

Post-Exposure Prophylaxis (PEP): Assess, Test, Initiate, and Connect

STEP 1: Assess—Was there an exposure and is nPEP indicated?

LOW or NO-RISK EXPOSURES:

- Oral sexual contact with vagina, penis, or anus
- Exposure to non-infectious fluids like saliva, vomit, sweat, urine, or feces
- Needle stick without recent exposure to blood

STOP:
nPEP not indicated.

HIGHER-RISK EXPOSURES:

- vaginal or anal intercourse without a condom
- Exposure to blood or other contagious body fluid (semen, pre-ejaculate, vaginal fluid, or breast milk) contacting mucous membrane or open skin.
- Needle sharing or needle stick

Is patient presenting within 72 hours?

YES

STEP 2: Test — Order appropriate tests (tests in bold are highest priority)

TESTING OF EXPOSED PERSON

- **Urine pregnancy testing** for all women and transgender men
- **HIV Ag/Ab**
- **HBsAg**, anti-HBsAb, anti-HBcAb,
- Anti-HCV Ab
- Syphilis testing with RPR or reverse algorithm
- Chlamydia and Gonorrhea (urine specimen, and vaginal/ , throat/ , and/or rectal swab if reporting receptive vaginal/oral, and/or anal sex).
- ALT, AST, and creatinine
- If test results are not available, initiate nPEP

SOURCE TESTING, if source is available ^c

- HIV Ab/Ag
- HBsAg, anti-HBsAb, anti-HBcAb,
- Anti-HCV Ab
- Syphilis testing with RPR or reverse algorithm
- Chlamydia and Gonorrhea (urine specimen, vaginal/throat and/or /rectal swab)
- If the source person is positive for HIV, obtain HIV RNA and HIV genotypic resistance

STEP 3: Don't wait! Initiate — Provide 28-day course of recommended post-exposure prophylaxis

RECOMMENDED REGIMENS

For adults and children >13 years with normal renal function:

Truvada 1 tab daily (Emtricitabine 200mg and Tenofovir 300mg)

PLUS

Raltegravir 400mg PO bid **OR** Dolutegravir 50mg PO daily

ALTERNATIVE REGIMENS

Stribild 1 tab daily (Emtricitabine/tenofovir/cobicistat/elvitegravir)

Or page infectious disease consultant on call.

ADDITIONAL CONSIDERATIONS^c

- emergency contraception
- hepatitis B immunoglobulin if exposed person not immune and source patient confirmed to have hepatitis B infection.

For additional resources for accessing and paying for medications, refer patient to the Public Health Pharmacy at 976 Lenzen Avenue, San José.

Phone: 408-792-5169 Fax: (408) 792-5169

STEP 4: Connect — Assist patient in seeing a provider before completing nPEP

- Refer for follow up within 28 days before or before prescription runs out.

The Lenzen Public Health STD Clinic can see patients for PEP follow-up if no PCP or uninsured: (408) 792-3720

- Repeat testing for HIV at 4 and 12 weeks after exposure, pregnancy test
- Repeat HBsAg, and Anti-HCV Ab if exposed person is susceptible to HBV and HCV
- Repeat syphilis, gonorrhea, and chlamydia test at 3 and 6 months after exposure.
- Referral to PCP or Public Health for transition to Pre-Exposure Prophylaxis (PrEP) if possibility of ongoing risk of exposure.

For more help:

UCSF PEP Warm Line: (888) 448-4911 Available 6am – 6pm, 7 days/week. Clinician consultation for complex PEP cases.

Pharmacy at 976 Lenzen Avenue: (408) 792-5169 8:30am-5pm M-F; Prescription filling, side effects counseling, payment assistance program enrollment.

Santa Clara County Public Health Department: 9am – 5pm M-F. Clinical follow-up, payment assistance, counseling for new HIV Diagnoses.

PrEP/PEP Navigation (408) 792-3750

Disease Reporting (408) 792-5030

STD Clinic (408) 792-3720

^c If the source is known to be HIV-infected, information about viral load, ART medication history, and antiretroviral drug resistance should be obtained when possible to assist in selection of a PEP regimen.

Pre-Exposure Prophylaxis (PrEP) and Post Exposure Prophylaxis (PEP)

PACE & ID Clinic

Background

- In 2017, 3,361 individuals were living with HIV/AIDS in Santa Clara County. 156 new cases.
- Pre-exposure prophylaxis (PrEP), the provision of medication prior to HIV exposure serves as a powerful tool for HIV prevention.
- Post-Exposure Prophylaxis (PEP) is an additional strategy for HIV prevention wherein daily medications are initiated after HIV exposure to prevent HIV infection. PEP must be started within 72-hours to be effective as efficacy wanes as time passes from the exposure event.
- Although PEP and PrEP are highly effective HIV prevention strategies, stigma related to sexual/gender identity as well as challenges with access to medical care and/or provider comfort with assessing and managing a patient's sexual health have limited utilization.

New Service

- PACE clinic is committed to getting to zero new HIV infections and ending the AIDS epidemic. We've created a separate department utilizing existing PACE facilities and staff to focus solely on prevention of HIV within Santa Clara County, the PACE – PrEP/PEP clinic.
- PrEP/PEP clinic will initiate or facilitate access to and follow up for PEP as per CDC guidelines for patients who are identified while the clinic is open.
- Patients or providers contacting the clinic for PEP when the clinic is closed will be referred to an emergency room for medical evaluation and PACE will attempt to follow up with the patient or provider the next business day to facilitate PEP access, follow up and assessment/transition to PrEP.

Assessment

- Who needs PrEP?
 - The CDC recommendation is **anyone who**:
 - ✓ Are HIV negative in an ongoing sexual relationship with an HIV positive partner
 - ✓ Isn't in a mutually monogamous* relationship with a partner who recently tested HIV-negative, *and*
 - ✓ is a gay or bisexual man who has had anal sex without using a condom or been diagnosed with an STD in the past 6 months, *or*
 - ✓ Is a heterosexual man or woman who does not regularly use condoms during sex with partners of unknown HIV status who are at substantial risk of HIV infection (for example, people who inject drugs or women who have bisexual male partners).
 - ✓ **Has injected drugs** in the past 6 months and have shared needles or works or been in drug treatment in the past 6 months.
- Who needs PEP?
 - Anyone who are HIV negative or don't know their HIV status, and in the last 72 hours may:
 - ✓ Have been exposed to HIV during sex
 - ✓ Shared needles and works to prepare drugs
 - ✓ Were sexually assaulted

Referral

The new department is now live on HealthLink (11/15/2019). It is called **MPC PREP CLINIC**. Place referral order as "AMB REFERRAL TO PREP CLINIC". At least ONE of the following criteria is appropriate for referral to the PACE PrEP Clinic:

The screenshot shows the Epic referral form interface. At the top, there are tabs for 'Routine', 'Urgent', and 'Elective', with 'Routine' selected. Below this is a 'Reason for Referral' field. A red warning icon indicates a required field. The main body of the form contains a list of criteria for referral, each with an unchecked checkbox:

- Requests PrEP
- Prescribed PEP
- Currently on Previously on PrEP
- Condomless sex with men
- HIV+ partner
- Frequent bacterial STI
- IDU or stimulant abuse
- Commercial sex work
- M --> F transgender
- Patient reports recent potential exposure to HIV
- Other

At the bottom, there is a 'Comments' section with a text area and various icons for adding attachments or links.

The screenshot shows the Epic 'Schedule' view for the 'MPC PREP Department (All Providers)'. The date is set to 'Nov 15, 2019'. A calendar grid shows the days of the week from Sunday to Saturday. The date '15' (Friday) is highlighted in green. Below the calendar, there is a dropdown menu for 'Dept:' with 'MPC PREP' selected. There is a '+ Create' button and a list of schedule items, with 'MPC PREP' selected.

If your patient requires PEP and is available to you currently on the phone or in person, please INITIATE PEP IMMEDIATELY AND BEFORE referring to PACE clinic. PEP should NOT be delayed under any circumstance as efficacy wanes from the moment of exposure and by 72-hours efficacy is negligible. If urgent consultation is needed during clinic hours please contact PACE clinic at 408 885 4690 or if after clinic hours, the UCSF PEP line at 888 448 4911.

Coverage

Daily Truvada for PrEP or for PEP is covered by most insurance plans including Medi-Cal, Valley Health Plan, and Medicare Part D. Insurance companies in California are restricted by law from requiring prior authorization for PrEP. For uninsured patients the manufacturer of Truvada offers assistance that can be setup within 5-minutes.