COMBINATION PREVENTION COUNSELING

SEXUAL RISK REDUCTION COUNSELING
PrEP ELIGIBILITY ASSESSMENT
PrEP USE PLAN

KR Amico, JC Hojilla, RM Grant. (July 2015). v1.1. Based on Integrated Next Step Counseling (iNSC), a strategic counseling model developed in iPrEx; additional information from New York Department of Health and Mental Hygiene. For further information, contact: ramico@umich.edu or carlo.hojilla@ucsf.edu
Ask & Explore
How would you describe your current sexual health situation?

Summarize Strengths & Challenges
It sounds like your strengths are... (being motivated, current protection strategies, positive attitude)
And some challenges you face are...(recent breakup, difficulty accessing services, intimate partner violence, drug use, depression)

Identify
What do you think would need to happen for it to feel a bit easier to (stay HIV-negative, reduce risk)

Strategize
How could you see that happening?
There are a few things you may want to consider. Can I share those with you?

Generate menu of options.

MENU OF SAFER SEX STRATEGIES TO CONSIDER
- Regular HIV/STI testing
- Using water-based lubricants
- PrEP or pre-exposure prophylaxis
- PEP or post-exposure prophylaxis
- Reduce number of partners
- Reduce drug/alcohol use
- Using clean needles and not sharing
- Discuss HIV status with sex partners
- Safe pregnancy/conception plan
- Condom use (male & female condoms)

Commit or Continue
Of these strategies, what would you be willing to try or continue doing from now until your next visit?
• Do you use condoms only sometimes or not at all?
• Are you having sex with more than one person?
• Do you have sex with people whose HIV status you don’t know?
• Are you in a relationship with an HIV-positive partner?
• Do you desire pregnancy with an HIV-positive partner?
• In the past year, have you:
  – Taken PEP to prevent HIV infection?
  – Had a sexually transmitted infection?
  – Used drugs like poppers, cocaine, ecstasy, or others?
• Do you inject drugs?

PrEP

Introduce PrEP

PrEP is proven to reduce the risk of HIV in men and women if taken daily. Common side effects include nausea or cramping in 1:10, kidney dysfunction in 1:200, or a small decrease in bone density.

Assess Patient Interest

Are you interested in trying PrEP?

YES
Develop PrEP use plan

NO
Summarize SRR plan
PrEP Use Plan

ALIGN

Ask & Explore
How would taking a pill everyday fit or not fit in your life right now?

Summarize Strengths & Challenges
It sounds like your strengths are… (already taking a medication daily, easy to link to daily event, positive attitude)
And some challenges you have with daily pill taking are… (away from home, busy schedule, substance use, toxicity concerns, lack of privacy)

BRAINSTORM

Identity & Strategize
Given what we just talked about, what kinds of things need to happen for you to take PrEP everyday?
I have some ideas from other PrEP users that may help. Can I share those with you?

Generate menu of options.

MENU OF STRATEGIES TO CONSIDER
- Link PrEP to daily routine or event (like brushing teeth)
- Take at same time everyday
- Identify what to do if dose is missed
- Using a pillbox
- Understand side effects & how to manage side effects
- Disclose PrEP use to significant other
- Plan for intentional discontinuation
- Using reminder alarms/texts or calendar
- Have back-up supply in bag/purse

COMMIT

Commit or Continue
You said you’ll use this strategy. I’ll check in on you about this at your next visit.