

# *2021 UPDATED GUIDELINES*

## FOR THE PROVISION OF ORAL PRE-EXPOSURE PROPHYLAXIS (PrEP) TO PERSONS AT SUBSTANTIAL RISK OF HIV INFECTION



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



## **FOREWORD**

In 2016 the National Health Council approved the implementation of the National Policy on HIV Pre-Exposure Prophylaxis (PrEP) and Test and Treat (T&T), 2016 for selected populations at risk. The use of antiretroviral treatment as oral Pre-Exposure Prophylaxis (PrEP) to prevent persons at risk from acquiring HIV, is an important milestone in our quest to reduce and curtail new HIV infections.

I am grateful to all the internal and external stakeholders who actively contributed to and made available resources for research and implementation science projects, that supported the further development and refinement of these guidelines. The development of these guidelines was a truly collaborative effort with contributions from researchers, professional bodies, donor agencies, implementing partners, international agencies, civil society, and health care users.

I want to acknowledge and extend my gratitude and appreciation to the over 300,000 HIV negative women and men from all walks of life across the country that have opted to embrace the use of antiretrovirals as protection from an HIV infection. These individuals accessed services at over 1,900 public health facilities, university campus health clinics and special clinics, that are currently offering this important intervention. Together, these oral PrEP users and the health facilities, have offered invaluable insights that contributed to an in-depth understanding of the delivery of oral PrEP that assisted with refining these guidelines and informed the planning for the scale-up of oral PrEP throughout the country.

It is no doubt that our nurses, doctors, counsellors, health promoters working across the board will find these guidelines invaluable in their quest to offer quality, HIV prevention services to the public.



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**Acting Director General**

**Date:** 18/10/2021

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# ABBREVIATIONS AND ACRONYMS

<b>AGYW</b>	Adolescent girls and young women
<b>ART</b>	Antiretroviral therapy
<b>ARV</b>	Antiretroviral
<b>FTC</b>	Emtricitabine
<b>HBsAg</b>	Hepatitis B surface antigen
<b>HBV</b>	Hepatitis B virus
<b>HIV</b>	Human immunodeficiency virus
<b>HTS</b>	HIV testing services
<b>M&amp;E</b>	Monitoring and evaluation
<b>MSM</b>	Men who have sex with men
<b>NDoH</b>	National Department of Health
<b>PEP</b>	Post exposure prophylaxis
<b>PrEP</b>	Pre-exposure prophylaxis
<b>SRH</b>	Sexual and reproductive health
<b>STI</b>	Sexually transmitted infection
<b>SW</b>	Sex worker
<b>TB</b>	Tuberculosis
<b>TDF</b>	Tenofovir disoproxil fumarate
<b>TDF/FTC</b>	Tenofovir disoproxil fumarate/Emtricitabine
<b>WHO</b>	World Health Organization

## DEFINITION OF KEY TERMS

Term	Working definitions in these guidelines
<b>AGYW</b>	Adolescent girls and young women aged 15 to 24 years.
<b>Adult</b>	Person older than 19 years.
<b>ART</b>	Antiretroviral therapy refers to the use of a combination of three ARV drugs to achieve viral suppression in HIV positive persons and is given for life.
<b>ARV</b>	Antiretroviral drugs refer to the medicines active against HIV.
<b>ANC</b>	Antenatal care
<b>Combination HIV prevention</b>	A combination of behavioural, biomedical, and structural approaches to HIV prevention to achieve maximum impact on reducing HIV transmission and acquisition.
<b>Gender affirming hormone therapy</b>	Medicine prescribed to help a person gain the outward characteristics that match their gender identity.
<b>Healthcare provider</b>	Anyone who renders healthcare; includes doctors, nurses, pharmacists, trained counsellors, and community health workers.
<b>PEP</b>	The preventive ARV medical treatment started within 72 hours after exposure to HIV to prevent infection.
<b>PrEP</b>	The use of antiretroviral drugs by HIV-negative people before potential exposure to prevent the acquisition of HIV.
<b>Serodiscordant couples</b>	Couples in an ongoing sexual relationship in which one partner is HIV-positive and the other is HIV-negative.
<b>Sex worker</b>	Women, men, and transgendered people of all ages, who receive money or goods in exchange for sexual services, and who consciously define those activities as income generating even if they do not consider sex work as their occupation.
<b>Young women</b>	Women aged 20 to 24 years, inclusive.

# 1 Background

South Africa has the largest HIV epidemic in the world, with 7.64 million people living with HIV in 2019, representing 20% of the global HIV burden.<sup>1</sup> As of 2019, there were just over 4.7 million (62.7%) people in South Africa on antiretroviral treatment (ART), which is the largest ART programme in the world. Despite this accelerated progress and the introduction of Test and Treat All in 2018-2019: there were 121 000 new infections in women, 67 000 in men and 11 600 infections through mother-to-child-transmission (MTCT).<sup>1</sup>

The HIV epidemic varies significantly across and within different geographies in South Africa. Even though the epidemic is generalised, it is over-represented in some populations, including sex workers (SW) and men who have sex with men (MSM). It is also concentrated in the populations with very high vulnerability to HIV, such as adolescent girls and young women (AGYW). This contextual understanding of the HIV epidemic is critical to develop and implement effective HIV interventions. Differential vulnerability levels, social risk factors, high-risk sexual practices, and limited access to appropriate HIV interventions influence HIV incidence among these populations.<sup>2,3,4</sup>

WHO recommends supporting and strengthening primary HIV prevention alongside treatment, as both are needed to meet the 95-95-95 targets. In 2015, WHO recommended that all HIV positive people should be offered antiretroviral therapy (ART), regardless of their CD4 count and clinical staging, which will prevent both horizontal and vertical transmission of HIV. WHO also issued a strong recommendation that HIV negative people who are at a substantial risk of acquiring an HIV infection should be offered daily oral HIV pre-exposure prophylaxis (PrEP) as part of a combined HIV prevention strategy. This updated recommendation from WHO enables a wider range of populations and individuals to benefit from this additional prevention option and is based on individual risk assessment. According to the WHO guidance, PrEP should be an additional prevention choice in a comprehensive package of services that also includes HIV testing, risk reduction counselling, male and female condoms, lubricants, ARV treatment for partners with HIV infection, and voluntary medical male circumcision.<sup>5</sup>

These guidelines focus on the provision of PrEP as part of comprehensive combination prevention, drawing on implementation and research evidence and WHO recommendations.

## 2 Guiding principles

**Access:** Identify individuals at highest risk of HIV and ensure access to HIV prevention interventions, including PrEP.

**Integration:** Integrate PrEP into other HIV prevention programmes including sexual and reproductive health services.

**Quality of care:** Provide Prep within broader framework of quality health service provision.

**Public health and rights-based approach:** Prep can enable and empower individuals to have an informed choice of HIV prevention options, using a public health approach. This includes confidentiality, access to non-discriminatory healthcare, privacy, choice, informed decision-making, and shared responsibility.

## 3 Defining PrEP

### 3.1 What is PrEP?

PrEP is defined by WHO as the use of antiretroviral drugs by HIV-negative individuals who are at substantial risk of acquiring HIV before potential exposure to HIV to prevent HIV acquisition. The current preferred regimen in South Africa is oral TDF/FTC as a fixed-dose combination.

### 3.2 PrEP, PEP and ART

Pre-Exposure Prophylaxis (PrEP)	Post-Exposure Prophylaxis (PEP)	Anti-retroviral treatment (ART)
ARV medication taken by HIV-negative persons before exposure to HIV to prevent HIV acquisition	ARV medication taken within 72 hours after exposure to HIV and continued for 28 days to prevent HIV acquisition	Lifelong treatment with ARV drugs for people with HIV to minimize the effect of HIV by increasing the CD4 count and reducing the viral load

## 4 Provision of PrEP

### 4.1 Identifying Potential Candidates for PrEP

Identifying people at greater risk of HIV infection who may benefit from PrEP and are willing to take PrEP; or who may, with assistance, be motivated to continue with PrEP is essential for programme efficiency.

Specific populations considered to be at greater risk of contracting and HIV infection include:

- Adolescent girls, boys, young women and men
- Men who have sex with men
- Individuals with more than one sexual partner
- People who inject drugs
- People with a recent history of STI(s)
- Individuals who recognize their own risk and request PrEP
- Serodiscordant couples if the HIV positive partner is not virally suppressed (Box 1)
- Sex workers
- Migrant workers
- Pregnant and breastfeeding women

#### **Box 1: HIV-negative individual in a serodiscordant relationship:**

- Is your partner taking ART?
- If yes, is it for more than 6 months?
- Do you know if your partner is virally suppressed?
- When was the last viral load test done?
- Do you desire to have a baby with your partner?

### 4.2 Considerations for PrEP in Pregnant and Breastfeeding Women

HIV negative pregnant and breastfeeding women at high risk of contracting HIV, must be counselled for and offered HIV prevention interventions including PrEP together with acute HIV infection screening, adherence counselling, safety monitoring and three-monthly HIV testing and antenatal care (refer to **Appendix II**).

Any appropriately trained healthcare provider authorized to assess, diagnose, prescribe, and dispense (doctor, NIMART authorized professional nurse, and PIMART authorized pharmacist) can initiate and issue PrEP. The woman should be informed about the comprehensive HIV prevention

package and care options available for her to choose, emphasizing the importance of follow up ANC visits with regular HIV testing.

### **4.3 Minimum Package of Services Offered with PrEP**

PrEP must be integrated into existing sexual and reproductive health services and should not be offered as a vertical programme. The PrEP screening and ART initiation algorithm is outlined in **Appendix I**. The following minimum package of services must be provided to all clients receiving PrEP services in accordance with national guidelines:

- HIV Testing Services
- Risk reduction counselling
- Voluntary male medical circumcision
- ART initiation for those diagnosed with HIV
- Syndromic STI diagnosis and treatment
- Condoms and lubricants
- Pregnancy screening
- Contraception
- Counselling for Mental Health
- TB Screening
- Voluntary partner HIV testing and treatment

### **4.4 Screening for PrEP**

Any person requesting PrEP, even if the healthcare worker does not perceive her/him to be at substantial risk, should be considered for PrEP.

Any person requesting PrEP, should be considered for PrEP, even if he/she may not be perceived to be at risk by the provider. To identify individuals who may benefit from PrEP, the healthcare provider should assess the following individual characteristics and/or behaviour as they increase the individual's risk for contracting HIV:

- Any individual who confirms having sex:
  - Without a condom
  - With more than one partner
  - With an HIV positive partner (see Box 1)
  - With a partner/s whose HIV status is not known

- While under the influence of alcohol and drugs
- Any individual diagnosed with an STI often or recently
- Young women or men in age disparate relationships (e.g. with a partner older than 5 years).

HIV negative individuals who confirm any of the above should prompt a further discussion about the risks and benefits of PrEP.

#### **Box 2: Acute HIV Infection**

In acute HIV infection, the most common symptoms are fatigue, fever, sore throat, body aches, rash, headache, and swollen lymph nodes.<sup>6, 7</sup>

*If the client has symptoms or signs of acute HIV infection, PrEP should be postponed until symptoms subside and a repeat rapid HIV test after 4 weeks remains negative.*

## **4.5 Eligibility for PrEP**

The following criteria will be used to offer PrEP:

- HIV-negative by routine rapid antibody test
- Absence of symptoms of acute HIV infection (see Box 2)
- Willing and able to take PrEP as prescribed
- No contraindications to TDF or FTC
- Adolescents >35kg in weight; if <15 years in age, adolescents should be Tanner stage 3 (sexual maturity rating) or greater.

## **4.6 Contraindications for PrEP**

The following are contraindications for PrEP use:

- HIV infection (Assess the client for symptoms or signs of acute HIV infection – see **Box 2**)
- Creatinine clearance (eGFR) of:
  - less than 50 mL/min/1.73m<sup>2</sup> for adults and Adolescents ≥16 years
  - less than 80 mL/min/1.73m<sup>2</sup> for children and adolescents ≥10 and < 16 years
- For pregnant women: serum creatinine (sCr) greater than 85 µmol/L

## 4.7 Baseline Investigations

Following a negative HIV test and the person confirms that they are interested in taking PrEP, several baseline investigations should be conducted before PrEP can be initiated (refer to **Table 1**). Please note that it is not necessary to await the results of these baseline tests to start PrEP. If the HIV test is negative, and the individual has no symptoms suggestive of acute HIV infection, the individual can be initiated on PrEP on the same day while awaiting the results of the other baseline laboratory tests. The PrEP user can be contacted if the laboratory tests results require additional action and/or confirmation (refer to **Box 3**). If the person is not initiated on the day of the HIV test was conducted, the HIV test should be repeated on the same day that PrEP is initiated.

**Table 1. Baseline Investigation performed prior to initiating a client on PrEP.**

Investigation		Action to be taken	
<b>HIV test</b> (use algorithm in National HTS guidelines)		To assess HIV infection status. If client is HIV-positive, initiate on ART If client is HIV-negative, screen for PrEP.	
<b>Hepatitis B surface antigen (HBsAg)</b>		If HbsAg <sup>-</sup> : start PrEP and vaccinate, if available If HbsAg <sup>+</sup> : start PrEP and refer to a doctor for liver function monitoring and management of Hepatitis B infection. Clients with acute or chronic hepatitis B infection can be safely initiated on PrEP but require liver function monitoring. <sup>8</sup>	
<b>Syndromic STI screening</b>		To diagnose and treat STI (syndromic or diagnostic STI testing).	
<b>Pregnancy screening</b>		As per WHO guidance, PrEP may be offered to pregnant women at substantial risk of HIV. <sup>9,10,11</sup> If the client is not pregnant, offer contraception.	
<b>Assessing Renal Function (eGFR and sCr)</b>			
Age/pregnancy status	What must be measured?	Acceptable level for oral PrEP use	The Counahan Barratt formula:
<b>Persons ≥10 and &lt; 16 yrs</b>	eGFR using Counahan Barratt formula	>80 mL/min/1.73m <sup>2</sup>	eGFR (mL/min/1.73 m <sup>2</sup> ) = $\frac{\text{height (cm)} \times 40}{\text{Creatinine (\mu mol/L)}}$
<b>Persons ≥16 yrs</b>	eGFR using MDRD equation <sup>9</sup>	>50 mL/min/1.73m <sup>2</sup>	
<b>Pregnant*</b>	Serum creatinine	<85 μmol/L	
<b>Criteria and frequency of eGFR and sCr monitoring</b>			
Age/pregnancy status	Co-morbidity	Creatinine	Risk for low eGFR or sCr
<b>&lt;30 Years</b>	None	Not required	Not at risk
<b>30 – 49 Years</b>	None	Baseline	Potential risk
<b>&lt;49 Years</b>	Diabetes &/or hypertension	Baseline and annually	Potential risk
<b>50 Years and older</b>	None	Baseline	Potential risk
<b>50 years older</b>	Diabetes &/or hypertension	Baseline and annually	At risk
<b>Pregnancy</b>	NA	Baseline, 3 and 6 months	Potential risk

\* For pregnant women follow the PMTCT guidelines for initiating ART.

\*The Modification of Diet in Renal Disease Study (MDRD) formula is automatically calculated by the laboratory for those 18 years and older. For assistance in manually calculating the eGFR for adolescents between 16 and 18 years of age, use the calculator provided at <https://www.mdcalc.com/mdrd-gfr-equation> or one of numerous smartphone applications available for this purpose. Ensure that the website/application uses the correct unit of measurement (i.e.  $\mu\text{mol/L}$ ) for the serum creatinine level.

## 4.8 Prescription of drugs

The recommended regimen is TDF/FTC 1 tablet by mouth (PO) daily. The drugs can be taken anytime of the day, with or without food, and can be stored at room temperature.

### Prescription intervals:

- At initiation – provide 1-month PrEP drug supply
- At 1 month visit: repeat HIV test and provide 3-month prescription and 3-month PrEP drug supply
- Every 3 months – repeat HIV test and if the client remains HIV negative provide 3-month prescription and 3-month PrEP drug supply

#### Box 3: Special considerations for eGFR testing and monitoring:

**For children and adolescents ( $\geq 10$  and  $< 16$  years):** If at baseline or during follow-up eGFR is less than  $80 \text{ mL/min}/1.73\text{m}^2$ , repeat the test on a separate day and if eGFR is  $> 80 \text{ mL/min}/1.73\text{m}^2$ , continue PrEP. If low eGFR is confirmed on a separate specimen and the eGFR less than  $80 \text{ mL/min}/1.73\text{m}^2$ , PrEP should be discontinued.

**For adults and adolescents ( $\geq 10$  and  $< 16$  years):** If at baseline or during follow-up eGFR is less than  $50 \text{ mL/min}/1.73\text{m}^2$ , repeat the test on a separate day and if eGFR is  $> 50 \text{ mL/min}/1.73\text{m}^2$ , continue PrEP. If low eGFR is confirmed on a separate specimen and the eGFR is less than  $50 \text{ mL/min}/1.73\text{m}^2$ , PrEP should be discontinued.

**For pregnant women:** If at baseline or follow-up sCr is above  $85 \text{ umol/L}$ , the test should be repeated on a separate day. If on a separate specimen the sCr is confirmed to be normal at  $<85 \text{ umol/L}$ , continue PrEP. If creatinine elevation is confirmed on a separate specimen and sCr is above  $85 \text{ umol/L}$ , PrEP should be discontinued.

If the individual remains at risk of HIV and want to be re-initiated on PrEP conduct the following:

- Repeat sCr/eGFR after 1-3 months:
  - If eGFR/sCr has returned to normal – restart PrEP
  - For pregnant women: if sCr is still high or higher than the previous measurement – refer for investigations.
  - For children, adolescents and adults: If eGFR is still low or lower than the previous measurement, refer for further investigation.

For pregnant women, assess for other causes of elevated sCr if:

- Creatinine elevations are more than 3 times the baseline.
- Creatinine elevations continue after stopping PrEP.
- Creatinine elevations remain high 3 months after stopping PrEP.

## 5 PrEP Counselling

### 5.1 Risk reduction counselling

Client education is critical to the success of PrEP as part of a comprehensive HIV prevention plan. Providers should educate and counsel PrEP users about PrEP (refer to **Table 2**) and should provide them with other appropriate prevention options such as male and female condoms. Risk-reduction counselling is a behavioural intervention that attempts to decrease an individual's likelihood of acquiring HIV and other STIs and should be implemented as part of HIV prevention counselling, with sexual reproductive health and contraceptive counselling at all follow-up visits for PrEP users.

The main objective of risk-reduction counselling is for clients to learn how to assess their own individual HIV risk and set realistic goals for behaviour change that may reduce their risk of contracting HIV and other STIs, as well as reduce unwanted pregnancies (refer to **Appendix II: PrEP Counselling Guide**).

### 5.2 Counselling for pregnant and breastfeeding women

The choice to start, continue or discontinue PrEP when a woman becomes pregnant should be made by the woman, following discussion of the risks and benefits with her health-care provider. All pregnant women must receive the routine information and counselling provided to all HIV negative at-risk individuals (**Table 2** and **Appendix V: PrEP Counselling Guide for Pregnant and Breastfeeding Women**).

In addition to the routine counselling a pregnant and breastfeeding woman should be advised of the safety, benefits, and side effects of taking PrEP during pregnancy and breastfeeding as outlined in **Table 3**.

The key message for risk benefit counselling for pregnant and breastfeeding women is that the benefits of taking PrEP during pregnancy and when breastfeeding for an HIV negative woman, far outweighs the risk of any possible harm to the mother and baby.

**Table 2. Key counselling messages before PrEP initiation and during follow-up visits.**

Topic	Key Messages
<b>What is PrEP?</b>	<ul style="list-style-type: none"> <li>PrEP is ARV medication that can be taken by HIV-negative persons before exposure to HIV to prevent an HIV infection.</li> <li>PrEP is an additional HIV prevention option and, where possible, should be used in combination with other interventions such as condoms.</li> <li>PrEP does not protect against other STIs or prevent pregnancy.</li> </ul>
<b>PrEP is not for life</b>	<ul style="list-style-type: none"> <li>PrEP is taken for as long as the individual is at risk for HIV infection.</li> <li>PrEP can be discontinued if the individual is no longer at risk.</li> </ul>
<b>PrEP works if taken</b>	<ul style="list-style-type: none"> <li>For PrEP to be effective, it must be taken every day.</li> <li>Consistent use requires that PrEP be included in the daily routine.</li> <li>If a dosage is missed, the client must take the PrEP drug as soon as he or she remembers and continue to take daily as before. It can be taken with or without food and at any time of the day.</li> </ul>
<b>Side effects</b>	<ul style="list-style-type: none"> <li>PrEP is safe, with no side effects in most of the users.</li> <li>Some individuals may report minor side effects in the first month of PrEP use, such as diarrhea, headache, abdominal pain, and nausea.</li> <li>Major side effects associated with PrEP are very rare. *</li> </ul>
<b>Drug interactions</b>	<ul style="list-style-type: none"> <li>Taking alcohol will not reduce the effectiveness of PrEP.</li> <li>PrEP can be taken with any kind of contraception and gender affirming hormone therapy.</li> </ul>
<b>Starting and stopping PrEP</b>	<ul style="list-style-type: none"> <li>7 consecutive days of PrEP are needed before achieving full protection from HIV infection.</li> <li>PrEP should be continued for 7 days after the last potential HIV exposure in those wanting to cycle off PrEP.</li> <li>The client should notify the provider if he or she decides to stop taking PrEP.</li> </ul>
<b>Pregnancy and breastfeeding</b>	<ul style="list-style-type: none"> <li>WHO recommends that PrEP is safe for use in pregnant or breastfeeding women at substantial risk of HIV infection. <sup>9,10,11</sup></li> </ul>
<b>Safer conception</b>	<ul style="list-style-type: none"> <li>In serodiscordant relationships, PrEP can be safely used by the HIV negative partner for safe conception.</li> </ul>
<b>Visit schedule</b>	<ul style="list-style-type: none"> <li>The client must return for a month one and thereafter 3-monthly for follow-up HIV testing, counselling, and safety monitoring visits.</li> </ul>

\*Major side effects are extremely rare and may include renal toxicity and metabolic complications decreased bone mineral density (which is reversible), extremely small risk of lactic acidosis and hepatic steatosis or steatohepatitis.

**Table 3: Risk-benefit counselling for pregnant and breastfeeding women eligible for PrEP.**

What is the risk of contracting HIV during Pregnancy for the Mother & Baby?	What are the Risks of PrEP drugs to Foetus or Baby ?	What are the benefits of taking PrEP during pregnancy and breast feeding?
<ul style="list-style-type: none"> <li>Biological and behavioural changes during pregnancy increase the likelihood of women contracting HIV</li> <li>The likelihood of a pregnant woman contracting HIV is 2-3 times greater than in a non-pregnant woman</li> <li>Women recently infected with HIV have a much higher chance of passing on HIV infection to the unborn baby because of the high levels of the virus in the body during this time of acute (new) infection and not yet being on ARV treatment</li> </ul>	<p><b>We do know</b></p> <ul style="list-style-type: none"> <li>Very low concentrations of PrEP drugs are secreted in the breast milk</li> <li>PrEP use in HIV negative pregnant women was shown to be safe for the mother and baby</li> <li>There has been an extensive use of TDF/FTC (PrEP drugs) over many years by pregnant women as part of HIV treatment, and there is no indication of any harmful effects for the foetus/infant.</li> </ul>	<ul style="list-style-type: none"> <li>An HIV negative pregnant or breastfeeding woman taking PrEP can protect herself from contracting HIV thus also reducing the risk of passing HIV to the unborn or breastfed baby</li> <li>PrEP is easy to take it requires one pill a day</li> <li>PrEP can be taken by the woman without anybody else knowing if she wants to keep it to herself</li> <li>PrEP can be used when a woman and her partner want to conceive safely if she is HIV negative and her partner is HIV positive</li> <li>PrEP can also be used by couples when one partner is positive (not on ART or virally suppressed) and the other is negative</li> </ul>

## 6 PrEP follow-up and monitoring

HIV testing should be repeated every 3 months to ensure that PrEP is not taken in the presence of HIV infection. Regular monitoring of kidney function when taking PrEP is recommended for individuals over 50 years and older and individuals with conditions that might lead to reduced kidney function, such as hypertension or diabetes. Less frequent monitoring is recommended for all other PrEP users. Regular monitoring also provides an opportunity to assess adherence to PrEP and to identify any adverse events and to check that PrEP is still needed (**Table 4**).

**Table 4. Follow-Up procedures for individuals on PrEP, including pregnant women.**

Activity	Following oral PrEP initiation
Confirmation of HIV-negative status*	At initiation, at 1 month, then every 3 months
Address side effects	Every visit
Adherence counselling	Every visit
Creatinine clearance test	Only if indicated (Refer to <b>Table 1</b> )
STI screening and treatment	Every visit
PrEP medication issuance	1-month supply at initiation, then 3-month supply
Behavioural sexual risk reduction counselling	Every visit

\*For pregnant women on PrEP, it is **not necessary** for a routine conduct HIV test at every BANC plus visit for a pregnant woman that is adhering to PrEP regimen. Provide PrEP adherence support and counselling at every BANC Plus visit and only conduct an HIV test if there is poor adherence to PrEP regimen.

## 6.1 Discontinuation of PrEP

PrEP should be stopped if the client:

- Tests HIV-positive
- Has persistently low eGFR or high sCr levels (in pregnancy))
- Is non-adherent to PrEP
- No longer needs or wants PrEP
- If there are safety concerns where the risks of PrEP use outweigh potential benefits

For a person stopping PrEP medication should be continued for 7 days after the last potential HIV exposure to ensure protection.

### Important to remember:

**Clients initiating PrEP** need 7 days of daily dosing to reach adequate levels of PrEP drugs in the body.

During this period, other protective precautions should be used, e.g. abstinence or using condoms.

**Clients stopping PrEP** check for last potential HIV exposure in individuals wanting to stop taking PrEP.

PrEP should be continued for 7 days after the last potential HIV exposure in those wanting to cycle off PrEP.

## 6.2 PrEP and Hepatitis B

TDF and FTC both have hepatitis B antiviral activity. Discontinuation of PrEP may cause serious liver damage resulting from reactivation of HBV. PrEP users with chronic hepatitis B should be carefully monitored when they discontinue PrEP. Some PrEP users may opt to continue using tenofovir to control their hepatitis, even if they no longer require these drugs for the indication of PrEP.

## 6.3 PrEP clients who test HIV-positive

Taking PrEP after contracting an HIV infection could result in the development of resistance to the drugs used in PrEP – tenofovir and emtricitabine – limiting future antiretroviral treatment options. Clients who test HIV-positive must stop taking PrEP immediately and initiated on ART or referred for ART as soon as possible, regardless of CD4 count. They must be linked to HIV care, treatment, and support. Where possible, their partners should be encouraged to test for HIV.

HIV seroconversion after initiating PrEP can occur and may be due to:

- **People who take PrEP drugs inconsistently** or do not take it as prescribed.
- **People who stop PrEP for a variety of reasons.**

**PrEP failure:** People who take PrEP consistently as prescribed and become infected with HIV while taking PrEP.

All persons on PrEP that have seroconverted must be reported on the PrEP seroconversion form (refer to **Appendix V**). It is important to assess the circumstances/factors/situations pertaining to the seroconversion to further inform and improve programme delivery.

## 7 PrEP Monitoring and Reporting

Routine monitoring of the PrEP programme is essential to assess uptake, effective use, and safety. The data collected will also assist with forecasting demand to ensure sufficient and an uninterrupted supply of all the required commodities.

To facilitate standardised and systematic monitoring of the programme, all PrEP service points must use the **PrEP Clinical Form** to collect client data. A copy of the clinical form can be found in **Appendix VI**. PrEP providers must ensure that the form is completed in detail and kept in the client file at the healthcare facility. The information contained in the clinical form must then be used for entry into TIER.Net after each clinical visit or if there is a change in the clients status as PrEP user.

The following indicators (**Table 5**) will be used for the routine monitoring of the PrEP Programme to assess uptake, safety, and continued use.

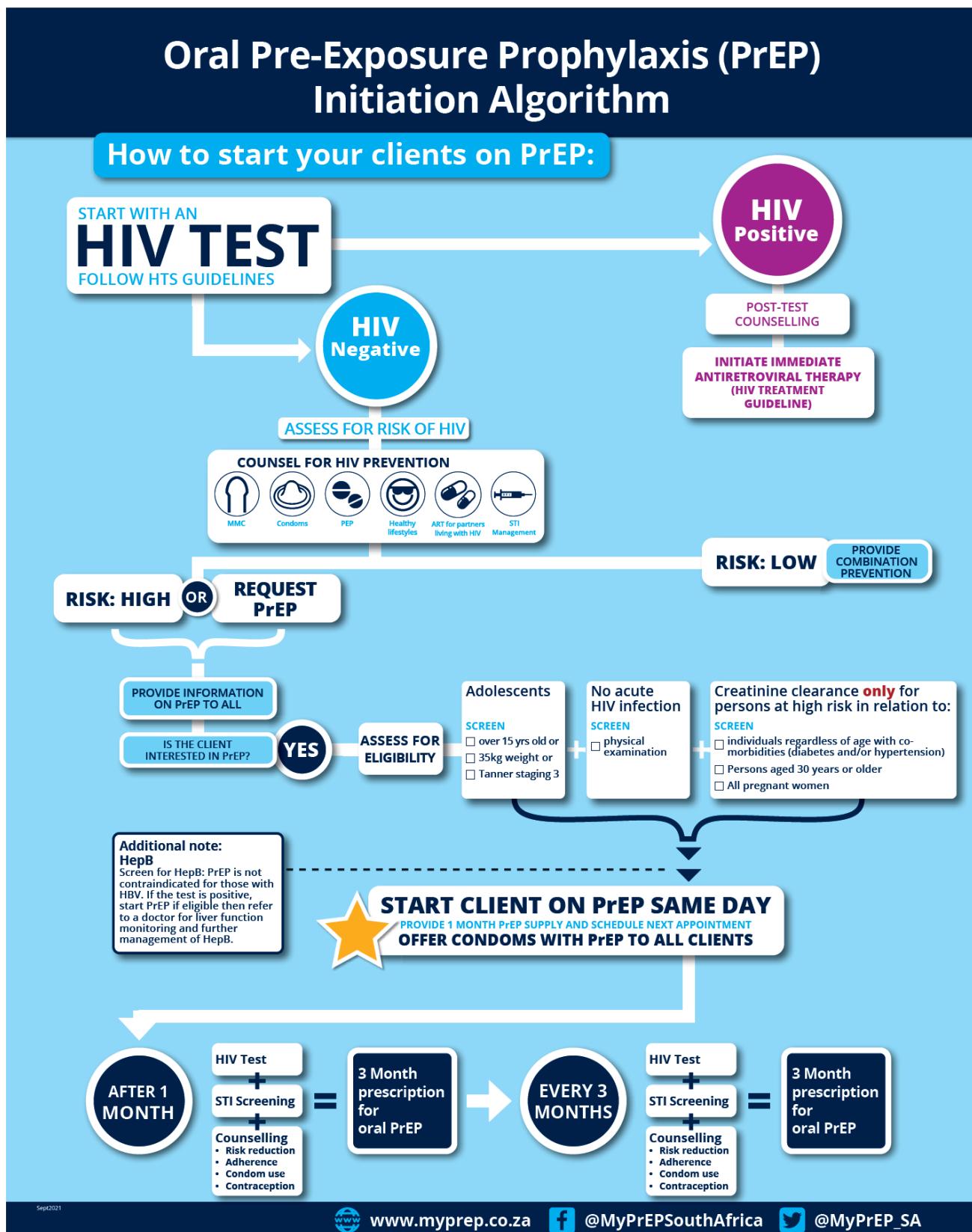
**Table 5: PrEP Programme Indicators**

Indicator	Definition	Source document	Point of collection
<b>PrEP Uptake</b>	Number people who received PrEP for the first time in the reporting period.	PrEP Clinical form	At PrEP initiation
<b>Continuation on PrEP</b>	Number of individuals, inclusive of those newly enrolled, that received PrEP during the reporting period.	PrEP Clinical form	At monthly follow-up visit

In addition to the recording information on the PrEP Clinical Form the **PrEP Pregnancy Outcome Reporting Form (Appendix VII)** must be completed for each pregnant client post-delivery, to ensure that any adverse pregnancy outcomes are reported and tracked.

## 8 APPENDICES

### Appendix I: Job Aid for Clinicians: PrEP Algorithm



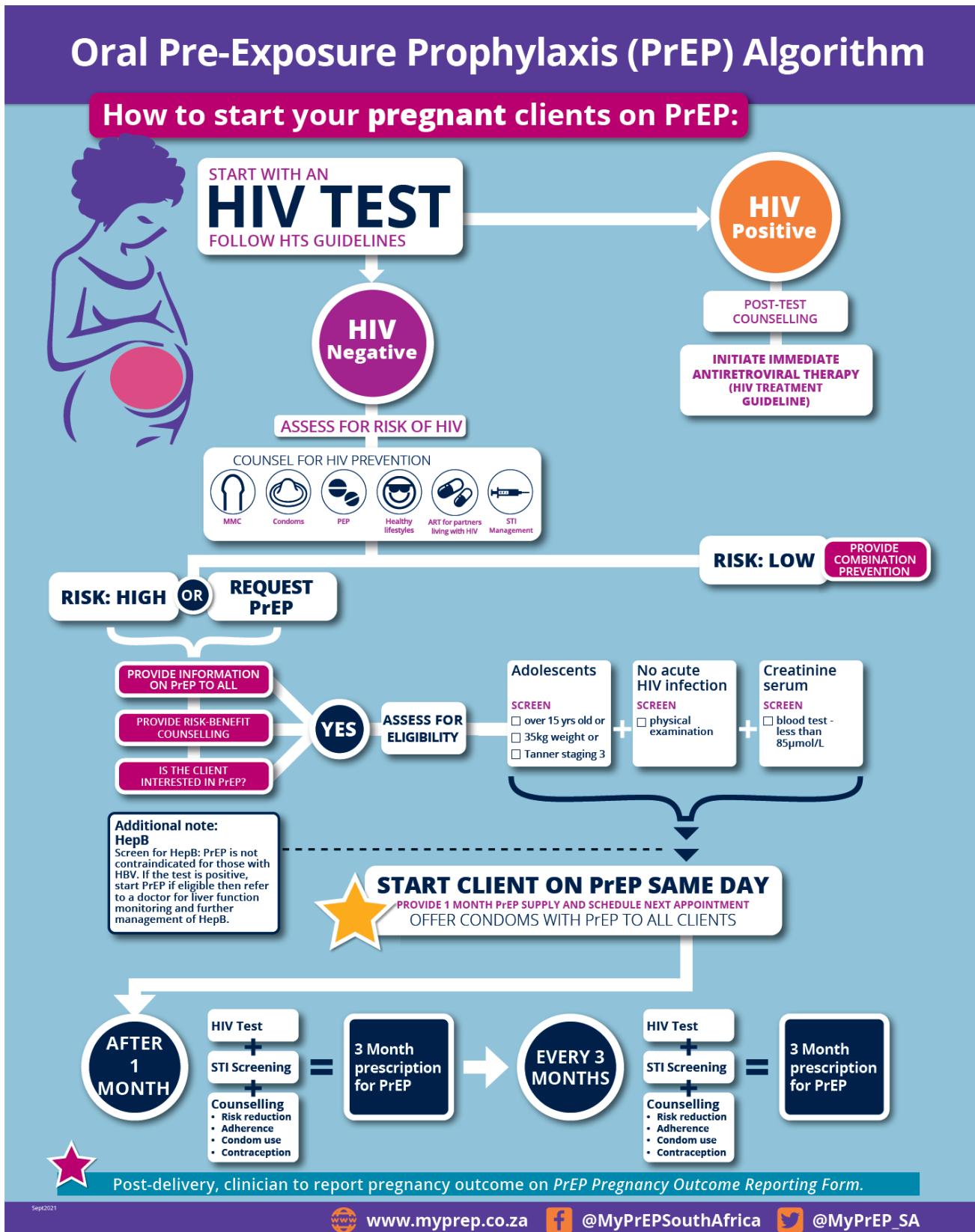
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## Appendix II: Job Aid for Clinicians: PrEP Algorithm Pregnant Women



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## Appendix III: Job Aid Counsellors: Oral PrEP Counselling Guide

### Oral Pre-Exposure Prophylaxis (PrEP) Counselling Guide

1. Pre-test information

2. HIV test

3. Post-test counselling

#### For clients who are HIV-negative

##### 4. Assess your client's risk of getting HIV.

Discuss your client's risk, explore the following:

- Do you ever have unprotected sex (not using a condom)?
- Do you have unprotected sex with a partner/s who are HIV-positive?
- Do you ever have unprotected sex with a person whose HIV status you don't know?
- Do you ever have sex under the influence of alcohol and/or drugs?

Be sensitive and non-judgmental!



Individuals who answer YES to any of these questions or ask for PrEP should be considered for PrEP.

##### 5. Inform your client that PrEP, a pill that prevents HIV, is available at this clinic.

##### 6. Find out if your client is interested in knowing more about PrEP.

##### 7. Provide information about PrEP - if your client is interested and wants to know more.

- PrEP is an ARV pill used to PREVENT HIV infection.
- PrEP is for HIV-negative people.
- PrEP is taken daily.
- PrEP is safe to take!
- PrEP does not protect you from getting other STIs.
- PrEP does not prevent you from getting pregnant.
- PrEP can be stopped at any time that you do not need it.

Always try to use a condom as well as PrEP.

#### Key messages

PrEP works best when you take it every day!

Because PrEP does not protect you from STIs or getting pregnant, it is best to use with condoms and contraception, where appropriate.



## Oral PrEP Counselling Guide (*continued*)

### 8. If client is interested in PrEP tell him/her that the nurse will check the following:

#### Adolescents

- over 15 yrs old or
- weigh more than 35kg

#### No signs of HIV infection

- physical examination
- HIV test

#### Kidneys are functioning well

- a blood test will only be done for persons:
  - who have diabetes, or
  - who have high blood pressure, or
  - are over 50 years in age,
  - or pregnant.

If all of these tests are OK, the client could start PrEP immediately.

You do not have to wait for the blood results to start PrEP.

### 9. Starting PrEP

Provide the correct information and education regarding PrEP:

- You will have to take PrEP pills for **7 days**, every day, before you are fully protected from an HIV infection.
- Use a condom in these first 7 days.
- You will get the best protection if you take PrEP pills every day.
- You can stop taking PrEP if you are no longer at risk.
- If you want to stop PrEP, continue to take PrEP pills for 7 days before stopping.



#### Clinic visits:



### 10. Pill-taking

- Remember to take PrEP every day.
- PrEP tablets can be taken any time of day, with food or without food.
- If you forget to take a tablet, take it as soon as you remember.
- Set an alarm or link pill taking to something else that you do every day – like having your morning tea or brushing your teeth before you go to bed.
- PrEP is safe even if you are taking hormonal contraceptives, sex hormones or non-prescription drugs.
- PrEP is safe with alcohol.



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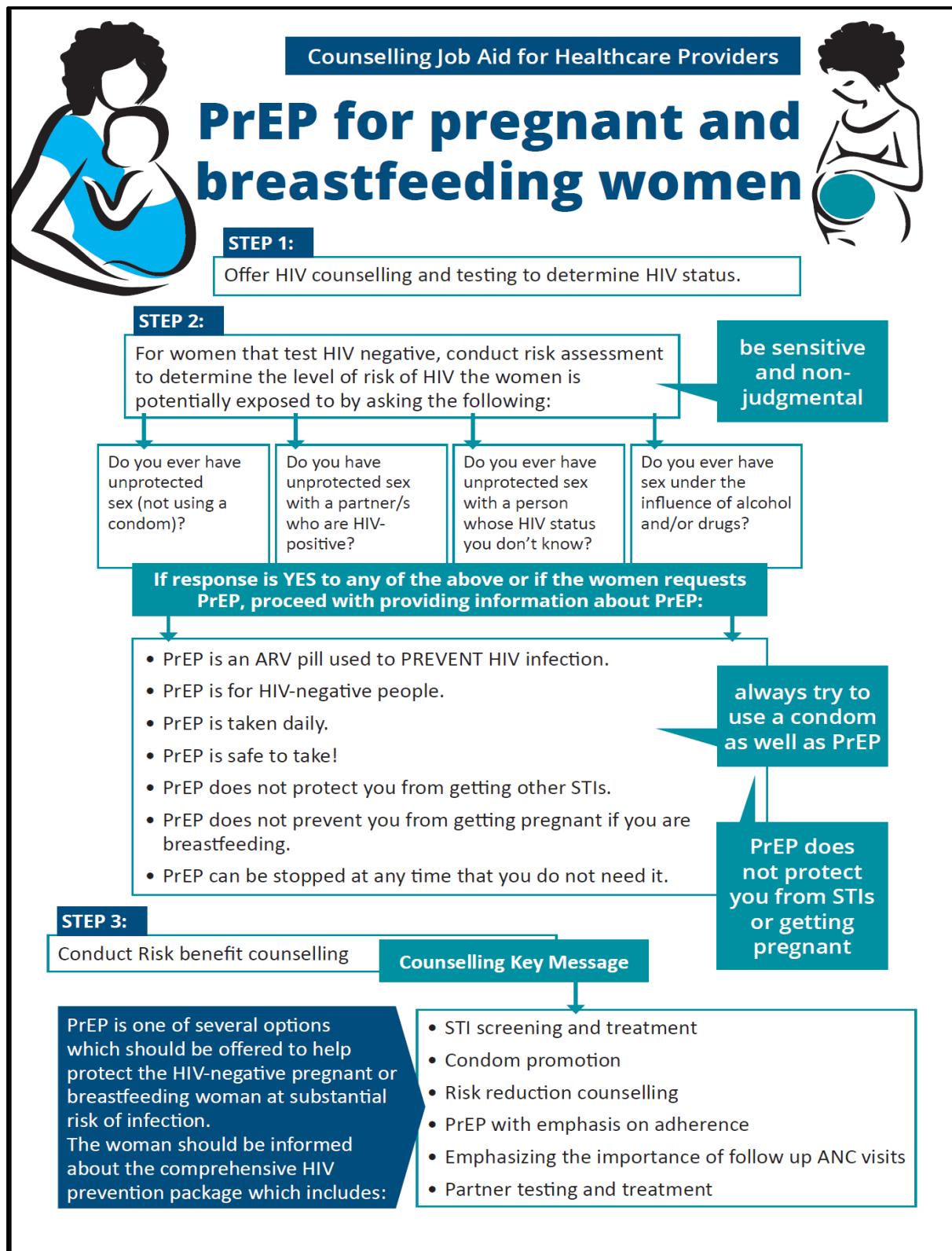


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## Appendix IV: Job Aid: Counselling Guide for Pregnant & Breastfeeding Women





## The choice to start, continue or discontinue PrEP when a woman becomes pregnant should be made by the woman, following a discussion of the risks and benefits with her healthcare provider (table below).

**Key messages and information for PrEP in pregnant and breastfeeding women:**

What is the risk of contracting HIV during pregnancy for the mother and baby?	What are the risks of PrEP drugs to foetus or baby?	What are the benefits of taking PrEP during pregnancy and breast feeding?
<ul style="list-style-type: none"> <li>Biological and behavioural changes during pregnancy increase the likelihood of women contracting HIV.</li> <li>The likelihood by of a pregnant woman contracting HIV is 2-3 times greater than in a non-pregnant woman.</li> <li>Women recently infected with HIV have a much higher chance of passing on HIV infection to the unborn baby because of the high levels of the virus in the body during this time of acute (new) infection and not yet being on ARV treatment.</li> </ul>	<p><b>We do know:</b></p> <ul style="list-style-type: none"> <li>Very low concentrations of PrEP drugs are secreted in the breast milk and will not harm the baby.</li> <li>PrEP use in HIV negative pregnant women was shown to be safe for the mother and baby.</li> <li>There has been an extensive use of TDF/FTC (PrEP drugs) over many years by pregnant women as part of HIV treatment, and there is no indication of any harmful effects for the foetus/infant.</li> </ul>	<ul style="list-style-type: none"> <li>An HIV negative pregnant or breastfeeding woman taking PrEP can protect herself from contracting HIV thus also reducing the risk of passing HIV to the unborn or breastfed baby.</li> <li>PrEP is easy to take, it requires one pill a day.</li> <li>PrEP can be taken by the woman without anybody else knowing if she wants to keep it to herself.</li> <li>PrEP can be used when a woman and her partner want to conceive safely if she is HIV negative and her partner is HIV positive.</li> <li>PrEP can be used by couples when one partner is positive (and is not on ART or virally suppressed) and the other is negative.</li> </ul>

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## Appendix V: Oral PrEP seroconversion reporting form

 <b>health</b> Department of REPUBLIC OF SOUTH AFRICA		<b>PrEP Seroconversion Reporting Form</b>			
First name		Folder #			
Surname		Phone #			
DOB	dd / mm / yy	Gender:	M / F / TG	Address	
ID Number					
<p><b>Instructions:</b> Please use the form to document the circumstances/factors/situations pertaining to the seroconversion of the to further inform programme improvement. The available fields must be completed as much as possible with the relevant information available at the time of reporting. Please complete and affix a copy of the PrEP clinical form and/or laboratory results that are necessary.</p>					
<b>PrEP drugs exposure before positive HIV test</b>					
PrEP start date:	dd / mm / yy	Date of HIV+ Test:	dd / mm / yy	Drug name (s): _____	
<b>Daily Oral PrEP History</b>					
1. At the time of the positive test result, is the client still on PrEP?	<input checked="" type="checkbox"/> Y Client is still on PrEP <input type="checkbox"/> N Client stopped taking PrEP (Specify date when the last PrEP dose was taken): dd / mm / yy				
2. In the last 3 months, has the client been taking PrEP daily? i.e. without missing a dose	<input type="checkbox"/> 0 Never missed a dose of daily PrEP <input type="checkbox"/> 1 Only one day of PrEP missed <input type="checkbox"/> 2 Only two days of PrEP missed <input type="checkbox"/> 3 Three or more days of PrEP were missed <input type="checkbox"/> 4 7 days or more of PrEP were missed				
3. Are you aware of your partner/s HIV status?	<input type="checkbox"/> 1 My partner/s is HIV negative <input type="checkbox"/> 2 My partner/s is HIV positive <input type="checkbox"/> 3 I don't know my partner/s HIV status				
4. Did you use a condom with your partner/s?	<input type="checkbox"/> 1 Always <input type="checkbox"/> 2 Sometimes <input type="checkbox"/> 3 Never				
5. Additional comment on circumstances to the seroconversion:					
<b>Results Resistance Testing</b>					
Date	Test Result				Comment
1	R <input type="checkbox"/> N <input type="checkbox"/>				
2	F <input type="checkbox"/> M <input type="checkbox"/>				
3	F <input type="checkbox"/> M <input type="checkbox"/>				
Relevant medical history					

## Appendix VI: Oral PrEP Clinical Form

PrEP Clinical form (Initiation)										
First name				Folder #						
Surname				Phone #						
DOB	dd / mm / yy	Gender:	M / F / TG	Address						
ID Number										
Instructions: Please use the below form to capture initiation, continuation, discontinuation, and re-initiation for PrEP. If a patient discontinues, continue the record with the corresponding date of discontinuation. Should a patient re-start PrEP, re-initiation and subsequent visits will be captured into this same form. Adherence support and other notes can be captured further below.										
Steps Prior to PrEP Initiation/Re-Initiation										
Date of Visit	HIV Test Result	PrEP Counselling Conducted?	Proceed with Screening?	PrEP Screening						
				Creatinine (eGFR)	Pregnancy	Weight (Kgs)	Hep B Result	STI Screening	Decide to Initiate?	
/ /	+/-	Y/N	Y/N	+/-/NA				+/-	Y/N	
/ /	+/-	Y/N	Y/N	+/-/NA				+/-	Y/N	
/ /	+/-	Y/N	Y/N	+/-/NA				+/-	Y/N	
/ /	+/-	Y/N	Y/N	+/-/NA				+/-	Y/N	
PrEP - Initiation/Re-Initiation and Monitoring										
Original PrEP Initiation Date	/ /	Transfer In:	Date:	From Clinic:						
Test Results (if applicable)										
# of months on PrEP	Next visit Date:	Actual visit:	Staying on PrEP?	HIV Test	Creatinine (eGFR)	Weight (Kgs)	Pregnancy	STI Screen	Outcome (RIP, LTF, TFO, Sero, DNA, Disc)	Month of Outcome
0	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
1	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
2	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
3	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
4	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
5	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
6	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
7	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
8	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
9	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
10	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
11	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
12	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
13	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
14	/ /	/ /	Y/N	+/-			+/-/NA	+/-		/ /
Notes: Reason for discontinuation / adherence support / allergies / medical history / hospitalisations / TB history. *Please state reason for discontinuation in detail (client's choice / change in risk profile / adverse effects, etc.)										

### ***PrEP Clinical Form continued***

## Appendix VII: PrEP Pregnancy Outcome Reporting Form

 <b>PrEP Pregnancy Outcome Reporting Form</b>					
First name Surname DOB ID Number	<input type="text"/> <input type="text"/> <input type="text"/> dd / mm / yy <input type="text"/>	Gender: M / F / TG	<input type="text"/> <input type="text"/> <input type="text"/>		
<p><b>Instructions:</b> Please use the below to capture the pregnancy outcomes of mothers exposed to PrEP drugs at any time during their pregnancy. The available fields must be completed as much as possible with the relevant information available at the time of reporting. Please complete and affix a copy of the PrEP clinical form and/or laboratory results that are necessary.</p>					
<b>PrEP drugs exposure before/during pregnancy</b>					
PrEP start date  PrEP stop date	<input type="text"/> dd / mm / yy <input type="text"/> dd / mm / yy	<input type="checkbox"/> Before pregnancy <input type="checkbox"/> During pregnancy	<input type="text"/> Date of positive urine test <input type="text"/> Date of delivery		
Drug name (s): _____		Dose: Daily <input type="checkbox"/> Monthly <input type="checkbox"/> Other <input type="checkbox"/> Specify: _____			
<b>Pregnancy outcome</b>					
1. Did the client experience any complications during pregnancy?	<input checked="" type="checkbox"/> Yes. Specify: _____ <input type="checkbox"/> No				
2. Did the client give birth to (a) live infant(s)?	<input checked="" type="checkbox"/> Yes. Date of delivery <input type="text"/> dd / mm / yy <input type="checkbox"/> No. Specify reason: _____				
3. Was the infant normal at birth?	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No. Specify abnormality and reason: _____				
4. Additional comment on pregnancy/delivery					
<b>Infant (s) information</b>					
Infant number	Infant sex F <input type="checkbox"/> M <input type="checkbox"/>	Infant length (cm)	Infant weight (g)	APGAR score	Comment
1	F <input type="checkbox"/> M <input type="checkbox"/>				
2	F <input type="checkbox"/> M <input type="checkbox"/>				
3	F <input type="checkbox"/> M <input type="checkbox"/>				
Relevant medical history (with focus on relevant prior gynaecological/obstetric history)					

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