

Vibe with the NextGen Squad

YOUTH-LED HIV PREVENTION WEBINAR SERIES
SESSION 3
11 DECEMBER 2024



Welcome!

Welcome to this session of *Vibe with the NextGen Squad!*

PLEASE INTRODUCE YOURSELF IN THE CHAT!
TELL US YOUR NAME, COUNTRY, & ORGANIZATION

This will be **interactive!**

We want to hear from **YOU!**

Feel free to write questions and comments in the chat.

This call will be recorded.

Agenda

1. Welcome

2. Introduction

3. Knowledge Poll

4. CAB PrEP 101

5. Chat with an Experienced CAB User

6. Q&A with a CAB PrEP Expert

7. Give us your feedback

8. Closing

Meet Your Facilitators



Celimpilo Nkambule | She/Her | Wits RHI | NGS South Africa

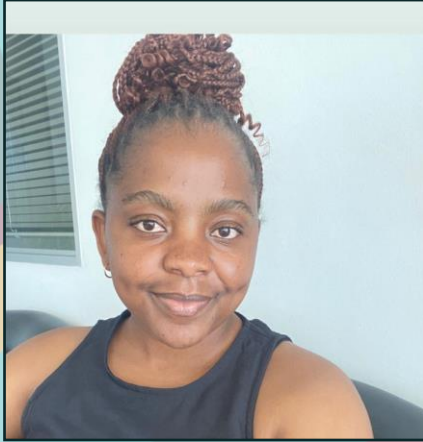
Celi is a Community Liaison Officer for the MOSAIC Project at Wits RHI. She holds certificates in HIV and AIDS counselling and testing as well as project management. As a Master Facilitator of the HIV Prevention Ambassador Training, she hopes to reach a point when there are several HIV prevention methods available for adolescent girls and young women to make informed choices about their health.



Adaobi Olisa | She/Her | FHI 360 | NGS Nigeria

Adaobi serves as a Technical Officer on the MOSAIC project. She is a CROI Community Educator Scholar, a fellow for the IAS Advocacy-for-HIV-Cure Academy and a member of AVAC's Clinical Trial Design Academy.

Meet Your Facilitators



Febbe Amutenya | She/Her | Jhpiego | NGS Namibia

Febbe is a Program Coordinator at Jhpiego. She believes in youth empowerment and advocates for meaningful youth engagement so that young people's perspectives are integrated into public health interventions.



Rubuna Nagai | She/Her | FHI 360 | NGS Uganda

Rubuna is a Technical Assistant and NextGen Squad member for the USAID-funded MOSAIC project. She has served as a Young Adolescent Peer Support (YAPS) trainer for Uganda's Ministry of Health, where she trained peers to deliver group and individual health education to adolescents and their caregivers, as well as to conduct pre-test counseling and referrals.

Vibe with **MOSAIC'S NEXTGEN SQUAD**

A youth-developed, youth-focused safe space to learn about HIV prevention methods





Helping adolescent girls and young women and other women prevent HIV by accelerating the introduction and scale-up of biomedical prevention products.



MOSAIC Project Overview

- 7-year global project funded by PEPFAR through USAID (2021-2028)
- Focuses on introduction and access for new biomedical prevention products to prevent HIV for women in sub-Saharan Africa
- Works across multiple countries – Botswana, Eswatini, Lesotho, Kenya, Namibia, Nigeria, South Africa, Uganda, Zambia, and Zimbabwe

VALUES

Country-led

Women-focused with emphasis on AGYW

Informed choice

Equitable co-leadership

Intentionality

MOSAIC'S NEXTGEN SQUAD

The NextGen Squad (NGS) is a team of **youth advocates** under the age of 30 hired as project staff in MOSAIC countries.

They provide input across MOSAIC and CATALYST activities and **hold MOSAIC accountable** to its plans, actions, and monitoring, evaluation, and learning efforts to:

- Be responsive to young people's needs, preferences, and lived experiences
- Be inclusive of the diversity of AGYW
- Meaningfully engage young people in research and research utilization



Adaobi
FHI 360
Nigeria



Celi
Wits RHI
South Africa



Chantel
Wits RHI
South Africa



Febbe
Jhpiego
Namibia



Mercy Luwi
FHI 360
Zambia



Maggie
LVCT Health
Kenya



Merci
LVCT Health
Kenya



Nolwazi
FHI 360
Eswatini



Nts'ebo
Jhpiego
Lesotho



Rubuna
FHI 360
Uganda



Sanele
Pangaea Zimbabwe
Zimbabwe

For the first time, there are multiple HIV prevention methods available...

Available in all PEPFAR countries



In early rollout stages



Now available in market in Zimbabwe and Zambia

In development



...we are moving towards a multi-method market

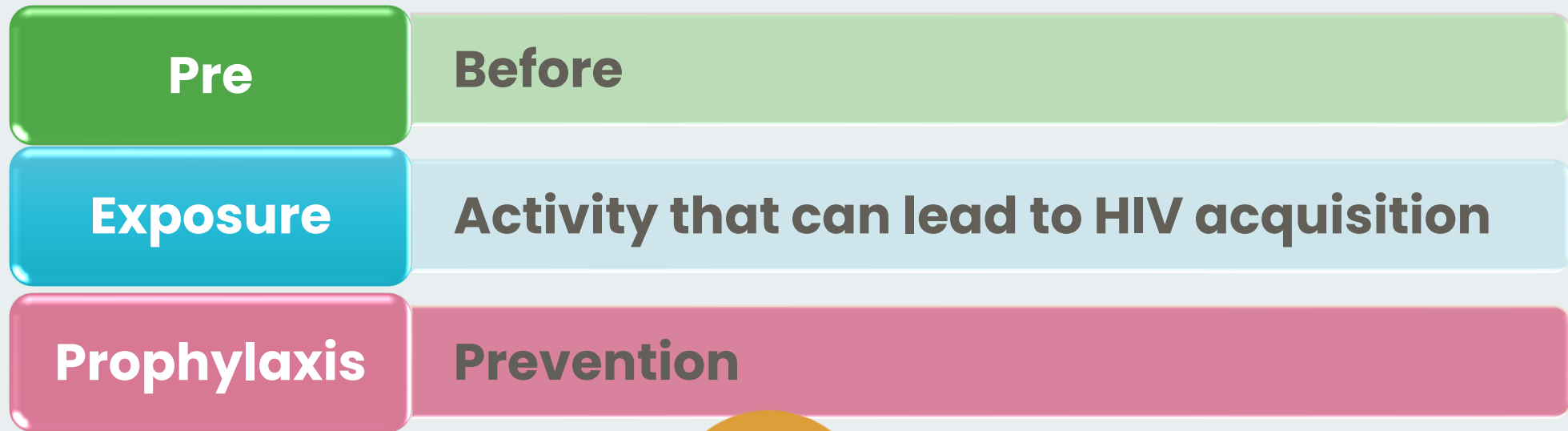


KNOWLEDGE & EXPERIENCE POLL

Please answer the very short poll on your screen.

What is PrEP?

PrEP stands for **Pre-Exposure Prophylaxis**



PrEP Method Choice



- As more options like CAB PrEP become available, it's important for people using PrEP to have a choice! When people choose the PrEP method that suits them best, they're more likely to stick with it.
- CAB PrEP is another PrEP method in the HIV prevention CHOICE basket, and helping people find the right method for them can boost how many people use PrEP effectively.

Long-acting injectable cabotegravir may be offered as an additional prevention choice for people at substantial risk of HIV infection, as part of combination prevention approaches (*conditional recommendation; moderate certainty of evidence*).

WHO,
2022*





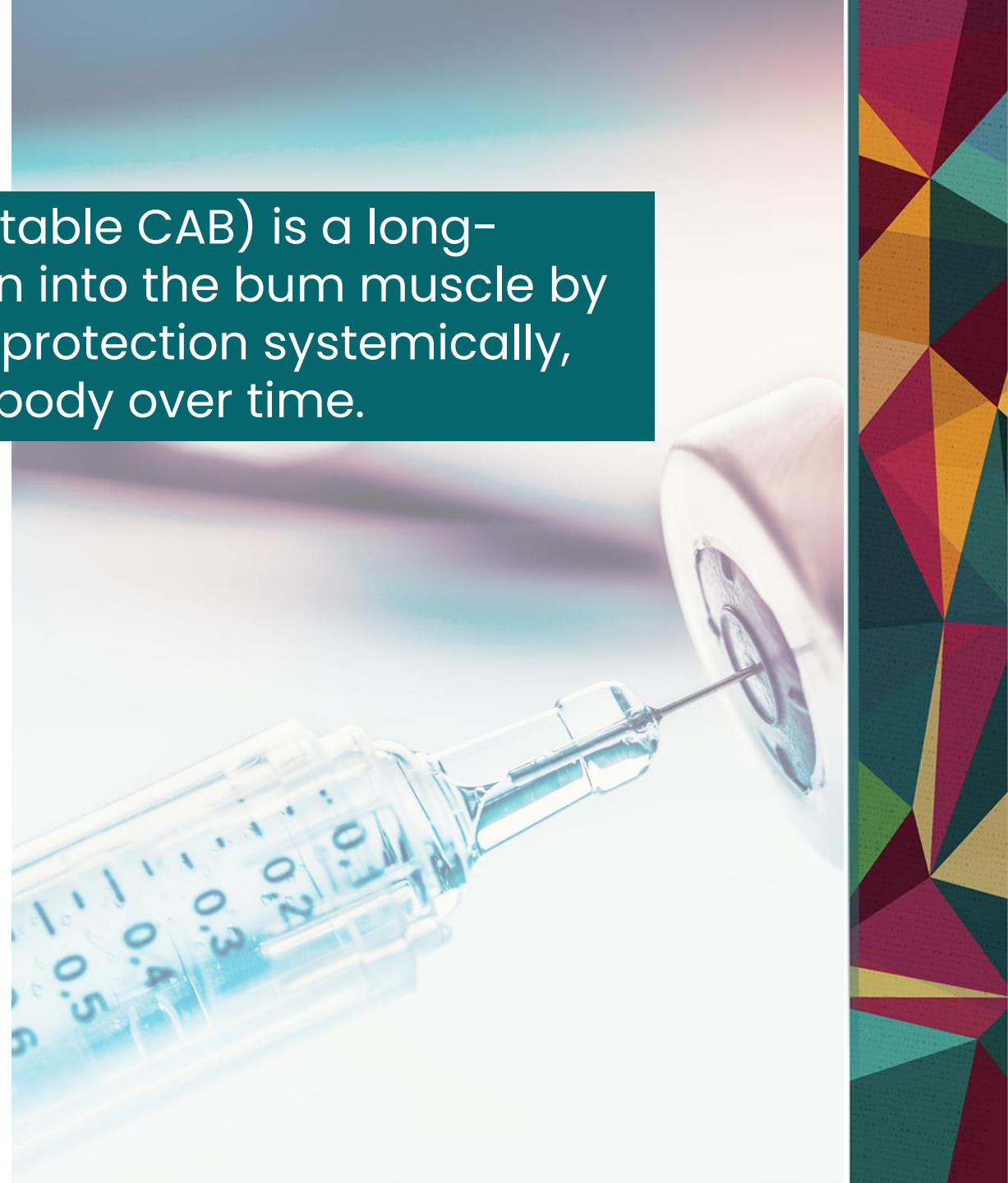
CAB PrEP 101



What is CAB PrEP?

CAB PrEP (also known as CAB-LA or injectable CAB) is a long-acting PrEP method. The injection is given into the bum muscle by a healthcare provider. CAB PrEP delivers protection systemically, so the drug is absorbed throughout the body over time.

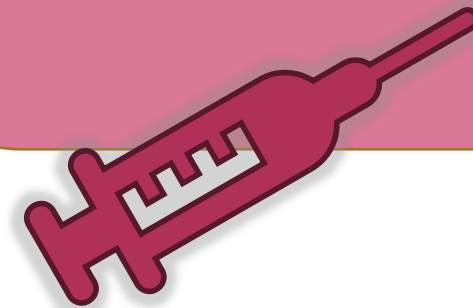
- Cabotegravir is an antiretroviral (ARV) medication that reduces the ability for HIV to multiply itself inside a healthy cell, causing the virus to die.
- CAB PrEP should be injected only into the bum; it has not been studied for injection in other parts of the body.
- The first two injections are 1 month apart are the loading doses, followed by an injection every 2 months.



Who is CAB PrEP for?

- CAB PrEP is an HIV prevention option for anyone who wants to prevent HIV during sex.
- CAB PrEP can protect cisgender and transgender women and cisgender men from all types of sexual exposures.

CAB PrEP may be a good option for people who want more privacy around PrEP use; who aren't able to take a daily pill or use a monthly ring, and who want to prevent HIV during vaginal or anal sex.



Cisgender: a person whose gender identity is the same as their sex assigned at birth.

Transgender: a person whose gender identity is different from their sex assigned at birth.

How well does CAB PrEP work?



- Research studies have shown that CAB PrEP is highly effective at preventing HIV.¹
- **With regular injections, CAB PrEP is the most effective PrEP method currently available.**¹
- Three clinical trials (HPTN 077, 083, 084) established that CAB PrEP was well-tolerated among cisgender and transgender women and cisgender men.^{2, 3, 4}
- Study data of CAB PrEP among Pregnant & breastfeeding people was presented at AIDS2024 that CAB PrEP is safe in pregnancy and breastfeeding. As such some countries have already permitted use of CAB PrEP in PBF with risk benefit counselling.⁵

The **HPTN 084 study** among people assigned female at birth, found that CAB PrEP participants were 89% less likely to get HIV than participants on oral PrEP.³

The **HPTN 083 study** among cisgender men and transgender women found that CAB PrEP participants were 66% less likely to get HIV than participants on oral PrEP.²

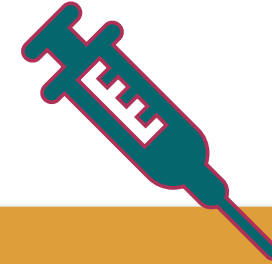


1. Guidelines on long-acting injectable cabotegravir for HIV prevention. Geneva: World Health Organization (2022) Licence: CC BY-NC-SA 3.0 IGO.
2. Landovitz, Raphael J et al. (2023) "Efficacy and safety of long-acting cabotegravir compared with daily oral tenofovir disoproxil fumarate plus emtricitabine to prevent HIV infection in cisgender men and transgender women who have sex with men 1 year after study unblinding: a secondary analysis of the phase 2b and 3 HPTN 083 randomised controlled trial.", *The Lancet HIV* vol. 10,12 e767-e778.
3. Delany-Moretlwe, Sinead et al. (2022) "Cabotegravir for the prevention of HIV-1 in women: results from HPTN 084, a phase 3, randomised clinical trial." *The Lancet*, vol. 399:10337 1779-1789.
4. Landovitz, Raphael J et al. (2018) "Safety, tolerability, and pharmacokinetics of long-acting injectable cabotegravir in low-risk HIV-uninfected individuals: HPTN 077, a phase 2a randomized controlled trial." *PLoS medicine* vol. 15,11 e1002690. 8 Nov. 2018, doi:10.1371/journal.pmed.1002690
5. HPTN HIV Prevention Trials Network. (2024, July 26). *HPTN: Aids 2024 CAB-LA Pregnancy Safety Data from HPTN 084*. Retrieved from HPTN: <https://www.hptn.org/news-and-events/announcements/aids-2024-cab-la-pregnancy-safety-data-from-hptn-084>

What are the side effects of CAB PrEP?



- Side effects of CAB PrEP are usually mild or moderate.
- The most common side effects of CAB PrEP include:
 - Reactions where CAB PrEP was injected
 - redness, pain, swelling, bruising at the injection site
 - Headache
 - Nausea
 - Diarrhea
 - Feeling tired or feverish
- These side effects are manageable, your body needs time to adjust to CAB PrEP, which helps in reducing side effects over time.



Some side effects **go away after 2-4 weeks**, perhaps even sooner and some side effects become **less frequent over time** as clients get used to the injection

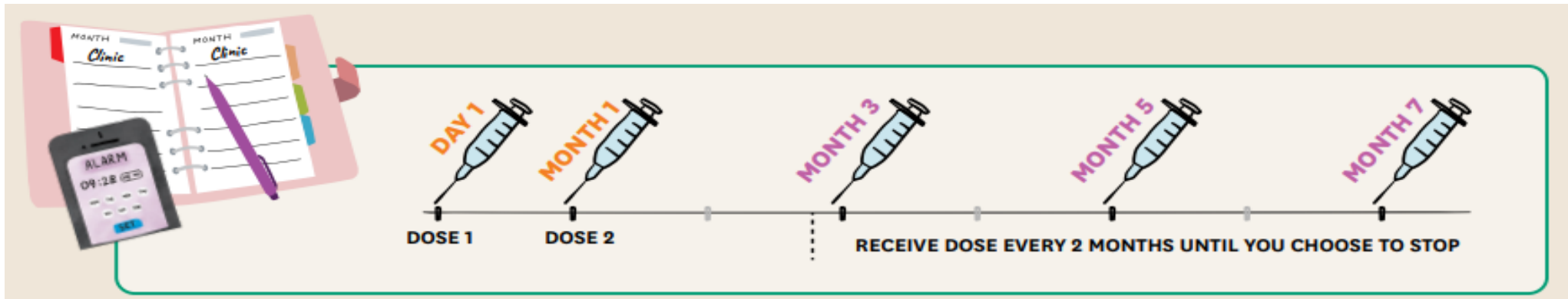


Starting CAB PrEP



- CAB Injection schedule :
 - **Dose 1:** Day 1/Month 0.
 - **Dose 2:** 1 month after Dose 1.
 - **Follow-up injections:** every 2 months after dose 2, continuing for as long as the client wants to remain on CAB PrEP.

CAB PrEP is **effective 7 days after the first injection**, so clients should make sure to use another prevention method or strategy during that time to protect themselves when having sexual intercourse.



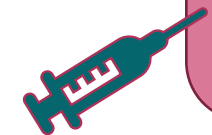
Stopping CAB PrEP



- You can choose to stop taking CAB PrEP at any time. Some people need to take PrEP only during certain times in their lives, while others have an ongoing need to use PrEP.
- The amount of CAB in the blood remains **at effective levels for at least 2 months** after the final injection.
- Once injections are stopped, clients will be in the “tail period”.
- It is okay to stop using CAB and switch to another prevention method.

TAIL PERIOD: when CAB PrEP remains in the body after injections are stopped, but not at high enough levels to prevent HIV – lasts for about one year.

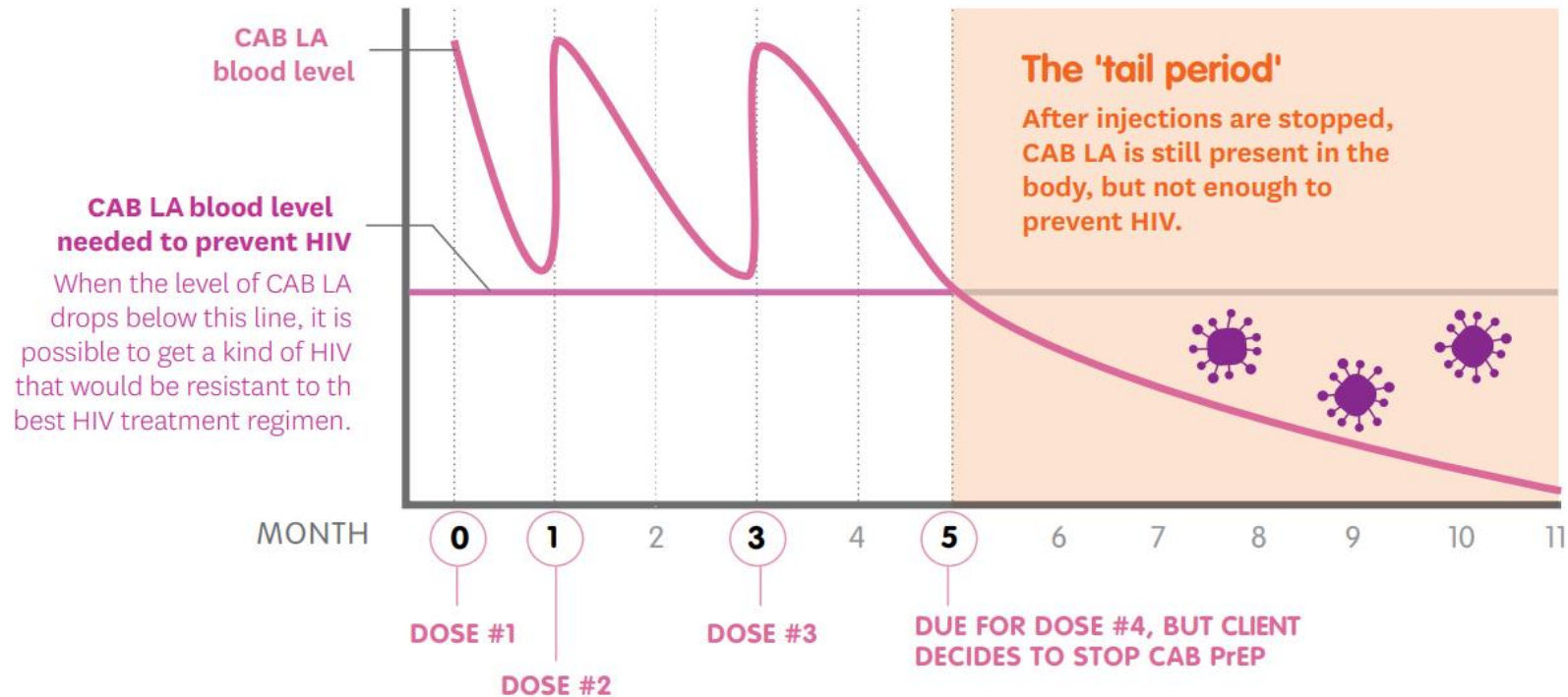
If a person is **exposed to HIV during the tail period** while not using an HIV prevention method, they should speak to a health care provider as soon as possible and get started on **PEP** within 72 hours.



“Tail Period”



- If a person gets HIV during tail period, they may develop drug resistance, meaning that medicines used to treat HIV may be less effective or not work at all.
- As with any PrEP method, people who want to stop using CAB PrEP should continue to use another PrEP method or other HIV prevention strategy as long as they may be exposed to HIV.



Missed Injections



- Sticking to the injection schedule (adherence) is important to effective use of CAB PrEP.
- Someone who misses an injection should contact their healthcare provider immediately to get advice about how to continue using CAB PrEP or to talk about switching to a different HIV prevention strategy, which may include using another PrEP method.



Restarting CAB PrEP



- Clients who may have previously been on CAB PrEP and wish to use it again should contact their healthcare provider to discuss strategies for restarting CAB PrEP



CAB PrEP and Other Drugs



- It is safe to use CAB PrEP and contraceptive hormones or other forms of contraception
- CAB PrEP can be taken with recreational drugs or alcohol.
 - However, alcohol and drug use could affect a person's ability to attend necessary health appointments, potentially resulting in missed injections.
- Gender-affirming hormones for transgender women can be used with CAB PrEP

If you are taking other medications while on CAB PrEP, you should speak with your HCP.



CAB PrEP should not be taken if...



- You have a confirmed **HIV-positive test result**
- You may have been **exposed to HIV in the past 72 hours** (consider PEP)
- You have signs or symptoms of **new HIV infection AND** you may have been **exposed** within the past 14 days
- You **weigh less than 35 kg**
- You are using carbamazepine, oxcarbazepine, phenobarbital, phenytoin, rifampin, rifampicin, and rifapentine
- You are not willing or able **to commit to consistent use** during periods of potential HIV exposure
- You are allergic or **have experienced reactions with previous use of CAB** or similar medications



ADDITIONAL CONSIDERATIONS

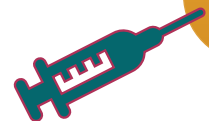
- CAB PrEP **does not prevent pregnancy or STIs other than HIV.**



Can I use CAB PrEP if I am pregnant or breastfeeding?

- The safety of CAB PrEP use during pregnancy is not fully understood. Safety concerns have not been identified about CAB PrEP use during pregnancy at this time
 - Though the number of exposures to CAB PrEP during pregnancy is relatively small, no increase in birth defects has been observed.
- Evidence about CAB PrEP use while breastfeeding is also limited
- CAB PrEP has not been shown to impact fertility.

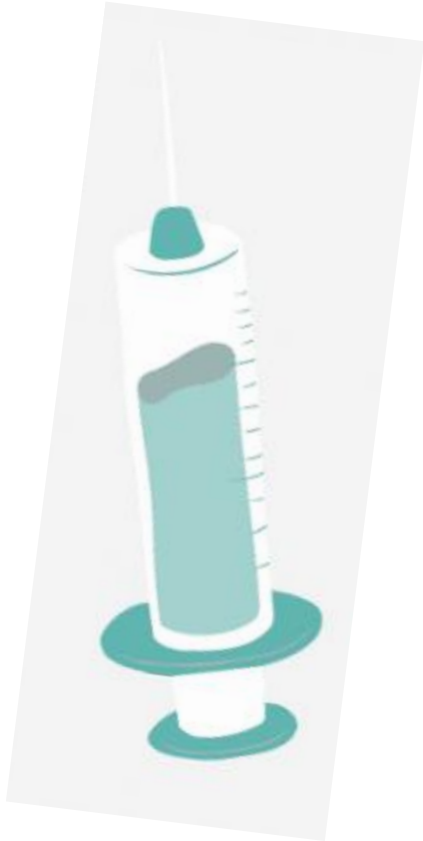
CAB PrEP can stay in the system for 12 months or longer after a client stops injections (the tail period), so it is important for clients using CAB PrEP to speak to a provider if they are thinking of becoming pregnant or do not want to use contraception during the tail period



CAB PrEP Highlights



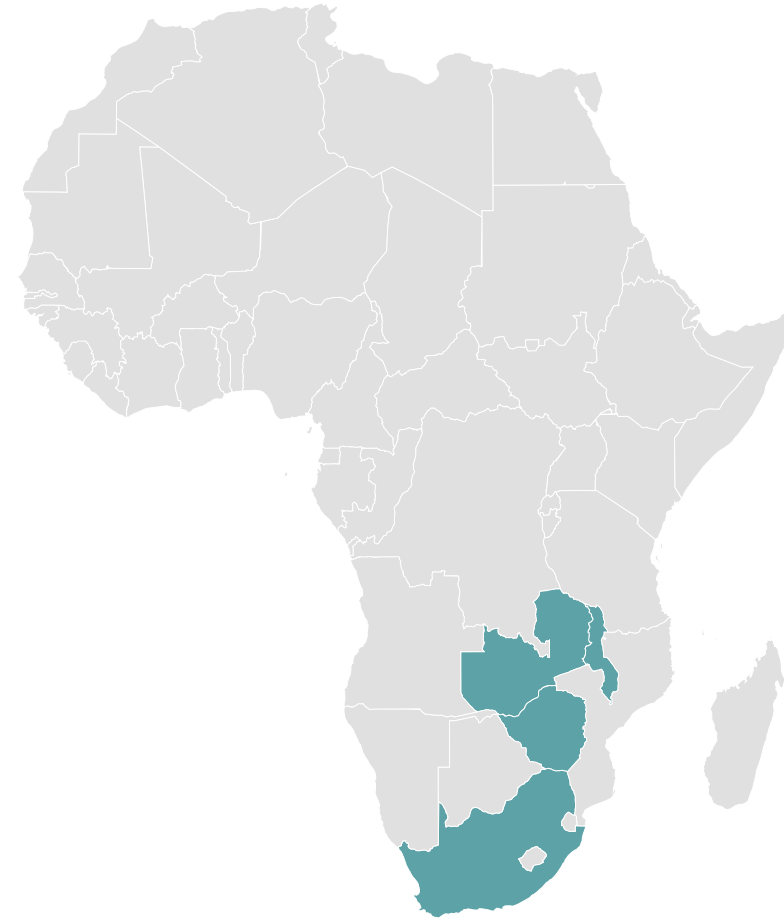
- CAB PrEP is for anyone who wants to prevent HIV during sex.
- It has been shown to be highly effective in cisgender and transgender women and cisgender men
 - Although there is insufficient evidence among trans men and nonbinary people, CAB PrEP is likely to be effective for sexual exposures in these groups as well.
- CAB PrEP should be injected only into the bum by a healthcare provider.
- The first two injections are four weeks apart, followed by an injection every eight weeks.
- It takes about one week after the first injection for CAB PrEP to start preventing HIV.
 - Clients should use another HIV prevention strategy during this first week.
- After a person stops using CAB PrEP, it takes time – up to a year or more – for the medication to be cleared from the body. During this time, which is called the **tail period**, cabotegravir remains in the body but at levels that may not prevent HIV.



Where can I access CAB PrEP?

At this time, the CAB PrEP is not as widely available as oral PrEP, and is only available in a small number of locations and via implementation studies.

Contact your healthcare provider to find out if CAB PrEP is available in your community.





**LET'S SEE WHAT YOU LEARNED.
QUIZ TIME!**



**LET'S CHAT WITH AN EXPERIENCED
CAB PREP USER**



Meet our experienced CAB PrEP user:



Miranda Zulu | Peer Educator| Zambia (*She/Her*)

Miranda is a young Assistant Nurse, Peer educator and Psychosocial Counselor who is passionate about health-related programs and activities. She strongly believes that health is wealth.



Q&A WITH A CAB PREP EXPERT

Meet our CAB PrEP Provider:



Rochelle Adams | Wits RHI | South Africa

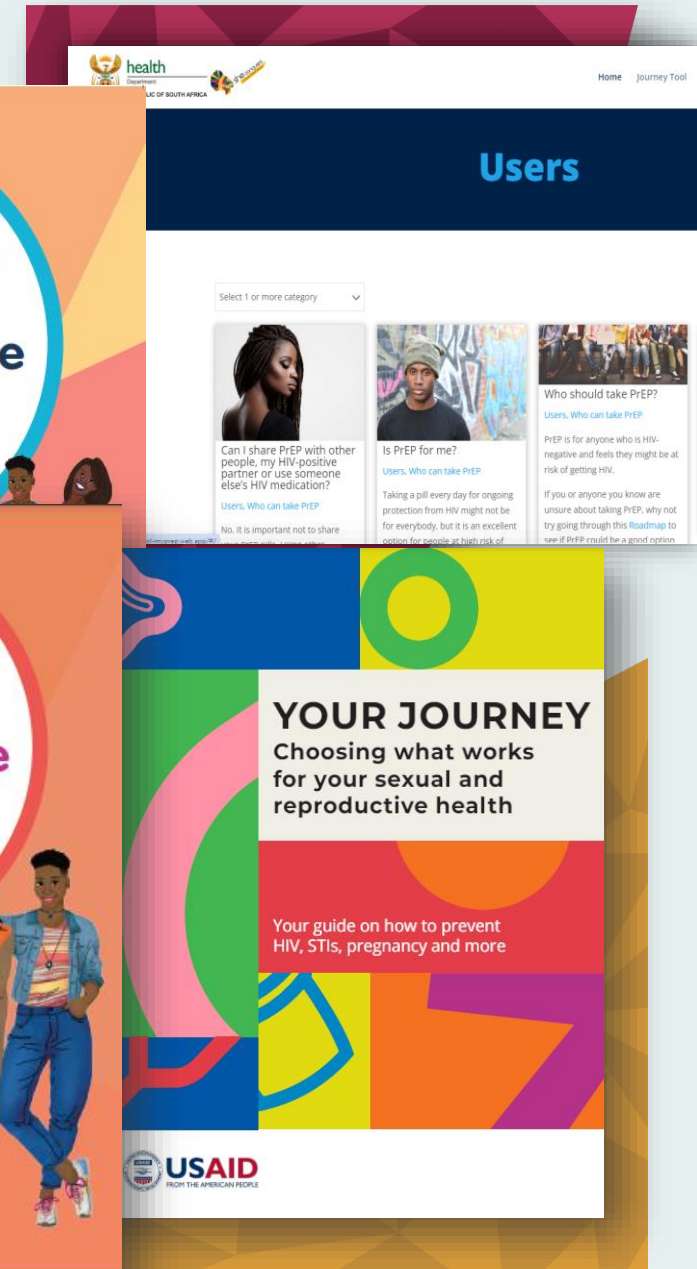
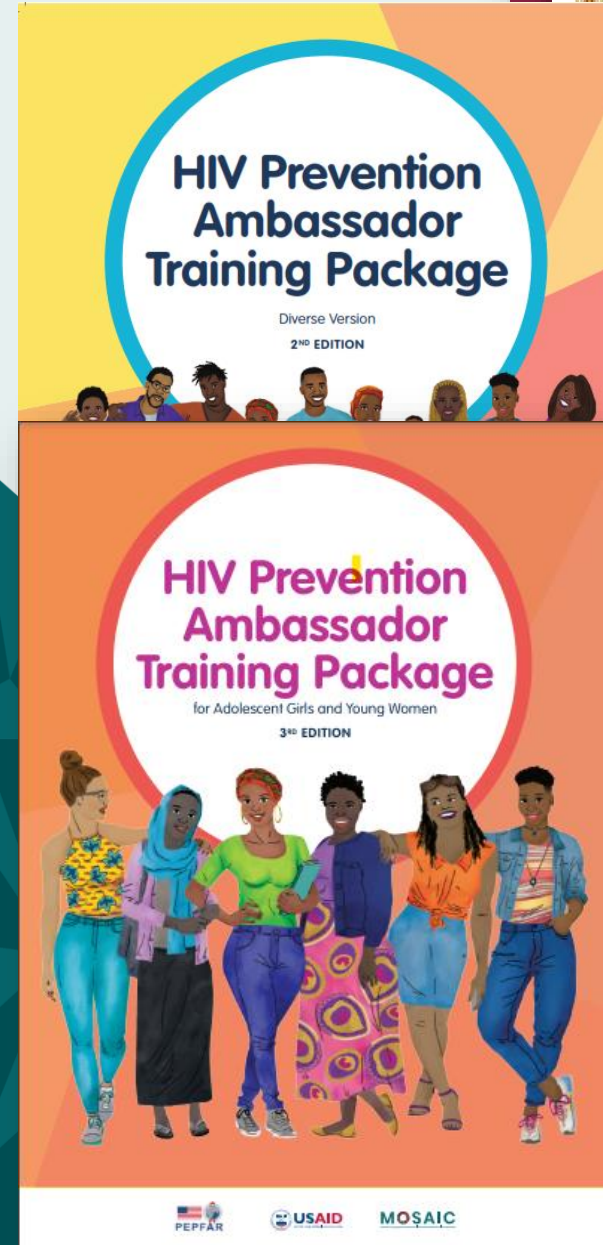
Dr. Adams is a Medical Doctor with extensive experience in HIV programs working in public health facilities, NGO settings, and clinical trials since 2005. She has worked on HIV/TB care and prevention research studies and as the Advanced Clinical Care Program manager, providing capacity building and technical support for health systems strengthening. Currently, she serves as the Clinical Program Advisor for the Wits RHI School-based HIV and violence prevention program, supporting community outreach oral PrEP programs, the DREAMS PrEP Choice study, and the CATALYST study, introducing Ring and CAB-LA as PrEP options at six sites in South Africa through a quality improvement approach.

We want to hear from you!



Want to learn more about CAB PrEP?

- [CAB PrEP Factsheet](#)
- [CAB PrEP for Pregnant & Breastfeeding People Factsheet](#)
- [HIV Prevention Ambassador Training](#)
- [HIV Prevention Digital Journey Tool](#)





—”
**THANK
YOU**
—”



**Thank you for
joining us today!**

**Be on the lookout
for the slides from
this call &
information on
upcoming calls.**

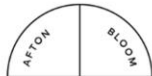
ACKNOWLEDGMENTS

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