Telemedicine Management of PrEP and HIV Prevention

1. Any patient presenting with symptoms of s Sexually Transmitted Infection (STI) or asking to be treated for an STI should have a sexual health history taken and a discussion on HIV Risk and HIV Prevention. To screen and or treat the patient for STIs, see the Southwest Tele-medicine STI screening and treatment guidelines.
2. New patients who present asking for PrEP, or for those patients based on the history who are determined to be at risk for HIV based on risk factors should have appropriate STI testing done and sent to the lab, including specimen collection at all body parts that have had sexual contact- i.e., urogenital collection with urine, vaginal swab, and/or extragenital **self swabs** of the throat and/or rectum accompanied by an order sent to the lab for this. Self swab instructions are available in all departments, as well as from Luis Magna, PrEP Navigator at 46 Albion Street. If the patient is on a clinical site, the order can be printed and sent with the collected self swab specimens that the patient can collect in the clinic restroom. If the patient is off site, they can pick up a bag of the specimen collection containers at their clinic where they would ordinarily be seen, or from the PrEP Navigator, Luis Magna at 46 Albion Street. All collected specimens should be brought to a clinical department and nursing can verify that all specimen containers have patient name and source of specimen before sending to the Quest lab.
3. A discussion on the risk of HIV and STIs should take place during the telehealth encounter, and the patient should also have an order placed for STIs, HIV Ag/Ab test and if recent sexual contact in past 30 days, an HIV RNA test, along with RPR, HCV HBV surface antigen and HBV quantitative antibody test. New PrEP patients should also have a creatinine clearance ordered, and existing patients periodically as clinically indicated. If a patient is naïve to PrEP, they should be told that a prescription for either Truvada or Descovy will be sent to their pharmacy after verification of the negative HIV test. Discussion regarding adherence, the uncommon but possible adverse effects, and the need to be seen at least every 3 months for follow up and confirmed negative HIV test in order to continue with PrEP medication.