

Navigating PrEP Choice Counselling: Provider Tools & Resources in the CATALYST Implementation Study




2024 AFRICA REGIONAL
PREP WORKSHOP

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Outline

- What is PrEP choice counselling?
 - Providers questions about PrEP choice counselling
 - CATALYST tools & resources for providers
 - Health provider training
 - HIV Prevention Journey Tool
 - Fact sheets
 - Pelvic models
 - Demo rings
- 

Choice counselling is part of a **conversation**



Provider assists the client to make an informed choice as part of the counselling process - whereby the provider and client explore the client's knowledge and needs in relation to the available options.



The provider needs to ask questions, provide information, and answer questions. Based on this process, the client is supported to make an informed decision.



Providers questions about choice counselling

- **Information Delivery:** What is the essential information clients need to make an informed choice?
- **Counselling Tools:** How can providers use tools and prompts to balance detail and critical information?
- **Ring Efficacy:** How can providers best explain ring efficacy in a simple manner to clients?
- **Counselling on CAB tail:** How and what is the best way to communicate the challenges with the CAB tail to clients?
- **Clients who "know what they want":** How to respond to clients who come in with a method in mind? Do they still need choice counselling?
- **Clients who are in a hurry:** How do we deal with clients in a hurry, and who just want a quick consultation so they can leave – is a shortened session still proper counselling?

PrEP Choice Training

GOAL

The training is intended to help providers:

- understand what choice and choice counselling means
- learn how to communicate with their clients about choice of HIV prevention methods
- learn how to assist clients to select the method that best meets their unique lifestyle and needs.
- become familiar with the tools available

LENGTH

- 60 – 90 minutes (provide sufficient time when role plays and case studies are used)

REQUIREMENTS

- Providers are required to complete the clinical training on specific HIV prevention methods prior to choice counselling.
- The training is not intended to instruct on HIV prevention methods and assumes understanding of different methods available in providers setting.

Choice Counselling Training Recommendations

In-person training is best to allow for choice counselling

On job training is needed for trained providers to improve their skills and provide a forum for cross learning.

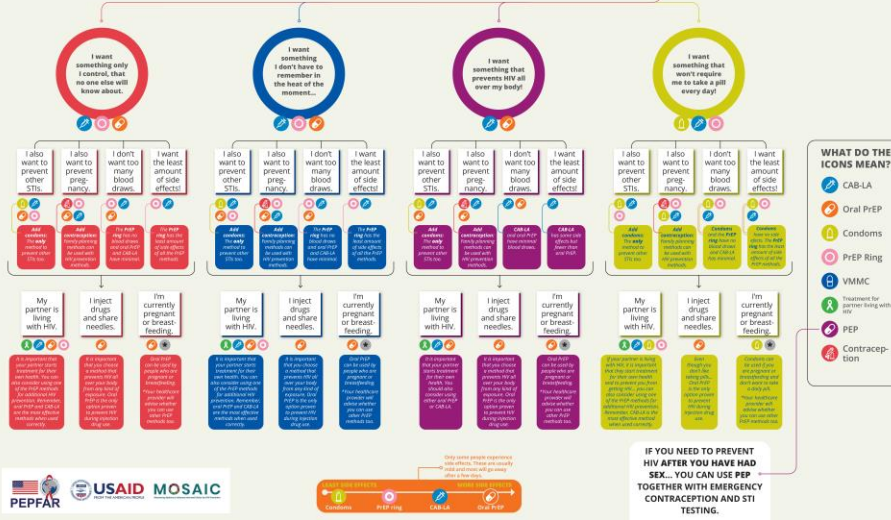
Choice counselling does not have a rigid script or methodology, nor does one glove fit all- it needs to be client centered and personalized.

Participative methods are useful to combine PrEP method knowledge and counselling skills – includes role plays, case studies and scenarios



JOURNEY TOOL INFOMAP

You may have many questions about different HIV prevention methods. These infomaps will help you navigate to a method that works for your life!

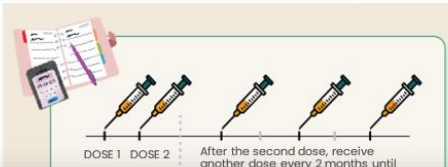


About Injectable PrEP (CAB PrEP)



How long-acting injectable cabotegravir for PrEP (CAB PrEP) works

Injectable cabotegravir (CAB PrEP) is one HIV prevention option that participants can choose in CATALYST. It is an antiretroviral (ARV) medication that is given as an injection every two months for people without HIV to reduce the chance of getting HIV. Because ARVs circulate throughout the body, they prevent HIV from entering human cells and multiplying itself. If the virus cannot multiply, it simply dies within the body.



About oral PrEP



How oral PrEP works

Oral pre-exposure prophylaxis (PrEP) is one HIV prevention option that participants can choose in CATALYST. It is a pill containing two antiretroviral (ARV) medications that can be taken by people without HIV to reduce the chance of getting HIV. The ARVs circulate throughout the body so that oral PrEP prevents HIV during vaginal, anal and oral sex. Oral PrEP prevents HIV from entering human cells and multiplying itself. If the virus cannot multiply, it simply dies within the body.

When taken as directed, oral PrEP reduces the chances of getting HIV by up to 90%. Most people will be protected after they have been taking oral PrEP for 7 days. For maximum HIV prevention, it is important to use oral PrEP in combination with condoms whenever possible.



About the PrEP Ring

How the PrEP ring works

The PrEP ring is one HIV prevention option that participants can choose in CATALYST. It is a flexible silicone ring inserted in the vagina containing the antiretroviral (ARV) medication dapivirine. It slowly releases dapivirine into the vagina over one month. Dapivirine works by preventing HIV from making copies of itself inside the vagina. If the virus can't make copies of itself, it simply dies within the body.



The PrEP ring can reduce the chance of getting HIV through vaginal sex by about 50% or more when kept in place for a whole month. The ring must be in place for 24 hours before it provides maximum HIV prevention. For maximum HIV prevention, it is important to use PrEP ring in combination with condoms whenever possible.



Using the PrEP ring successfully

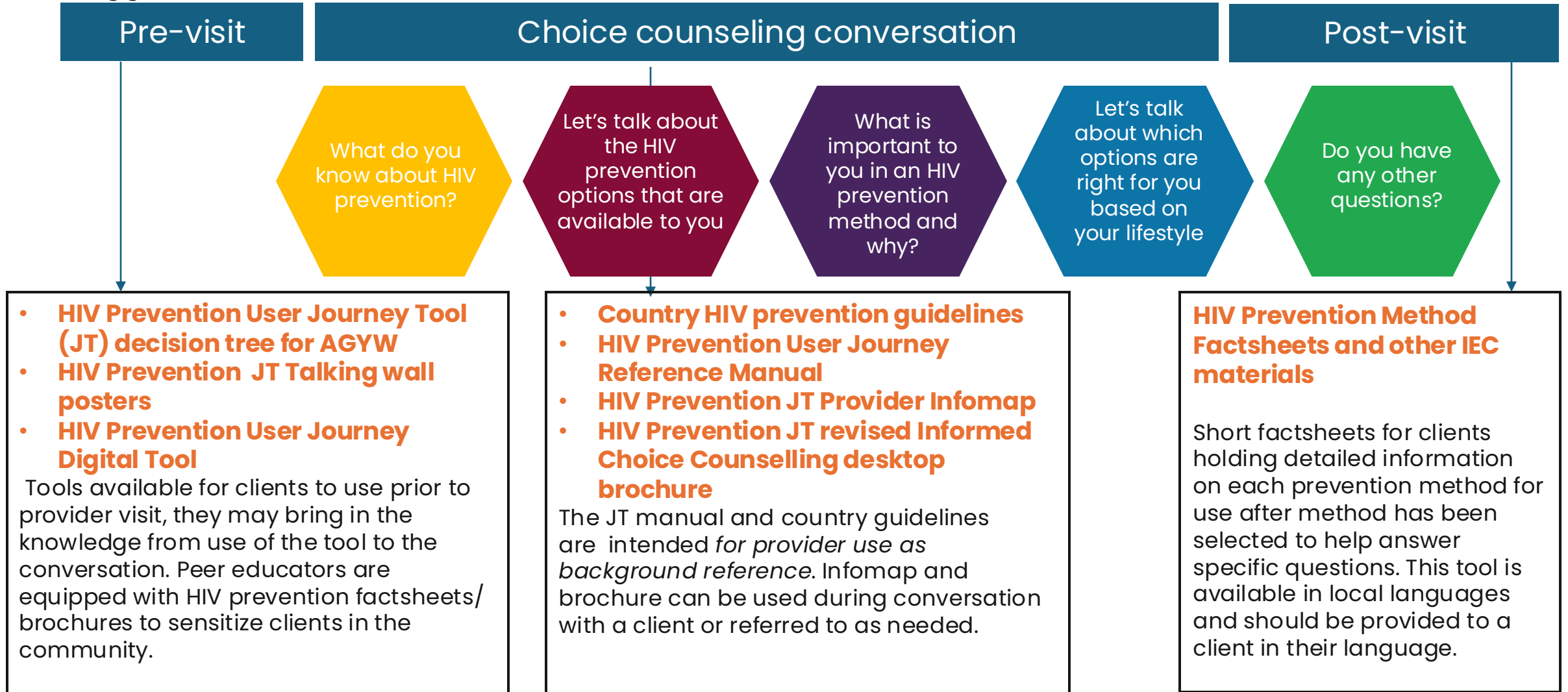
- **INSERT A NEW PrEP RING EACH MONTH** – the ring can be inserted and removed by the user or with help from a provider.
- **USE WITH OTHER FORMS OF PREVENTION** – the PrEP ring does not prevent HIV during anal sex or injection drug use. The ring also does not prevent other STIs or pregnancy. It is best to use condoms and effective contraception with the ring.
- **LIVE DAILY LIFE AS NORMAL** – the PrEP ring sits high and snug in the vagina. It is not usually felt in daily activities or by partners during sex. If inserted correctly, any discomfort can usually be resolved by pushing it further into the vagina with a finger.
- **GET NEW RINGS ON TIME** – receive a new set of rings every three months or as prescribed by a provider. An HIV test will need to be done at least once every three months.
- **THE RING SHOULD ONLY BE INSERTED VAGINALLY.**
- **NEVER SHARE THE PrEP RING** – everyone should see their health care
- **KEEP THE RING IN ALL THE TIME FOR THE BEST PREVENTION** – no need to

Tools to guide & support choice counselling alongside clients



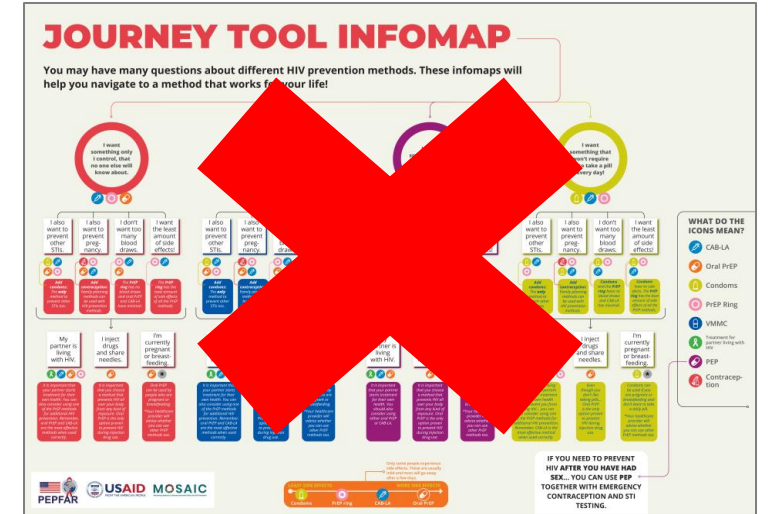
Tools to guide & support the choice counseling conversation

Suggested use for tools:

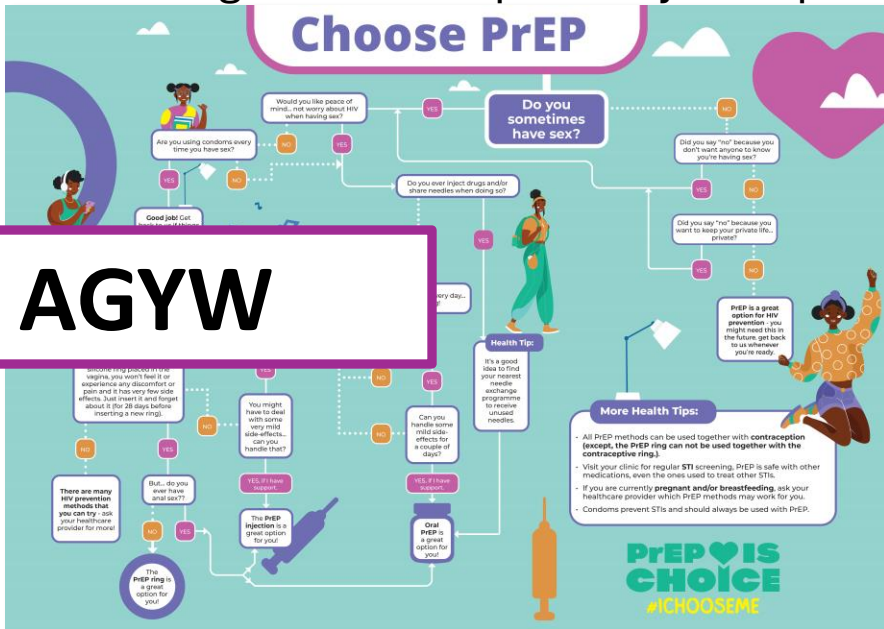


Journey Tool for Choice Counselling

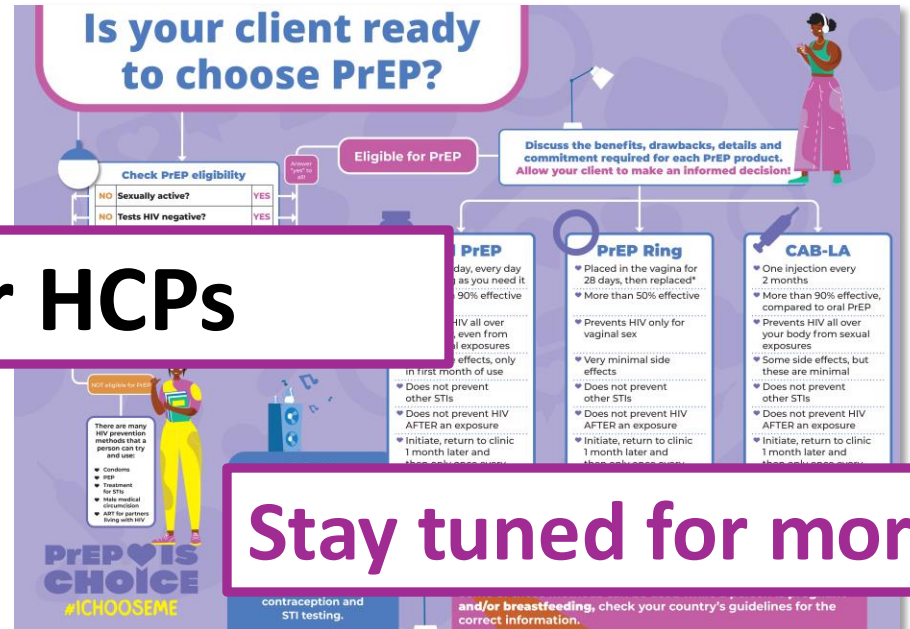
- Ongoing feedback and input has supported the notion that the current versions of the JT for providers are not optimal and require extensive simplification!
- The CATALYST demand generation team has received the feedback and will utilize it to provide tools and job aids that work for providers, and not against them.
- New **working versions** of a JT for providers and JT for AGYW will be shared on Thursday; join our demand generation and choice counselling sessions to provide your input!



For AGYW






For HCPs



Stay tuned for more!

PrEP CHOICE CHART

	ORAL PrEP 	Vaginal Ring PrEP* 	Injectable CAB PrEP 
HOW IS IT USED?	One pill every day	Placed in the vagina. Changed every 28 days. *Clean hands before insertion or removal to avoid infection	One injection once a month for the first two months, thereafter, one injection every two months.
FOLLOWUP PERIOD/REFILL	Follow-up at month 1,3, then every 3 months after. Drugs refill every follow-up.	Follow-up at month 1,3, then every 3 months after. Ring changed every 28 days, by provider or user.	Follow-up at month 1 then every 2 months after. Injection, at every follow-up, at the facility.

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When taken as directed, oral PrEP reduces the chance of getting HIV by up to 90%. Most people will be protected after they have been taking oral PrEP for 7 days. For maximum HIV prevention, it is important to use oral PrEP in combination with condoms whenever possible.

Using oral PrEP successfully

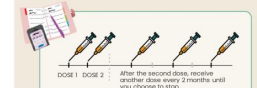
- **TAKE YOUR PrEP DAILY** — take a pill around the same time each day with or without food, however some find it helpful to take with food to reduce side effects.
- **GET REGULAR HIV TESTS** — get an HIV test at least every three months and possibly tests for the health of your kidneys.
- **KEEP YOUR HEALTHY LIFESTYLE** — everyone should see their health care provider to get their own oral PrEP.
- **GET YOUR PrEP ON TIME** — oral PrEP should be taken on a regular basis.

About injectable PrEP (CAB PrEP)



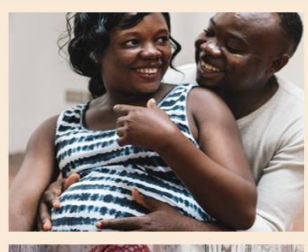
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CAB PrEP is more than 90% effective, which means it is the most effective PrEP method currently available. CAB PrEP starts preventing HIV for most people about one week after their first dose. For maximum HIV prevention, it is important to

Choosing the Right Method to Prevent HIV for Yourself and Your Baby



Using PrEP can help you prevent HIV — and that helps protect your baby too!

People are more likely to get HIV when they are pregnant or during the time after delivery (postpartum), and getting HIV at these times carries a higher risk of passing HIV to babies. For most people who live in places where HIV is common, there are **more benefits than risks of using an HIV prevention method** during pregnancy and postpartum.

HIV Prevention Method factsheets

- Some offer detailed information on each PrEP method
- Others focus on special populations:
 - Pregnant and Breastfeeding Populations
 - Transgender or Non-Binary persons
- A chart summarizes key messages across PrEP methods

Preventing HIV as a Transgender or Non-Binary Person

What are my pre-exposure prophylaxis (PrEP) options?

Daily Oral PrEP: When taken as directed, daily oral PrEP is highly effective in cisgender and transgender men and women, and nonbinary people. Daily oral PrEP starts preventing HIV for most people after they have been taking it for about seven days.

Event-driven PrEP: ED PrEP is another way to use oral PrEP that offers flexible prevention. ED PrEP is appropriate for people assigned male at birth who are not using gender-affirming hormones, do not want to take oral PrEP every day, have sex less frequently, and can plan for sex at least two hours in



Pelvic Model



Used to demonstrate
ring insertion

Useful for visualizing the
female pelvic anatomy

Has limitations, it lacks
flexibility

Demo PrEP Ring

- **Visual and Interactive Experience:** It provides a hands-on opportunity for potential users to see, touch, and interact with the Prep ring. Can create a more engaging and memorable experience than simply reading or hearing about it.
- **Clarity and Understanding:** It can help clarify product features, benefits, and how it works. It can be used together with the pelvic model.
- **Addressing Concerns:** Using it can help potential users voice concerns or questions for a provider to address.



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PROVIDER EXPERIENCE IMPLEMENTING CHOICE COUNSELLING

BAR HOSTESS EMPOWERMENT SUPPORT PROGRAM (BHESP)-
MOWLEM
SEPTEMBER 2024



About BHESP DiCE

- Stand-alone DiCE
- Women led and sex worker led
- Local IP sub-awarded by University of Nairobi
- Peer led model
- ✓ 60 peer educators led by 6 outreach workers
- ✓ 223 linked Hotspots



Background

- As the HIV prevention field continues to grow and introduce new HIV prevention methods such as the PrEP ring and CAB for PrEP, individuals have more options to choose from
- But having options alone does not equal having choice.
- To benefit from the availability of multiple PrEP options, PrEP users need to be able to make an informed choice.



When is a client making an informed choice?

Informed choice happens when....

- A client has all the information about different HIV prevention methods that is accurate and understandable
- A client makes a decision of the HIV prevention methods they want to use
- A client can make a decision for the best method that suits them according to their needs and lifestyle

Provider experiences implementing PrEP CHOICE



- Counselling period: From 5 min to 15 minutes counselling.
- Choice support provided:
 - Training (initial & sensitization)- Role plays are the best way to learn
 - Job Aids (CATALYST) & Others
 - Demo rings & pelvic models
 - One-on-one coaching with providers
- More time taken with the PrEP naive clients.
- FAQs: Ring & menses, pregnancy, IUD, discussing ring efficacy.



Role Plays and PrEP choice

- Learning best strategies from peers
- Providing real world scenarios to help providers learn
- Understanding context; how to explore HIV risk for FSWs



Strategies for Effective Choice Counselling

PrEP CHOICE CHART

	ORAL PrEP 	Vaginal Ring PrEP* <small>For Persons Aged 18 Years or Older Only</small> 
HOW IS IT USED?	One pill every day	Placed in the vagina. Changed every 28 days. *Clean hands before insertion or removal to avoid infection
FOLLOWUP PERIOD/REFILL	Follow-up at month 1, 3, then every 3 months after. Drug refill at every follow-up.	Follow-up at month 1, 3, then every 3 months after. Ring changed every 28 days, by provider or user.

- Exploring prevention choices and solutions; identify small wins and achievable next steps in reducing a client's likelihood of getting HIV
- Cultural Sensitivity – Being aware and respecting cultural beliefs and practices.
- Ensuring that clients have sufficient understanding so that they feel confident using their methods
- Encouraging clients to ask any questions, dispel myths and provide information that they can understand

Challenges

Time
constraints

Provider
biases

Client's
resistance

Sexual
practices
conversations

Client health literacy



Conclusion

HCPs should have an understanding of how HIV prevention products work

The informed choice discussions should be client centered

HCPs need to ask questions, provide information, and answer questions to support clients make an informed decision.