



PrEP Education Flipchart

Treatment as Prevention



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How to Use This Flipchart

- This flipchart is intended for use by providers of the Indian Health Service to educate patients prescribed PrEP on STIs, HIV, and PrEP.
- This flipchart stands up so that both you and the patient can see the pages.
- Try to place the flipchart in a place that makes it easy for the patient to read the pages but is not placed directly between you and the patient.
- Explain to the patient how this flipchart is meant to meet their needs.
- The information on the “Provider” pages are meant to highlight main points for each topic.
 - You do not need to read verbatim from the chart and you should use language that is easy for the patient to understand.



PrEP Education



Tips for Using This Flipchart

- Before getting into the flipchart, positively engage with the patient. This doesn't have to be long, but set an atmosphere in which the patient can feel comfortable.
 - This may also include asking for the patient's preferred pronouns before each visit and using those pronouns to address the patient throughout your time with them.
- Using your professional knowledge, you are encouraged to supplement information that you believe will address the patient's needs.
- Pointing to certain information/illustrations on the "PATIENT" page may be helpful for patients.
- Ask questions in order to gauge the patient's understanding and to address any concerns the patient may have.



Section 1:

STIs and STI Prevention



Section 1:

STIs and STI Prevention

What are STIs?

Sexually

STIs, like syphilis and herpes, increase your chances of getting HIV.

Get the HPV vaccine.

Transmitted

Untreated STIs can cause loss of fertility, cervical cancer, and death.

Infections



What are STIs?

- Sexually transmitted infections, also referred to as STIs, are transmitted primarily through sexual contact with an infected partner.
- There are more than 20 different STIs, including gonorrhea, chlamydia, herpes, syphilis, and HIV/AIDS.
- If not treated, certain STIs can result in the loss of fertility, cervical cancer, and even death.
- STIs like herpes and syphilis can make an individual three times more likely to become infected with HIV.
 - This is one of the reasons why it is important to protect against STIs.
- Individuals can get vaccinated against certain types of Human Papillomavirus (HPV).
 - Vaccination against HPV is recommended by the CDC.

What is HIV?

HIV attacks t- cells, which are part of your immune system.

T-cells are destroyed and the immune system is unable to fight off diseases.

Diseases signal the transition into AIDS, the final stage of HIV.

HIV *can* be controlled.



What is HIV?

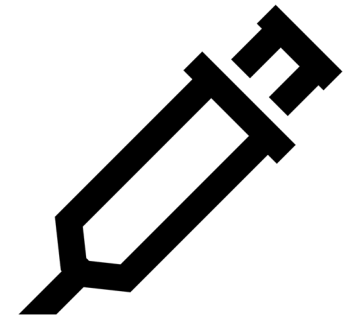
- HIV: **H**uman **I**mmunodeficiency **V**irus.
- HIV attacks the body's immune system, specifically the T-cells, which help the immune system fight off infections.
- Over time, HIV can destroy so many T-cells that the body can't fight off infections and disease.
- These infections and diseases can take advantage of a very weak immune system and signal that the person has AIDS, the last stage of HIV infection.
- There is currently no cure for HIV, however, with proper medical care, HIV can be controlled.

Transmission of HIV



- Mother-to-child transmission during pregnancy
- During labor and delivery
- Breast milk

- Injection drug use
- Blood transfusion



Unprotected sex is the most common way of transmitting **HIV**.

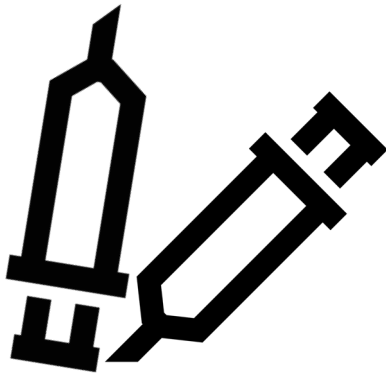
Transmission of HIV

- HIV can be transmitted by:
 - blood transfusion using blood from an infected individual
 - direct contact with either blood, semen, pre-seminal fluid, rectal fluids and vaginal fluids from an infected individual
 - from mother to child during pregnancy, during labor and delivery, and/or through breast milk from an infected individual.
- HIV is also considered a Sexually Transmitted Infection or STI.
 - Therefore, HIV can also be transmitted through unprotected vaginal sex, anal sex, and oral sex.
- Injection drug use is another common mode of transmission of HIV.
- HIV is not transmitted by saliva, sweat, or tears unless it is mixed with the blood of an infected individual.

Be careful with your
drug and alcohol use.



Do not share
works.




Use
protection
during sex.

Ways to Prevent HIV

Ways to Prevent HIV

- Always use protection when engaging in sexual activity.
 - These can include male condoms, female condoms, dental dams (or a cut-open, non-lubricated male condom) and finger cots.
- If engaged in injection drug use:
 - Do not share “works” (needles, cottons, cookers, etc.).
 - Properly dispose of needles by sealing them in a sharps container
 - Avoid touching the “works” of other individuals
- Be careful about your alcohol and drug use as they can increase the likelihood that you engage in risky sexual behavior (ie. not using protection during sex).
- Pre-exposure Prophylaxis (PrEP) can be used by those who are at increased risk of HIV infection.


Safer Sex Practices




Use barrier methods of protection (male and female condoms).



Be in control of your sexual health.



Talk to your partner about STIs and safer sex.



Use water or silicone- based lubricant.

Safer Sex Practices

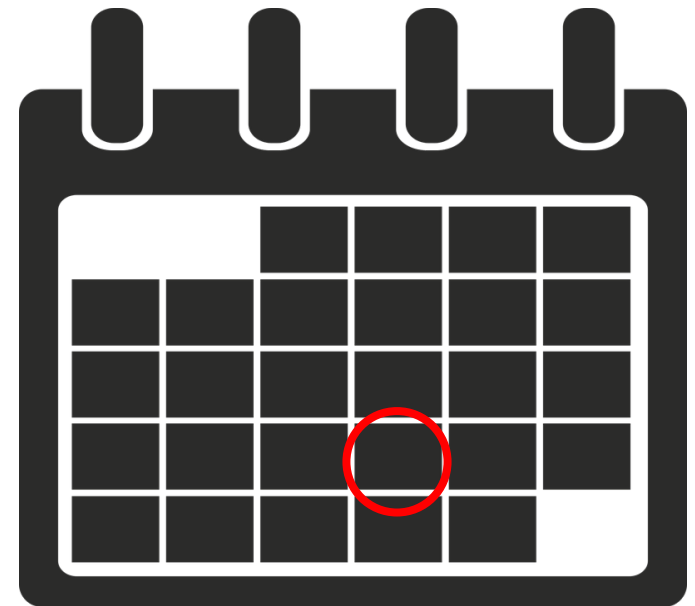
- Always use condoms and other barrier methods of protection, even if you or your partner use birth control like the pill or an IUD.
 - Birth control pills and IUDs do not protect against STIs.
- It's important to talk with your partner about STIs and practicing safer sex before you have sex.
 - Make sure you and your partner have both been tested for STIs and know each other's results.
- Know that you deserve to be in control of your health, including your sexual health.
 - If you are being coerced, forced, or pressured into having sex, there are resources you can use and people you can talk to work through the situation.
- Water- or silicone-based lubricant can be used to prevent the condom from breaking and from vaginal tissue from tearing.

Note: It might be helpful for the patient to act out what a conversation with their partner about safer sex practices might look like. Offer to act out such a situation or plan out an approach to broach the subject with their partner. A demonstration on how to put on a condom or use other barrier methods of protection might also be helpful.

Testing for STIs

Did You
Know?

You can have an
STI and not have
any symptoms.



Get tested for STIs once a year and know your status.



Testing for STIs

- STIs can be inactive in the body and, therefore, not cause any symptoms.
- Common symptoms of STIs are vaginal discharge, urethral discharge or burning in men, genital ulcers, and abdominal pain.
- When you should get tested varies by individual.
 - Most people should get tested for STIs every year.
- You can be tested for STIs using a urine sample, blood test, and/or swab of the possible infected areas such as mouth, anus, vagina, and/or penis.

Note: At this time, produce the resource page and go over possible resources. Plan for a time when they could get tested, if they haven't already been tested recently. If living in Alaska or Maryland, point them to the self-swab kits.



Section 2:

PrEP and PrEP Adherence

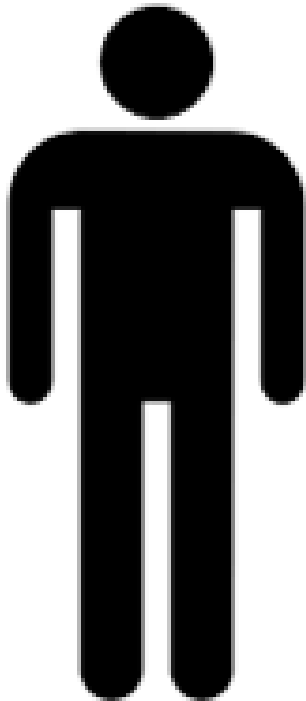


Section 2:

PrEP and PrEP Adherence



What is PrEP?



- PrEP is a pill taken once a day to prevent HIV.
- PrEP is sold under the name *Truvada*®.
- PrEP is not a vaccine.
- PrEP can cause nausea.

What is PrEP?

- PrEP stands for Pre-exposure prophylaxis.
 - It is a combination of two drugs (tenofovir and emtricitabine) that is taken by a person who is HIV-negative to prevent HIV infection.
 - It is sold under the name *Truvada*®.
- PrEP is not a vaccine.
 - Unlike a vaccine, PrEP does not teach your body how to fight infection.
 - Instead, the medication is present in your bloodstream and often stops HIV from taking hold within the body, if you become exposed.
- It is common to experience nausea while on PrEP, but this usually goes away over time. No serious side effects have been observed.
 - Among PrEP patients who have taken PrEP for up to five years and have remained HIV-negative, no significant health effects have been observed.

Don't Forget to
Take

PrEP!

PrEP Adherence

- Taking PrEP everyday gives you the most protection.
 - Not taking PrEP significantly decreases the amount of protection you have against HIV.
- To ensure that you take the pill everyday, you can:
 - Use an app on your phone to remind you to take the pill each day
 - Take the pill at the same time each day
 - Take the pill at the same time of another daily activity, such after brushing your teeth
 - Use a weekly pill container
 - When travelling, ensure that you carry enough pills for the entirety of the trip and for a few days extra, just in case.
 - Keep your medications in your carry-on luggage to avoid losing it or from it being damaged by temperatures within the cargo hold.
 - Ensure that the country or jurisdiction you are travelling to allows for PrEP to be brought into and used within the country.

Summary

- **STIs**
 - Certain STIs can increase your risk of becoming infected with HIV.
 - Get tested for STIs once a year.
- **HIV**
 - Engage in safer sex practices, such as wearing a condom to reduce your risk of getting HIV.
- **PrEP**
 - Take PrEP every day.

Summary

- STIs stands for sexually transmitted infections.
 - STIs like herpes and syphilis can increase one's chances of contracting HIV.
 - That is why it is important to get tested for STIs and treated, if you do have an STI.
- HIV stands for Human Immunodeficiency Virus.
 - HIV attacks the immune system.
 - Once you have HIV, there is no cure.
 - You can prevent the transmission of HIV and other STIs by engaging in safer sex practices, like using a condom or other barrier during sex.
- PrEP is a daily pill that one can take to prevent HIV infection.
 - Taking PrEP everyday gives you the most protection.



Your Treatment Plan

Your Treatment Plan

Take this time to review with the patient:

- Patient's PrEP prescription
- Preferred method of PrEP adherence
- How to manage possible PrEP side effects
- When their next appointment is
- How often they should be coming into the clinic/ health center for follow-up visits
- Their sexual health and harm reduction measures, including setting up an appointment for STI testing or connecting to resources for STI testing

References

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