High Initiation of PrEP and ART in a Demonstration Project among African HIV Discordant Couples

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BACKGROUND

- Antiretrovirals – as antiretroviral therapy (ART) for HIV-infected persons and pre-exposure prophylaxis (PrEP) for HIV-uninfected persons – are powerful interventions for reducing HIV transmission among HIV discordant couples.
- A primary implementation question for HIV prevention is how to deliver PrEP and ART for HIV discordant couples.
- Targeting ***high risk couples*** during periods of ***highest vulnerability*** is important for widescale PrEP implementation to be cost effective.

METHODS

- Prospective observational study with a target to enroll 1,000 high risk HIV discordant couples with quarterly follow up for 2 years (enrollment began November 2012)
- Set in Kenyan and Ugandan HIV testing and care centers
- Open-label PrEP (co-formulated emtricitabine/tenofovir, e.g. Truvada®) is available to all participants
- PrEP is offered as a "bridge" to ART use and PrEP discontinuation is encouraged after 6 months of ART use by the HIV-infected partner
- PrEP adherence is measured through self-report, medication event monitoring system (MEMS), and periodic drug level testing in stored plasma
- HIV infected partners are not using ART at enrollment; ART provision during follow up is based on national guidelines
- ART adherence is captured through viral load measurements
- All couples receive counseling about HIV prevention strategies, ART benefits, ART and PrEP adherence counseling, and semiannual CD4 testing
- Data are as of February 2014



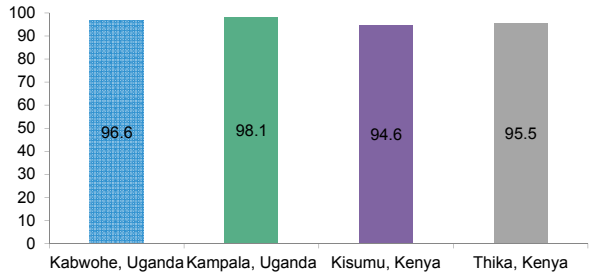
PARTNERS DEMONSTRATION PROJECT

PRELIMINARY RESULTS

Participant characteristics (as of February 2014), 589 couples enrolled

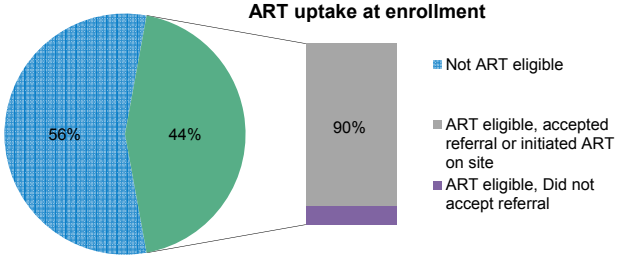
	Couples with HIV-infected female N=399	Couples with HIV-infected male N=190
Age of HIV-uninfected partner, Median (IQR)	29 (26,36)	29 (24, 34)
Number of children together, Median (IQR)	0 (0,1)	1 (0, 2)
Any income, N (%)	389 (97.5%)	188 (98.9%)
Number of sex acts in the past month, Median (IQR)	7 (4,12)	5 (3,10)
Any unprotected sex in the past month, N (%)	264 (66.2%)	112 (58.9%)
CD4 count of HIV-infected partner, Median (IQR)	453 (285, 641)	400 (217, 583)
Viral load (log_{10}) of HIV-infected partner, Median (IQR)	4.41 (3.65, 4.85)	4.87 (4.39, 5.28)

PrEP uptake at enrollment



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ART uptake at enrollment



CONCLUSIONS

- PrEP uptake is 95% at enrollment and 75% of ART eligible participants have initiated ART
- More follow up will provide key data on HIV prevention preferences, uptake of and adherence to ART and PrEP, and risk behavior among high risk HIV discordant couples

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