Alaska ID ECHO: PrEP Series





Putting PrEP into Practice: A Panel of Alaska Provider Experiences

April 25, 2023

This program is supported by a grant from the Northwest Portland Area Indian Health Board and funding is provided from the HHS Secretary's Minority HIV/AIDS Fund.

Welcome to the Alaska ID ECHO April 2023 PrEP Mini-Series

Approved Provider Statements:



In support of improving patient care, Alaska Native Medical Center (ANMC) is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

CPE Credit will be posted to the online CPE Monitor system within 60 days following completion of each activity when applicable.

Contact Hours:

ANMC designates this activity for a maximum of 4.0 contact hours, including 4.0 pharmacological contact hours credit.

Commensurate with participation, 1 contact hour/session. Enduring access credit expires April 30, 2025

Financial Disclosures:

None of the presenters and planners for this educational activity have any relevant relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. With the exception of Hope McGratty, PA / faculty for this educational event, are primary investigators in an ANTHC sponsored hepatitis C study funded in part by Gilead Sciences. All of the relevant financial relationships listed have been mitigated.

Requirements for Successful Completion:

To receive CE credit please make sure your attendance is recorded, you have actively engaged in the entire activity. Follow the guidance of the facilitators to claim the CE credit earned for your participation.

For more information contact <u>jlfielder@anthc.org</u> or (907) 229-1185



COLLABORATORS



Jessica Bloome, MD, MPH Deputy Director, CBA Project



Leah Besh, PA Director of HIV Clinical Services

Jennifer Williamson Program Coordinator



Azul DelGrasso, MA Senior Workforce Development Specialist



Jennifer Arnold Special Projects Coordinator MW AETC



Taylor Holsinger, MPH HIV Prevention Coordinator

Sarah Brewster, MPH, MSW HIV Surveillance Coordinator

Prep Prescriber Panel



Leah Besh, PA-C
ANTHC EIS/HIV Services



Hope McGratty, PA-C Alaska Infectious Disease Management Group



Tracey Wiese, ARNP Identity Health Clinic



Sonaz Safari, FNP-C Anchorage Neighborhood Health Center



Rod Gordon, RPh Specialty Pharmacy

LEAH BESH, PA-C, AAHIVS ALASKA NATIVE TRIBAL HEALTH CONSORTIUM



LEAH BESH ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

Clinicians

Leah Besh, PA-C, HIV Clinical Specialist, labesh@anthc.org

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Support Team

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LEAH BESH, ALASKA NATIVE TRIBAL HEALTH CONSORTIUM WHAT WE DO

- Clinical Care
 ANTHC/ANMC-Internal Medicine Clinic
 Field Clinics to tribal hubs/need based
- Collaboration/Co-management of patients
- Intensive Case Management and Outreach
- Alaska AETC AIDS Education and Training Center
 Provide HIV prevention and management educational opportunities to care teams and communities around our state, aetc@anthc.org
 Non-Urgent Clinical consultation-Call us at 907-729-2907
- HIV prevention outreach iknowmine.org and iwantthekit.org

Healthy Communities Building: Internal Medicine Clinic, 3rd Floor 3900 Ambassador Drive on the ANMC Campus (907) 729-2907

HOPE McGRATTY, PA-C, AAHIVS, MPH ALASKA INFECTIOUS DISEASE MANAGEMENT GROUP



HOPE McGRATTY, AK ID MANAGEMENT GROUP

Alaska Infectious Disease Management Group



Dr. Benjamin Westley

Dr. Megan Clancy

Hope McGratty PA-C, AAHIVS, MPH

HOPE McGRATTY, AK ID MANAGEMENT GROUP

3500 LaTouche Street Suite 200 Anchorage, AK 99508-4248 P: 907-561-4362 F: 907-563-4498 Mon-Thur: 9a-4p

Fri: 9a-12p

closed 12p-1p daily

- Inpatient and outpatient ID clinic
- Currently consulting at Providence Hospital and St. Elias Specialty Hospital
- Conditions we treat/provide care include but are not limited to, HIV, viral hepatitis, TB, STIs, PrEP, PEP
- Private practice accepting all insurance including Medicare, Medicaid, Tricare, VA
- New patients can be seen within 1 week with me, or 2-3 weeks with Drs. Westley or Clancy

HOPE McGRATTY, AK ID MANAGEMENT GROUP

Disclosures:

I participated in the Gilead Medical Affairs Advisory Program in 2018 and 2022

TRACEY WIESE, APRN IDENTITY HEALTH CLINIC





Dr. Tracey Wiese, APRN founded the first clinic in Alaska that openly and enthusiastically provided a full range of services to support the physical and mental health needs of the gender and sexually diverse peoples of Alaska. That clinic grew quickly, and the need for more support was evident, and in January of 2021, Dr. Wiese, APRN sold her practice to Identity, Inc, making the clinic Alaska

Dr. Tracey Wiese, APRN, FNP-BC, PMHNP-BC Email: health@identityinc.org



OBJECTIVES

- We primarily serve individuals identifying as gender/sexually diverse, however other clients include sex workers or individuals participating in BDSM/Kink practices that desire this level of prevention/protection.
- The clinic offers both injectable and oral PrEP and assists patients in insurance authorizations, lab monitoring and ongoing support while they are on PrEP, including testing for any other sexual health concerns.

Barriers

Patient Related: Social drivers of health (transportation, can't take time off work, stigma, safe spaces)

System Related: Insurance coverage, care compliance

How Can We Help?

- Acknowledge adverse impact of minority stress
- Recognize and affirm intersectional racial and cultural identities
- Facilitate stigma reduction
- Empower assertive communication
- Restructure minority stress conditions
- Validate and affirm strengths, resilience and survival
- Foster supportive relationships
- Affirm gender expression
- Advocate for:
 - Policy change, legal protections
 - Increased awareness/competency among professional peers
 - Protective facility and agency policies and practices
 - Inclusive physical spaces and documentation
 - Inclusive prevention outreach materials
 - Inclusion of SOGI data in surveys and research
- Understand privilege and use it (appropriately) to advocate

SONAZ SAFARI, MS, APRN, FNP-C ANCHORAGE NEIGHBORHOOD HEALTH CENTER



ROD GORDON, RPh, AAHIVP, PIC, GLIP SPECIALTY PHARMACY



ROD GORDON, SPECIALTY PHARMACY



Rod Gordon, RPh, AAHIVP, PIC, Specialty Retail Pharmacy Manger, GLIP Anchorage, Alaska July 2014 to August 2020

- Specialty Pharmacy focus: HIV and Hepatitis C
- GLIP held the State of Alaska ADAP contract and provided HIV medications throughout the state.
- Practice worked closely with ANHC, SCF and local providers like Drs. Westley, Clancy, and PA, Hope McGratty, from the Infectious Diseases Management Group
- Areas of practice focus: patient education, adherence monitoring, patient financial assistance/case management.

ROD GORDON, SPECIALTY PHARMACY

- 1. Adherence Monitoring: made weekly phone calls to all patients with refills due during the upcoming 7-day period. Scheduled refills of HIV meds, and arranged for local deliveries, and mailed out meds to patients across the state.
- 2. Patient Education: In addition to intake education, provided quarterly adherence assessment reports to patients under our service, showing the percentage of days covered and a reminder summarizing the recommended administration guidance for each patient's regimen, including common side effects and potential drug interactions.
- 3. Patient Financial Assistance: Pharmacy utilized working contracts with several providers of patient financial assistance, e.g., Patient Access Network Foundation, Patient Advocate Foundation, ADAP, etc. to actively secure assistance for patients. Also worked directly with manufacturer-provided patient assistance programs to secure prompt access to financial copay assistance for both PrEP and PEP services.

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Rod Gordon, RPh Specialty Pharmacy



Questions?

ADDITIONAL RESOURCES



ANTHC AETC Program

- · AETC@anthc.org
- 907-729-2907

AK ID ECHO: HCV, HIV, PrEP and common STIs

- Second Tuesday of each month from noon-1 p.m. AKST
- · akidecho@anthc.org // www.anthc.org/ak-id-echo

Department of Health HIV/STD Program

- prepak@alaska.gov
- PrEP and PEP: https://health.alaska.gov/dph/epi/hivstd/Pages/PrEP.aspx
- PrEP for Patients: https://health.alaska.gov/dph/Epi/hivstd/Pages/PrEP-Patients.aspx

STATE OF ALABAMA

National PrEP line

• 888-448-4911





Prep Materials

- Updated Materials:
 - Basics for Oral PrEP
 - Prescribing Oral PrEP
 - PrEP Medications Fact Sheet
 - Oral PrEP Pocket Card
 - Injectable PrEP Pocket Card
 - Diversity and Health Equity **Terminology**



PrEP is safe and can HOW TO GET PREE

Take the missed dose occasional missed do but it is important to





Oral PrEP	Generic or Truvada® Tenofovir disoproxil fumarate 300 mg + Emtricitabine 200 mg (F/TDF) generic version available	Descovy® Tenofovir alafenamide 25 mg + Emtricitabine 200 mg (F/TAF)	
Indications	F/TDF is approved for use for all adults and adolescents 235 kg with indications for PrEP	F/TAF is approved for use for adults and adolescents ≥35 kg at risk for sexually acquired HIV, excluding individuals at risk only from receptive vaginal sex or only from injection drug use	
Dosing	1 pill once daily unless using a PrEP 2-1-1 schedule	1 pill once daily	
"On Demand" PrEP: 2-1-1 Dosing This strategy has not yet been reviewed by the FDA, but is recommended by the CDC in their 2021 PrEP Guidelines	2-1-1 for people with anal exposures only: 2 pills 2-24 hours before anal sex (24 hours before for optimal protection) then 1 pill 24 hours after first dose then 1 pill 24 hours after second dose For a detailed 2-2-1 prescribing guide, refer to the CDC's 2021 PrEP Guidelines	The PrEP 2-1-1 dosing schedule is not recommended for use with FTRF (Descovy ⁹) outside of a clinical trial	
Side Effects	Generally safe and well tolerated Headache and abdominal discomfort which often resolves in a few weeks Weight loss Small decrease in eGFR, which improves upon discontinuation of F/TDF	Generally safe and well tolerated Abdominal discomfort, nausea, and headache, which often resolves in a few weeks Small increase in LDL cholesterol Slight increase in body weight	
Other Notes Estimated GFR or CrCl by serum labs should be 260 ml/min to safely use F/TDF.		Estimated GFR or CrCl by serum labs should be 230 ml/min to safely use F/TAF	

PrEP Basics for Oral PrEP



It takes 1 week before protection for anal sex, and 3 weeks for

Take 1 pill once a Get tested for HIV and STDs every 3

- Visit www.preplocator.org to find PrEP providers in your area.

- TANKS THE PILL

 One pill per day

 There are three FDA-approved and medications for PEP.

 There are three FDA-approved and medications for PEP.

 There are three FDA-approved and medications for PEP.

 When the pill are highly affective in clinical trials, however, various personal factors and your provider will determine which one is best for you.

 PFEP (pre-sepoure prophylusis) is most effective fitted adulty. PEP can be taken even if drinking alcohol or using recreasional substances.

- extrug into a routine

 K is very important to take PrEP as prescribed, such as taking

 it at the same time each day. To help with this try:

 5 stat a text or calen

 6 stat a text or calen

 6 take your PrEP m

 day, like eating a m

- Lab testing

 Before starting PFB, you will get tests for HIV, STDs, kidney function, and Hepatitis B and C.

 You will also get tested for HIV and STDs every 3 months and a kidney function test every 6 months.

- Filling your prescription

 Refills are not always automatic. Contact your pharmacy when you have 5 pills left to you don't run out.

 Before traveling, let your healthcare provider and/or pharmacy known that you may need an extra refill if you are low on medication.

If you are having trouble paying for PrEP, there are assistance

programs that may help cover the cost. Visit www.readysetprep.hiv.gov for payment resources.

Prescribing but it is important to example: if you usual that you forgot, it's of usual schedule the ne make up for a missed

ible side effect

Some people experier starting PrEP. These s first month. Some PrEP medicatio function and bone mi cholesterol and weigh stopped. While taking monitor your health f

- . Pre-exposure prophylaxis (PrEP) is medication for HIV negative individuals that helps prevent HIV before an exposure event occurs. This is different than post-exposure
- . Two fixed-dose antiretroviral oral medications are FDA approved for PrEP: tenofovir disoproxil/emtricitabine (Generic or Truvada®), and tenofovir alafenamide/emtricitabine
- No negative significant health effects have been observed among individuals who have taken PrEP for up to 5 years.
- The FDA has approved one injectable PrEP medication: cabotegravir (CAB) 600 mg. CAB is a single antiretroviral drug given as an intramuscular injection initially 1 month apart for 2 months, then every 2 months to prevent HIV.

PrEP can reduce the risk of acquiring HIV from sex by >99%, and from IDU by ~74%.

Who May Benefit from PrEP?

- Anyone who self-identifies a need or want for PrEP
- Men who have sex with men (MSM)
- · People who inject drugs and use stimulants like methamphetamine
- People with partners with or at risk for HIV
- Transgender persons
- · People who have had an STD, condomless/barrierless (vaginal or anal) sex, or transactional

Taking a Sexual History Prior to Prescribing PrEP

- · Partners: Do you have sex with men and/or women and/or transgender individuals?
- . Practice: In the past year, what type(s) of sex have you had: vaginal, oral, anal receptive, anal insertive?
- Protection: From STDs: What methods do you use to prevent STDs including HIV? How often do you use condoms for vaginal, anal, oral sex
- . Past: History of STDs: Have you ever had an STD?
- Pregnancy: Are you trying to conceive or father a child? Are you trying to avoid pregnancy?

Alaska Division of Public Health | HIV/STD Program

GENDER PRONOUNS: Provider 101

Why should pronouns matter to you? Because they matter to your patients.

The use of correct name and pronouns is associated with decreased depressive symptoms, suicidal ideation, and suicidal behavior in trans youth.

Used incorrectly, a pronoun may cause a patient to feel you don't understand or accept their gender identity and aren't capable of providing them competent care.

Used correctly, they show respect and affirm the gender identity of your clients.

Ask your patients about pronouns.

Ask every patient. Ask every time.

When should I ask?

Any time you interact with a new patient, as a regularly part of your introduction.

How should I ask?

"Do you use pronouns, for example he, she, or they? Which pronouns do you use?"

Note: Some patients may not be familiar with this question or with parts of speech. To explain, use yourself as an example – "I use she/her pronouns. What pronouns do you use?"

The English language, including its pronouns, are part of the forced assimilation Indigenous people experience. We know that Indigenous people have always taken great care in how we refer to one another which is why we have ceremonies for gifting names.

Identity	Subjective	Objective	Possessive	Reflexive	Title
Feminine/ Femme	She laughed.	I called her.	The book is hers.	She loves herself.	Ms. So-and-So
Masculine	He laughed.	I called him.	The book is his.	He loves himself.	Mr. So-and-So
Nonbinary	They laughed.	I called them.	The book is theirs.	They love themself.	Mx. So-and-So
None	Zoe laughed.	I called Zoe.	The book is Zoe's.	Zoe loves Zoe.	Zoe

How do I use a singular they pronoun? You already know. We do it all the time "Hey, someone left their phone."
"Oh no, I hope they come back for it."

How should you refer to someone? However they refer to themself.

Russell ST, Pollitt AM, Li G, Grossman AH. Chosen Name Use Is Linked to Reduced Depressive Symptoms, Suicidal Ideaton, and Suicidal Behavior Among Transgender Youth. J Adolesc Health. 2018;83(4):503-505. doi:10.1016/j.jcdhealth.2018.02.003 Not sure? Ask.

Lets meet some gender-diverse people.

Each person's gender identity is unique. These are just three examples.



Zeke identifies as Two Spirit, which means they express their gender identity and spiritual identity in indigenous, non-Western ways. They were assigned female at birth, and they're happy with their body. They're a sculpture artist, which requires them to work with machinery. They might come to you for a work-related injury or a regular check-up.



El is indigiqueer, which means El is both indigenous and LGBTQ+. El identifies as genderfluid. Sometimes, El uses she/her pronouns. Sometimes, El uses he/him pronouns. El is in graduate school and may come to you for help dealing with school-related stress. When El is in a clinic, El prefers no pronouns.



Ari is trans and nonbinary. Ari wears both masculine and feminine clothing. At times, they present more masculine. At other times, they present more feminine. They also change presentation based on the group they're in. Ari may come to you for hormones and would prefer that you use they/them pronouns.

Ask them, "Do you use pronouns, for example he, she, or they? Which pronouns do you use?"

Want to go the extra mile?

Put your pronouns in your signature: Let patients know your pronoun preference when introducing yourself: Have pronouns on the onstage at your events.

Project Manager 888-8888 | oo@gmail.com My pronouns are she/her/hers. Feel free to share your pronouns with me. "Hi, I'm Lizzy, and I don't use pronouns. How about you?"



GENDER-DIVERSE Provider 101

GENDER-DIVERSE

Gender-diverse is an umbrella term used to describe people who are not cisgender. Some people prefer genderqueer or other terms.

Cisgender (Cis): A

person may be cis if their gender identity matches the sex they were assigned at birth.

Important Notes on Usage:

- None of these terms have an -ed on the end.
- These terms are adjectives, not nouns. You could say, "a Two Spirit person" or "a person who identifies as Two Spirit." You would not say, "a Two Spirit." The same applies to all terms.
- The words "transsexual,"
 "tranny," and "transvestite" are
 offensive and should not be used.
- All of these terms are relatively new and quickly evolving. It's best if you ask someone what the term they use means to them.
- These terms don't provide any information about sexual orientation or attraction.
- This sheet is not meant to guide pronoun use. If you don't know someone's preferred pronouns, ask, "Do you use pronouns? If so, what pronouns do you use?"
- While some run parallel to traditional Indigenous concepts, none of the concepts listed here are traditional terms from specific tribal cultures.

TRANSGENDER

A person may be trans if their gender identity doesn't match the sex they were assigned at birth.

Note: the word transsexual should not be used.

NONBINARY

A person may be nonbinary if they don't identify fully as male or female. They may identify as both male and female, as a mixture of male and female, or as another gender (neither male nor female).

GENDERFLUID

A person may be genderfluid if their gender identity changes from day to day or from moment to moment. Some genderfluid people identify as trans. Others do not.

AGENDE

A person may be agender if their gender is absent or neutral. Some agender people identify as trans. Others do not.

TWO-SPIRIT

Two Spirit refers to someone who is Native and expresses their gender identity or spiritual identity in indigenous, non-Western ways.

This term can only be applied to a person who is Native. A Two Spirit person has specific traditional roles and responsibilities within their tribe.

Not all Native LGBTQ people identify as Two Spirit.

SEXUAL ORIENTATION Provider 101

A person's sexual orientation refers to the way one describes their emotional, romantic, or sexual attraction. The language we have to describe sexual orientation is still informed by cisnormative ideas. These terms are self-definitions. People who identify with these terms may have different and equally valid ways of defining these terms.

GAY

A word used to describe people whose emotional, romantic, or sexual attraction is to people of the same gender.

Avoid identifying gay people as "homosexuals," an outdated term considered derogatory and offensive to many lesbian and gay people.

PANSEXUAL

A word used to describe people who form emotional, romantic, or sexual attractions to people of any gender identity.

AROMANTIC

A word used to describe people who do not experience romantic attraction.

OUEER

A word used to describe people whose sexual orientation isn't straight. This may include people who also identify as gay, bisexual, lesbian, pansexual, or another identity.

NOTES: A person's gender identity and sexual orientation are two different aspects of their identity. It's important not to make any assumptions about a person's sexual orientation based on their gender identify and vice versa.

LESBIAN

A word used to describe women who are emotionally, romantically, or sexually attracted to other women. Some lesbians may identify as gay.

BISEXUAL

A word used to describe people whose emotional, romantic, or sexual attractions might be to people of the same gender or of another gender.

ASEXUAL

A word used to describe people who do not experience sexual attraction.

STRAIGHT

A word used to describe people whose emotional, romantic, or sexual attraction is to people of the opposite (man/woman) gender.

TWO-SPIRIT

For some people, Two Spirit can describe a sexual orientation that exists beyond the confines of Western definitions. The term Two Spirit may denote meanings that relate to gender identity or sexual orientation.

Free prevention resources available in Alaska iknowmine.org/shop



















Thank you!

AK ID ECHO is supported by a grant from the Northwest Portland Area Indian Health Board and funding is provided from the HHS Secretary's Minority HIV/AIDS Fund.