Increasing Access to Pre-exposure Prophylaxis (PrEP) for the Transgender Community in the Primary Care Setting

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Background

- Nearly 25% of the estimated 1.4 million transgender (trans) people are living with HIV (Becasen et al., 2018; Flores et al., 2016)
- Less than 50% of trans people are aware of PrEP, which prevents 99% of HIV acquisition when taken as prescribed (Becasen et al., 2018; CDC, 2021)
- Literature suggests that when trans people can access both gender-affirming hormone therapy AND PrEP with the same provider, they are more likely to use and stay on PrEP when needed (Clement et al., 2019; Fredericksen et al., 2018; Saberi et al., 2020; Wilson et al., 2020)

Purpose

Among outpatient primary care clinics with PrEP programs, do trans-inclusive engagement tools lead to higher levels of PrEP uptake and adherence as compared to the current practice?

Aims & Evaluation

Aim 1: Survey project site clinic staff and providers to identify the top three strategies to improve PrEP access among trans individuals

- Measure: Survey results
- Analysis: Descriptive statistics

Aim 2: Improve PrEP access for the trans community by developing and presenting an evidence-based continuum care plan and other engagement tools to the project site

- Measure: Expert clinicians’ critique and review
- Analysis: Descriptive statistics

Methods

- Surveys and proposed intervention tools were developed following a review of literature on existing best-practices on engaging trans clients in PrEP care
- A Learning Data Set (LDS) was created based on the Diffusion of Innovation Theory and known clinic dynamics and utilized to answer both surveys (Dearing & Cox, 2018)

Results

| Purpose | Aim 1: Top 3 Suggestions for Increasing Trans Access to PrEP
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<td>Trans Competent PrEP Navigator</td>
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<td>Reminders in EMR for Sexual Hx and PrEP</td>
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Discussion

Limitations

- Poor survey response due to COVID-19 restrictions
- Using hypothetical data with Learning Data Set (LDS)
- Limited research regarding specific interventions for increasing PrEP access for trans community

Strengths:

- Identified evidence-based interventions for future QI projects
- Developed surveys and care-continuum model for future clinical use

Conclusions

- Increasing access to PrEP for the trans community is a critical step for ending the HIV epidemic
- Training is needed for all clinic staff to provide trans-competent care
- Patients who can receive PrEP and GAHT from the same provider are more likely to stay on PrEP when needed
- Aspects of the proposed care continuum can be utilized in the primary care setting to routinize sexual health screening and education about PrEP
- Next steps include implementing the surveys and care continuum in real-time

References

Separate reference list is available upon request