PEP, PrEP, and TasP

OBJECTIVES

At the end of this unit, participants will be able to:

- Understand what PrEP (pre-exposure prophylaxis) is, who it is for, and how it is paid for
- Understand what PEP (post-exposure prophylaxis) is, who it is for, and how it is paid for
- Understand what TasP (treatment as prevention) is and who it is for
- Understand the concept of U=U (Undetectable = Untransmittable)

INSTRUCTIONS

1. Before the session, review slides and talking points. If you don’t have access to a projector and computer prepare flip charts with the Jeopardy questions and answers (1 per sheet). Make another flipchart with the title: SCORE SHEET for the game activity.
2. Welcome participants.
3. Break the participants into two teams and ask each team to name themselves to prepare for the Jeopardy game later in the session.
4. Review the unit objectives. Write team names on flipchart paper and post so all participants can see.
5. Engage participants and review the slides as follows:

PEP
6. Ask, “What is PEP?” Take responses from participants, then review slide 3.
7. Ask, “When should PEP be taken?” Take responses from participants, then review slide 4.
8. Ask, “Is PEP free?” Take responses from participants, then review slide 5 and engage in a discussion about where their clients can receive this service at no cost.

PrEP
9. Ask, “What is PrEP?” Take responses from participants, then review slides 6–7, and open for discussion.
10. Ask, “Who is recommended to take PrEP?” Take responses from participants, then review slide 8.

(continued)

Related C3 Roles

Providing culturally appropriate health education and information

Related C3 Skills

Education and facilitation skills, knowledge base

Method(s) of Instruction

Lecture, question and answer game

Estimated time

60 minutes

Key Concepts

HIV prevention, pre-exposure prophylaxis, post exposure prophylaxis, treatment as prevention, Undetectable = Untransmittable

Materials

- Computer with internet access and projector
- PowerPoint slides
- Flip chart
- Markers
- 2 call bells
- Prizes such as candy, snacks, pens or other small items for game winners

Resources

- Project Inform PrEP Navigation Bootcamp
- Centers for Disease Control (CDC) resources on HIV/AIDS and PrEP
  https://www.cdc.gov/hiv/
  https://www.cdc.gov/hiv/basics/prep.html
- The Well Project: https://www.thewellproject.org/hiv-information/prep-women
- Prevention Access Campaign
  www.preventionaccess.org/
- Medication Assistance Programs
  https://www.nastad.org/prepcost-resources/prep-assistance-programs
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**INSTRUCTIONS**

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Treatment as Prevention (TasP)

12. Ask, “Has anyone heard of Treatment as Prevention?”
    Take responses from participants, then review slide 10.

U = U

13. Ask, “What is U = U? Take responses from participants,
    then review slide 11.

Game Time (slides 12-30)

14. Have the participants get into their 2 teams. Make sure each team is recorded on a Flipchart marked SCORE SHEET.

15. Give each team a call bell to ring when they know the answer. If the team that rings the bell doesn’t get the correct answer, allow the other team to answer. If neither team gets the correct answer, the facilitator will provide the answer. When a team gets a correct answer, record 1 point on the Score Sheet.

16. Review the Questions and answers provided on PowerPoint slides.

17. Record the correct answers and team points on a flip chart sheet.

18. Tally up the points and the team with the most points wins! Have participants applaud the group or give prizes to the winners.

19. Wrap up. To close, thanks participants and review the additional resources that appear on the final slide.
Objectives
At the end of this unit participants will be able to:
- Understand what PrEP is, who it is for, and how it is paid for
- Understand what PEP is, who it is for, and how it is paid for
- Understand what TasP is and who it is for
- Understand the concept of U = U

What is PEP?
- PEP: Post-exposure prophylaxis
- PEP consists of an HIV regimen (raltegravir (Isentress) and Truvada)
- PEP is taken within 24 to 72 hours of being possibly exposed to HIV
- Once prescribed, must be taken for 28 days

When Should PEP Be Taken?
- If the condom broke and you’re unaware of your partner’s status
- If you shared needles and works to prepare drugs (cotton balls, cookers, or water)
- If you’ve been sexually assaulted
- Healthcare workers – needle stick from drawing blood from someone with HIV
- PEP should only be used in an emergency situation
SLIDE 5
Ask the question, take responses from participants, and engage in a discussion about where their clients can receive this service at no cost.

SLIDE 6
Ask the question, take responses from participants, and then review the slide.

SLIDE 7
Review the slide.

SLIDE 8
Ask participants when should people and providers consider PrEP? Take responses from participants, then review the slide.
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SLIDE 9
Ask the question, take responses from participants, and then review the slide.

SLIDE 10
Ask participants if they have ever heard of Treatment as Prevention. Take responses from participants and then review the slide.

SLIDE 11
Ask the question, take responses from participants, and then review the slide.

SLIDE 12
Give the game instructions: Each team will have a call bell to ring when they know the answer. The first team to ring the bell gets a chance to answer the question. If the team gets the correct response, they get 1 point. If the team that rings the bell doesn’t get the correct answer, allow for the other team to answer. If neither team gets the correct answer, the facilitator will provide the answer. Record the correct answers and team points on a flip chart sheet.
SLIDE 13
Read the question and allow teams to ring in.

What does PEP stand for?

SLIDE 14
Review the answer with participants and clarify any confusion.

Post-exposure prophylaxis

SLIDE 15
Read the question and allow teams to ring in.

True or False: Treatment as Prevention is a form of prevention for people who are HIV negative.

SLIDE 16
Review the answer with participants and clarify any confusion.

FALSE: Treatment as Prevention is used to prevent transmission from a person with HIV.
SLIDE 17
Read the question and allow teams to ring in.

TRUE OR FALSE:
If a person take PrEP as prescribed, they have a 90% chance of not acquiring HIV.

SLIDE 18
Review the answer with participants and clarify any confusion.

TRUE: When a person who is HIV negative takes PrEP as prescribed it lowers the risk of acquisition of HIV by 90%.

SLIDE 19
Read the question and allow teams to ring in.

For prevention, what can be taken along with using condoms?

SLIDE 20
Review the answer with participants and clarify any confusion.

PrEP can be taken along with the use of condoms.
**SLIDE 21**

Read the question and allow teams to ring in.

**Question**

When a person with HIV is adherent to their meds, and has an undetectable viral load and high T-cells, what happens?

**SLIDE 22**

Review the answer with participants and clarify any confusion.

**Answer**

They have a 96% chance of not transmitting the virus to their partner(s).

**SLIDE 23**

Read the question and allow teams to ring in.

**Question**

Is PrEP free?

**SLIDE 24**

Review the answer with participants and clarify any confusion.

**Answer**

- Medicaid usually covers it for those who are covered under that insurance. Private insurance companies cover PrEP with pre-authorization (client has to pay their co-pays).
- Programs are available like Gilead Advancing Access (cover co-payments, deductibles, and co-insurance), the Patient Access Network (cover co-payments, co-insurance and deductibles) and the Patient Advocate Foundation (covers only co-payments).
SLIDE 25
Read the question and allow teams to ring in.

SLIDE 26
Review the answer with participants and clarify any confusion.

SLIDE 27
Read the question and allow teams to ring in.

SLIDE 28
Review the answer with participants and clarify any confusion.
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SLIDE 29
Read the question and allow teams to ring in.

What does TasP stand for?

SLIDE 30
Review the answer with participants and clarify any confusion.

Add up points for the game and award small prizes to the winning team!

SLIDE 31
Thank participants and mention additional resources.

Resources
- Project Inform PrEP Navigation Bootcamp
- Centers for Disease Control (CDC) resources on HIV/AIDS and PEP, PrEP
  https://www.cdc.gov/hiv/
  https://www.cdc.gov/hiv/basics/pep.html
  https://www.cdc.gov/hiv/basics/prep.html
- Prevention Access Campaign
  www.preventionaccess.org
- Medication Assistance Programs
  https://www.nastad.org/prep-cost-resources/prep-assistance-programs
Acknowledgments

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