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

Gerrin Davis, MA, MSN, CRNP, FNP-C; Elizabeth Gilliam, MD; Bryan Hansen PhD, MSN, RN, APRN-CNS, ACNS-BC;

Vinciya Pandian PhD, MBA, MSN, RN, ACNP-BC, FAANP, FAAN

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

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

PrEP Education

- **Antiretroviral PrEP Motivational Interviewing**
  - **Session 1:** Administered the Multiple Discrimination Scale; Educated patients on HIV and PrEP; Assessed barriers to PrEP
  - **Session 2:** Conducted 15-30 minutes Motivational Interviewing; Developed an individualized action and coping plan

PrEP Adherence

- **Session 3:** Determined if patients are satisfied with Antiretroviral PrEP Motivational Interviewing

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


---

**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

**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

**PrEP Education**

- **Antiretroviral PrEP Motivational Interviewing**
  - **Session 1:** Administered the Multiple Discrimination Scale; Educated patients on HIV and PrEP; Assessed barriers to PrEP
  - **Session 2:** Conducted 15-30 minutes Motivational Interviewing; Developed an individualized action and coping plan

**PrEP Adherence**

- **Session 3:** Determined if patients are satisfied with Antiretroviral PrEP Motivational Interviewing

**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**