



GGD

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NCHIV

Pre-exposure prophylaxis (PrEP) among MSM in the Netherlands

*Lessons for (future) PrEP
implementation*

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Disclosure

Potential conflicts of interest	
Relevant (financial) relationships	Company Name
<ul style="list-style-type: none">• Our institute receives medication for the AMPrEP project	<ul style="list-style-type: none">• Gilead



Choosing and switching between daily and event-driven PrEP

Choosing or Switching to Daily PrEP

Choosing or Switching to Event-driven PrEP

(Perceived) HIV risk

Sex is or became unplannable/frequent/risky

Sex is or became plannable/infrequent/low HIV risk

"I am dependent on sex parties as I cannot get sex in general. So my sex is plannable."

"[With daily PrEP] you don't need to especially prepare it. That raises an aversion"



Choosing and switching between daily and event-driven PrEP

	Choosing or Switching to Daily PrEP	Choosing or Switching to Event-driven PrEP
(Perceived) HIV risk	Sex is or became unplannable/frequent/risky	Sex is or became plannable/infrequent/low HIV risk
(Perceived) Adherence	Need for daily structure Issues with event-driven PrEP adherence	Issues with daily PrEP adherence

✘
✘ Choosing and switching between daily
✘ and event-driven PrEP

	Choosing or Switching to Daily PrEP	Choosing or Switching to Event-driven PrEP
(Perceived) HIV risk	Sex is or became unplannable/frequent/risky	Sex is or became plannable/infrequent/low HIV risk
(Perceived) Adherence	<div style="background-color: red; color: white; padding: 5px; border-radius: 10px; display: inline-block;"> <i>"I think that it will be more effective because I will use it daily, constant drug level in the body"</i> </div>	daily PrEP
Perceived safety of the (other) regimen	Higher perceived efficacy & safety of daily PrEP Fear of resistance development with event-driven PrEP	Toxicity and burden of daily medication

"It is still medication, I'd rather not have it in my body if I don't need it"



Choosing and switching between daily and event-driven PrEP

Choosing or Switching to Daily PrEP

Choosing or Switching to Event-driven PrEP

Anticipated or experienced side-effects

Fear/experienced reoccurring side-effects due to restarting event-driven PrEP

Fear/experienced continuous side-effects with daily PrEP



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Fear/experienced continuous side-effects with daily PrEP

Experimenting with the regimen

Experimenting with the daily dosing regimen

Experimenting with the event-driven dosing regimen



Choosing and switching between daily and event-driven PrEP

Choosing or Switching to Daily PrEP

Choosing or Switching to Event-driven PrEP

Anticipated or experienced side-effects

Fear/experienced reoccurring side-effects due to restarting

Fear/experienced continuous side-effects

"Because event-driven PrEP makes you think [about your sex life], and then you don't go all crazy."

Experimenting with the regimen

Experimenting with the daily dosing regimen

Experimenting with the event-driven dosing regimen

Freedom of sexual behaviour

To maintain/gain more sexual freedom

To inhibit/control sexual risk episodes

Substitute for condoms

"[I prefer] to maintain my ability to have spontaneous sexual encounters"



Discussion & Conclusion

- Great variety of motives to choose and switch between regimens, based on:
 - Adherence expectations and experiences
 - Anticipated and experienced physical or sexual impact
- **Underscores the importance of offering a choice that fits changing personal risk and adherence strategies among PrEP users**
- **Both event-driven and daily regimen offer viable solutions**
- **Necessitates a tailored approach in which PrEP implementation is addressed as a continuum of flexible and changeable choices over time**