

Increasing Adherence to Pre-exposure Prophylaxis using Antiretroviral PrEP Motivational Interviewing in Black Sexual Minority Men

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Background

- Black sexual minority men are at risk for HIV [2]
- PrEP is a promising solution to reducing HIV infection [3]
- Stigma is associated with decrease use of PrEP [1]
- Motivational Interviewing is useful in addressing stigma thus, prevalence of HIV decreases [4]

Purpose and Aims

The purpose of this quality improvement project is to evaluate if an antiretroviral motivational interviewing intervention would decrease stigma to promote PrEP adherence among Black sexual minority men in an inner-city setting.

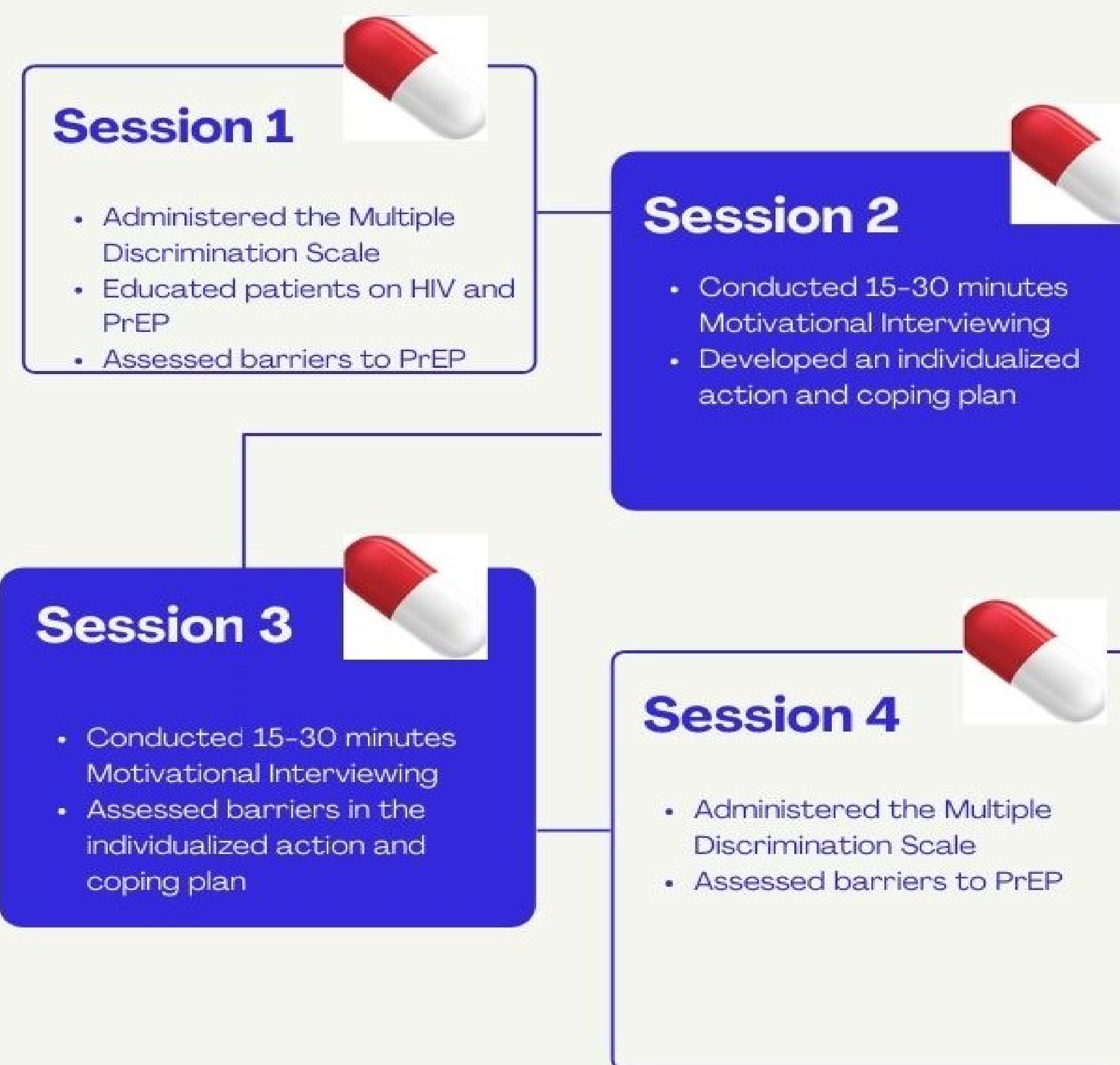
- **Aim 1:** Determine whether an antiretroviral PrEP Motivational Interviewing will decrease stigma among Black sexual minority men
- **Aim 2:** Determine whether antiretroviral PrEP Motivational Interviewing Intervention increase PrEP adherence
- **Aim 3:** Determine if patients are satisfied with antiretroviral PrEP Motivational Interviewing

Methods

- **Design:** Pre-test/post-test design, 12-weeks implementation
- **Sample:** English speaking, Black sexual minority men, ages ≥ 18 , enrolled in the PrEP program within the past three months
- **Sample size:** n= 14
- **Setting:** Sexually Transmitted Clinics in an inner-city setting
- **Intervention:** Two, 15-30 minutes Motivational Interviewing sessions
- **Data Collection:** Stigma assessed using the Multiple Discrimination Scale; PrEP adherence assessed using chart reviews; Provider satisfaction assessed using a survey
- **Statistical Analysis:** Descriptive statistics, Wilcoxon Rank, and Chi-square

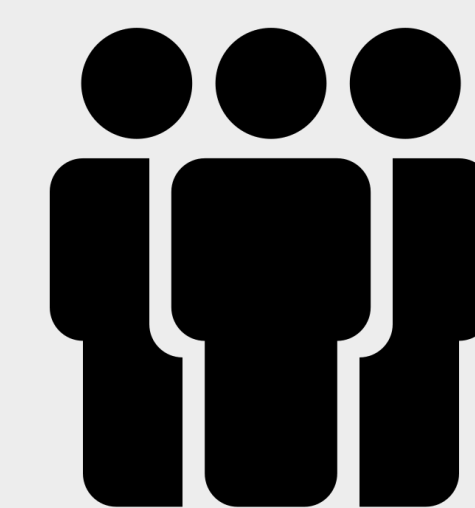
Intervention

Antiretroviral PrEP Motivational Interviewing



Results

Demographics

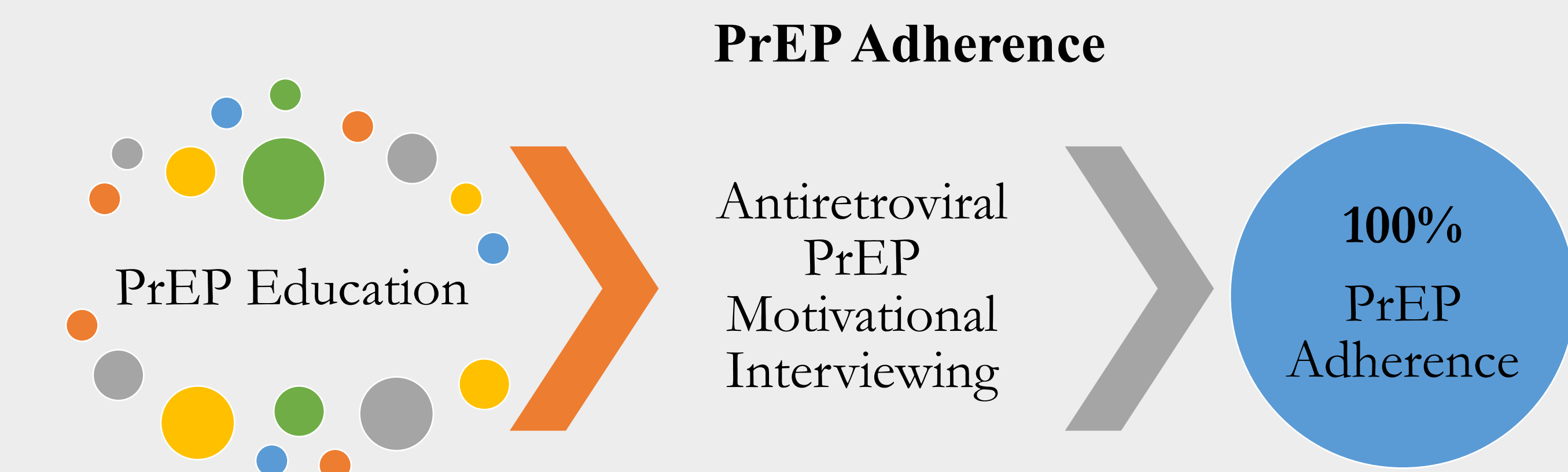
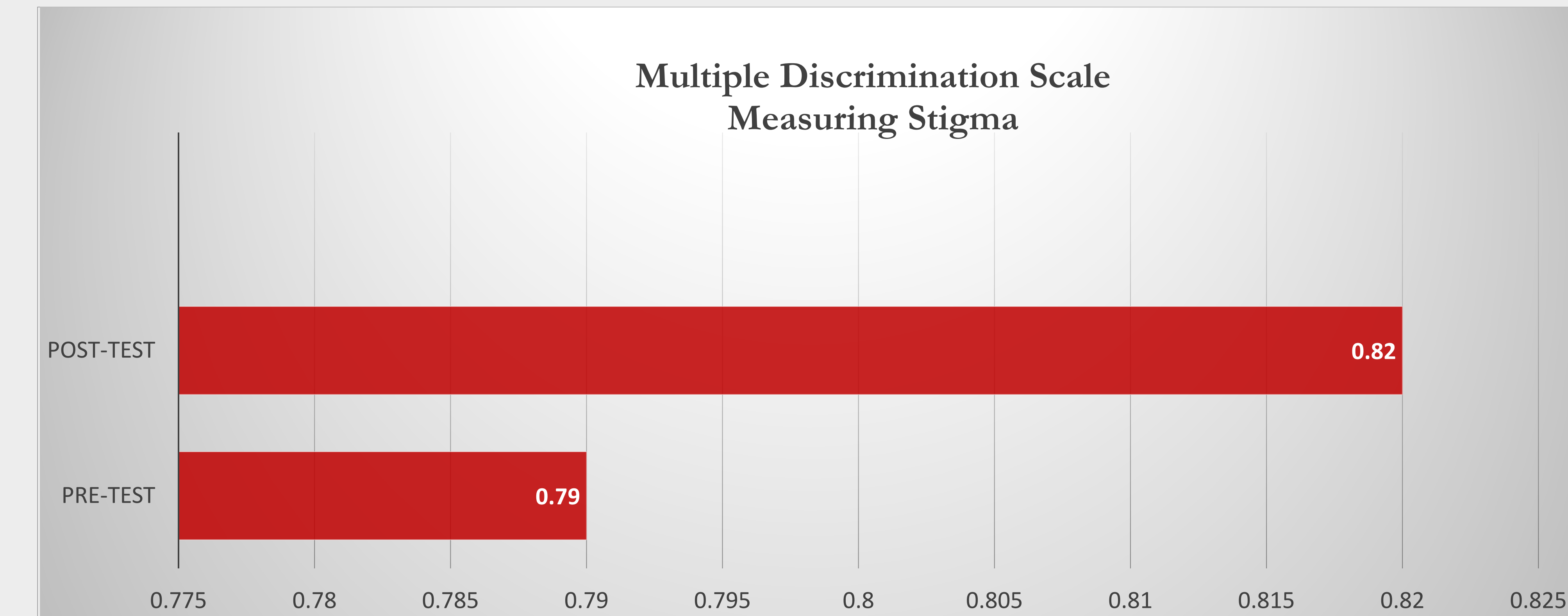


Patient Characteristics

A total of 14 Black sexual minority men (n=14). 35.7% were monogamous, and most recently engaged in condomless anal (71.4%) and oral (92.9%) sex

Provider Characteristics

Nurse Practitioner and Social Worker, each with eight years of clinical practice and an average of 4 years employed at the sexual health clinics



Provider Acceptability and Satisfaction

Providers found Antiretroviral PrEP Motivational Interviewing to be feasible and acceptable in clinical practice.

Conclusion

- Antiretroviral PrEP Motivational Interviewing is a viable tool favored among providers
- This project adds value to the literature that Motivational Interviewing can be successfully integrated in busy sexual health clinics

References

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3. John, S. A., Rendina, H. J., Starks, T. J., Gros, C., & Parsons, J. T. (2019). Decisional Balance and Contemplation Ladder to Support Interventions for HIV Pre-Exposure Prophylaxis Uptake and Persistence. *AIDS patient care and STDs*, 33(2), 67-78. <https://doi.org/10.1089/apc.2018.0136>
4. Moitra, E., van den Berg, J., Sowemimo-Coker, G., Chau, S., Nunn, A., & Chan, P. (2019). Open pilot trial of a brief motivational interviewing-based HIV pre-exposure prophylaxis intervention for men who have sex with men: preliminary effects, and evidence of feasibility and acceptability. *Journal AIDS care: psychological and socio-medical aspects of AIDS/HIV*. Retrieved from <https://doi.org/10.1080/09540121.2019.1622644>