

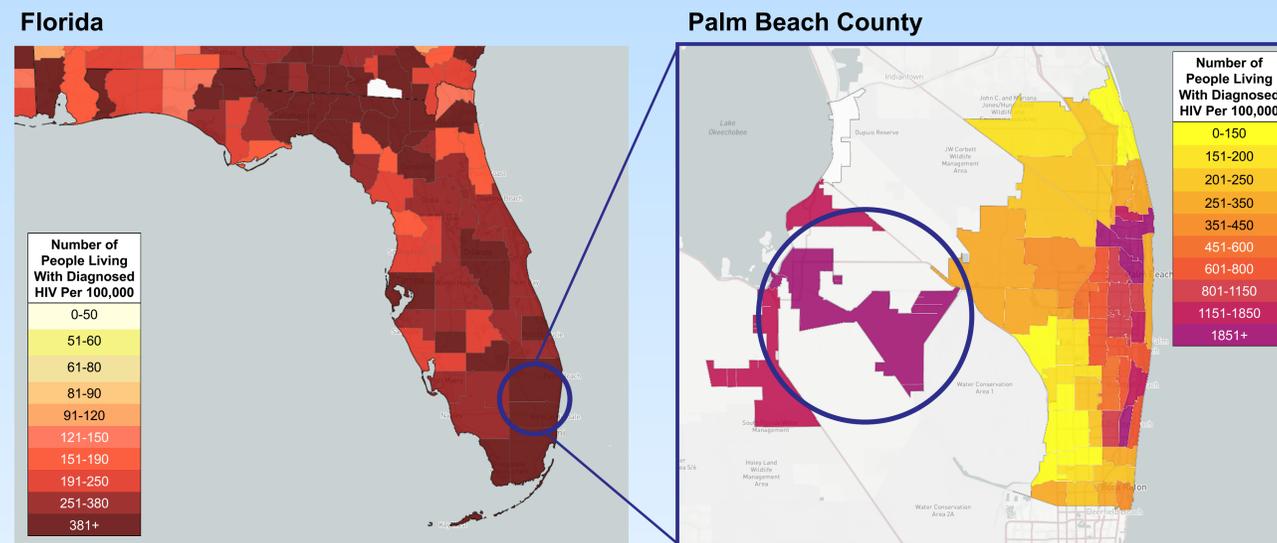
## Introduction

- HIV remains prevalent in the US, with over 39,000 new cases diagnosed in 2016.
- Pre-exposure prophylaxis (PrEP), is a daily regimen that significantly reduces the chance of acquiring HIV.
- Comprised of two drugs, Emetricitabine and Tenofovir (FTC/TDF), and is given to prevent HIV infection in adult patients.
- In spite of FDA approval in 2012, the spread of HIV continues.
- Many providers are not yet comfortable with use of the regimen and how to counsel patients for appropriate use.
- Our goal was to train Family Medicine Resident Physicians at Lakeside Medical Center in Belle Glade, FL- a population with a particularly high prevalence of HIV (Figure 1) in using PrEP.

## Description

- The team consists of a fourth year medical student, Family Medicine faculty and an expert infectious Disease consultant
- Designed a curriculum specific to Belle Glade, an area of high HIV prevalence with a predominantly heterosexual pattern of HIV transmission.
- Prepared by attending several PrEP lectures from the Infectious Disease specialist in order to become familiar with regimen and training content.
- Preparation and delivery of the lecture, as well as logistics coordination were supported by Family Medicine specialist from FAU's College of Medicine.
- During regularly scheduled didactics at the Family Medicine Residency Program at Lakeside Medical Center in Belle Glade, FL, 4 residents, 2 medical students and 6 program faculty were provided a two-hour lecture covering the rationale, patient selection, initiation and monitoring required for PrEP usage.
- Pre and post session surveys were given to assess knowledge gained.
- Approval was obtained from Florida Atlantic University's IRB.

Figure 1: Prevalence of HIV Infection



636 of 100,000 persons in Palm Beach County are living with diagnosed HIV.

2,877 of every 100,000 people in Belle Glade are living with diagnosed HIV.

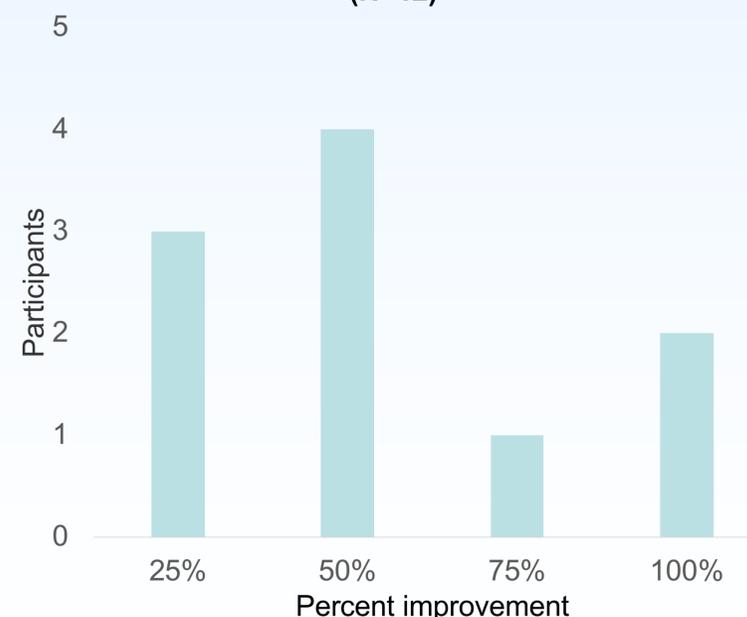
## Assessment and Outcomes of PrEP Training

### Sample Survey Questions

Participants were asked to indicate "True", "False", or "I don't know" to the following statements.

- Truvada for PrEP should only be used by HIV negative women if they have an HIV positive sexual partner.
- People taking Truvada for a PrEP indication should have an HIV test at least every three months.
- People with Hepatitis B cannot take Truvada for a PrEP indication.
- The FDA has approved Truvada for a PrEP indication for women at risk of HIV infection.

### Percent Improvement in Survey Scores (N=12)



Amongst the 12 learners, average survey scores improved from 41.5% (pre-lecture) to 100% (post-lecture).

## Lessons Learned

- Of the 12 learners who attended the lecture and filled out both a pre- and post-session survey, over 80% demonstrated increased knowledge and comfort in using PrEP.
- Of participants who increased their knowledge, 3 increased their knowledge by 25%, while 4 had an increase of 50%, 1 had an increase of 75% and 2 by 100%.
- 2 hours of training on the rationale, initiation and monitoring of PrEP can increase knowledge among providers in a high risk area.

## Recommendations

- Engaging medical students in training clinical staff on PrEP usage is an effective tool to educate other health care providers on PrEP usage.
- The introduction of PrEP lectures to medical students during their clerkship years can help raise awareness and enable future physicians to effectively counsel their patients.
- In order to make the PrEP educational program sustainable, the graduating fourth year medical student trained a current fourth year medical student to deliver this PrEP training.
- Identifying and educating medical students who are interested in PrEP and outreach to community physicians will be vital in increasing appropriate utilization in PrEP to reduce the spread of HIV.
- Additional clinical sites will be identified for offering student-led PrEP training.

## References

- "HIV/AIDS." *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, 7 May 2018, [www.cdc.gov/hiv/statistics/overview/index.html](http://www.cdc.gov/hiv/statistics/overview/index.html).
- "HIV Infection Rates In Florida." *Map - AIDSvu*, [map.aidsvu.org/map?state=FL](http://map.aidsvu.org/map?state=FL).