

## HIV PrEP and nPEP: Worthwhile? Yep!



The use of antiretroviral therapy (ART) by HIV-negative persons to prevent HIV infection has gained considerable attention. Pre-exposure prophylaxis (PrEP) is the use of ART by persons at high risk for acquiring HIV. Non-occupational post-exposure prophylaxis (nPEP) is a 28-day course of ART initiated within 72 hours of a known or potential exposure to HIV.

PrEP and nPEP are valuable, evidence-based prevention tools. While other prevention efforts such as condom use and ART use by people living with HIV can reduce the risk of transmission, some people with HIV are unaware of their infection or have a high viral load despite ART. Also, many people struggle to use condoms correctly and consistently for a variety of reasons (e.g., decreased sensation, diminished sense of intimacy, substance use).

Recently, the Oregon Health Authority (OHA) distributed a Communicable Disease Summary (CD Summary) about PrEP and nPEP to licensed health care providers throughout the state (available at <http://1.usa.gov/11v4spq>). This CD Summary provides 1) research findings relating to PrEP and nPEP, 2) recommendations for

assessing risk, prescribing medications and following up with patients and 3) resources for both clinicians and patients. Agencies are encouraged to reference and share this document as needed. As health care providers' experience prescribing PrEP and nPEP is varied, clients interested in PrEP or nPEP might find it useful to bring the CD Summary with them when seeking consultation from a health care provider.

We have heard, anecdotally, that many insurance companies cover PrEP and nPEP. Currently, the Oregon Health Plan (OHP, Medicaid in Oregon) does not have restrictions on coverage for PrEP or nPEP. The Pharmacy and Therapeutics Committee that performs drug use review and makes policy recommendations to the OHA Oregon Office of Medical Assistance Programs may be examining PrEP and nPEP coverage later this year. If OHP policies relating to PrEP or nPEP coverage or eligibility are developed, this information will be shared.

Additionally, the Truvada® Partnership for Prescription Assistance can help eligible patients pay for medications. For more information about this program, visit [www.pparx.org](http://www.pparx.org) or call 1-888-477-2669.

## Integrated planning efforts

The Oregon HIV/Viral Hepatitis/Sexually Transmitted Infection Integrated Planning Group (IPG) is an advisory group to the Oregon Health Authority. In 2012, the IPG developed a strategic plan with recommendations for addressing HIV and co-occurring STDs and Viral Hepatitis. OHA staff used these recommendations as a basis for developing an IPG Implementation Plan organized around the HIV Treatment Cascade.

The IPG Implementation Plan represents OHA's

response to the strategic goals identified by the IPG and will serve as a roadmap for collectively moving forward to achieve those strategic goals through 2015.

The plan is a great resource for anyone wishing to gain a better understanding of key activities OHA has planned to address HIV and co-occurring VH and STDs. Visit [www.healthoregon.org/ipg](http://www.healthoregon.org/ipg) to learn more about the IPG or to view the IPG Implementation Plan.

## Upcoming events

### **Viral Hepatitis Awareness Month**

May

Learn more at <http://1.usa.gov/HepAwareM>.

### **Where Do We Go From Here? Symposium and Workshop on HIV prevention and treatment in MSM**

May 10 in Seattle

Register at <http://bit.ly/16d78xG>.

### **International Day Against Homophobia**

May 17

Learn more at [www.homophobiaday.org](http://www.homophobiaday.org).

### **HIV/AIDS Care in the Correctional Setting**

May 18 in Portland

For more information, email [Dale@reg.org](mailto:Dale@reg.org).

### **HIV Vaccine Awareness Day**

May 18

Learn more at <http://1.usa.gov/HVAD12>.

### **National Asian and Pacific Islander HIV/AIDS Awareness Day**

May 19

Learn more at <http://1.usa.gov/NAPIHAAD12>.

### **National Hepatitis Testing Day**

May 19

Learn more at [www.cdcnpin.org/HTD/](http://www.cdcnpin.org/HTD/).

### **32 Years of AIDS**

June 5 (first case reported in 1981)

### **Caribbean American HIV/AIDS Awareness Day**

June 8

Visit [www.caribbeanhealthaidsday.com](http://www.caribbeanhealthaidsday.com).

### **Portland Barefoot Soccer Tournament and Festival**

June 9

For kids ages 8-14

Benefits HIV education in Africa

Email [khutchinson@ourouseofportland.org](mailto:khutchinson@ourouseofportland.org) to  
volunteer, sign up or reserve a booth.

### **Sex Ed Boot Camp**

Training for educators and service providers  
sponsored by Planned Parenthood of  
Southwestern Oregon

June 26-27 in Eugene

Email [joanne.alba@ppsworegon.org](mailto:joanne.alba@ppsworegon.org).

### **National HIV Testing Day**

June 27

Learn more at <http://1.usa.gov/18fiHRq>.

### **World Hepatitis Day**

June 28

Learn more at <http://bit.ly/12UOyaN>.

## Condom distribution in 2013

Condom distribution is a critical and far-reaching part of Oregon's HIV prevention efforts. Condom distribution programs have been found to result in behavior change and reduced sexually transmitted infections. In 2013, the OHA HIV Prevention Program plans to partner with a variety of agencies to distribute at least 230,000 condoms, as well as lubricant (approximately one lubricant packet for every two condoms).

To direct condoms where they are most likely to prevent new HIV infections, they are targeted to counties and populations in which HIV cases are most concentrated. The 15 counties eligible to

receive condoms from the OHA HIV Prevention Program account for approximately 96% of the state's HIV cases. Moreover, agencies receiving condoms agree to target at least 70% of the supplies to Oregon's priority populations for HIV prevention: persons living with HIV (PLWH) and their partners, men who have sex with men (MSM) and persons who inject drugs (PWID).

To complement condom distribution efforts, OHA is developing a poster campaign to promote condom use. The poster is being developed with input from the Oregon HIV/Viral Hepatitis/Sexually Transmitted Infection Integrated Planning Group

## Condom distribution in 2013 (continued)

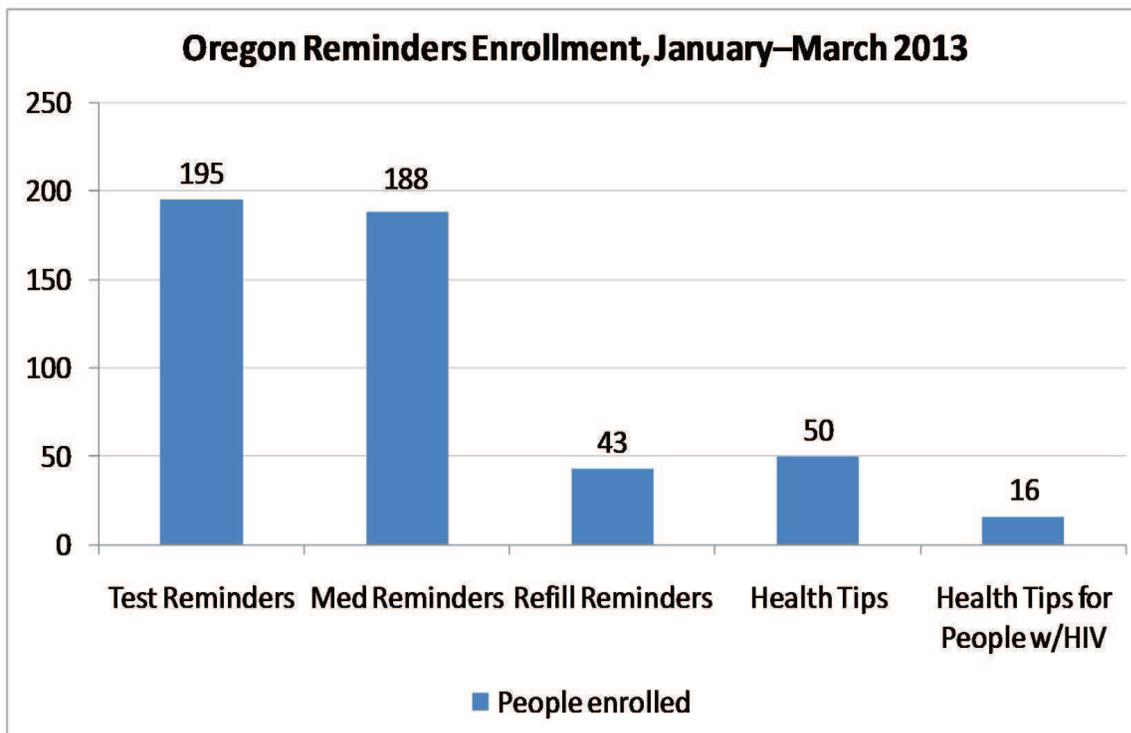
and will be available on the OHA website soon. OHA is exploring the use of mobile applications that promote condom access, such as iCondom ([www.myicondom.com](http://www.myicondom.com)). OHA is also looking to distribute condoms in new venues, particularly public sex environments such as adult video/book stores.

If you have an adult video/book store in your area and would like assistance developing a partnership for condom distribution, please contact Dano Beck at [daniel.w.beck@state.or.us](mailto:daniel.w.beck@state.or.us).

To learn more about OHA's condom distribution plan for 2013, visit <http://1.usa.gov/11BlrFK>.

## Oregon Reminders update

In January 2013, OHA and YTH youth+tech+health (formerly ISIS) launched Oregon Reminders to promote regular HIV testing and medication adherence. The service is supported by a social marketing campaign, as well as agencies and community members (like you!) that encourage people to sign up. Through March, 356 people were currently enrolled, including 195 people receiving HIV test reminders every 3–6 months and 188 people receiving medication reminders daily. The most popular mode of message delivery selected was text (71%), followed by email (23%) and voice (6%).



The Oregon Reminders marketing campaign is showing promise in its ability to encourage enrollment and to distribute messages widely about testing and medication adherence. From January through March 2013, online advertisements alone have resulted in over 5.5 million impressions (appearances on a screen). Online advertising venues include mobile applications (e.g., Grindr, Scruff) and websites (e.g., manhunt.net, wweek.com). The Oregon Reminders website has had over 22,000 visits. Approximately 21,000 (95%) of these visits were from mobile devices.

We are encouraged by these data and by the efforts of our partners to promote Oregon Reminders. If you have questions about how you can help, please contact Dano Beck at [daniel.w.beck@state.or.us](mailto:daniel.w.beck@state.or.us).