

# **Setting the Stage: Overview and Status of PrEP in Uganda**

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**Meeting the HIV Prevention Needs of Adolescent Girls and Young Women**

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# PrEP: Pre-Exposure Prophylaxis



- Daily oral pre-exposure prophylaxis (PrEP) is the use of antiretroviral medications by HIV-negative persons to avoid HIV infection.
- A PrEP pill a day helps keep HIV away.
- Studies among African women have shown that PrEP does not work when it is not taken.



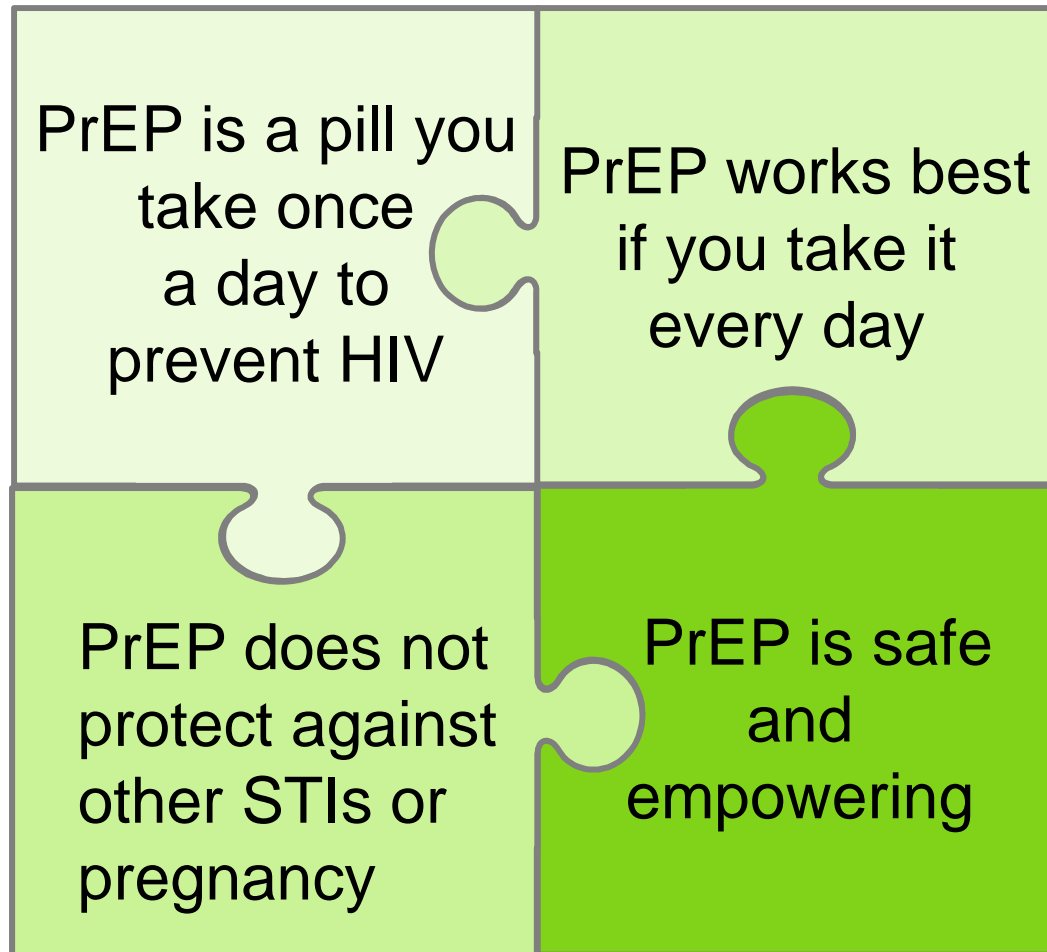
# What do we know about PrEP?



For the first time  
in my life, oral  
Prep allows me to  
own my sexuality

Sinazo Peters 22 yrs,  
Former "Future Fighter"  
Desmond Tutu HIV Foundation

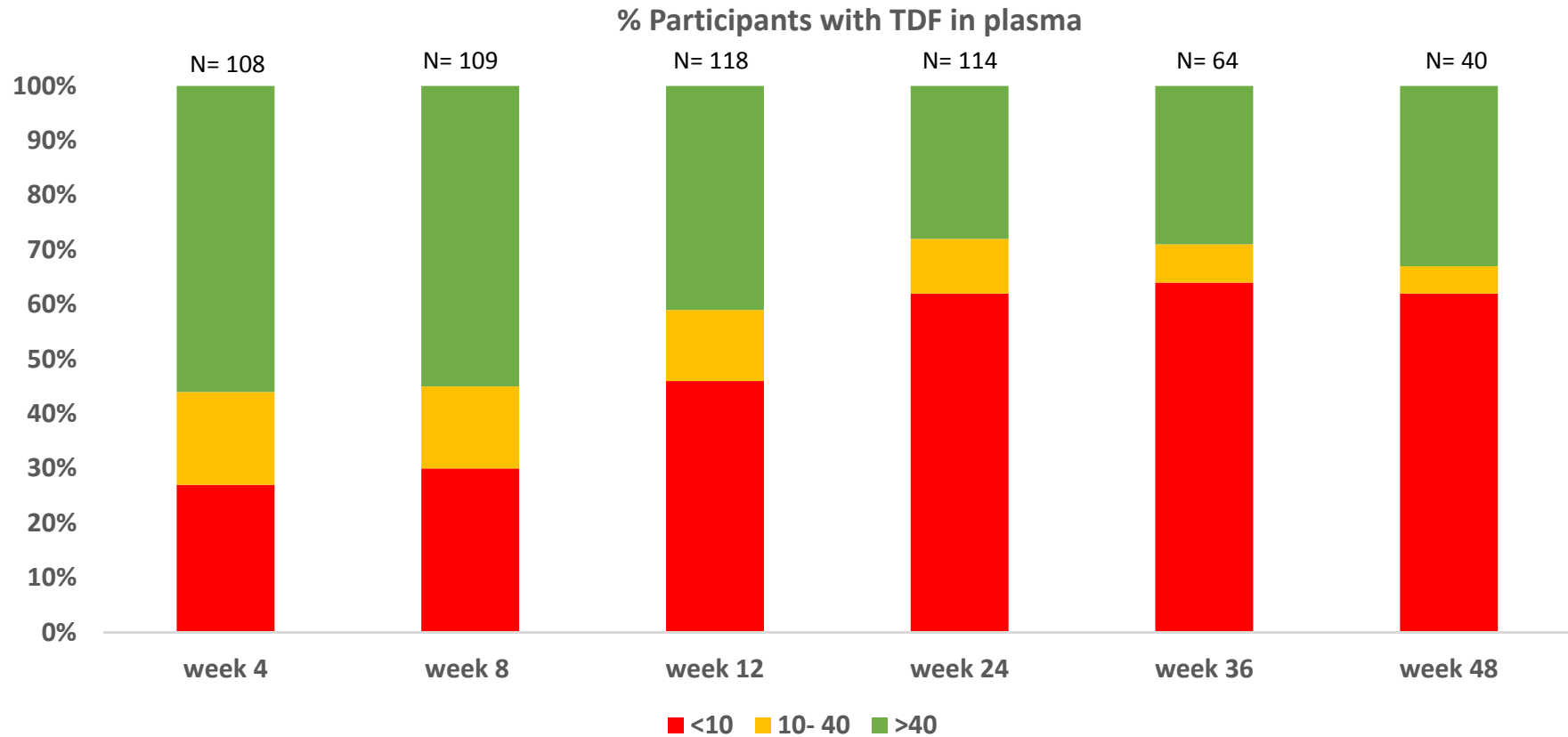
# The basics about PrEP



# Does PrEP work in young women?

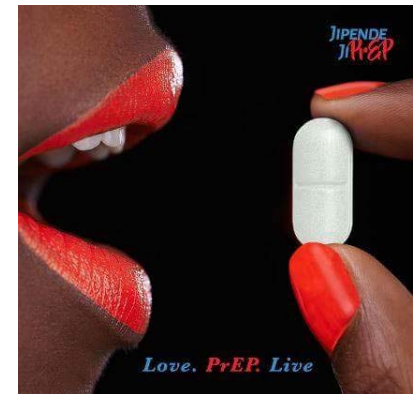
- PrEP works when taken: efficacy ~ 70% in all subgroups of women in the Partners PrEP Study
  - No difference in efficacy between women younger and older than 25 years/recent STIs/ partner with high VL
  - Drug detected in 82% of blood samples
- PrEP does not work when not taken: VOICE & FEM-PrEP
  - <30% with drug detected
  - Low risk perception and possible challenge with a daily pill regimen in FEM-PrEP (Van Damme NEJM 2012)
  - Fear of taking PrEP in VOICE: concern with side effects and social stigma

# What have we learned about PrEP in young African women?



# Findings about PrEP from qualitative research

- PrEP takers say PrEP offers:
  - Decreased anxiety
  - Increased communication, disclosure, trust
  - Increased self-efficacy
  - Increased sexual pleasure & intimacy
- South African women say PrEP offers:
  - Empowerment
  - Ability to achieve their aspirations
  - Intimacy & love



# Young women can adhere to PrEP

## High adherence to *open label* PrEP among young women in Cape Town in HPTN 067/ADAPT

- 179 women randomized to one of 3 arms in Cape Town (daily; twice weekly + post sex; event-driven)
  - **79% adherence, based on drug levels, at 30 weeks among women in daily arm**
  - Young women equally as adherent as older women
- Daily dosing may foster better habit formation and provide the most forgiveness for missed doses
- Adherence decreases at 6 months; need adherence support & reevaluate motivations for continuation



# Consider the comparison....

|                         | PrEP   | Oral contraceptive pills           |
|-------------------------|--|------------------------------------|
| <b>Initial approval</b> | Treatment<br>(of HIV)  | Treatment<br>(menstrual disorders) |
| <b>What it offers</b>   | Individual control over prevention   |                                    |
| <b>Concerns</b>         | Sexual behavior, adherence   |                                    |
| <b>Perfection</b>       | Perfect use is the ideal, but real-world use has real individual and population-level benefits |                                    |



And the pill isn't for everyone

Myers and Sepkowitz A pill for HIV prevention: déjà vu all over again? CID 2013


# Is PrEP Wanted?



# Next steps for implementation of PrEP for young African women

- Use oral PrEP as an ‘exemplar’ for understanding adoption of biomedical HIV prevention among young African women
- PrEP as part of combination HIV prevention including partner testing, condoms, behavioral interventions, and FP
- Social marketing to promote PrEP as a healthy choice
- Learn from early adopters: who chooses to use oral PrEP, how well do they adhere, and how long do they use PrEP?
- Pilot delivery models for integrated reproductive health and HIV prevention services

Celum et al, JIAS 2015



# Moving forward with PrEP

- Uganda PrEP guidelines 2016 – PrEP rollout to key populations
- PrEP as part of combination HIV prevention for young African women in PEPFAR DREAMS initiative.



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**Technical Guidance on Pre-Exposure Prophylaxis (PrEP) for Persons at High Risk of HIV in Uganda**

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## Govt rolls out drug to reduce HIV risk

By Fatumah Nalwanga Added 8th August 2017 09:38 AM

# We need to learn from delivering what works now

- Learn about reaching & motivating populations
- Addressing user & provider barriers in delivering primary HIV prevention strategies
- While evaluating new prevention strategies, in parallel
  - Because PrEP is not for everyone



# PrEP Summary

- Highly effective when used consistently
- Good safety
  - there are rare risks of effects on kidney that are reversible and can be monitored
- Must not be HIV infected to avoid resistance
  - Regular HIV testing to determine status
  - Resistance has not been an issue

