

Pre-Exposure Prophylaxis (PrEP) Educational Intervention in Primary Care



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Introduction

- Around 1.2 million people in the United States (U.S.) are currently infected with HIV (CDC, 2021).
- Pre-Exposure Prophylaxis (PrEP) is safe and highly effective in preventing HIV infection.
- However, PrEP remains underutilized among primary care providers (PCPs) due to lack of knowledge and education on PrEP (CDC, 2021).
- PCPs at Kaiser Permanente (KP) Los Angeles Medical Center do not prescribe PrEP to at-risk patients and refer them to infectious disease providers.

Purpose

The proposed PrEP educational intervention (PrEP-EI) will provide PCP's in-depth knowledge on prescribing PrEP to help them adapt and implement PrEP in their practice.

Methods

Design:

- Pre- and post-test design was used to assess the participant's knowledge level of PrEP.
- 35 PCPs attended the PrEP-EI and were given pre- and post-tests.

Data Collection:

- PCPs were given a survey link to Microsoft Form[®] to answer 5 PrEP knowledge-based questions pre-and post- PrEP-EI.
- The number of PrEP medications (Truvada[®] and Descovy[®] or the generic version emtricitabine and tenofovir disoproxil fumarate) prescription at the pharmacy was documented at baseline and 2 months after the PrEP-EI.
- PCP's demographics were obtained from pre- implementation survey.

Data Analysis:

- Paired Samples *t*-Test was used, there must be a *p*-value of <0.05 to reject the null hypothesis.

Results

Table 1. PCP Characteristics (n = 27)

Characteristics	MD/DO	NP/PA	Total
Age [mean]	45(28-65)		MD/DO = 35
Range			NP/PA = 0
Gender			
Male	18		51%
Female	17		49%
Ethnicity			
White	10		29%
Black	1		3%
Hispanic	4		11%
Asian	18		51%
Mixed/Others	2		6%
Specialty			
Internal Medicine	27		93%
Family Medicine	8		7%
Years in Practice			
< 5 years	14		40%
6-15 years	11		31%
> 15 years	10		29%

Table 2. Knowledge Level of PrEP

	Pre-test	Post-test
PrEP Knowledge Level	60%	90.86%

Before the PrEP-EI, participants had a knowledge score of 60%. After the PrEP-EI, knowledge score increased to 90.86%.

Table 3. Number of PrEP Medication Prescriptions

	Baseline	2 months after PrEP-EI
Number of PrEP Medications	12	76

The number of PrEP medications prescribed by PCPs increased from 12 to 76 in 2 months.

Conclusions

- PrEP-EI has been shown to increase PrEP knowledge among PCPs.
- This finding supports the importance of PrEP-EI among PCPs to prescribe PrEP.
- PCPs are more likely to adapt and implement PrEP in their clinical practice when trained with the necessary knowledge and skills.

Clinical Implications

- PrEP is a cost-effective and safe way to prevent HIV infection.
- Establishing PCP's knowledge and competence of PrEP is critical to facilitating their adaption of PrEP in clinical practice.
- PrEP is a prevention intervention and is vital in ending the HIV epidemic in the U.S.

Ending
The
HIV
Epidemic

