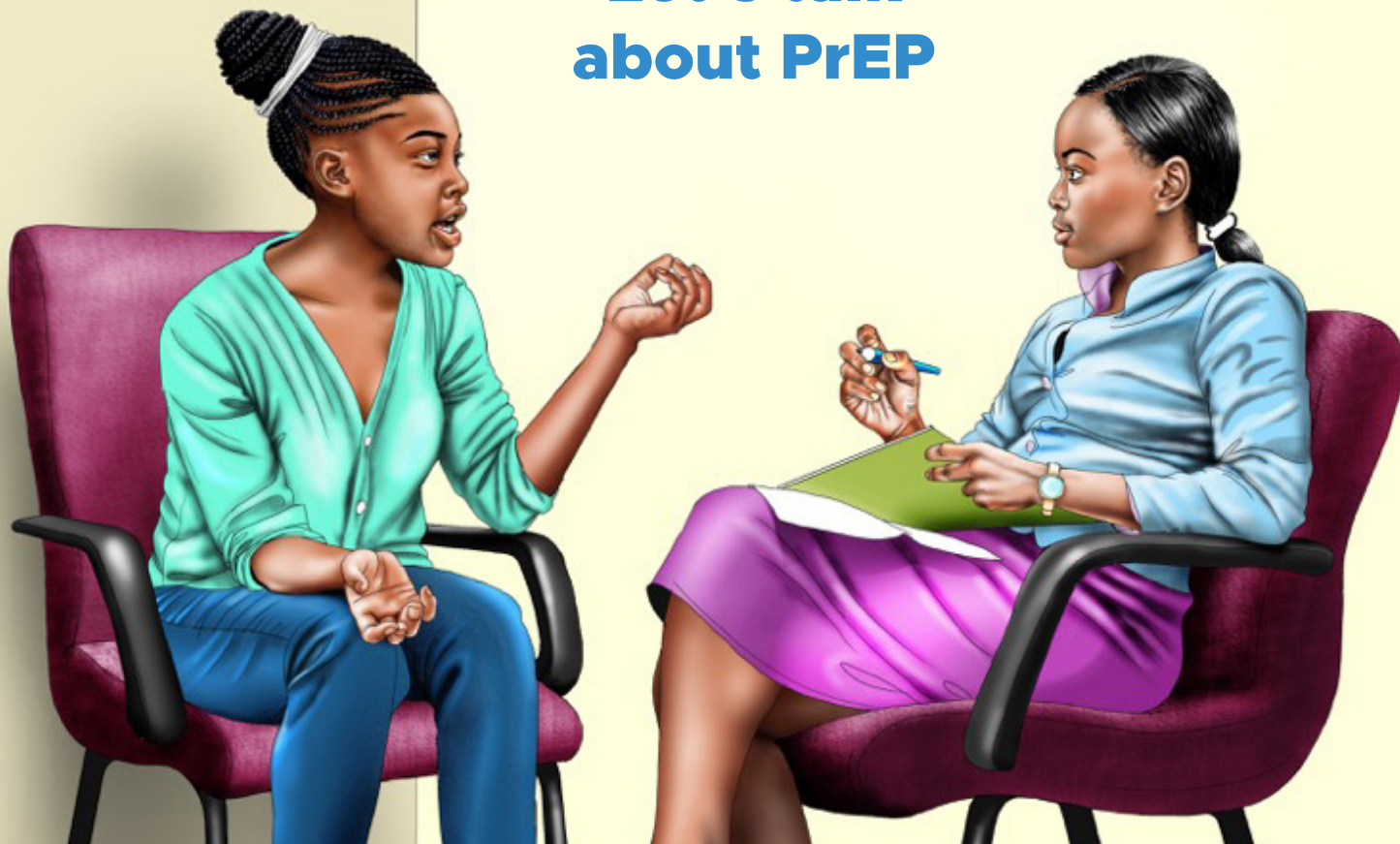


Let's talk about **PrEP**

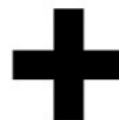
HEALTH CARE WORKERS COUNSELLING BOOKLET



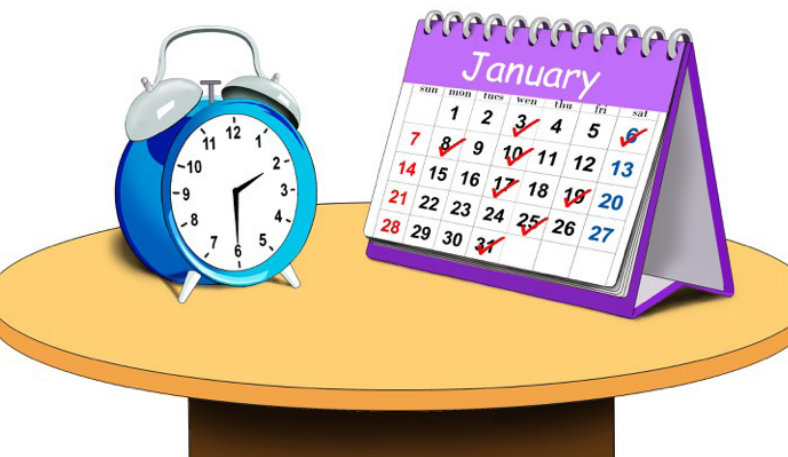
Let's talk about PrEP



Theme	Adherence message/action
Climate Setting	<ul style="list-style-type: none"> • Welcome the client • Introduce yourself to the client (name and role) • Reassure client about confidentiality
Assess the client's risk profile	<ul style="list-style-type: none"> • Review the client's self-assessment finding • Administer the provider RAST and explore further substantial ongoing risk e.g. alcohol and substance abuse • Discuss with the client their lifestyle and explain how this puts them at risk of acquiring HIV



Theme	Adherence message/action
What is PrEP?	<ul style="list-style-type: none"> Find out from the client their knowledge about PrEP. Emphasis that PrEP is a preventive method for HIV negative people to reduce their risk of acquiring HIV
How do you take PrEP?	<ul style="list-style-type: none"> PrEP tablets can be taken any time of day, with or without food. Pick a time of the day that is most convenient to you Then consistently take one tablet daily at this time <p>IMPORTANT: It takes up to 7 days of daily use of PrEP to achieve maximum protection. During this period, you are encouraged to practice safe sex e.g. correct use of male or female condoms and not sharing needles</p>



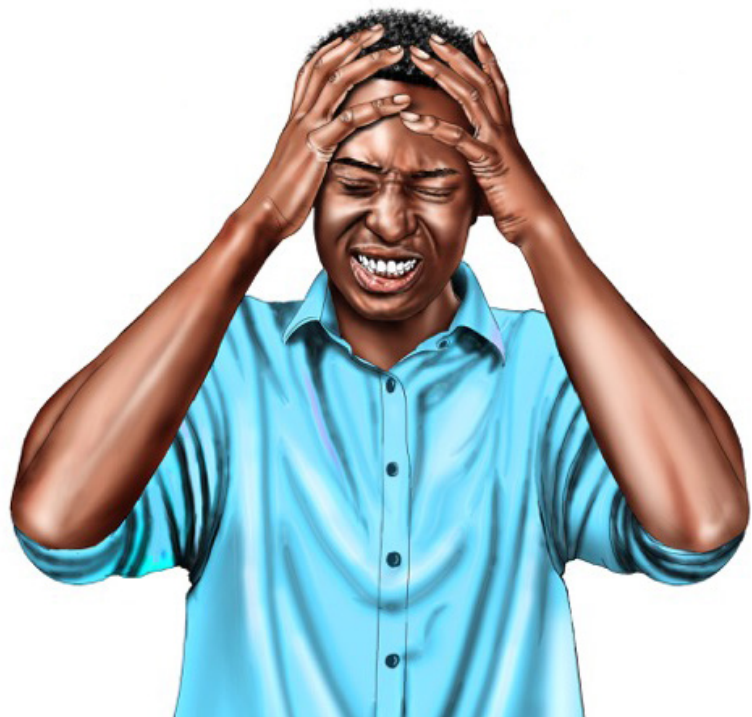
Theme	Adherence message/action
PrEP Adherence	<p>To help you remember to take PrEP each day;</p> <ul style="list-style-type: none"> • Link your time of taking PrEP to a daily activity such as brushing teeth • Use reminder devices like a cell phone alarm • Enrol into an SMS reminder system • Enrol in a psychosocial support group
What should you do if you forget to take PrEP?	<p>In case you forget to take your PrEP, take it as soon as you remember. Do not exceed one tablet per day.</p>
Does PrEP work?	<p>PrEP works effectively if taken as prescribed by your health care provider.</p>



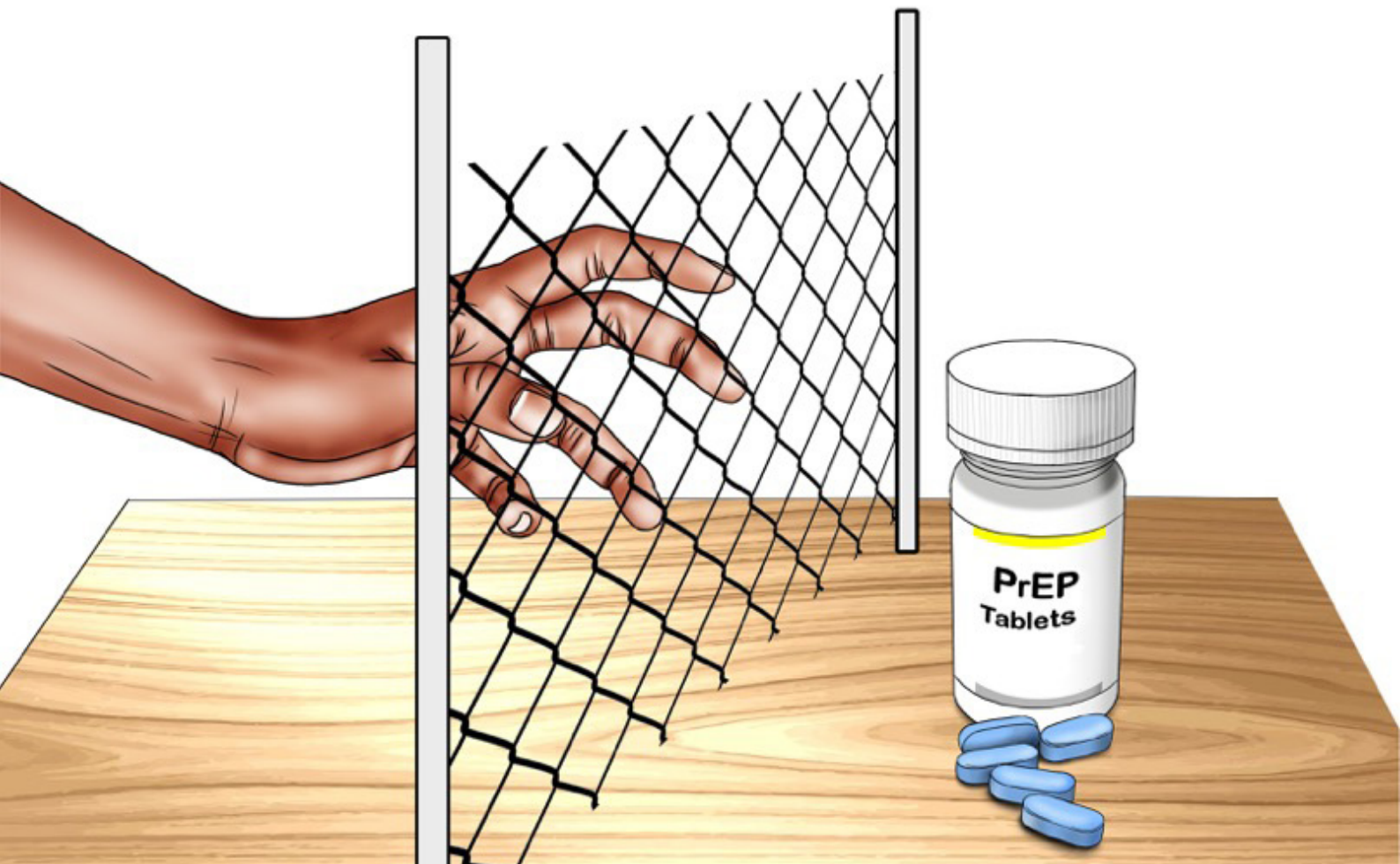
Theme	Adherence message/action
PrEP follow-up	<ul style="list-style-type: none"> • HIV test will be done one month after PrEP initiation and subsequently every three months during the duration you are on PrEP • PrEP refill is done on a monthly basis
Stopping PrEP	<p>If you want to stop taking PrEP;</p> <ul style="list-style-type: none"> • Discuss with your Health care provider. • You can stop using PrEP 28 days after your last possible HIV exposure or if you are no longer at substantial ongoing risk of acquiring HIV infection. <p>IMPORTANT: Include circumstances under which PrEP can be discontinued</p>



Theme	Adherence message/action
Protection from other STIs	<ul style="list-style-type: none"> • PrEP does not offer protection from other STIs such as gonorrhoea, syphilis, herpes etc. • Use of condoms alongside PrEP reduces chances of acquiring sexually transmitted infections. • Discuss with your provider if you suspect that you have an STI (genital sores or discharge) for early treatment.
Contraceptive	<ul style="list-style-type: none"> • PrEP does not prevent pregnancy. • PrEP can be used with contraceptives.
PrEP safety	<ul style="list-style-type: none"> • PrEP is generally safe and well tolerated. • PrEP does not interfere with male or female fertility.
PrEP during pregnancy and breastfeeding	<ul style="list-style-type: none"> • PrEP can be used safely during pre-conception, pregnancy and breastfeeding. • The risk of HIV infection is high during pregnancy and breastfeeding.



Theme	Adherence message/action
Side effects	<p>Just like any other medication, PrEP has side effects which varies from individual to individual. They include</p> <ul style="list-style-type: none">• nausea,• diarrhoea,• vomiting,• decreased appetite• abdominal cramping or flatulence• dizziness or headaches. <p>Discuss with your provider if these side effects are severe or they persist for longer than one month.</p>
Disclosure	<p>The decision on whether or not to tell anyone about your PrEP use is your personal choice.</p>

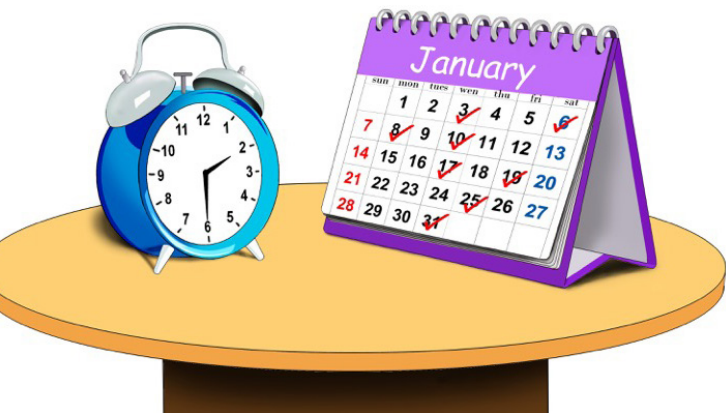


Theme	Adherence message/action
Barriers to PrEP Adherence	Discuss with the client any challenges that may affect PrEP adherence and explore potential solutions
Client concerns	Recap with the client on previous discussions and address any client concerns
Goal setting	Agree with the client on the HIV prevention goal.



Follow-up counselling

Theme	Adherence message/action
Climate Setting	<ul style="list-style-type: none"> • Welcome the client • Introduce yourself to the client (name and role) • Reassure client about confidentiality
Assess	<ul style="list-style-type: none"> • Client's understanding on PrEP • Adherence (use pill count, self-report) • Specific reasons for non-adherence • Side effects • Ongoing risks (RAST) • HIV prevention goal as agreed upon at initiation (remind them if they have forgotten) • Risk reduction efforts since last visit • Challenges to adherence and risk reduction • Possible acute seroconversion illness <p>IMPORTANT: Allow the client to ask any questions about PrEP</p>

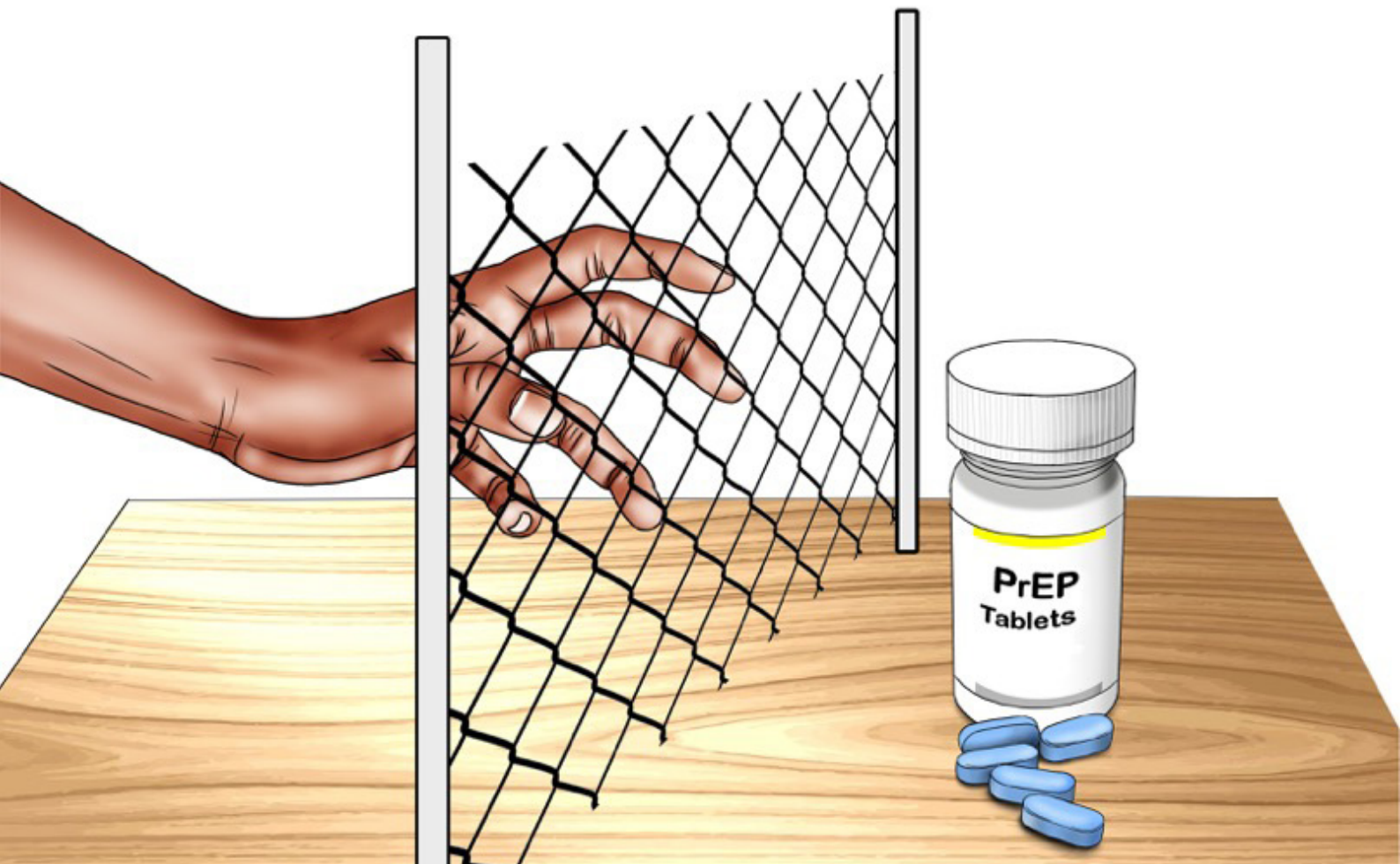


Theme	Adherence message/action
Advise	<ul style="list-style-type: none"> • Approaches to strengthen or improve adherence • Emphasize need for adherence and ongoing risk reduction including consistent use of condoms to prevent STIs and pregnancy. • For people who inject drugs (PWID), refer to a Needle and Syringe Exchange Program and Methadone Assisted Therapy • Remind clients circumstances under which PrEP can be discontinued
Agree	<ul style="list-style-type: none"> • Together with the client, develop adherence and risk reduction goals
Assist	<ul style="list-style-type: none"> • Provide client with reading material, and a telephone number for consultation if available
Arrange	<ul style="list-style-type: none"> • Schedule next counselling/refill appointment date



Restarting PrEP

Theme	Adherence message/action
Climate Setting	<ul style="list-style-type: none">• Welcome the client• Introduce yourself to the client (name and role)• Reassure client about confidentiality
Assess the client's risk profile	<ul style="list-style-type: none">• Review the client's self-assessment finding• Administer RAST and explore further substantial ongoing risk e.g. alcohol and substance abuse• Discuss with the client their lifestyle and explain how this puts them at risk of acquiring HIV



Theme	Adherence message/action
Reasons for discontinuation	<ul style="list-style-type: none"> • Discuss and explore with the client the reasons why they stopped PrEP • Assess if the barriers still exist • Discuss their plans to overcome the barriers.
Goal setting	Discuss and agree with the client on their HIV prevention goal
Restarting PrEP	Refer to the PrEP restarting protocol

Let's talk about PrEP

HEALTH CARE WORKERS COUNSELLING BOOKLET



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