

PrEP Adherence

PrEP Concentration & Efficacy

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Adherence Resources

PrEP Concentration & Efficacy

It takes time for PrEP concentration levels to build up and reach protective levels in the body.

Number of consecutive days required to reach protective levels ¹⁵

anal tissue	vaginal or front hole tissue	blood
7 DAYS	20 DAYS	20 DAYS



16, 17

Drug concentrations build quicker and endure longer in some body parts than others. Anal tissue is particularly responsive to PrEP.

Level of protection for gay, bi, and other men who have sex with men ¹⁸	PrEP Taken	PrEP Efficacy
	7 days/week	99%
	4 days/week	96%
	2 days/week	70%

If you've missed 7 or more days of PrEP talk to your provider.

- You will need an HIV test before you resuming PrEP
- You may need PEP if you had a potential HIV exposure

PrEP Adherence

ADHERENCE

taking medication as prescribed

Facilitators

- Desire to gain or maintain general health for self or others
- Desire to prevent HIV acquisition
- Desire to achieve life goals
- Noted social support
- Match dosing with daily routines
- Memory aids to support adherence
- Carry tools used to support adherence

Barriers

- Routine disruption
- Lack of privacy when taking medication
- Side effects
- PrEP and/or HIV stigma
- Housing, food, and/or economic insecurity
- Transportation limitations
- Mental health issues (new/enduring)

PERSISTENCE

AKA CONTINUITY

how long someone is on PrEP

PrEP is for prevention, not treatment of HIV. The length of time someone uses PrEP will vary based on perceived risk. Some reasons a client may want to temporarily or permanently stop using PrEP:

- insurance coverage changes
- not having sex ("seasons of risk")
- stopped using injection drugs

RETENTION

participating in HIV prevention services

Continuity with services that promote sexual health protection, in addition to overall health and wellbeing.



Barrier methods



STI testing



HIV testing



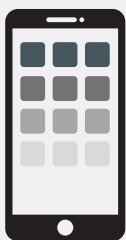
Sterile syringes

Adherence Resources

If a client is having a hard time remembering to take the pill daily, discuss:

- Phone alarms or medication adherence apps for reminders
- Pill organizers, pill case keychains, or medication timer caps
- Matching dosing with a daily routine

CLIENT USE



Round Health



Medisafe



Mango Health

CLINIC RESOURCES



Upland Mobile Messaging



Timer Cap



Descovy® Day Tracker

Among patients with chronic illness, approximately **50% do not** take medications as prescribed in the US ¹⁹

Two Common Adherence Assumptions

1. Adherence is easy
2. Adherence is based on memory

Try asking clients what makes taking medication easier, then asking what makes it more difficult. You may uncover obstacles to adherence you hadn't expected.

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