inserted, and removed in private



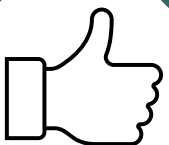
Safety

No safety concerns noted from clinical trials



Efficacy

Shown to reduce HIV risk in clinical trials

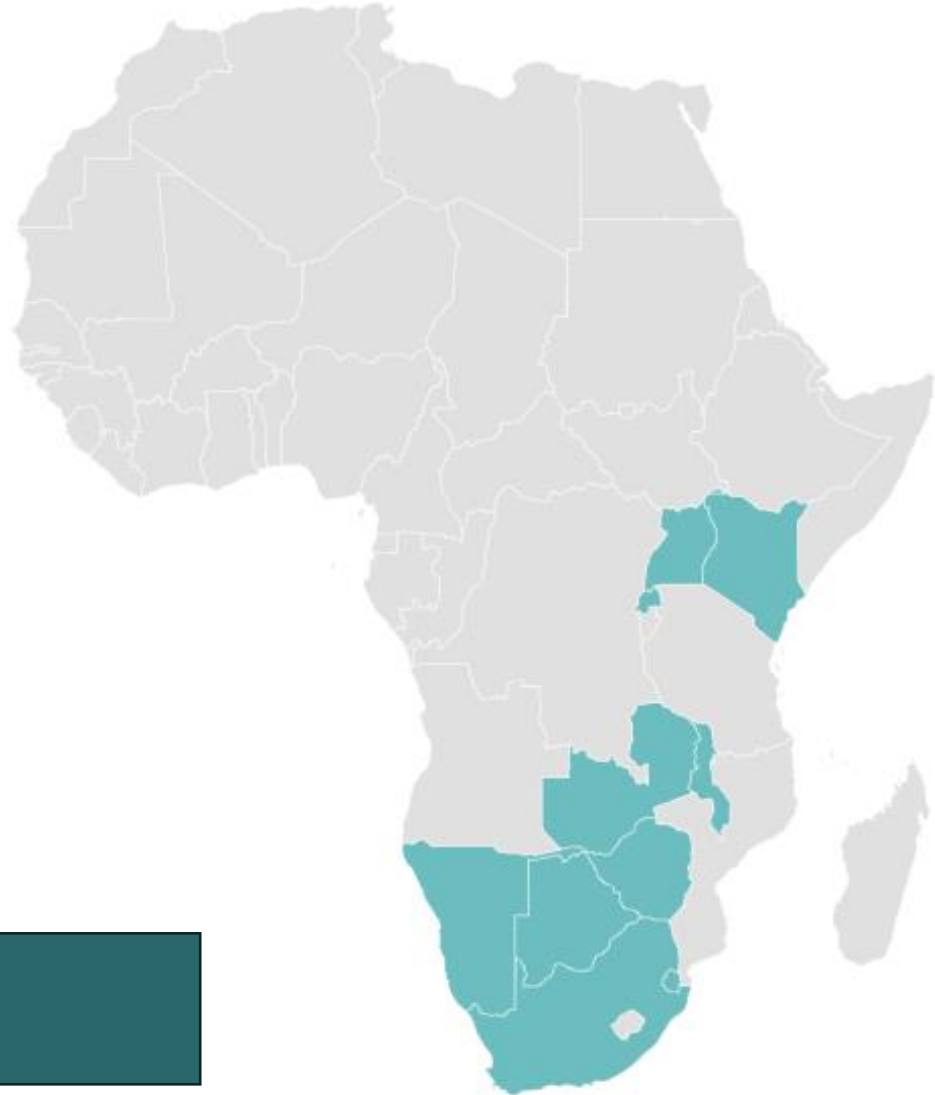


Easy to use and a **long-acting** PrEP method

Where can you access the PrEP Ring?

At this time, the PrEP Ring is not as widely available as oral PrEP, and is only available in a small number of locations and via implementation studies.

Contact your healthcare provider to find out if the ring is available in your community.





LET'S CHECK WHAT YOU LEARNED



LET'S TEST YOUR KNOWLEDGE!

Scan the code below

OR

Go to www.menti.com

Enter code: **4462 3750**





RIGHT WITH THE PREP RING TALK SHOW

The Vibe with NGS Show



Maggie
Host



Chantel
Special Guest



Q&A WITH PREP RING EXPERTS

Meet Our PrEP Ring Experts



Emily Gwavava

Pangea Zimbabwe, Zimbabwe

Emily Gwavava is the MOSAIC Zimbabwe Project Lead and Co-Principal Investigator of the CATALYST study in Zimbabwe. A seasoned medical professional, Emily is passionate about advancing public health, particularly in the area of HIV prevention through PrEP. She successfully led an implementation science project that played a key role in introducing and scaling up oral PrEP in Zimbabwe.

In her current role with MOSAIC, she is keen to explore how women, especially adolescent girls and young women (AGYW), make choices when presented with multiple PrEP options. Emily has extensive experience in PrEP, leading implementation science, managing HIV programs, and providing technical assistance to key stakeholders, including Zimbabwe's Ministry of Health & Child Care.

Meet Our PrEP Ring Experts



Elizabeth Irungu
Jhpiego, Kenya

Elizabeth Irungu is a medical doctor and Regional Technical Advisor for Implementation Science and PrEP service delivery at Jhpiego, Kenya and has over 15 years of experience conducting HIV prevention research.

She has participated in cutting edge multi-country HIV prevention studies which facilitated the introduction of oral PrEP in Kenya. Currently, she works on MOSAIC, a USAID funded project, where she co-leads the CATALYST study aimed at accelerating introduction and scale-up of new and emerging biomedical prevention products, including the Dapivirine vaginal ring and long-acting Cabotegravir.

Let's Chat with PrEP Ring Experts!



Sanele

Moderator

NextGen Squad (She/Her)



Dr. Elizabeth Irungu

PrEP Ring Expert

Jhpiego (She/Her)



Dr. Emily Gwavava

PrEP Ring Expert

Pangea Zimbabwe (She/Her)

Tips for Using the PrEP Ring:



Set a reminder to replace the ring each month.



Join or start a ring support group with friend.



Store your backup PrEP rings in a dry, cool place away from children and animals.



Keep backup PrEP rings, if you can.



Only remove the PrEP ring if you are replacing it.



Get comfortable with inserting ring so that you can do it on your own.



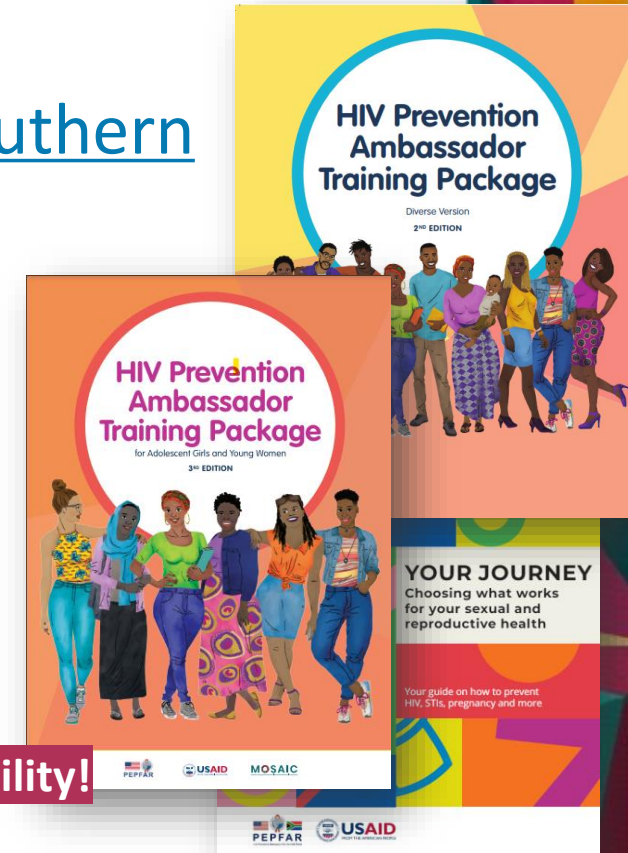
Use clean hands when inserting and removing the PrEP ring.



NEVER share your used or unused PrEP ring with others.

Learn more about the PrEP Ring

- [PrEP Ring Factsheet](#)
- [PrEP Ring for Pregnant & Breastfeeding People Factsheet](#)
- [Summary of PrEP Ring Research Findings for Adolescent Girls & Young Women](#)
- [Summary of PrEP Ring Research Findings in East and Southern Africa](#)
- [HIV Prevention Ambassador Training](#)
- [HIV Prevention Digital Journey Tool](#)



Don't forget you can always see a Healthcare Provider at your nearest health center or facility!



—”—
**THANK
YOU**
—”—



**Thank you for
joining us today!**

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learn when the next
webinar will be!**

We want to hear from you!





BONGI N.
Advocate | South Africa



It should be available everywhere!

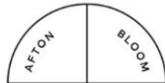


ACKNOWLEDGMENTS

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Photo Credit: MOSAIC Consortium

