PrEP: Pre-Exposure Prophylaxis for HIV Lesson Plan

Learning Objectives:

By the end of the session, learners will understand:
- Biomedical options for HIV prevention
- The use and administration strategies for PrEP
- The efficacy of PrEP in preventing HIV transmission
- The FDA approved regimens and alternate regimens
- How to counsel and evaluate for PrEP

Video Lecture:

[Image of video lecture]

PrEP: Pre-Exposure Prophylaxis for HIV
Presented by Lealah Pollock, MD MS

Available at https://www.innovating-education.org/2019/05/prescribing-emergency-contraception/

Citations

Haeger et al. 2018; Glasier et al. 2011; Edelman et al. 2018; Kapp et al. 2015

Lesson Plan in a Flipped Classroom Setting
PrEP: Pre-Exposure Prophylaxis for HIV

Using a flipped classroom model, this lesson plan will use the video lecture and additional resources to provide learners with an engaging learning environment. Here’s how to use this course in a “flipped-classroom” at your own institution.

Teaching Points:
- Family planning visits are a great opportunity to use shared decision making to identify HIV prevention strategies in the context of a patient’s reproductive goals
• Women are unaware of their risk for HIV and unfamiliar with PrEP
• Gay and bisexual men are the populations most affected by HIV
• Black and Latinx individuals are disproportionately affected by HIV
• Stigma, lack of insurance, and lack of providers comfortable with PrEP are large barriers to PrEP uptake
• PrEP is highly effective when taken correctly. The degree of adherence determines the level of protection.
• Adherence counseling is critical when prescribing PrEP

**Time Required:**
Total Time of Video Lecture: 10:49 min
Estimated Independent Prep Time Required by Learner: 15 min
Total Estimated Time Required for In-Classroom Activity: 30 min-1 hr

**Materials Required and Instructor Preparation:**
• Learners will need internet access with enough bandwidth to view streaming videos.
• The instructor should print copies of the small group activity quiz (page 3) included in this packet.

**Individual Activity:**
*PrEP: Pre-Exposure Prophylaxis for HIV Lecture*
• Learners can watch didactic lecture before the workshop in a flipped classroom model or during class time.
• Learners may be assigned any of the following relevant readings (determined by instructor’s desired learner work-load) as outlined in the “Suggested Readings” section on page 1.

**In-Classroom Activity**
• Divide the classroom into small groups and distribute the small group activity quiz (page 4-5). Instruct learners to spend 15 minutes and work together to answer the questions provided.
• At the end of this activity, convene the class. Present the questions and have learners share their answers and discuss.
• Write the correct answers on the board for the class to see. Collect each handout from learners
  • The instructor can reference the answer sheet on page 4
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Small Group Activity Quiz

Questions:
In your group, answer the following questions referencing the video lecture assigned before class. Be prepared to turn in this handout at the end of class.

1. What are the 3 different biomedical options for HI prevention?
   a. PrEP (Pre-Exposure prophylaxis)
   b. PEP (Post-exposure prophylaxis)
   c. TaSP (Treatment as Prevention)
   d. All of the above

2. The only currently FDA approved PrEP regimen(s) is/are (check all that apply):
   a. On demand PrEp (2-1-1 PrEP)
   b. Once daily Tenofovir Disoproxil Fumarate + Emtricitabine (brand name Truvada)
   c. Tenofovir AF/Emtricitabine (Descovy)
   d. Long-acting injectables
   e. Vaginal rings

3. True/False: When someone living with HIV is taking effective treatment and has an undetectable viral load they cannot transmit HIV to a sexual partner

4. List the 5 steps of the initial evaluation for PrEP
   i.
   ii.
   iii.
   iv.
   v.

5. True/False: HIV is not transmitted through oral sex unless someone has open sores or cuts in their mouth
PrEP: Pre-Exposure Prophylaxis for HIV
Small Group Activity Quiz

Answers

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   d. Long-acting injectables
   e. Vaginal rings

3. True/False: When someone living with HIV is taking effective treatment and has an undetectable viral load they cannot transmit HIV to a sexual partner
   True

4. List the 5 steps of the initial evaluation for PrEP
   i. Confirm HIV negative
   ii. Test for hepatitis B; vaccinate if nonimmune
   iii. Screen for hepatitis C
   iv. Confirm normal renal function
   v. Test. For and treat STIs

6. True/False: HIV is not transmitted through oral sex unless someone has open sores or cuts in their mouth
   True