



Utilizing Telemedicine for PrEP

March 10, 2021

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Slides developed from Project ECHO®-UNM HIV TeleECHO Clinic



Conflict of Interest Disclosure Statement

- There are no conflicts of interest to disclose.

This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U10HA29290 for the AIDS Education and Training Centers. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.



Learning Objectives

- Learn what PrEP is and why access is important
- Differentiate between telemedicine and telehealth.
- Recognize opportunities for PrEP services via telemedicine, especially during the COVID-19 pandemic.
- Identify best practices for PrEP telemedicine for physical distancing.

What is PrEP

- PrEP is the use of antiretroviral medication to prevent HIV infection among people at risk.
- Truvada® (Emtricitabine 200 mg in combination with tenofovir disoproxil fumarate 300 mg) and Descovy® (Emtricitabine 200 mg in combination with tenofovir alafenamide 25 mg) are currently the only products approved by the FDA for HIV-1 prevention.
- Approved to prevent HIV in adults and adolescent weighing at least 35 kg.
- PrEP reduces the risk of getting HIV from sex by about 99% when taken daily. (~74% for IVDU)

Who is Eligible

- People at risk who should be assessed for PrEP include
 - sexually active gay and bisexual men without HIV
 - sexually active heterosexual men and women without HIV
 - sexually active transgender persons without HIV,
 - persons without HIV who inject drugs
 - persons who have been prescribed non-occupational post-exposure prophylaxis (PEP) and reported continued risk behavior.

Telemedicine vs. Telehealth

Telemedicine

- Specific to *clinical services*
- Practice of medicine using technology to deliver care at a distance
- Provider is in separate location and delivers care to a patient at another location using telecommunications

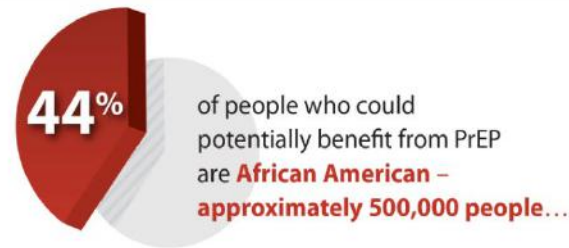
Telehealth

- Broad term
- Used to provide care & services at-a-distance
- Examples:
 - provider training
 - CME
 - public health education
 - administrative meetings
 - electronic information sharing to facilitate & support assessment, diagnosis, consultation, treatment, education, and care management (ECHO model)

Why Telemedicine?

- COVID-19
- Geographic distance
- Texas is a rural state
- Improved access
- Low PrEP utilization historically
- Patient preference

HIV prevention pill is not reaching most who could potentially benefit – especially African Americans and Latinos



...but only **1%** of those – **7,000 African Americans** – were prescribed PrEP*



...but only **3%** of those – **7,600 Latinos** – were prescribed PrEP*



*Prescription data in this analysis limited to those filled at retail pharmacies or mail order services from September 2015 – August 2016; racial and ethnic information not available for one-third of the prescription data

Why Telemedicine?

PrEP-to-Need Ratio (PNR)

The 2018 PrEP-to-Need Ratio (PNR) is the ratio of the number of PrEP users in 2018 to the number of people newly diagnosed with HIV in 2017. PNR serves as a measurement for whether PrEP use appropriately reflects the need for HIV prevention. A lower PNR indicates more unmet need.

PNR, 2018

3.20

PNR, by Sex, 2018

Male: 3.68

Female: 1.00

PNR, by Age, 2018

Aged 13-24: 2.08

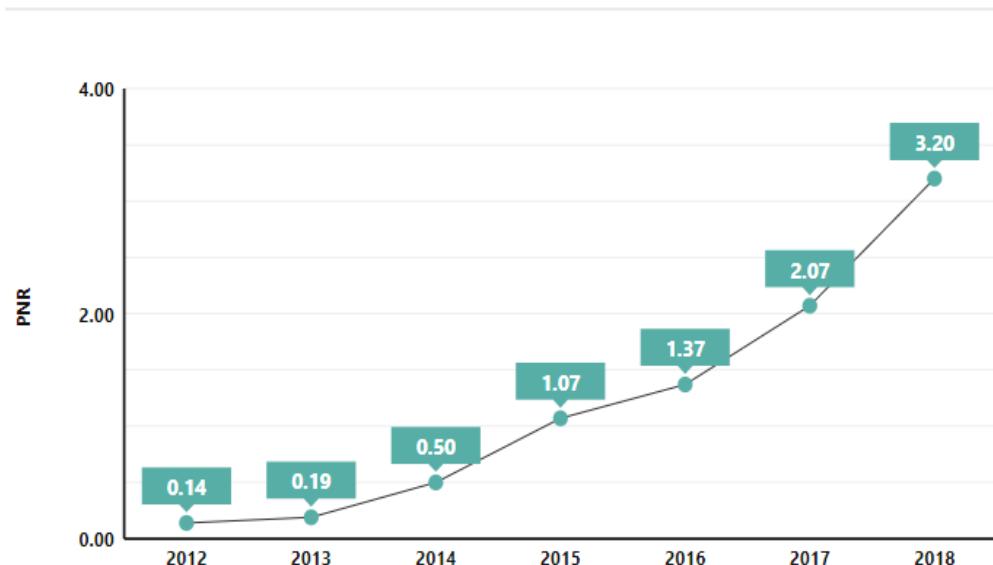
Aged 25-34: 3.35

Aged 35-44: 3.98

Aged 45-54: 4.04

Aged 55+: 2.99

PNR, 2012-2018



Why TelePrEP?

- Helps address disparities in access to PrEP services
- Barriers to PrEP use and adherence include stigma, financial cost, lack of access to healthcare, fear for side effects, and low HIV risk perception.
 - TelePrEP programs:
 - can provide a convenient way to access PrEP and maintain HIV negative status.
 - improve engagement in care and medication adherence.

Telemedicine Services

- **Live videoconferencing (synchronous)**
 - Live, two-way interaction between a person using audiovisual telecommunications technology
- **Store and forward (asynchronous)**
 - Transmission of diagnostic images, vital signs, video clips along with patient data for later review through electronic communications.
 - Enables primary care or allied health professionals the ability to render a diagnosis

Telemedicine Services (con't)

- Remote patient monitoring (RPM)
 - Use of devices to remotely collect and send data for interpretation
 - Ex: PrEP monitoring apps on smartphones that provide reminders to patients and ask confirmation that doses are taken consistently.
- Mobile health (mHealth)
 - Health care and public health practice and education supported by mobile communication devices such as cell phones and tablets
 - Ex: Patients using an app to stay connected to their provider.

SAMHD Schematic for TelePrEP

- HIPAA-compliant video conferencing; Telephone call (audio-only); secure messaging (e.g., patient portal)
- Laboratory testing
 - HIV ½, GC/CT, syphilis, creatinine, (Hepatitis B and Hepatitis C initial visit).
 - In-person visit at health dept or outside lab; mail-delivered test kits (we are still working on implementing this).
- PrEP medication
 - Pick-up at local pharmacy
 - Delivered directly from manufacturer

Patient Buy-In

Emphasize benefits to patient

- Convenience: no travel to clinic
- Easier access to personalized care
- No risk of COVID-19 exposure

However: patient may prefer or need in-person visit

- One-stop shop (visit, labs, rx)
- Needs exam for STI complaints
- Unable to conduct STI swabs at lab
- No access to phone and computer/internet

Documentation Requirements

Documentation requirements

- Same as any face-to-face encounter

PLUS

- A statement that the service was provided using telemedicine
- The location of the patient
- The location of the provider
- The names of all persons participating in the telemedicine service and their role in the encounter
- Patient consent
- Texas telemedicine law requires a signed and dated patient consent form before providing services.
- Texas law lenient during national emergency declaration

Documentation Requirements

Example:

- (Patient name) is scheduled today for PrEP follow up. Visit completed using telephone/zoom. Pt verbally consented to visit, written consent not available given COVID-19 concerns. Pt is aware that telemed sessions are safe and follow the same privacy guidelines as traditional, in-person medical appointments. They were notified of their right to stop the visit at any point during the video/phone conference. Participants in the visit were the pt and Carly Floyd, PharmD, PhC.

Generally best practice to include start, stop time, and total time spent on telemed visit

Considerations

- Workflow
 - Who calls/connects patient?
 - How does checkout happen?
- EHR documentation
 - Encounters should be documented appropriately and integrated into other services the patient receives
- Internet Access and Connectivity:
 - Reliable, internet access is important for a successful TelePrEP visit.

References

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- www.cdc.gov/hiv
- American Academy of Family Physicians Telemedicine <https://www.aafp.org/media-center/kits/telemedicine-and-telehealth.html>
- <https://www.hiv.gov/blog/hiv-prevention-pill-not-reaching-most-americans-who-could-benefit-especially-people-color>
- American Telemedicine Association www.americantelemed.org
- Touger R, Wood B. A Review of Telehealth Innovations for HIV Pre-Exposure Prophylaxis (PrEP). Curr HIV/AIDS Rep. 2019 Feb;16(1): 113-119
- Center for Connected Health Policy <https://www.cchpca.org/>
- Southwest Telehealth Resource Center <https://southwesttrc.org/>

Resources

- Clinical Consultation Center
<http://nccc.ucsf.edu/>
 - HIV Management
 - Perinatal HIV
 - HIV PrEP
 - HIV PEP line
 - HCV Management
 - Substance Use Management
- Present case on ECHO
<http://echo.unm.edu>
hivecho@salud.unm.edu
- AETC National HIV Curriculum
<https://aidsetc.org/nhc>
- AETC National Coordinating Resource Center
<https://targethiv.org/library/aetc-national-coordinating-resource-center-0>
- Additional trainings
scaetcecho@salud.unm.edu