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Patients prefer telemedicine or primary care for HIV PrEP

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Patients' Perspectives on Various Options for HIV Pre-Exposure Prophylaxis

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BACKGROUND

- HIV pre-exposure prophylaxis (PrEP) is highly effective in reducing the risk of acquiring HIV.
- Access to a PrEP provider is still a major barrier, particularly in some rural parts of the country.
- Telemedicine has the potential to expand access to people who are medically underserved and rural communities.



PURPOSE



- Assess our patients' interests and views on a PrEP telemedicine option for PrEP including in-person visits



METHODS

- Survey of patients who were seen in person in our Infectious Diseases Clinic between July 1, 2018 and March 15, 2021 for a PrEP visit.
- The survey was mailed to patients, and the questions related to TelePrep had responses that included No/Unlikely, Maybe, Definitely, and Unsure.
- Patients were also invited to write comments about our PrEP clinic and their thoughts on TelePrEP.
- TelePrep was defined as video or phone visits with required laboratory tests performed at home or at a patient's preferred facility.

RESULTS



- There were 27 patients who responded to surveys (42% response rate). Seventeen respondents were on PrEP, and 10 respondents had stopped taking PrEP.
- The majority were cisgender males (88.9%, n=24), 2 were cisgender females, and 1 was a transgender woman.
- Interest in TelePrEP was high.
- Among those who were uninterested or unsure about TelePrEP, 50% were no longer being seen in our clinic (5/10).
- Among those respondents who believe that they are still at risk for HIV (n=21), majority said that home testing would "definitely" help them stay on PrEP.



SURVEY RESPONSES (n)

Would "definitely" use TelePrEP	62% (17)
Agree the following would help them stay on PrEP:	
TelePrEP	55% (15)
Home testing for HIV	57% (12)
Home testing for STI	78% (16)

COMMON CONCERNS ON IN-PERSON VISIT



CONCLUSION

- Our study conducted in a quaternary medical center serving large rural communities showed that patients are interested in TelePrEP and primary care providers managing PrEP.
- Cost and scheduling constraints were the most common problems reported by patients with in-person visits

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